



Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 28 • NUMBER 1

JANUARY/FEBRUARY 2020

At the Center

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- Entering the New Year Through Prayer and Yoga
- Women's Christmas:
An Epiphany Celebration for Wise Women
- Tea and Tranquility
- Letting Go of Anger
- Discerning Your Soul's Geography

Tea and Tranquility

FIFTH ANNUAL EVENT

You are cordially invited to our fifth annual tea party. This year's theme revolves around relaxation, mindfulness and self-care. Bring a friend or come to meet new ones as we treat you to a spa-like experience in the middle of winter.

Our afternoon will include plenty of soothing tea, fresh fruits and vegetables, and sweet treats. This year, we are excited to welcome Sitara Salon & Spa as our community partner. Our friends at Sitara will share relaxation techniques and offer hand and head massages to guests. We also will learn about ways to cultivate comfort and tranquility during the long winter days.

Proceeds from this "pay-it-forward" event have always gone into our scholarship funds. This year in particular, the money will be earmarked for our upcoming retreat for female survivors of human trafficking, domestic violence and sexual trauma. Please join us for an afternoon of warmth and good cheer! It's an opportunity to nurture yourself a bit, connect with others and do something good for the community. Seats are limited, so register early!

January 11, 2020 • Saturday, 2-4 p.m.

Presented by FSC staff and special guests
\$45 per person (tables may be reserved in groups of six)
Registration deadline: December 28
www.FSCenter.org • 608-791-5295

SITARA
SALON SPA



Franciscan
Spirituality Center





From the dark, there is light



Like many people, I start feeling out of sorts as the days grow shorter, grayer and colder. On the November morning that daylight saving time ended, I saw a meme that summed up my dread about the coming months:

*Hello darkness my old friend,
Why are you here? It's 4 p.m.*

Life does move into a different rhythm during the winter months, and that is reflected in what is happening at the FSC. This newsletter contains several invitations for you to consider—invitations to quiet your soul, to deepen your prayer life, to let go, to form intentions for a new year.

During the decades that I kept a large garden, I knew that the dark and cold fallow time of the year could actually be very healing for the soil. I would weed out old, unnecessary vegetation and feed the garden with compost to prepare it for winter. Although I couldn't see it, much replenishing and renewal quietly went on deep down all winter long.

If we use our own fallow times to tend our souls, the spiritual growth that happens within will prepare us for the next season of life. For example, a popular January retreat at the FSC offers an opportunity to learn how to use the wisdom of our intuition in charting a course for the new year. Read more about this year's intuition retreat on page 5.



On one of the longest nights of the year, we celebrate the birth of Jesus. Emmanuel, "God-with-us," comes even in the dark – perhaps especially in times of darkness. "In him was life, and the life was the light of humanity," writes St. John. From all of us at the Franciscan Spirituality Center, may your Christmas and New Year be blessed with light and life!

Peace and all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Jean Pagliaro
Program & Retreat
Coordinator



Rika Beckley
Development Director



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Office Assistant



Elizabeth Kapanke
Bookkeeper & Hospitality



Vince Hatt
Associate Spiritual Director



John McHugh
Associate Presenter



Bernice Olson-Pollack
Associate Presenter



Tom Roberts
Associate Presenter

OVERCOMING CHALLENGES WITH

Grit & Grace

In celebration of all women who have faced obstacles and ordeals yet persevered, kept the faith and emerged more resilient, we have planned a special conference on Saturday, May 2, 2020, at Mary, Mother of the Church in La Crosse.

Kao Kalia Yang, a Hmong-American writer, teacher and public speaker based in Minneapolis, will be the keynote speaker at our second annual celebration of inspirational, resilient and spiritual women. Kalia will reflect on her spiritual journey into writing. She comes from a people who are new to what is written; a long time ago, the Hun Chinese outlawed the Hmong written language. The women and girls tried to hide it in their clothing. Hmong women are celebrated the world over for their embroidery, but few know it was once a vessel for their stories, histories and lived experiences. Kalia's talk will address the questions: *What does it mean to reclaim something that is no more, in an entirely new language, in a new land?* and *How does her own journey help situate herself in the pains and sorrows of others, and speak to their fears and faith?*

Our day also will include talks by three local women whose powerful stories not only have changed their lives but also offer lessons for all of us.

SAVE THE DATE

MAY 2

Saturday, 8:30 a.m.-3 p.m.

**Mary, Mother of the Church
2006 Weston Street, La Crosse**

**Investment:
\$50 (lunch included)**

**Register online at
www.FSCenter.org or call
608-791-5295.**

ABOUT OUR KEYNOTE SPEAKER

KAO KALIA YANG • MINNEAPOLIS

Born in the refugee camps of Thailand to a family that escaped the genocide of the Secret War in Laos, Kalia came to America at the age of 6. She has earned degrees from Carleton College and Columbia University, and is the award-winning author of *The Latehomecomer: A Hmong Family Memoir* (Coffee House Press, 2008) and *The Song Poet* (Metropolitan Books, 2016), which has been adapted into an opera by the Minnesota Opera and will have its premiere in spring 2021. She recently debuted her first children's book, *A Map Into the*

World (Carolrhoda Books) and a co-edited collection titled *What God is Honored Here?: Writings on Miscarriage and Infant Loss By and For Indigenous Women and Women of Color* (University of Minnesota Press). Her second children's book, *The Shared Room* (University of Minnesota Press), and a collective memoir about refugee lives, *Somewhere in the Unknown World* (Metropolitan Books), are scheduled to be published this spring.



