



**Franciscan
Spirituality Center**

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

VOLUME 25 • NUMBER 4

JULY/AUGUST 2017

At the Center

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Help us sow seeds of peace & transformation in the world

One of the Franciscan Spirituality Center highlights of this year will surely be the "soul gardening" presentations this past April by author, humorist and master gardener Terry Hershey. With storytelling and humor, Terry opened our eyes to how we either cultivate or neglect the things we want growing in the garden that is our life.

Many of us long for spiritual growth, a healthy lifestyle and a more centered life. Our mission at the Franciscan Spirituality Center is to support all people in their efforts to cultivate their own soul garden.

We invite you to be part of this work. Our goal this year is to raise 55 percent of our budget. (Our sponsors, the Franciscan Sisters of Perpetual Adoration, will provide the other 45 percent needed.)

Program fees alone will not be enough to meet this goal. We still need to raise \$15,000 before our fiscal year ends on June 30. Can you help us?

Thank you
in advance for your generosity.

Secure online donations can be made at www.FSCenter.org, or
come visit us at 920 Market Street in La Crosse to make your gift in person.

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.

Do you have questions about spiritual direction?

Are you interested in individual or group spiritual direction?

Steve Spilde will host an informational session about spiritual direction on Monday, July 10, starting at 5:30 p.m.

This session is free to attend. Registration is not required, but it is helpful if you let us know you are planning to attend. Please call 608-791-5295 with questions or to RSVP.



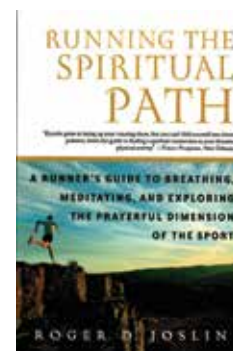
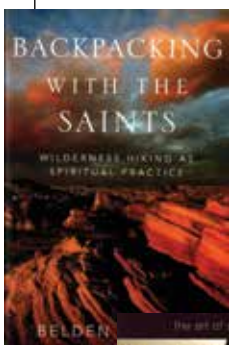
AT THE SOPHIA BOOKSTORE

Looking to achieve both physical fitness and spiritual growth? Check out these new titles:

*Backpacking with the Saints:
Wilderness Hiking as Spiritual Practice*
by Belden C. Lane

*Running the Spiritual Path:
A Runner's Guide to Breathing,
Meditating, and Exploring the
Prayerful Dimension of the Sport*
by Roger D. Joslin

*Running—The Sacred Art:
Preparing to Practice*
by Dr. Warren A. Kay



Come shop our huge used book sale starting July 7!



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.

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

We have a new line of Fair Trade bags and headbands. Please stop and browse!

Let your soul catch up...



When meeting someone for the first time, how often is “What do you do?” the first question asked? Author Terry Hershey, our special guest presenter this spring, said that it’s a sign of just how much stock we put in a person’s work. Even our vacations are judged by how much we get done. Somewhere along the way we’ve grown to honor productivity more than just being.

Many times people tell us they would love to go on retreat or attend a program at the FSC, but they’re just too busy. It’s not just young parents, either, but even retired people.

“What is honored in a country is cultivated there,” said Terry, quoting Plato. Our souls won’t catch up with our bodies on their own. We cultivate our spirituality by carving out sacred space on our personal calendars. The rest and renewal of our spirit that we gain when we do this makes it well worth our time.

With that in mind, we have two great opportunities for you this summer. Melinda Pupillo has organized two “summer camps for adults,” a time to step away from your normal routine for fun and spiritual refreshment. You can be a commuter or enjoy the full retreat experience by staying overnight at the FSC. The first camp, *Put Your Whole Self In!* is coming up soon (June 19-23), so be sure to go to www.FSCenter.org and register.

The second camp will be August 7-11 and will be on the theme of eco-spirituality. See page 8 for details on this special summer experience.

People sometimes ask, “What do I *do* when I’m on retreat?” They may bring several books to read or work to catch up on, and they might find it hard to unplug electronically. You may find it hard to imagine what you will do without any agenda except to *be present*, but the rewards are great. We think once you try it, you’ll feel like you’ve come home to yourself.

“We are wired to rest, renew and live,” Terry said. “It’s in our DNA.”

