



**Franciscan  
Spirituality Center**

*Dedicated to anyone seeking God,  
meaning and wholeness.*

VOLUME 25 • NUMBER 1

JANUARY/FEBRUARY 2017

# At the Center



## In this Issue:

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A Night with Author Alice Holstein*
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- *Celebration of Married Life*

## RETREATS & PROGRAMS

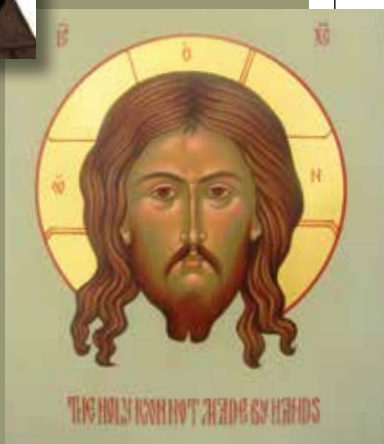
# A look ahead at 2017



Father Dan  
Crosby, O.F.M.



Sister Jolynn  
Brehm, FSPA



The Holy Face



Jonah and the Whale

**March 19-24:** *Sister Jolynn Brehm, FSPA*, will lead a Lenten retreat on the theme of *Loving the Crucified Christ in the Spirit of Francis and Clare*.

**April 13-16:** *Father Dan Crosby, O.F.M. Cap*, will lead this year's *Triduum Retreat*. A member of the Capuchin Franciscan community at St. Bonaventure Monastery in Detroit, he previously served for 15 years as director of St. Anthony Spirituality Center in Marathon, Wisconsin. He works to integrate Scripture as well as the Franciscan vision into his life and preaching.

**April 21-23:** Give yourself the gift of rest and solitude during this shorter retreat experience for busy people during our *Silent Directed Weekend*.

**April 28-29:** *Terry Hershey Community Presentation and Retreat*. Step back from the stress-driven pace of life and return to presence, awareness, centeredness, faith, balance, gratitude, permission, sanctuary and delight. Details on page 3.

**May 21-27:** *Icon Writing: The Holy Face*. Master iconographer Phil Zimmerman will show you step-by-step how to paint an icon of the Holy Face in the Byzantine style. No experience necessary.

**June 2-7:** Enter into deep silence and connect with your inner wisdom during this six-day *Silent Directed Retreat*.

**June 8-11:** The fabulous Heather Henry returns for a summer *Yoga Retreat*.

**June 9-10:** Golfers, men and women alike, are invited to explore the spirituality of golf and the life lessons to be learned from this often heartbreaking game during our *Golf Retreat*.

**July 9-15:** *Icon Writing: Jonah and the Whale*. All levels of painters are invited to paint this classic Byzantine icon under the direction of Phil Zimmerman.

**September 22-24:** FSC spiritual directors offer another opportunity for a *Silent Directed Weekend*.

**October 6-7:** Anyone in recovery is invited to this new *Serenity Retreat* led by Tom DeZell, Steve Spilde and Deb Hansen.

**November 10-11:** Explore tools for bouncing back from life's challenges in this *Women and Resilience* weekend retreat led by Tom Roberts.

**Watch for details about new Adult Summer Camps planned for summer of 2017.**

*Coming in fall 2017:* Finding God in All Things: The Spiritual Exercises of St. Ignatius in Daily Life

Join us for this nine-month journey of seeking to know and grow in the presence of the Sacred through the ins and outs of everyday life. For more information, call Deb Hansen at 608-791-5601.

**At the Center** newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook, Twitter and Pinterest.



### Franciscan Spirituality Center

920 Market Street, La Crosse, WI 54601  
608-791-5295  
FSCenter@fspa.org • www.FSCenter.org

### Identity

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

### Mission

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

### Core Values

In keeping with the tradition of our Franciscan founders, we hold these core values:

**Sacredness:** Believe that in every person and all creation lives the Sacred.

**Respect:** Acknowledge the dignity, diversity and worth of each person as a unique image of God.

**Community:** Through prayer, empathy and sharing, create a safe, peaceful place.

**Hospitality:** Welcome all with compassion, acceptance and celebration.

**Professionalism:** Commit to competence, quality, trust and personal spiritual development.

### What We Do

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The Center offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

## Holiday gift certificates for less

Give the gift of peace and prayer this holiday season with a gift certificate to the Franciscan Spirituality Center. Friends, family and loved ones will find something to treasure at the FSC. And with our special holiday discount, your money goes further. Buy discounted gift certificates through December 2016 for use in 2017. Gift certificates are good for one year from the time of purchase and can be used toward programs, retreats, hermitages and Sophia Bookstore items at the Franciscan Spirituality Center.

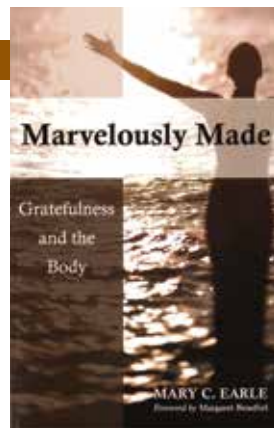
**\$25 gift certificate for only \$20**

**\$50 gift certificate for only \$40**

**\$100 gift certificate for only \$80**



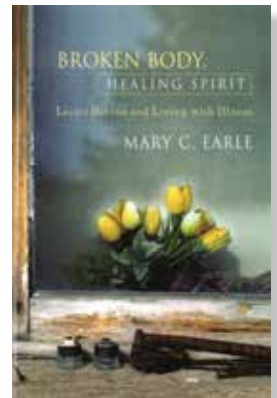
### AT THE SOPHIA BOOKSTORE



Whether you are attending our January 7 healthy body image workshop or not, these books are worth checking out:

*Marvelously Made: Gratefulness and the Body* by Mary C. Earle

*Broken Body, Healing Spirit: Lectio Divina and Living with Illness* by Mary C. Earle



**Open Monday-Friday from 8 a.m.-5 p.m.**

## Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure awaiting your discovery. Full of books, scarves and interesting gifts, it is a wonderful, welcoming place to sit and enjoy the quiet hum of life and energy within. The room has two tables, comfy chairs for curling up with a book, free WiFi and complimentary coffee and tea.

