



Franciscan
Spirituality Center

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

VOLUME 23 • NUMBER 4

JULY/AUGUST 2015

At the Center

In this Issue:

- *The Gift of Birth*
- *New Beginnings for Linda Kerrigan*
- *Journey Toward Wholeness*
- *30th Annual Conference Review*
- *The Healing Power of Drums*



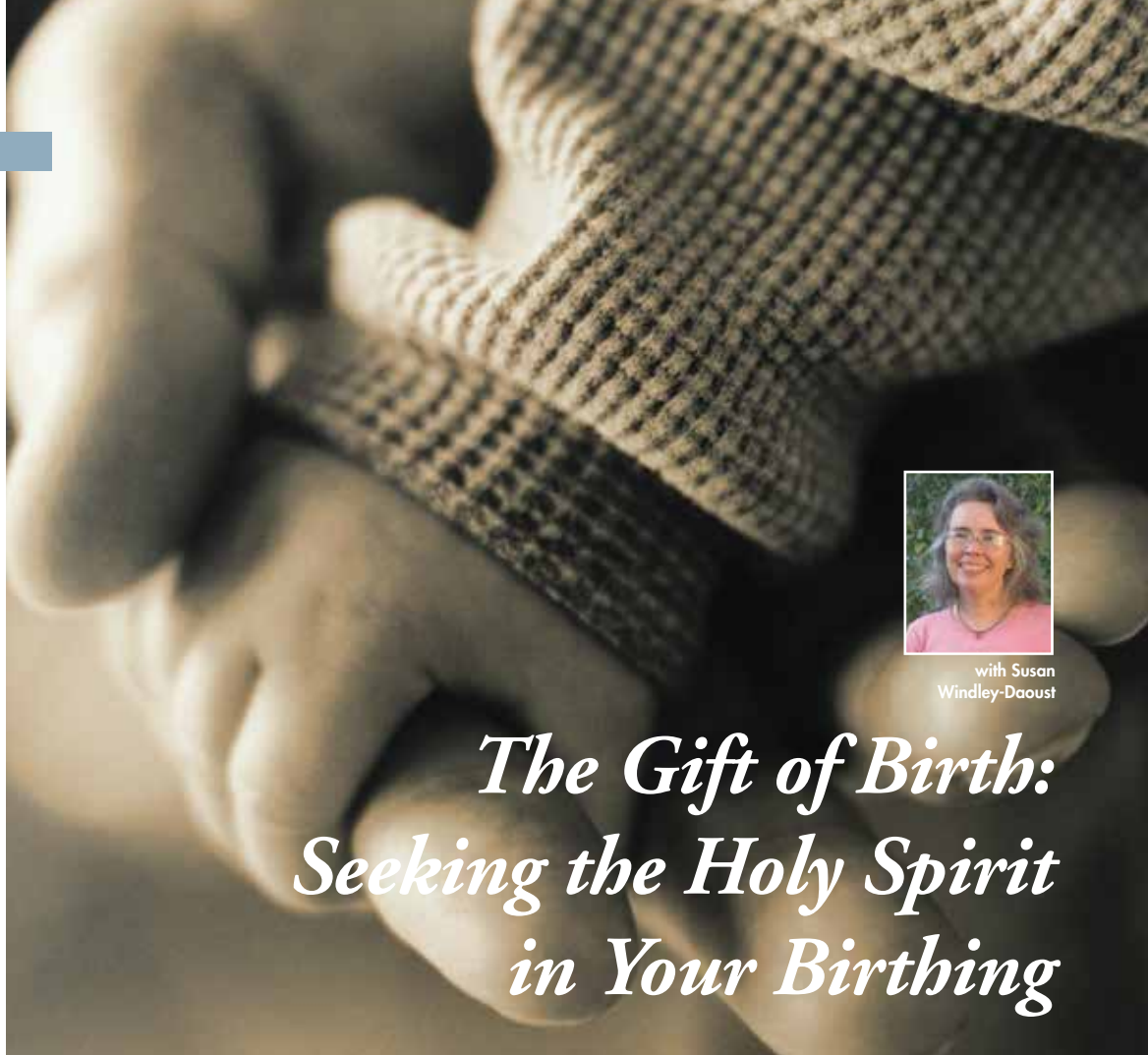
CELEBRATING

30 years

PROGRAM SPOTLIGHT

The Franciscan Spirituality Center is excited to offer a very special retreat designed to give expectant mothers a spiritual “tool kit” to bring to their birth experience. Whether this is your first or a subsequent pregnancy, or you anticipate becoming pregnant, you are invited to learn how to cooperate with God’s initiative in bringing forth this precious new life.