ADDITIONAL FEATURED SPEAKERS

LISA MCCORMICK • TOMAH

As the parent of a sex trafficking victim, Lisa has made it her life's purpose to share her family's story so others understand the dangers of trafficking and how easily our vulnerable children can get caught up in it. Lisa's son, Jeffrey, was recruited into a sex trafficking ring out of Madison and exploited until his death, at age 17, in September 2016.

Her faith and her desire to spare other families the tragic consequences of trafficking, drug addiction and bullying put her on the path of advocacy. She frequently speaks to schools, churches and other groups on how to recognize and help at-risk youth. She is a member of the Wisconsin



Anti-Human Trafficking Advisory Council and is featured in the Wisconsin Department of Children and Families documentary film about youth sex trafficking in Wisconsin. Lisa walks alongside parents, grandparents, caregivers and all others, giving hope that they are not alone in this journey.

SARAH JOHNSON • WINONA

Sarah is a licensed professional counselor and has more than 25 years of experience working in the prevention, youth development and counseling fields. She is the mental health director at the La Crosse Area Family YMCA and will be speaking as a human being who happens to be a mental health professional. Incorporating some mindfulness practices into her talk, Sarah will share about what led her to integrate mindfulness into her professional and personal life and the profound impact it has had on her quality of life.



CAROLYN BOSTRACK • LA CROSSE AREA



Carolyn is a fierce mother of three, corporate leader, author (*F.I.E.R.C.E.: Transform Your Life in the Face of Adversity, 5 Minutes at a Time!*), motivational speaker

and life and business strategist. Carolyn's life story is one of personal and professional transformation.

From standing in a food line at the Salvation Army to earning her doctorate, Carolyn's life purpose is to provide hope and inspire people to move from fear into focus.

As she writes on her website: "While my past has a permanent stamp on my life, it doesn't define me. My past trauma and abuse has positioned me to develop and leverage my grit so that I can serve other women who want to transform their lives, too."

THIS EVENT IS SPONSORED BY:

GUNDERSEN AND
HEALTH SYSTEM.





WE CURRENTLY HAVE LIMITED BEDROOM SPACE; PLEASE REGISTER EARLY IF YOU ARE PLANNING TO STAY OVERNIGHT DURING YOUR RETREAT.



ENTERING THE NEW YEAR THROUGH PRAYER AND YOGA

JANUARY 4 • Saturday, 9 a.m.-noon

Presenters: Sarah Hennessey, FSPA,
and Bernice Olson-Pollack

Investment: \$45

Registration deadline: December 21



Through a variety of prayer modalities and yoga, we will enter the new year by setting our intentions through mind and body. Integrating guided meditation, Lectio Divina and traditional Christian prayers with yoga poses will help us to deepen our practice. Using both active and restorative practices will help us to be both centered and open. We suggest that you arrive by 8:30 a.m. to prepare and settle in.

SUPERVISION FOR SPIRITUAL DIRECTORS

JANUARY 8, FEBRUARY 12, MARCH 11, APRIL 8 & MAY 13



Wednesday, 5:30-7:30 p.m.

Facilitator: Rose Elsbernd, FSPA

Investment: \$50 for all five sessions

Registration deadline: January 24

Supervision is key for ongoing development of the tools of compassionate listening. Spiritual directors who are guiding at least two people are invited to participate. Sister Rose Elsbernd will facilitate the sharing of prayer, verbatim reviews and personal reflection. To ensure the development of trust among the group, it is important to commit to all five gatherings.

WOMEN'S CHRISTMAS: AN EPIPHANY CELEBRATION FOR WISE WOMEN

JANUARY 9 • Thursday, 5:30-8 p.m.

Presenter: Deb Hansen

Investment: \$35, includes meal and
Wise Women gifts

Registration deadline: December 26
Limit of 30 participants.



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 and rest after the busyness of Christmas preparations. This annual event brings together the tradition of Women's Christmas and the Feast of the Epiphany. Whether you are Irish or not, you are invited to leave behind your responsibilities for a few hours to celebrate and enjoy the companionship of other women. Beginning with a simple meal, we will reflect on the coming year as peregrinatio or pilgrimage. We will ask ourselves: Who am I? What are my dreams? What do I need to empty from my life? What star will guide me? Our reflections will give us guidance for our pilgrimages and bless us with gifts to encourage us in the new year.

MEDITATION FOR EMOTIONAL HEALTH

JANUARY 9 & FEBRUARY 13

Thursday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: Freewill offering

No registration required.