**Please stop by to browse!**

# The power of God's love



Christmas was the best time of year for Francis of Assisi, and that was before presents, parties and holiday concerts. It was the Season of Love for Francis. Jesus' birth as a vulnerable, tiny human being was proof positive that God loves us and wants to be with us. How could you not be transformed by such love?

I thought of this when I saw this poem on Macrina Wiederkehr's blog. I'd like to share it with you, along with a heartfelt wish from all of us at the Franciscan Spirituality Center for a joyous and peaceful Christmas.

## The Ages of the Human Being

**The First Age:** Fight to kill! Peace is impossible! No one can be trusted! I must win control over my kingdom!" say human beings. *I believe in you, says God.*

**The Second Age:** I have enemies on all sides. I must remain on guard. If I close one eye they will rob me of my life, say human beings. *I believe in you, says God.*

**The Third Age:** Why should I care for the other person? If I reach to pull him out of the water, he'll pull me in with him. I have to protect myself, you know, say human beings. *I believe in you, says God.*

**The Fourth Age:** I am tired of war. My heart aches for peace. But how can I be sure the other guy won't stab me in the hand that I reach out to him? Too risky! say human beings. *I believe in you, says God.*

**The Fifth Age:** Will we ever trust each other? If I am to gain someone's trust, I must become vulnerable, and I must believe he will respond to my openness, say human beings. *I believe in you, says God.*

**The Sixth Age:** I believe that peace will come when human beings regard each other with total concern, a total trust and genuine sacrifice. That takes love. Can't we love one another? say human beings. *I love you, says God.*

**The Seventh Age:** I believe in love. I believe it is the strongest power in the cosmos, because it is tender. I believe love gives life and that we can love each other to life, say human beings. *I love you, says God.*

**The Eighth Age:** How could you love someone like me? I have cared for myself before you. I have wounded you in your loving. Can you still love me? say human beings. *I love you, says God.*

**The Ninth Age:** Because of your love, I can see. Your love has set me free to give myself to you. I love your love, say human beings. *I love you, says God.*

**The Tenth Age:** I love you, say human beings. *I love you, says God.*

Peace & all good,

*Audrey Lucier*

Audrey Lucier, FSC Director

## FRANCISCAN SPIRITUALITY CENTER Staff



Steve Spilde  
Associate Director &  
Spiritual Director



Barb Kruse  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Melinda Pupillo  
Program & Retreat  
Coordinator



Laurie Swan  
Office Manager



Stacey Kalas  
Communications &  
Marketing Coordinator



Kristy Walz  
Development Director



Zoua Vue  
Office Assistant



Elizabeth Kapanke  
Receptionist & Hospitality



Theresa Burchell  
Hospitality

## ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

COMING THIS SPRING

# Terry Hershey

Community Presentation:

## Rest. Renew. Live.

Replenish in a too-hurried, distracted and busy world.

April 28

Friday, 8:30-11:30 a.m.

Location: English Lutheran Church, La Crosse

Retreat:

## Finding Your Sanctuary

Create a space for grace in your life.

April 28-29

Friday, 5:30-8:30 p.m. & Saturday, 9-5 p.m.

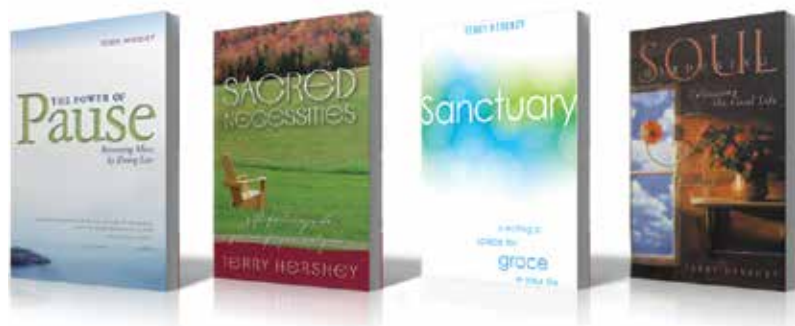
Location: Franciscan Spirituality Center

Investment:

- Community Presentation: \$35, includes continental breakfast
- Retreat: \$95, includes dinner on Friday and lunch on Saturday (Add an overnight stay and breakfast for just \$45)
- Both events: \$120



Terry Hershey is an author, humorist, inspirational speaker, ordained minister and dad. He divides his time between designing sanctuary gardens and sharing his practice of "pausing" and "sanctuary," to help us do less and live more. He is the author of 15 books, including *Sanctuary: Creating a Space for Grace in Your Life*, which offers permission to slow down and be gentle with ourselves in a world that demands more-bigger-faster. Most days, you can find Terry out in his garden—on Vashon Island in the Puget Sound—because he believes that there is something fundamentally spiritual about dirt under your fingernails.



Everyone has a sanctuary, if only in our mind. Even if we can't name it, we know of its power. We need places to rest. To breathe. To refuel. To pay attention. To just be. And yet, we make choices—with our time and with our days—that are detrimental to our emotional and spiritual well-being.

Popular author and retreat leader Terry Hershey will visit the Franciscan Spirituality Center on April 28-29 for two events designed to help you be wholehearted and regain your balance and passion—in sanctuary. We invite you to attend one or both events.

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Thursday, March 30

The Court Above Main  
420 Main St., La Crosse

5:30 p.m. – Social

7 p.m. – Art Dash begins

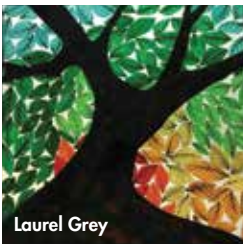


Bob Witte

Save the date for *Art Dash*, a fundraising event to benefit the Franciscan Spirituality Center and celebrate beauty and art.