Peace & all good,

Audrey Lucier

Audrey Lucier,
FSC Director

with your body

FRANCISCAN SPIRITUALITY CENTER

Staff



Steve Spilde
Associate Director &
Spiritual Director



Barb Kruse
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



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Program & Retreat
Coordinator



Laurie Swan
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Stacey Kalas
Communications &
Marketing Coordinator



Kristy Walz
Development Director



Zoua Vue
Office Assistant



Elizabeth Kapanke
Receptionist & Hospitality

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts



Have you considered group spiritual direction?

If you are interested in seeking God's presence in your life and sharing your story with others who will listen with acceptance and compassion, we invite you to join one of our spiritual direction groups.

A spiritual direction group is not your typical small group. It is a listening group that provides the opportunity to be heard as we describe the milestones, detours and questions of our own spiritual journeys. We grow in self-compassion as we tell our personal stories in a supportive and grace-filled environment, and we are encouraged to go deeper as we listen to the stories of others. We are also invited to create a space for silence and reflection.

Groups are facilitated by two trained spiritual directors and consist of 5 to 7 people.

You can expect:

- Confidentiality and trust
- Time for prayer, silence and contemplation
- Reflection from the spiritual directors
- Personal sharing
- Redemptive listening
- Support and encouragement from the group
- Spiritual growth and an invitation to transformation

As a group, we consider these questions:

- Where is God in my life experience?
- How is God leading or calling me through the events and circumstances of my life?
- Where do I encounter God most deeply or powerfully?
- How is God nudging me to grow spiritually through the routine of work, conflicts and joys of my living situation, important relationships in my life, my challenges and feelings?

Groups meet monthly for nine months. Each session lasts about 1-1/2 to 2 hours. Daytime and evening options are available. You also may request to be part of an all-men, all-women or clergy group. Your investment is \$180 for the nine monthly sessions. If you would like to pay in installments or need financial assistance, we are happy to work with you. Please call FSC spiritual director Steve Spilde at 608-791-5297 if you are interested in more information.



Finding God in All

St. Ignatius of Loyola was a 16th century Spanish priest and theologian who founded the Jesuit Order. Known for his practical spirituality, Ignatius famously authored the *Spiritual Exercises*, Christian meditations, contemplations and prayers designed to help retreatants discern the will of God in their lives. The exercises are divided into four thematic “weeks” of variable length and have been helpful to people of all religious backgrounds. Ignatian spirituality, as described by the Jesuit author and priest Father James Martin, SJ, encompasses finding God in all things (including religious services and charitable works but also friends, family, work, sex and even pop culture), becoming a contemplative in action, looking at the world in an incarnational way, and seeking freedom and detachment.

What do I really desire in my life?
Who
Where is God in the events of my
Who am I?

Things

THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

*is God?
life?*



Finding God in All Things is a nine-month retreat experience that uses the Spiritual Exercises of St. Ignatius of Loyola to ask these questions and seek answers that reflect the uniqueness of you and your everyday life.

Together, in a safe and welcoming community, we will explore the spiritual practices of prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment, all within the context of a Franciscan framework.

Finding God in All Things includes:

- A spiritual toolbox of practices and ways of prayer that will help you discern the fingerprints of God in your daily life. You will live from your truest self as you come to know your desires, trusting your own steps of discernment on life's journey.
- Monthly gatherings that invite you to reflect on the unconditional love of the Creator, God's boundless mercy, the life of Jesus and his Passion, and Resurrection Living.
- Daily emails that foster a commitment to prayer and reflection in your everyday life.
- A monthly meeting with your spiritual director, who will listen to you as you discern the presence of the Spirit in your daily life.

Finding God in All Things is ideal for:

- Anyone who seeks the divine in every human experience.
- Anyone who wants to explore Ignatian methods of prayer and discernment.
- Both trained spiritual directors and those considering our Spiritual Direction Preparation Program.
- Anyone just starting a spiritual practice, all who seek to enhance their current practice and everyone in between.

The Schedule:

OPENING SESSION: September 16, 2017 (Saturday, 9 a.m.-3 p.m.)

MONTHLY SESSIONS: (Saturdays, 9 a.m.-1 p.m.)

- 2017: October 21, November 11 and December 16
- 2018: January 20, February 17, March 17 and April 21

CLOSING SESSION: May 19, 2018 (Saturday, 9 a.m.-3 p.m.)

Investment:

\$450 (includes program and lunch each session) plus the cost of monthly spiritual direction (\$40-\$60 per month). Payable in September or as monthly installments of \$50.