This group is open to anyone experiencing anxiety or depression and offers meditation as a coping skill. Gatherings are on the second Thursday of the month, and you are welcome to attend any or all sessions as your schedule permits. Practicing coping skills such as meditation can change the way we interact with the world and with ourselves. Each evening will include a meditative practice followed by a brief discussion.

REGISTER

HOW TO REGISTER: Go online to 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 all on their spiritual journey and will hold your request in confidence.

TEA AND TRANQUILITY

JANUARY 11 • Saturday, 2-4 p.m.

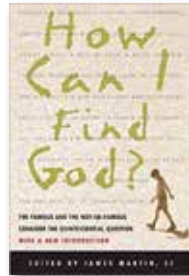
Presenters: FSC staff and special guests from Sitara Salon & Spa

Investment: \$45

Registration deadline: December 28

The theme of this year's annual tea party revolves around relaxation, mindfulness and self-care. Bring a friend or come to meet new ones as we treat you to a spa-like experience in the middle of winter.

Our afternoon will include plenty of soothing tea, fresh fruits, veggies, and sweet treats. This year, we are excited to welcome Sitara Salon & Spa as our community partner. Our friends at Sitara will share relaxation techniques and offer hand and head massages to guests. We also will learn about ways to cultivate comfort and tranquility during the long winter days. Proceeds will benefit our upcoming retreat for female survivors of human trafficking, domestic violence and sexual trauma.



FSC BOOK GROUP: HOW CAN I FIND GOD?

JANUARY 16 • Thursday, 7-8:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$10, includes wine and other refreshments

Registration deadline: January 2



Join us for lively discussion and refreshments during this FSC staff-led, monthly book group. The January selection is *How Can I Find God?: The Famous and the Not-So-Famous Consider the Quintessential Question*, edited by James Martin, SJ.

This collection of short essays from people all over the spiritual spectrum is a fresh, fascinating look into our ultimate search for meaning. The result is both surprising and inspiring. Finding God is closer than we think.

A SACRED CALL: DISCERNING YOUR SOUL'S GEOGRAPHY IN 2020

JANUARY 17-18 • Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Carol Burling and Sheryl Stowman

Investment:

- **Full:** \$150, includes overnight stay and all meals
- **Commuter:** \$115, includes lunch on Saturday

Registration deadline: January 3

This weekend retreat is designed to enhance your ability to listen to your intuition, a deep source of wisdom. Our time together will open doorways to some new and some familiar ways of knowing through the use of sand and symbol, contemplation, writing, inquiry and discussion. Come curious and leave with a connection to your inner knowing and direction for the new year.

Carol Burling, DMin, MA, has been a lifelong learner in the area of human development, focusing on spiritual development, shame, loss and grief, and resiliency. She works in Minneapolis as a spiritual director and retreat leader.

The Rev. Sheryl Lyndes Stowman is an ordained UCC minister who has served as hospital chaplain and ACPE Certified Educator. Her passion for spiritual development has led her into contemplative traditions, practices and the power of embodied knowing. She works as a spiritual director, consultant and retreat leader in the Minneapolis area.

Spirited Friends receive a 20 percent discount on this program.

Please call 608-791-5295 to claim this incentive or to learn how you can become a monthly giver to help sustain our mission.



Your soul knows the geography of your destiny. Your soul alone has the map of your future; therefore, you can trust this indirect, oblique side of yourself. If you do, it will take you where you need to go, but more important it will teach you a kindness of rhythm in your journey.

– John O'Donohue

THE SOUND OF BOWLS

JANUARY 14 & FEBRUARY 11

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

Facilitator: Tom Roberts

Investment: Freewill offering

Registration deadline: January 13/February 10

Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. The sounds create a deep 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. These sound meditation sessions are offered on the second Tuesday of the month, September-May.



FRANCISCAN DAY OF SOLITUDE

JANUARY 15, FEBRUARY 11 & FEBRUARY 26 (ASH WEDNESDAY)

Choose one of the above dates, 8:30 a.m.-4:30 p.m.

Facilitator: Deb Hansen

Investment: \$40, includes lunch and optional spiritual direction session

Registration deadline: January 2/January 30/February 12

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, using our art room and meeting with a spiritual director.



2020 Programs and Retreats *continued.*

ART AS PRAYER

JANUARY 20 & FEBRUARY 17

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$10 per session

Registration deadline: November 15/
December 13

Supplies needed: watercolors (pan set), brushes (8-inch round watercolor, 1-inch flat wash), kneaded eraser.

Watercolor paper is provided.



Artistic expression offers the opportunity for transformation, spiritual growth and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Sessions are the third Monday of the month, September–May, and you are invited to come to one or all as your schedule permits. Meet new friends and practice listening to your heart as you paint. No experience is necessary; Mary is an enthusiastic and encouraging teacher who will show you how to get started.

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.