This first-time event brings together local artists and community members/patrons for a spirited evening of socializing, food, cocktails and fine art. For more than 30 years, the FSC has been a welcoming and peaceful space to explore spirituality through the visual arts and other forms of creative expression. Please help us continue that tradition by supporting the FSC and local artists!

**How it works:** A limited number (60) of patron tickets corresponding to the number of donated art items will be sold for \$100 each. Additionally, spectator tickets (for



Laurel Grey

those who want to watch the fun but not leave with a piece of art) will be sold for \$50 each. All ticket holders will enjoy delicious appetizers from Pogreba Restaurant and have a chance to mingle with the artists and



John Schneider

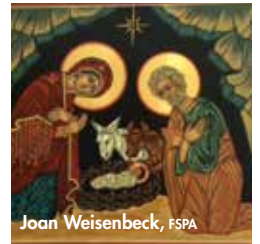
other guests. A cash bar also will be available. Each patron ticket holder will be assigned a number. After a social hour and preview of the art, numbers will be drawn in random order. When their number is called, ticket holders will dash to the art item of their choice. If that item is still available, they may select it. If it already has been chosen, they'll have to dash to another item that appeals to them and so on until all of the pieces are claimed.



Terri Beck-Engel

*Every patron ticket holder goes home with a piece of art. The challenge is to claim your favorite piece before someone else does!*

Registration for this very special event is by phone only. Call 608-791-5295 to reserve your tickets. Because of the nature of this event, all patron tickets must be paid in advance. A limited number of spectator tickets will be available at the door.



Joan Weisenbeck, FSPA



Lynne Burgess

## THANK YOU TO OUR SPONSORS

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John & Maggie McHugh



### Silver Sponsors

Barb & Joe Kruse



### FSC Sponsors

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Karen & Dan Dunn	Rosalie Hooper Thomas & Stan Thomas
Mike & Lisa Hesch	

### Event Sponsors

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### Artist Sponsors

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Betty Daugherty, FSPA	Helen Elsbernd, FSPA
	Dan Henderson



## PARTICIPATING ARTISTS

**Emily Alvarez:** Paintings

**Cody Bartz:** Printmaking, graphic art •  
www.codybartz.com

**Kate Bausch:** Acrylic paintings, mixed media,  
iconography • www.katebausch.net

**Terri Beck-Engel:** Oil and cold wax paintings,  
pastel and oil paintings • www.whole-arted.com

**Darrel Bowman:** Stoneware pottery •  
Facebook: Darrel Bowman Pottery

**Betty Bradley, FSPA:** Watercolors and religious  
icons, www.bettybradley.org

**Karen Bressi & staff:** Pottery, canvas paintings,  
fused glass, Generous Earth Pottery, All Glazed  
Up!, Creative Canvas and Board, Art Rageous  
Art Centers.

**Quenten Brown:** Mixed media •  
www.portalwisconsin.org, search gallery/mixed  
media • quenten.s.brown@gmail.com

**Kori Brudos:** Functional pottery

**Lynne Burgess:** Woodcuts •  
lynnevaliquette@mac.com

**Jeff Bye:** Paintings, drawings and mixed media

**Kay Campbell / Kay's Potiques:** Ceramics •  
Facebook: Kay's Potiques • www.kpotiques.com

**Jamie Cooper:** Handcrafted wooden canoe  
paddles • info@sigurdcanoe.com • www.  
sigurdcanoe.com • 608-780-1074

**Pita Daniels:** Acrylic paintings (abstract  
expressionism) • 608-637-2315 •  
virarts@gmail.com

**Rocky Danielson:** Painting, fiber arts

**Joyce Dively:** Arts and crafts style pottery •  
www.joycediveleypottery.com

**Karen Dunn:** Watercolors

**Larry Durfey:** Reactionary photo art (abstract-  
realism) • lgdimagery.com

**Andrea Fisher/LARK:** Handprinted and designed  
clothing and scarves • www.larkboutique.net •  
Facebook: Lark

**Toril Fisher:** Paintings • torilart@gmail.com •  
Facebook: Toril Fisher Fine Art

**Jane Fotopoulos:** Plein air and oil paintings,  
iconography

**Maryam Gossling, FSPA:** Iconography

**Laurel Grey:** Glasswork • Facebook: Laurel Grey  
Glassworks, 608-519-0300 •  
www.laurelgreyglassworks.com

**Joan Gundersen:** Oil paintings and iconography  
• Gallery La Crosse, 320 Main St.

**Kim Hammer/SUTRA Imports:** Fair-trade textiles,  
home décor, jewelry, carvings from India and  
Bali • www.sutraimports.com

**Laura Hansen:** Paintings, prints, drawings •  
www.thechroniclerstudio.com

**Jamie Harper/Salvaged Medium:** Paintings  
created with reclaimed latex paint and salvaged  
hollow core doors, Facebook: Salvaged Medium

**Angie Hemker:** Jewelry, paintings, mixed media

**Becky Herlitzke:** Acrylic paintings

**Jess Hetchler:** Printmaking, ceramics

**Laurice Heybl, FSPA:** Ceramics

**Allen V. Jacobs:** Abstract art with acrylics,  
charcoal, watercolors, sculpture, furniture design

**Karen Kappell, FSPA:** Pastel paintings and  
watercolors, ceramics, jewelry

**Joe Kruse:** Furniture

**Shane Lamb/Generous Earth Pottery:** Ceramics  
• www.generousearthpottery.com

**Barbara Lawless:** Iconography

**Sherri Lisota:** Oil paintings and drawings •  
Viterbo University, associate professor of art

**Wayne Manthey:** Handcrafted drums and rattles  
• www.waynemantheydrummaker.com

**Linda Mast/Masterpiece Collections:** Kimono-  
bead jewelry

**Lori Monson:** Dye-painted, silk fabric-constructed,  
one-of-kind clothing and scarves •  
Facebook: Lori Monson Art Wear