Register at www.FSCenter.org or 608-791-5295



2017 Program & Retreat Offerings

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 everyone on their spiritual journey and will hold your request in confidence.

July 6, 13, 20 and 27

Thursdays, 6-7 a.m.

Facilitator: Melinda Pupillo

Investment: \$10 per session or \$35 for all four, includes light breakfast

Registration deadline: June 22



Running as Sacred Time

If you are looking for a running program to train you physically, this is NOT it. If you are looking for ways to integrate spiritual living into your running time, look no further. Relying on wisdom from Dr. Warren A. Kay's book, *Running – The Sacred Art: Preparing to Practice*, we will integrate new insights into our running practice. Ordinary runs can become amazing opportunities for spiritual growth. Plan to meet outside the FSC's doors at 6 a.m. and be ready to run.



After a brief reflection, we will run about three miles, taking 30 to 40 minutes to do so, depending on your skill level. To finish out the hour, we will share a light breakfast and conversation about our experience back at the Center. If you are looking for more than a "runner's high" and a less traditional way to connect with the Sacred, come join us!

July 8

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

Presenter: Tom Roberts

Investment: \$55, includes lunch

Registration deadline: June 23

Limited to 10 participants.



Contemplative Practice Through Picture-Taking

This retreat is a delightful blend of mindfulness/contemplation/meditation, photography and haiku. Joined together, they enhance connection with our true selves and the world around us—emphasizing our "being serene in the oneness of things." Through this practice, we take on the "beginner's eye" and discover fascination and beauty inherent in the small and deceptively trivial patterns, colors and textures that surround us. "Beginner's eye" is based on the Zen notion of "beginner's mind." It is an open and spacious place when we are completely receptive, fearless and totally present to the wonder of each moment. By the end of your "beginner's eye" experience, you will have a greater appreciation of the world around you and your wondrous place in it!



Note: No photographic experience or fancy camera equipment necessary! Cellphone cameras are completely acceptable. This is not a practice of expertise but a way of using the photographic medium to open our senses to the way we relate to the world. It is not about what we see but rather how we see.

Groups That Meet at the FSC

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 (July 15 and August 19) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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.

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.

July 9-15

Sunday, 7 p.m.-Saturday, 10 a.m.

Instructor: Phil Zimmerman**Investment:**

- **Full:** \$625, includes retreat, bedroom, all meals and all supplies
- **Commuter:** \$505, includes retreat, lunch and supper, and all supplies
- Fee includes a \$150 non-refundable deposit.

Registration deadline: June 23**Limited to 25 participants.****Icon Writing: Jonah and the Whale**

Icon writing is a meaningful prayer practice and a technical art form that traces its history to the first centuries of Christianity. At this retreat for all levels, we will "write," or paint, a biblical image of *Jonah and the Whale*, following ancient guidelines and techniques while using modern artist's materials. All supplies and materials are provided so that you will finish the week with a beautifully completed icon varnished and ready to display. Each day of the retreat will include prayer and meditation, explanation of the technique, history and symbolism of the icons, and several hours of painting.



Phil Zimmerman is the owner of St. John of Damascus Icon Studio in Pennsylvania. He studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest) and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil uses acrylic paints and boards that are carefully prepared with cloth and gesso, and embellished with 24-karat gold leaf in the Byzantine style. Subjects are chosen by careful study of time-honored prototypes.

July 11 (Rain date: July 18)

Tuesday, 7-9 p.m.

Presenter: Tom Roberts

Investment: \$20,
includes refreshments

Registration deadline: June 27**Singing Bowls at Sunset**

Those who have attended *The Sound of Bowls* with Tom Roberts each month at the FSC know how life-giving the experience is. All are invited to this special evening out at the Villa on St. Joseph Ridge to experience the power and beauty of traditional Tibetan singing bowls outside as the sun sets on the ridge. Bring a chair or a blanket, and prepare to be opened to deep relaxation and meditation in the presence of ageless bowl sounds.

**July 17 OR August 14**

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

Facilitators: FSC spiritual directors

Investment: \$25, includes room,
lunch and art materials

Registration deadline: July 10/August 7**Franciscan Day of Solitude**

Summer schedules can be incredibly busy. Are you yearning for a day to pause, reflect and recharge? Begin your week with the blessed silence of solitude, knowing that you have permission to simply BE. Solitude offers us a place to listen to and rest in God. Participants gather together briefly to begin and end the day in prayer. The remainder of the day is on your own. You will have a private, air-conditioned room, a simple meal and optional art materials for creative expression. Come to the quiet and be renewed.