WOMEN'S YOGA RETREAT

JANUARY 24-26 • Friday, 3 p.m.–Sunday, noon

Presenter: Heather Henry

Investment:

- **Full:** \$250, includes overnight stay and all meals
- **Commuter:** \$150, includes Friday dinner and Saturday lunch

Registration deadline: January 10



Once the holidays have hushed and the twinkling lights have dimmed, it's time to align intentions for the upcoming year. This retreat is for women looking to take responsibility for and design their lives, inhabit their whole body and release what no longer serves. It's a time to become quiet, reflect and be grateful for the time gone past and clarify how you would like to create that which lies ahead. Working with nature's rhythms, we will use gentle yoga and Ayurvedic practices to fortify sacred feminine energy and weave our intentions, shaping them into the exquisite experience of our lives.

Heather Henry has been teaching heart-led yoga for more than 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. Her professional practice facilitates women's yoga as well as Ayurvedic counseling and treatments.



Photo credit: Spiritual Directors International (www.sdiworld.org)

GROUP SPIRITUAL DIRECTION

Spiritual direction is the process of sharing one's sacred stories with a trained, compassionate listener. It can be helpful to anyone seeking spiritual growth, healing or a deeper connection with God and others. The experience of intentional listening and seeking inner wisdom can be done in a group setting. Participants are guided by a trained spiritual director who serves as a facilitator. Many people enjoy the support, encouragement and collective wisdom found within group spiritual direction. Extroverts may appreciate the opportunity to develop their skills of listening to others at a deep, caring level. Introverts may appreciate the opportunity to share their stories in a safe and nurturing environment. Group direction also includes space for silence and reflection.



Please choose the group that best fits you:

CLERGY GROUP SPIRITUAL DIRECTION

JANUARY 23, FEBRUARY 27, MARCH 26, APRIL 23 & MAY 28

Thursday, 9-11 a.m.

Facilitators: Rose Elsbernd, FSPA, and Steve Spilde

Investment: \$125 for all five sessions

Registration deadline: January 9

MEN'S GROUP SPIRITUAL DIRECTION

JANUARY 28, FEBRUARY 25, MARCH 24, APRIL 21 & MAY 26

Tuesday, 5:30-7:30 p.m.

Facilitator: Steve Spilde

Investment: \$125 for all five sessions

Registration deadline: January 14

WOMEN'S GROUP SPIRITUAL DIRECTION

JANUARY 28, FEBRUARY 25, MARCH 24, APRIL 21 & MAY 26

Tuesday, 5:30-7:30 p.m.

Facilitators: Rose Elsbernd, FSPA, and Sarah Hennessey, FSPA

Investment: \$125, includes all five sessions

Registration deadline: January 14



LETTING GO OF ANGER

JANUARY 25 • Saturday, 9 a.m.-4 p.m.

Presenter: Christine Isham

Investment: \$65, includes lunch

Registration deadline: January 11



Have you found yourself experiencing the anger, frustration or helplessness of an old wound over and over, unable to get over it, as counseled by so many? This day is for those who have a hard time letting go of anger—a distressing and uncomfortable emotion for most people. Historically, anger has been considered a sin, a weakness or madness. People of all genders, races and ages experience and express anger in different ways due to their varied experiences and cultural expectations. Anger is not the same as aggression, hostility and harm toward another. This group will be a welcoming space to learn about anger, as we talk and explore our own anger through other senses. Participants can expect to gain insight into the different ways anger is processed and then reflect on their own anger through the use of an anger journal.

The Rev. Christine Isham, PhD., is an ordained minister in the Christian Church (Disciples of Christ) and serves as a chaplain in the La Crosse area. She has trained with the Lombard Mennonite Peace Center and the Transitional/Intentional Interim Ministry Specialists Association of The United Methodist Church. This program has been developed from her ministerial background, training and personal experience.



**LABYRINTH WALK:
WHEN WE WALK IN THE DARK**

FEBRUARY 4 • Tuesday, open between 4-6:30 p.m.

Facilitator: Audrey Lucier

Investment: Freewill offering

No registration necessary.

During these dark days of winter, you are invited to walk the FSC's indoor canvas labyrinth by candlelight. The labyrinth forms a single path for you to walk while meditating on reflections from Barbara Brown Taylor's book *Learning to Walk in the Dark*. This is a silent, self-guided prayer and meditation practice suitable for older teens and adults. A brief instruction is available for those new to the labyrinth.

PRAYER AS ART: A COLLAGE-MAKING EXPERIENCE

FEBRUARY 8 • Saturday, 9 a.m.-4 p.m.

Presenter: Mary Thompson

Investment: \$70, includes lunch and all materials

Registration deadline: January 25

Absolutely no experience necessary!



The natural world is one of the most consistent sources of generosity in our lives – nourishing and providing for us daily, sustaining life and offering abundant gifts. Nature invites us to have deep connections with the Sacred through birds, insects, flowers and plants, animals, sky, sun and so much more.

Honoring Mother Earth, we invite you to strengthen the bonds of connection through art, prayer, poetry and music. Enjoy a day of color and joyful companionship.

We will open our hearts to playful exploration, working intuitively and responding to what shows up. Using an assortment of hand-painted paper, music sheets and poetry or words, we will embark on a creative, spontaneous pilgrimage. You will be guided through the steps of collage-making and encouraged to find your own creative voice.