**Janet Mootz:** Photography •  
www.janetmootz.com

**Tim Neve:** Intaglio printmaking, 608-781-1103

**Thomas Roberts:** Honor Your World scrolls,  
Zen brush paintings, www.thomasrobertsllc.com

**Valerie Savage:** Acrylic paintings

**John Schneider:** Oil painting, pastel painting,  
pottery • Facebook: John Schneider Artist •  
608-606-2488 • schnejoj@gmail.com

**Laura Siitari:** Photos and paintings inspired by  
the Mississippi River Valley, graphic design and  
illustration • Facebook: RiverRoad Gallery—  
La Crosse • 608-784-0781 • lsiitari@yahoo.com

**Stephanie Sharp/Blissful Heart Studio:** Pottery,  
mixed media paintings, vintage spoon bracelets,  
printmaking • www.blissfulheartstudio.com

**Connie Thompson/Constance Jewelry Design:**  
Jewelry • www.constancejewelrydesign.com

**Mary Louise Thompson:** Pastel paintings and  
watercolors • 608-796-0447 •  
thompson.marylou17@gmail.com

**Carlene Unser, FSPA:** Paintings, weavings,  
iconography

**Howard Von Ruden/Creative Carvings:**  
Wood-burned hand carvings •  
www.somethingandmore.com

**Shirley Wagner, FSPA:** Fretwork, intarsia  
(wood inlaying) • swagner@fspa.org

**Jennifer Williams Terpstra:** Paintings in encaustic  
and oil • www.jwterpstra.com

**Bob Witte:** Watercolors • witte5730@aol.com  
• witesendstudio.blogspot.com • Facebook:  
Bob Witte—watercolor artist

**Pauline Wittry, FSPA:** Watercolor and acrylic  
paintings

**Carol Witt-Smith:** Tiffany-style stained glass and  
mosaics, photography, fiber and painting •  
cwitt-smith@centurytel.net

**Joan Weisenbeck, FSPA:** Iconography

**Phil Zimmerman:** Acrylic paintings,  
iconography • www.philzicons.com



# 2017 Program & Retreat Offerings

**How to register:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295. **Deposits:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. **Refund policy:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable. **Financial assistance:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving everyone on their spiritual journey and will hold your request in confidence.

## January 4

Wednesday, 5:30-8 p.m.

**Presenters:** Deb Hansen and Melinda Pupillo

**Investment:** \$25, includes meal and Wise Women gifts

**Registration deadline:** December 21



## Women's Christmas: An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. Epiphany is also the day we celebrate the coming of the Wise Men to the infant Jesus.

At the FSC, we are celebrating these traditions with our own special event. You are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women. Beginning with a simple meal, we will reflect on the Celtic Prayer of Deep Peace and St. Francis' Canticle as we are blessed with gifts of remembrance from the four elements: earth (grounding), water (fluidity), air (sacred connection) and fire (compassionate strength).



**Come start a new tradition with us!**

## January 7

Saturday, 8:30 a.m.-4:30 p.m.

**Presenters:** Steve Spilde and Deb Hanson

**Investment:** \$65, includes lunch and body movement session. (Lodging for Friday or Saturday night is available for an additional fee.)

**Registration deadline:** December 22

## My Body: Friend or Foe?

We often treat our bodies with neglect and even abuse. When we get intentional about self-care, diet or exercise, it is often through much resistance, lacking in compassion, and only after some injury or health scare. What is this about? Why are we so willing to be a good friend to others, yet struggle to treat our own body as a friend and worthy of love? This retreat is for those who seek to change this dynamic—all who want to befriend their body and are committed to a future that includes self-care and self-compassion. This experience will include body movement led by Bernice Olson-Pollack, small-group support, artistic expression and spiritual exercises designed to help you listen to your body's wisdom.



## January 14

Saturday, 9 a.m.-4 p.m.

**Presenter:** Kristy Walz

**Investment:** \$45, includes lunch

**Registration deadline:** December 30



## Honoring Your Intuition

*"Intuition is not a startling gift that is the province of a few psychics. It is less about divining the future than it is about entering more authentically into the present. Intuition is always operative, so common that it often evades conscious recognition."*

— Joan Borysenko, Ph.D.

This popular program is back for another new year! The start of a new year is a natural time to evaluate choices and decisions. In this, intuition can be our ally. We all have intuition, but how do we learn how to use it and trust it? During this program, you will learn some practical exercises to help you grow stronger in your intuitive skills.

**Kristy Walz** is a trained spiritual director, an independent consultant specializing in facilitation, strategic planning and leadership training, and the FSC's development director.

 Like us on Facebook for more information about these upcoming programs and events.



**January 16 or 25 or February 7**

**Choose one (9 a.m.-4 p.m.):**

- Monday, January 16
- Wednesday, January 25
- Tuesday, February 7

**Facilitators:** FSC staff

**Investment:** \$25, includes lunch

*Please register in advance.*

*Don't see a date that works for you? Please call us to arrange for a private Day of Solitude.*



**Franciscan Day of Solitude**

*"It is a difficult lesson to learn today—to leave one's friends and family and deliberately practice the art of solitude for an hour or a day or a week. And yet, once it is done, I find there is a quality to being alone that is incredibly precious. Life rushes back into the void, richer, more vivid, fuller than before."*

– Anne Morrow Lindbergh

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God.

We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room and a simple meal. Options include attending liturgy or praying in the chapel and using our new art room. Come rest, reflect, pray and be renewed.

**January 16 and February 20**

Third Monday of the month, 6-7:30 p.m.