August 3

Thursday, 6-9 p.m.

Presenter: Emily Alvarez from
Creative Canvas and Board

Investment: \$45, includes
refreshments and all painting supplies

Registration deadline: July 20**Sip & Paint: Angels Among Us**

We are teaming up with local art studio Creative Canvas and Board for a spirited evening of reflection, painting and sipping! *Sip & Paint* is a fun, instructor-led canvas painting class, and no experience is required! For inspiration, we will begin with a visit to Mary of the Angels Chapel in St. Rose Convent to see the many angels in the art of that historic chapel. Then, Emily will lead you through the steps of creating your very own work of art, ready to take home and display. Bring a friend or make new ones! Wine, appetizers and art supplies are included.



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



2017 Program & Retreat Offerings *continued.*

August 7-11

Monday, 1 p.m.-Friday, 10 a.m.

Facilitator: Melinda Pupillo

Presenter: Lucy Slinger, FSPA

Investment:

- **Full:** \$375, includes meals, four nights' stay, all materials and evening programs
- **Commuter:** \$250, includes lunches and dinners, all materials and evening programs

Registration deadline: July 21

Can't get a week off work? These evening lectures are open to the general public:

- **August 7 - Monday, 6-8 p.m.**
1 Am, film and discussion
- **August 9 - Wednesday, 6-8 p.m.**
Theology for Ecology, with a brief look at Pope Francis' *Laudato Si*

Evening-only events: \$10 each



Eco-Love: Nurturing Your Human Nature with Creation

Summer camp isn't just for kids! We have created this week with adults of all ages and abilities in mind. This week will allow you to explore the created world around you and examine your role as a part of it. We will hike the coulee bluffs, plant and nurture gardens, and make new connections between spirituality and ecology. You are invited to listen and respond to God's command to care for Creation in new ways. Many of the experiences will be held at the FSPA Villa St. Joseph farmland, located 13 miles east of La Crosse.

Sister Lucy Slinger, FSPA ecological advocate, will share her theology of ecology in practice at the new, net-zero water and energy greenhouse and organic garden. Prairie restoration and other FSPA sustainable land management practices will be shared, with a special experience of helping develop a healing herb peace garden for the new greenhouse landscape.

Mornings are flexible for rest, reflection and time alone.

Afternoons are active, with experiential times in prayer, reflection and getting our hands and feet dirty. Evenings are times of deeper learning through presentations and activities that explore what it means to live in right relationship with God, self and others, while honoring the life of Creation. Add time for canoeing and a closing bonfire, and you'll have a week to remember! Come open your mind and heart as we celebrate the glory of Creation.



August 12

Saturday, 9-11:30 a.m.

Presenter: Jan Wellik

Investment: \$25 for one adult and child, \$5 each additional person

Registration deadline: August 4

Note: This event meets at Pettibone Lagoon



Sacred Family: Mindful in Nature

This is an outdoor family event, especially designed for kids ages 4 to 12 and their adult family member. We will explore the wonders of the natural world, and then work together to read and write nature poems, create outdoor art collages and practice mindfulness exercises that

you can bring home to try. Come create time together as a family to explore the sacredness of life in nature! This is an opportunity for families to explore the inner workings of the soul and the outer natural world together in a fun, creative environment. Don't miss this wonderful, new offering!

Jan Wellik has brought her love of nature and writing together for several programs the FSC. She is a mom, college instructor, founder of the Eco Expressions nature writing program and the author of the *Nature Writing Field Guide for Teachers*.

August 18-20

Friday, 6:30 p.m.-Sunday, 2 p.m.

Presenter: Theresa Washburn

Investment:

- **Full:** \$245, includes retreat, two nights' stay and all meals.
- **Commuter:** \$160 includes retreat and most meals

Registration deadline: August 4



Finding the True Hero of Your Story

What are the qualities of a hero? In many traditions, the hero must be both brave and humble, strong yet vulnerable. A true hero may fail repeatedly but always returns to try again. In this retreat, we will reflect on the characters and stories of the past to determine our heroes of the present. We will write to connect with a fictional hero as well as the one that dwells within each of us. If we are willing, the writing will lead us into a new place of strength. This retreat is open to all types of writers in all stages of learning the craft.