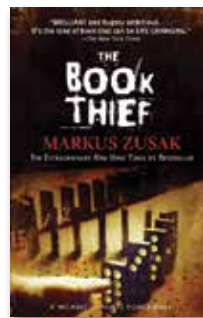
FSC BOOK GROUP: THE BOOK THIEF

FEBRUARY 13 • Thursday, 7-8:30 p.m.

Presenter: Rose Elsbernd, FSPA

Investment: \$10, includes wine and other refreshments

Registration deadline: January 30



Join us for lively discussion and refreshments during this FSC staff-led, monthly book group. The February selection is *The Book Thief* by Markus Zusak. This international best seller is set in 1939 Nazi Germany.

Narrated by Death, it tells the story of Liesel Meminger, a young foster child who scratches out a meager existence for herself by stealing when she encounters something she can't resist: books. Each book she steals depicts an important point in her life in her own history, an important lesson learned, a challenge

overcome by her or an important person in her life, including the Jewish man her family is hiding.

Like us on Facebook to see photos from our events and to keep up with updates.





2020 Programs and Retreats *continued.*

SIX-WEEK SERIES

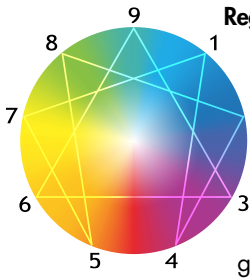
INTRODUCTION TO THE ENNEAGRAM

FEBRUARY 13-MARCH 19 • Thursday, 6-8 p.m.

Presenters: Audrey Lucier and Steve Spilde

Investment: \$150, includes online assessment

Registration deadline: January 30



The Enneagram is a powerful tool for understanding ourselves and others. It refers to nine core personality styles (the Greek word ennea means nine). The style we favor affects what we see as important and how we act in our relationships. In this introduction to the Enneagram, learn about the gifts and challenges of your personality style, how to grow beyond your default way of doing things and how to better understand people with other styles. This series is ideal for people new to the Enneagram or who would like a refresher.

Audrey Lucier, director of the Franciscan Spirituality Center, was trained and certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training through the International Enneagram Association and with Beatrice Chestnut, Ph.D.

Steve Spilde is associate director of the Franciscan Spirituality Center and the director of the FSC's Spiritual Director Preparation Program. Steve was originally introduced to the Enneagram by Richard Rohr, OFM, many years ago. He also was trained and certified by Jerry Wagner and received additional training from Russ Hudson.



SILENCE: A PRAYER OF THE HEART

FEBRUARY 15 • Saturday, 9 a.m.-4 p.m.

Presenters: Audrey Lucier and Tom Roberts

Investment: \$65, includes lunch

Registration deadline: February 2



So often in our spiritual journey, we insist on finding answers. There is a persistent looking elsewhere and less practice in using our innate wisdom. As Rumi reminds us: "There is a language that does not use words, LISTEN!" During this retreat, you will have the opportunity to learn the wisdom of your own silence and discover what that wisdom has been waiting to share with you. We will look at examples from several spiritual traditions that teach us the importance of returning to silence, and you will be invited to examine your spirituality without distraction and without words.



HEALING THE HEALER:

A RETREAT FOR HEALTH-CARE WORKERS

FEBRUARY 22 • Saturday, 9 a.m.-4 p.m.

Presenters: Jeannette Spilde, M.D., and Jean Pagliaro

Investment: \$65, includes lunch

Registration deadline: February 8



Calling all physicians, nurses, medical personnel, veterinarians, chaplains, social workers, therapists and counselors. Is your work as a health-care provider hurting you? Have you been feeling down, exhausted, cynical or stressed? Is the pain and trauma of others affecting your mood, thoughts and relationships? It goes by many names, but burnout, secondary trauma and/or compassion fatigue is real. We invite all those in helping professions whose hearts may be wounded to join us. This day will provide an uplifting time of renewal with the support of others. Enjoy the compassionate and relaxing space of retreat, learn ways to release your experiences and dedicate time to refill your physical, emotional and spiritual buckets. Activities will include both large- and small-group discussion, time for meditation or prayer, and options for journaling or other forms of self-reflection.

Jeannette Spilde, M.D., is a radiologist specializing in breast imaging and cancer detection. She is passionate about the hearts and souls of health-care providers, self-care, resiliency and the power of retreat.

Jean Pagliaro is the program and retreat coordinator at the FSC. She has a bachelor's degree in social work and a Master of Divinity degree. Her ministry experiences and focuses include mental health crisis response, hospital chaplaincy, grief care and programming that offers support to families. She serves on the support team for Resilient and Trauma Informed Communities, a local initiative to create a community with shared understanding and care for those who have experienced Adverse Childhood Experiences (ACEs) and trauma.



PLAN AHEAD!

Registration is open for 2020 Iconography Workshops with Phil Zimmerman:

- St. Isadore the Farmer • May 17-23
- Rublev Trinity (advanced) • July 12-18
- Rublev Angel OR St. Kateri Tekakwitha (choose one) • September 20-26



BODY | MOVEMENT CLASSES

GOLDEN YOGA

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

Session 1: January 7, 14, 21, 28; February 4, 11

Session 2: February 18, 25; March 3, 10, 17, 24

Investment: \$55 for six classes or \$12 drop-in



Thursday, 11:15 a.m.-12:15 p.m.