**Instructor:** Mary Thompson



**Investment:** \$10 (bring your own supplies) or \$12 (use our supplies)

**Registration deadline:**  
January 13/February 17

**Art as Prayer**

In this monthly art-as-a-spiritual-practice group, no artistic experience is required—only the desire to play with watercolors and to practice listening to your heart. Art as a creative process offers the opportunity for spiritual growth, transformation and healing. Attend as you are able; each session is a new experience. No previous experience needed.

Bring your own supplies: pan set of watercolors, brushes (8-inch round watercolor brush and 1-inch flat wash brush) and a kneaded eraser; or use ours. Watercolor paper provided.

**Mary Thompson** has a degree in fine arts and a master's degree in education. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy.



**January 17 and February 21**

Third Tuesday of the month, 5:30-6:30 p.m.

**Presenter:** Greg Lovell



**Investment:** \$10 each session

**Registration deadline:**  
January 16/February 20

**Themes:**

**January 17:** Mantra meditation

**February 21:** Letting Go of Thoughts meditation

**Mindfulness Practices for Stress Reduction**

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Often, we react to situations as if on autopilot, instead of responding consciously and thoughtfully. This group is open to anyone wanting to reduce stress through mindfulness practices. Meetings are



the third Tuesday of the month, and you are welcome to attend any or all sessions as your schedule permits. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion.

**Greg Lovell** is a behavioral interventionist at Holmen Middle School. He has studied mindfulness, emotion management and how the human brain works for more than a decade.



# 2017 Program & Retreat Offerings *continued.*

## January 21

Saturday, 2-4 p.m.

**Presenters:** Marci Madary and FSC staff



**Investment:** \$40

Your investment includes a \$15 donation to the FSC's scholarship fund.

**Registration deadline:** January 13

### Tea & Poetry

Please join us for an enchanting afternoon of tea, poetry and companionship, as we celebrate the ways in which meaningful relationships bring joy and goodness to our lives. Led by guest speaker Marci Madary, we will be reading, reflecting and steeping ourselves in several poems, while we enjoy a high tea tradition of scones, tiny sandwiches and other treats. Most important, your presence at this event will mean scholarship support for FSC participants seeking God, meaning and wholeness.

**Marci Madary** fell in love with poetry when she was a child and began writing poems during her teenage years. In her undergraduate studies, she majored in English education and earned a master's degree in pastoral studies. Marci worked as the affiliation co-minister with the Franciscan Sisters of Perpetual Adoration for 18 years and is currently working toward a doctorate of ministry in spirituality at Catholic Theological Union. Living in Oak Park, Illinois, and happily remarried, Marci still enjoys reading and writing poetry to express who she is as a woman, mother and child of God.



## January 26

Thursday, 6-7:30 p.m.

**Presenter:** Alice Holstein

**Investment:** \$10

**Registration deadline:** January 19



### A Tough Grace: A Night with Author Alice Holstein

Please join us for this special event, which is part of the *Campaign to Change Direction* effort to raise awareness about the stigma of mental health. Before she succumbed to the ravages of manic depression in the 1990s, **Alice Holstein** had broken gender barriers as an Air Force Intelligence briefing officer during the Vietnam War, earned a doctorate in organization development and authored several books on system change and transpersonal psychology. The 12 horrific years of suffering that followed are chronicled in her book, *A Tough Grace: Mental Illness as a Spiritual Path*. Having redefined and rebuilt her life, she now works as a peer support specialist at the La Crosse Department of Veterans Affairs mental health clinic and is training to become a spiritual director. Alice's inspirational story illuminates a revolutionary way of viewing mental illness. After her talk, she will be available to sign copies of her book.

## January 27-29

Friday, 3 p.m.-Sunday, noon

**Presenter:** Heather Henry

**Investment:**

- **Full:** \$180, includes retreat, bedroom and all meals
- **Commuter:** \$120, includes retreat and most meals

**Registration deadline:** January 13

Limited to 20 participants.

### Movement as Prayer: A Yoga Retreat for Women

Does it seem like the days and years fly by? Do you feel like your life is leading you instead of you leading your life? Taking time to pause and connect with the wonderful gift that is our human body—specifically, with our miraculous, female body—brings us into the exquisite experience of now. Utilizing the rhythms of nature, we align our lives to stream effortlessly and gracefully, honoring the divine flow that is around and in us. When we slow down, life slows to meet us. Through practices including gentle postures, breath, meditation and sound, we connect with our creative energy, guiding it consciously to manifest the lives we desire. Along the way, we develop greater compassion for ourselves, which transposes into greater compassion for all. No previous experience necessary.

Dedicated to sharing joy and grace through yoga and ayurveda, **Heather Henry** has been teaching heart-led yoga for 20 years. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to. Heather looks toward nature, as divine expression, to connect with the rhythms that bring balance to our lives.



### February 3

Friday, 7:15-11:45 a.m.

**Presenters:** John McHugh, Mike Hesch and Kristy Walz

**Investment:** \$79

**Registration deadline:** January 13



### *Three Boxes of Chocolate: A Half-Day Retreat for Corporate Leaders*

Business leaders who want to improve the culture of their organization are invited to this fun and interactive half-day retreat to explore the relevance of meaning and purpose, self-care and presence to leadership success. These three local specialists in the field of leadership development will present strategies for:

- Taking care of your organization and how it has an impact in the greater community;
- Taking care of the people you lead and practicing presence with others;
- Taking care of yourself and feeding your spirit in a corporate culture.

Participants can expect time for reflection, leadership strategy development, networking and re-energizing. Each presenter also will give away a fantastic door prize at the event: a keynote talk by John McHugh; a four-session executive coaching package from Mike Hesch; and a half-day workshop led by Kristy Walz.

**John McHugh** is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. **Mike Hesch** is the senior advisor in the Office of Leadership and Organizational Development at Mayo Clinic Health System-Franciscan Healthcare, as well as a personal and executive coach. **Kristy Walz** is the CEO of Confluence Consulting and the development director for the Franciscan Spirituality Center.