Theresa Washburn works as the director of member affairs for Organic Valley. She has spent the past 15 years learning to find courage and hope through writing. She lives in the Driftless Area with her family and a dozen pets.

August 22

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

Presenter: John McHugh**Investment:** \$20**Registration deadline:** August 15
(Questions must be submitted by July 31)**Gospel Questions for John McHugh**

Do you have stories or passages from the Gospels that have never made sense to you? Is there a biblical text about Jesus that confuses you? Join John McHugh for a fun and enlightening summer evening where he will get his content from the participants! **Submit your questions ahead of time**, and John will spend the evening answering as many of them as time allows. Please email your questions/passages no later than July 31 to Melinda Pupillo at mpupillo@fspa.org.

John McHugh is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. He holds degrees from the University of Saint Thomas in Saint Paul, Minnesota, and the Gregorian University in Rome, Italy. John teaches a weekend on biblical spirituality for our Spiritual Direction Preparation Program and has led a popular Lenten Gospel series at the FSC for several years.

Spiritual Living

Drumming Circle

July 13 and August 10 • 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.



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

Meetup: Practicing Open-Hearted Presence

July 14 and August 11 • Friday, 6:30 p.m.

Facilitator: Kristin Peters, FSPA**Investment:** Freewill offering

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.

Please register at www.meetup.com.

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

meetup

**Caregivers Support Group**

July 17 and August 21 • Mondays, 4-5:30 p.m.

Facilitator: Anita Dahlby**Investment:** Freewill offering

This new group for caregivers of older family members meets on the third Monday of the month. Are you in need of support as you care for a parent or spouse? Anita Dahlby, who is an experienced small-group leader and has walked the walk of caregiving, will facilitate. Find a space to consider where God is in the midst of suffering. Come connect with others in the community who share similar challenges, and leave knowing you are not alone.

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



SAVE THE DATE!

We had so much fun at our very first Art Dash that we are doing it again! Mark your calendar for March 22, 2018, when we will bring together local artists and patrons for an evening of fine art, food and fun, all to benefit the Franciscan Spirituality Center's mission of supporting anyone in their search for God, meaning and wholeness.