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

Session 2: February 20, 27; March 5, 12, 19, 26

Investment: \$55 for six classes or \$12 drop-in

Instructor: Amber Moesch

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Each class includes a gentle flow of seated stretches, standing poses and balance exercises. A chair is used as a prop during the class to offer modifications and balance support. The last 15 minutes of each class includes poses and movements done on a yoga mat on the floor.

Amber Moesch loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping her students link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. Amber draws on her many years of experience and training in yoga and restorative exercise to create classes that are tailored to the students who show up.

VINYASA YOGA

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

Session 1: January 8, 15, 22, 29; February 5, 12

Session 2: February 19, 26; March 4, 11, 18, 25

Investment: \$55 for six classes or \$12 drop-in

Instructor: Bernice Olson-Pollack



Vinyasa flow is a moving meditation that guides you toward a sense of calm and links poses together with smooth sequencing. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self.

UTSAHA YOGA

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

Session 1: January 6, 13, 20, 27; February 3, 10

Session 2: February 17, 24; March 2, 9, 16, 23

Investment: \$55 for six classes or \$12 drop-in



Instructor: Bernice Olson-Pollack

The sanskrit word Utsaha (pronounced OOT-sah-hah) means determination, firmness and power. Practicing strength-based sequencing and using exercise bands promotes the structure and stability of your poses.

QIGONG

Thursday, 5:30-6:30 p.m. • FREE class: January 2

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

Session 2: February 20, 27; March 5, 12, 19, 26

Investment: \$55 for six classes or \$12 drop-in

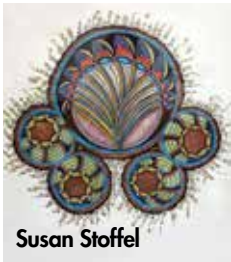
Instructor: Bernice Olson-Pollack



The fundamental principle of qigong (pronounced CHEE-gung) is that everything in the universe is a form of energy, including every cell in your body. The mind-body practice of qigong sustains and improves the health of the immune system, nervous system and internal organs. It also helps to reduce stress. This can be accomplished through the combination of breathing, movement and internal focus.

Bernice Olson-Pollack, M.S., is a Community Counseling YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise-certified personal trainer. She has a harmonious blend of mind/body, health and wellness experience that she shares with her participants. Her accessible teaching style creates a comfortable learning environment for diverse abilities. She encourages all to discover their own path toward a healthier way of living.

TO REGISTER: PLEASE VISIT WWW.FSCENTER.ORG OR CALL 608-791-5295.



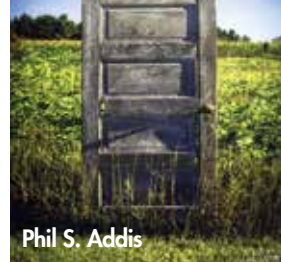
Susan Stoffel



Jamie Heiden



Marianne Stanke



Phil S. Addis



Leanne Poellinger



Phil S. Addis



Rose Dymetryszyn



Larry Durfey



Lynne Burgess



Dani McAlister



Colleen Burke-Shore



Mary Thompson

ART DASH SUPPORTS LOCAL ARTISTS & THE FSC MISSION



Ready, Set, Gogh!

Tickets for our fourth annual *Art Dash* will go on sale January 1. This important fundraiser is a celebration of creativity, community and beauty. Please join us on **Thursday, March 26**, as we bring together local artists and patrons for a spirited evening of fun, food and fine art.

This is a wonderful opportunity to shine a spotlight on the talented and generous artists who inspire, delight and challenge us with their work. Our family of artists has grown each year, and we can't wait to show you what they have in store for *Art Dash 2020*. Thanks also to your interest, this event has grown each year. Your ticket purchase (and/or sponsorship) helps sustain our mission of supporting all people in their search for God, meaning and wholeness. We can't do the important work we do without your help.

If you are new to *Art Dash*, here's how it works: Everyone who buys a \$100 ticket will go home with a piece of original art, but which piece is up for grabs. Each Dash ticket holder will be assigned a number. After a social hour and preview of the art (starting at 5:30 p.m.), 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 piece they like and so on until all of the artwork is claimed.

Where else can you get a piece of locally produced, quality art for a mere \$100 donation?

Spouses and friends can buy a Spectator ticket for \$50 and watch the fun. Spectator ticket holders do not dash for art but are entered into a drawing for door prizes. All ticket holders will enjoy delicious appetizers and have a chance to mingle with the artists and other guests.

We are still accepting contributions to *Art Dash*. If you'd like to sponsor the event, please contact Rika Beckley at 608-791-5276 or rbeckley@fspa.org. If you are a professional artist who is interested in donating your original artwork, please contact Stacey Kalas at 608-791-5296 or skalas@fspa.org.