### February 3-4

Friday, 7 p.m.–Saturday, 5 p.m.

**Presenters:** Steve Spilde and Karen Lueck, FSPA



**Investment:**

- **Full:** \$135, includes retreat, bedroom and all meals
- **Commuter:** \$95, includes retreat and lunch on Saturday

**Registration deadline:** January 20

### *Enough: Overcoming Our Fear of Vulnerability*

As noted by author and researcher Brené Brown, our fear of vulnerability is powerful and primal. If we are feeling restricted in our freedom, struggling to speak or act with courage, having challenges with trust or feeling anxiety, the deeper issue may be this fear of vulnerability and its close cousin, shame. As we confront and overcome this fear and shame, we are rewarded with more intimacy in our relationships, more courage to follow our dreams, deeper faith and a stronger sense of connection, worthiness and acceptance. Sister Karen Lueck and Steve Spilde will help you understand the sources and messages that underlie this fear, share exercises to encourage you to overcome your past limitations and offer opportunities for group sharing of experience, empathy and hope. Together we will say with confidence, "I am enough! I have enough!"

**Sister Karen Lueck, FSPA**, is president of the Franciscan Sisters of Perpetual Adoration. She has a master's degree in pastoral counseling and a Doctorate of Ministry degree. Her doctoral dissertation explored our human goodness and the healing of shame from a perspective of psychology and theology. **Steve Spilde** is a spiritual director and associate director of the FSC.

### February 11

Saturday, 2-6 p.m.

**Presenters:** Tom and Kathy Roberts



**Investment:** \$50 per couple, includes cocktail party and appetizers

Add an overnight stay for just \$42.

**Registration deadline:** January 27

### *Here's to Us! A Celebration of Married Life*

Raising a glass and making a toast is often one of those moments when we take the time to say something meaningful that we wouldn't normally say out loud. Join us as we take sacred time to say meaningful things to our loving spouse. **Tom and Kathy Roberts** have been clinical therapists for a combined 70 years in the La Crosse area, where they have helped families and couples navigate the many challenges and stages of family and marriage life.

They have faced many stages and transitions in their own family life and are presently negotiating the "empty nest" midlife transition in their marriage. They will offer helpful and creative tools to keep the marriage relationship not only alive, energetic and dynamic, but also the stable focus for the entire family. Come learn from both their experience and expertise. You will have one-on-one time with your spouse for private conversation. We will close the event with a cocktail party where we will raise our glass to love that endures! Don't miss this great opportunity to celebrate your beloved.





# 2017 Program & Retreat Offerings *continued.*

## February 18

Saturday, 9 a.m.-4 p.m.

**Presenter:** Sharon Lukert

**Investment:** \$45, includes lunch

**Registration deadline:** February 3



### **Fail, Fail Again, Fail Better: Wise Advice for Leaning into the Unknown**

*Fail, Fail Again, Fail Better* by celebrated author Pema Chödrön contains wisdom shared at the commencement ceremony for her granddaughter in 2014. "What do we do when life doesn't go the way we hoped?" begins Pema. "We say, I'm a failure." But what if failing wasn't just OK, but the most direct way to becoming a more complete, loving and fulfilled human being? She offers heartfelt advice on how to face the unknown in ourselves and in the world—and how our missteps can open our eyes to see new possibilities and purpose.

This daylong retreat includes periods of meditation, time for personal reflection and journal writing, and group discussion as we explore this sage advice and how we can apply it within our lives. We will focus on cultivating acceptance, courage, fierce honesty and loving kindness, using the "recipes" Pema shares as guideposts for how to move forward in the face of our own sense of failure.

**Sharon Lukert** is a staff chaplain at Gundersen Health System, a practicing Buddhist within a Tibetan lineage for more than 20 years and a meditation instructor.

## February 25

Saturday, 9 a.m.-4 p.m.

**Presenter:** Deb Hansen

**Investment:** \$50, includes lunch and all supplies

**Registration deadline:** February 10



### **Growing the Garden of Your Soul**

Gardening in February? Yes, when you tend the garden of your soul! Mingling intention, intuition and creativity, we will plant soul gardens in a painting that brings together both the "yuck" and the possibilities of our lives. We will compost what is messy and unpleasant and grow our hopes, using paint, paper and canvas. **NO EXPERIENCE IS NECESSARY!** Your soul is a garden that will bloom beautifully on canvas.



## CONTINUING EDUCATION OPPORTUNITY

# *Together in the Mystery:* Supervisor Training for Spiritual Directors

*Together in the Mystery* offers supervisor training for experienced spiritual directors. Designed for those currently offering supervision and those discerning a call to supervise others, *Together in the Mystery* combines on-site training with long-distance supervision and mentoring over the course of a year. Training begins with a three-day contemplative practicum. Participants then receive a year of long-distance supervision and mentoring by instructors before returning for a second three-day practicum. For more information, visit [www.togetherinthemystery.org](http://www.togetherinthemystery.org) or contact the FSC.



**Weekend One:** Friday, September 29, to Sunday, October 1, 2017

**Weekend Two:** Friday, September 21, to Sunday, September 23, 2018

**Investment:**

- **Tuition:** \$850 for each weekend, plus \$50 application fee
- **Individual session fee:** \$70 per session

**Accommodations:**

- **Full:** Each weekend is \$250. Includes two nights' stay (Friday, Saturday) and all meals. Out-of-town guests may wish to add a bedroom on Thursday night and breakfast on Friday (Additional investment: \$45).
- **Commuter:** Each weekend is \$150. Includes lunch, supper on Friday and Saturday, and lunch on Sunday.

Limited to 10 participants.

# Spiritual Living

- *No advance registration necessary*
- *Free to attend*

## Divorce Recovery

January 5 and February 2 • Thursday, 5:30-6:30 p.m.

January 19 and February 16 • Thursday, 5:30-7 p.m.