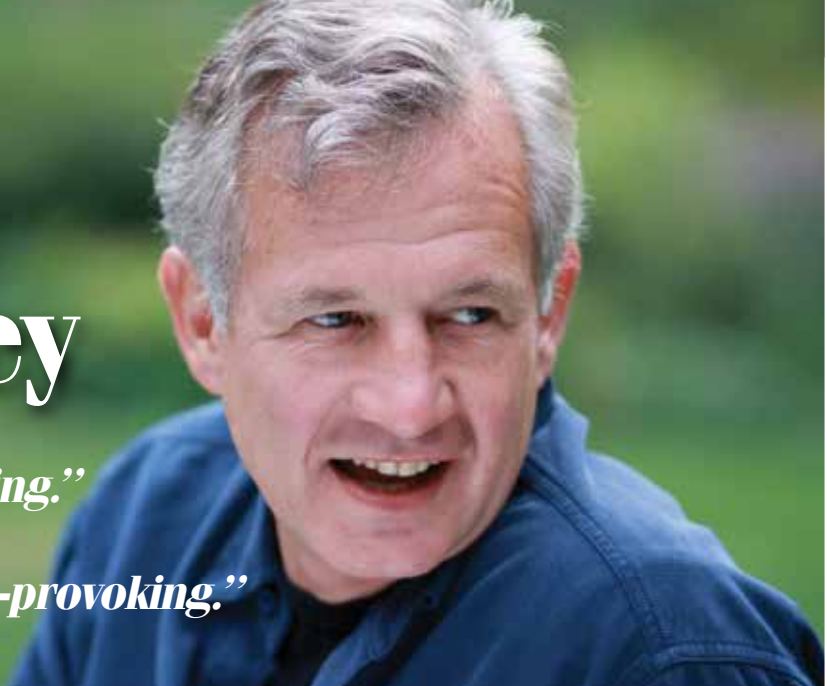
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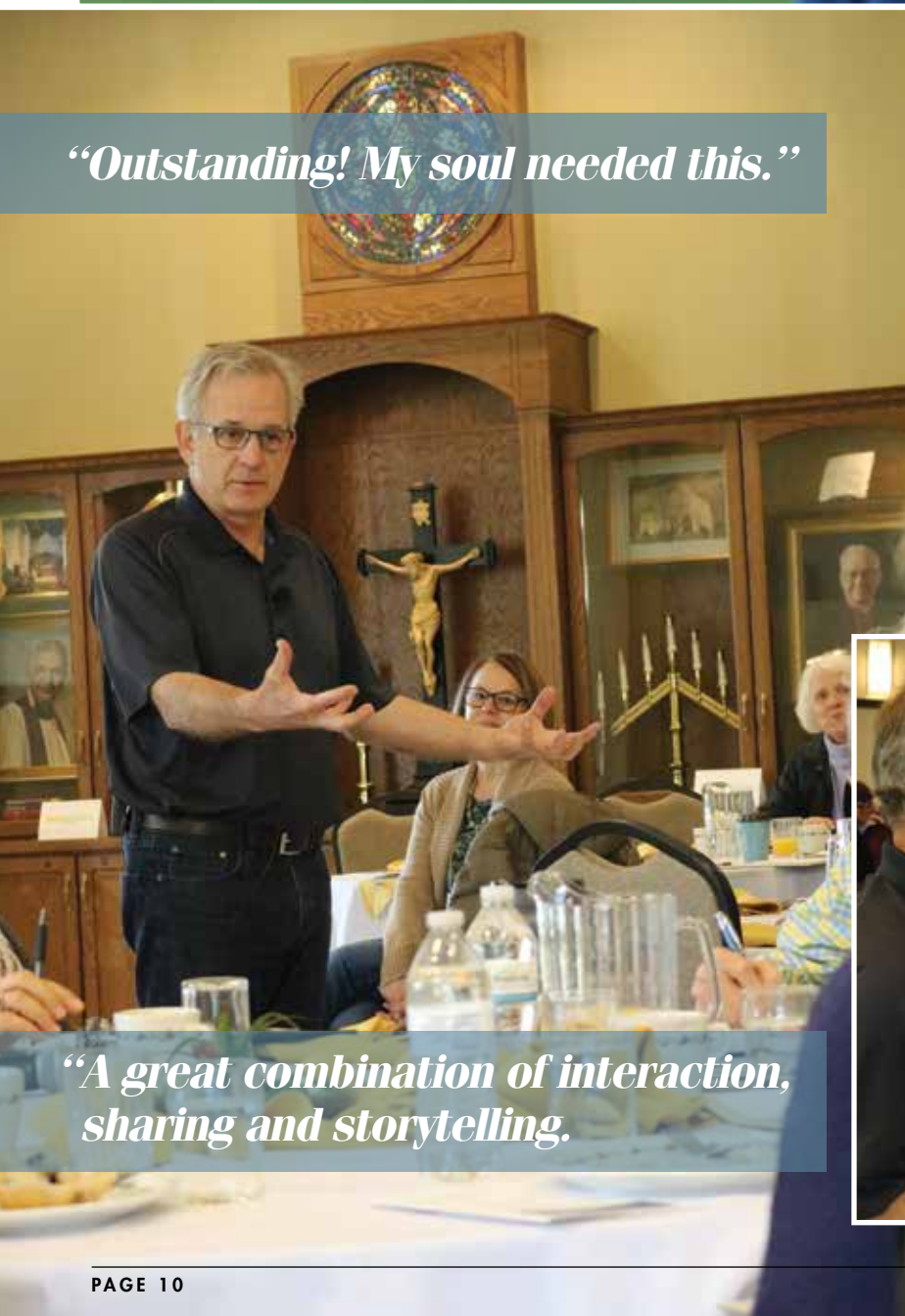
Terry Hershey

“Inspiring, refreshing and renewing.”

“Very thought-provoking.”



“Outstanding! My soul needed this.”



“A great combination of interaction, sharing and storytelling.”

These are a few of our favorite comments from our two special events with retreat leader, author and sanctuary garden designer Terry Hershey.

Terry reminded us of our ingrained need for sacred pause and renewal during the April 28 Community Presentation, *Rest. Renew. Live.*, held at English Lutheran Church, and helped us create a space for grace in our busy lives during the *Finding Your Sanctuary* overnight retreat (April 28-29) that followed here at the FSC.

We're grateful for the familiar faces and new friends who set aside time to be present, to laugh, to share and to explore these important and timely topics with us.

Peace & all good!



"I love what you do here and how you do it!"

"Thank you for this morning in this beautiful space with these beautiful people."



"It felt special to laugh so much."



Come as you are, when you can

Sometimes our guests tell us that they'd love to come to a particular program or retreat but they are already booked that weekend.