THANK YOU TO OUR 2020 SPONSORS:

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BRONZE LEVEL:

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Mikat Public Relations
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DONATIONS:

Tom DeZell
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IT'S ABOUT listening TO THE stories

"I don't think that I have ever been averse to doing deep inner work, but this program put me on a fast track to exploring the inner life. It has helped me be a better listener in the whole of life."

- Past participant

Do you wish to help others discover a personal, intimate relationship with God? Are you interested in preparing for a ministry of spiritual direction or retreat ministry? Are you interested in becoming a trained spiritual director? Consider the Franciscan Spirituality Center's Spiritual Direction Preparation Program.

Since 1985, we have trained more than 500 people in the practice of spiritual direction. Our innovative program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity to integrate theory and practice. This program is designed to form and train candidates through prayer, teachings, practical workshops, quarterly meetings and one-on-one supervision. While the SDPP prepares the participant to companion others regardless of their spirituality, this program teaches from the Judeo-Christian tradition.

SPIRITUAL DIRECTION PREPARATION PROGRAM:

DESIGNED FOR:

- Those who are older than 30 and drawn to a deeper understanding of spiritual direction.
- Those who have not had formal training in spiritual direction.
- Those preparing for a ministry of spiritual direction or retreat ministry.
- Those interested in deepening their spiritual and personal development.

PARTICIPANTS LEARN BY:

- Attending scheduled workshops.
- Practicing direction skills using monthly verbatimim.
- Meeting quarterly with a supervisor, an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.

EXPECTED OUTCOMES:

- Lifelong compassionate listening skills.
- Strong community development with cohort between 25-35 participants.
- Personal transformation and deeper spiritual understanding.
- Increased self-awareness and deeper interpersonal relationships.
- Certificate of completion as a trained spiritual director.

APPLICATIONS WILL BE ACCEPTED UNTIL JUNE 1, 2020.

PLEASE VISIT WWW.FSCENTER.ORG TO DOWNLOAD A BROCHURE OR CALL 608-791-5295 FOR MORE INFORMATION.

Welcome, Sister Karen



We are very excited to welcome Karen Lueck, FSPA, to the Franciscan Spirituality Center Board of Directors.

Sister Karen recently completed her four-year term (2014-18) as president of the Franciscan Sisters of Perpetual Adoration and continues to share her gifts of writing and service with the community at large.

We are grateful for her enthusiasm, leadership skills and vision.

“The Franciscan Spirituality Center is such a valuable organization in the city of La Crosse and beyond,” she said. “[The FSC] listens to the needs of the people, and responds in loving and compassionate ways. The staff are excellent teachers, facilitators, listeners and collaborators.

“I believe that it is a necessary avenue to carry out the mission of FSPA. It is empowering the laity to become leaders and to live in the world as spiritually centered people. This is what creation is crying out for more than ever.”

Sister Karen first joined the FSPA Leadership team in 1998 as a mission councilor. From 2008-14, she was the novice director and co-minister of incorporation. Prior to those positions, she worked as a pastoral counselor, a psychotherapist, a principal and a teacher. She is also a certified spiritual director and has helped supervise participants in the FSC’s Spiritual Direction Preparation Program.

She presented a well-received program on vulnerability and shame at the FSC in 2017, and we are looking forward to the new and exciting ways she can work with our board and support our mission!



The Sophia Bookstore

Have you stopped by our Sophia Bookstore lately? Tucked within the Franciscan Spirituality Center, it truly is a gem, featuring an interesting and diverse selection of titles on modern theology, spirituality, Franciscan values, philosophy, poetry, healing and more. We also sell cards and gift items such as scarves, Fair Trade bags, candles, soaps and lotions, Tibetan singing bowls and wooden palm crosses. Come visit between 8 a.m. and 5 p.m. Monday through Friday or while you are on retreat. Free WiFi and complimentary coffee and tea are available as you browse.

Here are just a few of the authors whose books we carry: Cynthia Bourgeault, Brené Brown, Joan Chittister, Pema Chödrön, Billy Collins, Iliia Delio, Thich Nhat Hanh, Thomas Keating, Thomas Merton, Mark Nepo, Henri Nouwen, John O’Donohue, Mary Oliver, Richard Rohr, Joyce Rupp and David Whyte.

FRANCISCAN SPIRITUALITY CENTER Board of Directors

Jane Comeau, *Chairperson*
Mike Hesch, *Vice Chairperson*
Joan Weisenbeck, *FSPA, Secretary/Treasurer*
Lucy Slinger, *FSPA, FSPA Liaison*



Emilio Alvarez
Annie Berendes
Sharon Berger, FSPA
Patricia Boge
Dan Henderson
Jeffrey Lokken

Karen Lueck, FSPA
Lyell Montgomery
Glena Temple
Mark Thorn
Kristy Walz

GROUPS THAT MEET AT THE FSC

Depressed Anonymous is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets Mondays from 5:30-6:30 p.m. Questions? Contact Vince via email at vjhatt@gmail.com. Freewill offerings are appreciated.