**Facilitators:** Diane Withers and Mary Riedel

**Investment:** Freewill offering

We offer two opportunities each month for anyone in need of friendship, support and healing due to divorce or separation. All are welcome, no matter where you are in the process or how long ago you divorced. Gatherings are informal, and you will have a chance to share with others who are dealing with similar situations in a safe and peaceful environment. Feel free to come to all or as many meetings as you wish.

On the third Thursday of each month, Diane Withers facilitates the group. Each session will include a short presentation by a local guest speaker on topics such as finances, anger and loneliness, new relationships and the impact of divorce on family and friends. There also will be time for group discussion, private reflection and refreshments. On the first Thursday of the month, Mary Riedel facilitates this slightly shorter meeting for additional sharing and fresh insights, without guest speakers.



## The Sound of Bowls

January 10 and February 14

Tuesday, 5:30-6:30 p.m.

**Facilitator:** Tom Roberts

**Investment:** Freewill offering

Traditional historic Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. The sound of the bowls creates a deep level of communication with our inner world that opens us to the Divine. Enjoy an evening of captivating renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer.

## Pregnancy and Infant Loss Support Group

January 11 and February 8

Wednesday, 5:30-6:30 p.m.

**Facilitators:** Emily and Sean Mortenson

**Investment:** Freewill offering

This gathering on the second Wednesday of the month provides a safe place for those who have suffered a miscarriage, ectopic pregnancy, stillbirth or the loss of an infant to share their stories. The grief arising from pregnancy or infant loss is often not understood or recognized by others, who may not realize that it is the bond you have formed with your baby that determines the depth of your grief, not the length of the pregnancy or how many days the baby lived. Other issues might include the stress of coping with birth and death at the same time, infertility, previous losses and grieving differences between partners.

In this group, you will have an opportunity to process your unique experience while receiving the comfort of others who understand. Meetings are facilitated by a local social worker and her husband who have personally experienced the loss of an infant.



## Drumming Circle

January 12 and February 9

Thursday, 5:30-6:30 p.m.

**Facilitator:** Rosalie Hooper Thomas

**Investment:** Freewill offering

Drums draw individual energies into a powerful unified prayer. All are invited to this gathering the second Thursday of each month for drumming and reflection. Bring your favorite drum and join our circle. All types of drums are welcome.



## Meetup: Practicing Open-Hearted Presence

January 13 and February 10

Friday, 6:30 p.m.

**Facilitator:** Kristin Peters, FSPA

**Investment:** Freewill offering

meetup



If you want to connect more authentically with yourself and others, join us for this meetup based on the Awareness, Courage and Love scale developed and researched at the University of Washington. Led by Kristin Peters, FSPA, we will practice open-hearted presence: self-expression, deep listening, acceptance and compassion, self-care, embracing vulnerability, giving and receiving support and living more boldly.

After each meeting, you will leave with exercises and tools that you can try with family, friends, co-workers or intimate partners to deepen your relationships and move toward what you value most in life. Research indicates that people who are more interpersonally connected are healthier physically and psychologically and live more vibrant lives. **More information at [www.meetup.com](http://www.meetup.com).**

Kristin Peters is a Franciscan Sister of Perpetual Adoration and a counselor.

## Oración Bilingüe: A Time of Prayer in Spanish and English

February 23

Fourth Thursday of the month, starting in February; 6 p.m.

**Leader:** Melinda Pupillo

**Investment:** Freewill offering

Whether you only know one language or just a little bit of Spanish or English, you are invited to pray together in both languages. Through music and an informal liturgy, we will pray for the needs of the world. This is prayer in community! Bring prayers of your own or simply enjoy praying the prayers offered around you. ¡Todos son bienvenidos! ¡Vengan todos!



Like us on Facebook for more information about these upcoming programs and events.

# body, mind & spirit



## Monday Yoga: Vinyasa Flow

Monday, 5:30-6:30 p.m.

**Session 1:** January 9, 16, 23, 30; February 6, 13

**Session 2:** February 20, 27; March 6, 13, 20, 27

**Instructor:** Cheryl Neubauer

**Investment:** \$48/6 classes or \$10/drop-in



Bring together physical, mental and soulful balance through the practice of yoga. Vinyasa Flow Yoga is a flowing sequence of postures that are coordinated with a comfortable breathing rhythm. Yoga is credited with enhancing mental focus, flexibility and strength. Please bring a mat and a strap, and wear comfortable clothes.

**Cheryl Neubauer** has been a certified Vinyasa Flow Yoga instructor for seven years, teaching in various community settings in the La Crosse area. She also teaches pilates and strength training. With an undergraduate degree in community health education and a master's degree in rehabilitation counseling, she enjoys assisting people to achieve their desired health outcomes.

## Golden Yoga

Tuesday, 11:15 a.m.-noon or 11:15 a.m.-12:15 p.m.

**Session 1:** January 10, 17, 24, 31; February 7, 14

**Session 2:** February 21, 28; March 7, 14, 21, 28

**Instructor:** Amber Moesch

**Investment:** 45-minute class: \$36/6 classes

or \$8/drop-in

1-hour class: \$48/6 classes or \$10/drop-in



Golden Yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so that participants do not need to get down on the floor.

**Optional:** For those comfortable getting down on the floor, the one-hour class offers an additional 15 minutes of floor exercises. Bring a mat.

**Amber Moesch** loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping students to link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. She draws on her experience and training in Hatha, Vinyasa and Therapeutic Yoga to create classes that are tailored to her students.

## Wednesday Yoga: Vinyasa Flow

Wednesday, 5:30-6:30 p.m.

**Session 1:** January 11, 18, 25; February 1, 8, 15

**Session 2:** February 22; March 1, 8, 15, 22, 29

**Instructor:** Bernice Olson-Pollack

**Investment:** \$48/6 classes or \$10/drop-in



Vinyasa Flow Yoga is a moving meditation. In your practice, you learn to quietly observe the sensations and thoughts that pass through your body and mind. As you "flow" from one pose to the next, the asanas can actively guide you toward an inner sense of calm and a communal integration of breath and body.