Not to worry! We are happy to work with you on a custom-designed retreat. You can choose one day of renewal and rest or plan a longer stay. We have 26 comfortable rooms here at the FSC and three cozy hermitages nestled in a tranquil, woodland setting. Either way, we offer an opportunity to spend time in a peaceful, safe and sacred place.

You can opt to meet with a spiritual director each day, take advantage of our new art room for creative expression, spend time reading and reflecting in our lending library and bookstore, walk the nearby labyrinth or hiking trails, visit the historic Mary of the Angels Chapel at St. Rose Convent or just BE.

We'd love to help you take time to catch your breath, slow down to look at your life and your values, and rest from the busyness of your life.



What does it mean to 'go on retreat'?

A retreat is simply time away from the everyday, busy, noisy routine and distractions of life.

It's an opportunity to spend time with God, to focus on your own spiritual growth, to reflect on what's important in your life, to listen. You can do many things while on retreat, but you don't have to do anything in particular. Spiritual retreats are an integral part of all major religions, but you don't have to pray a certain way or have a specific faith background to benefit from a retreat.

FSC SPIRITUAL DIRECTORS



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For more information on designing your individual retreat, please call 608-791-5295 and ask to speak to one of our spiritual directors.

IMPORTANT INFORMATION:

Registration Process

Please visit the Franciscan Spirituality Center's website at 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. 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, or visit us online at www.FSCenter.org for more information.

Where to Find Us



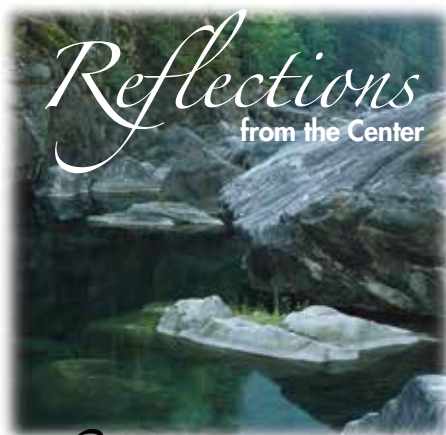
The Franciscan Spirituality Center is just west of Mayo Clinic Health System-Franciscan Healthcare and one block north of Viterbo University at 920 Market Street. The Franciscan Spirituality Center shares the building with St. Rose Convent.



**Franciscan
Spirituality Center**



Telephone: 608-791-5295
Email: FSCenter@fspa.org
On the web: www.FSCenter.org



The direction of home

by Tom DeZell

A poem of thanks to the
Franciscan Sisters of Perpetual Adoration,
the Franciscan Spirituality Center &
SDPP Cohort 13.

Each Monday, the Franciscan Spirituality Center shares a poem, short essay or other peaceful prayer meditation from a voice in our community with more than 2,000 email subscribers. We're always interested in hearing from new writers. To submit an original reflection for publication, please email Stacey Kalas at skalas@fspa.org. To sign up for *Reflections from the Center*, please visit www.FSCenter.org and select the "Join Our Email List" tab.

We have felt it time and again
the joy rising within us.
Barely noticeable at first, mysterious in its appearance;
for sure, the gentle tug on our hearts was familiar.

Comforted, full of hope, we are drawn to this place,
this place that feels like home.

It is faithfully offered to us, time and again, in a gospel way.
A constant invitation; to be Blessed, broken and shared.

We were chosen for each other,
and we come together here, to celebrate
that we are headed in the direction of home.

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

Reserve a room today for your group's next meeting.
Call 608-791-5295 or email FSCenter@fspa.org.



Franciscan Spirituality Center

FSPA • 912 Market Street
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Our volunteers are like family

We had a wonderful time celebrating our volunteers during our spring appreciation party. If you would like to join our team, please call Laurie Swan at 608-791-5279.

Volunteers help with event setup, greeting visitors, answering phones, distributing promotional materials and our used book sales. Volunteer shifts are primarily evenings and weekends, and no special skills are needed. We're happy to show you what's involved. As a thank you, our volunteers receive 20 percent off all FSC programs and retreats.



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

UPCOMING EVENTS



Pilgrimage Retreat

September 15-17 • with FSC staff

Finding God in All Things • Opening Session

September 16 • with FSC staff



Drum-making Workshop

September 23 • with Wayne Manthey

Icon Writing: St. Simeon the Godbearer

December 3-9 • with Phil Zimmerman

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