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 meets on the first and third Wednesdays, and the Tuesday group meets on the second and fourth Tuesdays, both from 7-9 p.m. To see whether the group meets your needs, contact Vince via email at vjhatt@gmail.com. Suggested offering: \$5.

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 18 and February 15) from 9:30-11:30 a.m. Contact Vince via email at vjhatt@gmail.com 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 with questions. This group joins *The Sound of Bowls* on the second Tuesday of the month.

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



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 FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

Leaving a legacy

You might have heard the popular quote, “We make a living by what we get, but we make a life by what we give.” What does that saying mean to you? To whom do you give, and what? Advice, money, volunteer time, time to your family and friends?

I was part of a discussion at lunch recently during which we talked about eco-spirituality, loosely defined as the sacred connection between humans and creation/our environment. Some people believe that Earth and its resources are for us to enjoy without considering overuse. Others see humans as part of a bigger picture of the universe, and our responsibility is to live in harmony with nature. Finding a balance between these two perspectives is at the heart of many political debates.

Some think about leaving the legacy of Planet Earth to our children and grandchildren and consider how we individually participate in using Earth’s natural resources. It’s hard sometimes to see the connection with what we do on a daily basis (such as avoiding plastic water bottles, recycling, turning off unused lights) and the big picture of preserving our earthly home for future generations, but we make changes to make a difference, ultimately in preserving Mother Earth.

In addition to leaving our planet better than we found it, we also can think about leaving a legacy to the next generation through contributions that make a positive impact. Maybe you take part in a service organization such as Rotary, which has worked for more than three decades to eradicate polio worldwide.

We also can consider our contributions closer to home. Maybe you put money in the bucket at Moon Tunes to help build the new band shell in La Crosse’s Riverside Park. Or maybe you donate to the Salvation Army during its Red Kettle campaign to help provide basic services to residents in need.

The Franciscan Spirituality Center is also looking at our legacy to the Coulee Region through our programs that transform individual lives, create community and offer paths toward healing and wholeness. We invite you to join us in our mission and consider creating a legacy through us. Donations to our endowment are held in perpetuity, and the interest from the fund’s growth supports the work we do. Whether you make a cash donation, pledge over a few years or give a gift through your estate, you are an important partner in helping us create a legacy of peace and goodness in the community.

As you think about the legacy you want to leave to your family and your community, we hope you will consider the work we do as part of your philanthropic plans.

Peace and all good,

Rika Beckley

Rika Beckley, Development Director



Rika Beckley

Development Director
 rbeckley@fspa.org
 608-791-5276





Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

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SPECIAL EVENT FOR AUGUST 2020



Get ready for a road trip

The Franciscan Spirituality Center invites you to join us on a bus trip **Saturday, August 15**, to the Orpheum Theatre in Minneapolis to see the Broadway hit musical, *Come From Away*.

We have secured a limited group of tickets (\$100 value) that we can offer for just \$82 per person. Your investment includes coach transportation (WiFi, restroom, comfy seats), a box lunch en route to the theater and a facilitated discussion about the play and its portrayal of Franciscan values on the ride home.

We will meet at the FSC at 9:30 a.m. (free parking for the day). The show starts at 2 p.m. and lasts about two hours. We'll stop for snacks on the way home and expect to arrive back in La Crosse between 7-8 p.m.

To secure your spot, we'll need your name, number of tickets and a \$50 per person deposit by March 31. Please call 608-791-5295 or visit www.FSCenter.org for more information.

Come From Away is set in the week after the September 11 terrorist attacks and tells the true story of what happened when 38 planes were diverted to the isolated community of Gander,

in the province of Newfoundland and Labrador, Canada. What started as an average day turned into an international sleepover as 7,000 stranded travelers descended on the small town. Undaunted by culture clashes and language barriers, the people of Gander cheered their unexpected guests with music, an open bar and the recognition that we're all part of a global family.

The show opened on Broadway in March 2017 and has been a box office success, nominated for seven Tony Awards and winning Best Direction of a Musical.

One of the musical numbers—"Prayer"—is taken from the Prayer of St. Francis. In this scene, a church welcomes those from several faith backgrounds, praying for peace. One critic wrote: "It's a beautiful moment of quiet unity and suddenly, that old saying—that people are more alike than they are different—seems stunningly true."

NOTE: The Orpheum Theatre is at 910 Hennepin Avenue in Minneapolis. Our block of 44 seats are being held in Section 4, Rows N, O, P, Q, R (plus three accessible seats).

COMING IN MARCH/APRIL



WISDOM OF THE MYSTICS: A LENTEN PERSPECTIVE

March 8-14 • with Marcia Bentley

PRAYER BEYOND WORDS

March 14 • with Sarah Hennessey, FSPA

DIVORCE RECOVERY

March 24-May 8 • with Audrey Lucier

SERENITY RETREAT

April 3-5 • with Susan Seeby, CSA

COURAGEOUS LEADERSHIP

April 21 • with Steve Spilde & Jean Pagliaro

ALL SHALL BE WELL: JOYFUL PRAYER WITH JULIAN OF NORWICH

April 24-26 • with Carl McColman

Follow us on :   

The Franciscan Spirituality Center is a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.