**Bernice Olson-Pollack, M.S.**, brings together several of her professional disciplines as a seasoned health and wellness educator. She is a lifestyle coach, American Council on Exercise certified personal trainer, registered Yogafit instructor and Arthritis Foundation-trained tai chi instructor.

## Tai Chi 1

Monday, noon-12:45 p.m.

**Session 1:** January 9, 16, 23, 30; February 6, 13

**Session 2:** February 20, 27; March 6, 13, 20, 27

**Instructor:** Bernice Olson-Pollack

**Investment:** \$36/6 classes or \$8/drop-in

Tai chi is an internal style of Chinese martial arts. It emphasizes the steadiness of the breath and body with quiet concentration. This discipline consists of gentle and circular movements that are performed with a relaxed, slow tempo. The agile steps practiced in tai chi strengthen and mobilize joints and muscles. Mind and body become more integrated, promoting the balance of inner and outer self.



## Movement as Prayer: A Yoga Retreat for Women

Heather Henry returns to the FSC to lead this heart-led yoga retreat. See page 8 for details.

**January 27-29**

Friday, 3 p.m.-Sunday, noon

## IMPORTANT INFORMATION:

### Registration Process

Please visit the Franciscan Spirituality Center's website at [www.FSCenter.org](http://www.FSCenter.org) to register for each session. We accept PayPal for all online registrations and require payment in full at the time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or send an email to [FSCenter@fspa.org](mailto:FSCenter@fspa.org). We accept credit cards, personal checks and cash for all registrations not completed online. Payment must be made in full prior to the start of the program to be a confirmed participant.

### Refund Policy

Some of our programs require deposits. If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

### Registration Deadlines

Many programs/retreats now have a registration deadline. This will help us make important decisions regarding the status of the program/retreat. Many programs fill quickly; early registration is recommended to guarantee placement. Prompt registration also helps reduce the possibility that a program or retreat might be canceled due to insufficient enrollment, an issue that inconveniences participants and presenters.

### Scholarship Information

In the spirit of Francis and Clare, we honor and respect everyone in their search for spiritual healing, growth and renewal and will not turn anyone away because of inability to pay. Our scholarships are based on need and the type of program or retreat. We give scholarships to anyone who asks for financial assistance for spiritual direction and partial scholarships for programs or retreats. Please contact us for more detailed information about scholarships and payment options for specific retreats and programs. We do not offer scholarships for bedrooms or hermitages. Contact Laurie at 608-791-5279 or by email at [lswan@fspa.org](mailto:lswan@fspa.org), or visit us online at [www.FSCenter.org](http://www.FSCenter.org) for more information.

### Where to find us



The Franciscan Spirituality Center is just west of Mayo Clinic Health System-Franciscan Healthcare and one block north of Viterbo University at 920 Market Street. The Franciscan Spirituality Center shares the building with St. Rose Convent.



**Franciscan  
Spirituality Center**



Telephone: 608-791-5295  
Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org)  
On the web: [www.FSCenter.org](http://www.FSCenter.org)

## Groups That Meet at the FSC

**Conversations That Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group will meet the first and third Wednesdays, and the Tuesday group will meet the second and fourth Tuesdays; both from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Freewill offerings are appreciated. Suggested offering: \$5.

**Depressed Anonymous** is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets on Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated.

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (January 21 and February 18) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

**Mindful Meditation** allows you to find support, energy and discipline for your meditation practice in a group setting. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if needed. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email [smorrissey@fspa.org](mailto:smorrissey@fspa.org) with questions. This group joins *The Sound of Bells* on the second Tuesday of each month.

### FRANCISCAN SPIRITUALITY CENTER

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## Meeting Rooms

The Franciscan Spirituality Center offers a variety of attractive and comfortable rooms that can be rented for your next conference, meeting or training session. We can easily accommodate groups ranging from two to 90 participants, and each of our eight meeting rooms is bright, quiet and can be tailored to meet the needs of your group.



Enjoy professional seating, historic charm and Franciscan hospitality, as well as free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering options are also available. Take a visual tour of our rooms at [www.FSCenter.org](http://www.FSCenter.org)

Reserve a room today for your group's next meeting.  
Call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org).



## Franciscan Spirituality Center

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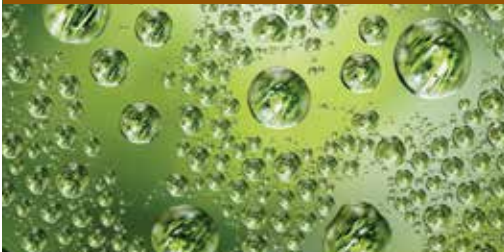
### MARK YOUR CALENDARS



# Paul Oman

We are excited to bring Wisconsin artist and pastor Paul Oman to the FSC for a special *Drawn to the Word* event on **Saturday, March 18**. Paul brings biblical stories to life through larger-than-life-sized murals that he creates before an audience in less than an hour. Highly proficient in both watercolor and acrylic mediums, he has earned numerous awards for his inspirational and captivating work over the years. Watch for registration details in the next issue of *At the Center*.

### COMING IN MARCH & APRIL



#### ***Befriending Your Limits (clergy retreat)***

**March 16-17** • with Sam Rahberg

#### ***Holy Resistance, Sacred Surrender***

**March 25** • with new presenter Mary Kay Glazer

#### ***When Retirement Comes: Renegotiating the Day to Day (a retreat for men)***

**March 25** • with Tom Roberts

#### ***Leading From Your Strengths: Using the Enneagram at Home and Work***

**March 31-April 1** • with Audrey Lucier and Steve Spilde

#### ***Justice and Peace Stations of the Cross***

**April 14** • free and open to all

Follow us on :    