We’ll share stories, journal, pray, explore the Jewish and Christian scriptures on childbirth, break bread together and create a spiritual birth plan. An optional pregnancy massage will be available for an additional fee.



with Susan Windley-Daoust

The Gift of Birth: Seeking the Holy Spirit in Your Birthing

“You have been called to motherhood. God is placing one of His most vulnerable, beautiful creatures in your arms for love and care. Recognizing that calling in your pregnancy opens the door to the work of the Holy Spirit.”

—Susan Windley-Daoust, retreat leader and mother of five



The Gift of Birth: Seeking the Holy Spirit in Your Birthing

July 31-August 2

From 7 p.m. Friday – 11:30 a.m. Sunday

Your Investment:

\$175 for full retreat or \$125 for commuter rate

Please call:

608-791-5295 or visit www.FSCenter.org



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.

At the Center

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Journey
Toward
Wholeness

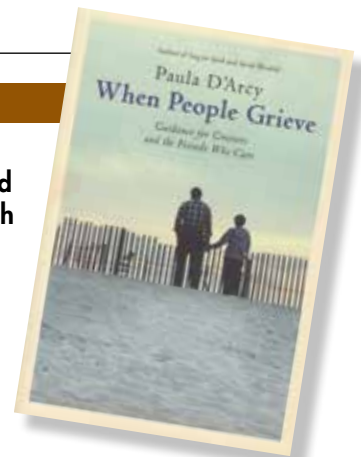


12
Healing Power
of Drums

AT THE SOPHIA BOOKSTORE

Our Sophia Bookstore has a wealth of practical and inspirational resources to help you navigate through life's challenges and transitions. Here is just a sample of the books you will find:

When People Grieve: Guidance for Grievors and the Friends Who Care by Paula D'Arcy



A Woman's Way Through The Twelve Steps
by Stephanie S. Covington, Ph.D.



Finding Your Way: A Spiritual GPS for Caregivers
by Sandy Lovern



Browse our selection of books and gift items between 8 a.m. and 5 p.m. Monday through Friday.

All are welcome here



Audrey Quanrud
FSC Director

As I write this, Mother's Day 2015 is drawing to a close. On Facebook, friends have been posting tributes to their mothers. Some have shared photos and tender thoughts about their mothers who have died.

I have recently been reliving the birth of my own three children and those early years of parenting as I sort through boxes of memories. I'm moving and so finally had to deal with all of those school papers, awards, first drawings, favorite toys, baby shoes and blankets. I didn't know what to save, and so I seemed to have saved it all.

I also finally dealt with boxes of memories I inherited after my own parents died. Looking at the youthful face of my mother in photos taken long before I was born, I feel so much closer to her now. Even though she died 18 years ago, I'm now of an age to understand better what she felt as a mother, a wife and a woman in her second half of life.

A few months ago, one of the spiritual directors who trained in our Spiritual Direction Preparation Program approached us with a unique idea, a retreat for expectant mothers. Susan Windley-Daoust said the idea really came from her own experience of being pregnant while studying spiritual direction at the FSC. This unique retreat, while dealing with the physical reality of giving birth, also will provide participants with a spiritual approach to childbirth. This is a wonderful integration of mind, body and spirit in such a profound and sacred event. Is there a mother-to-be you would like to gift with this very special retreat?

Deborah Hansen also came to the FSC through the Spiritual Direction Preparation Program, which she will complete this summer. Deborah is the FSC's new program and retreat coordinator.

Deborah has a special interest in creativity as a spiritual path. I have been struck with how people are able to access the Divine Presence within when we offer writing, iconography or art journaling retreats. When we exercise our creative spirit, we are, after all, just following in the footsteps of the One in whose image we are made.

May you find time this summer to connect with your creative spirit!

Peace and all good,

Audrey

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

FRANCISCAN SPIRITUALITY CENTER Staff



Barb Kruse
Spiritual Director



Linda Kerrigan
FSPA Affiliate
Spiritual Director



Steve Spilde
Spiritual Director



Marcia Bentley
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deborah Hansen
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Receptionist & Hospitality



Michelle Frazier, FSPA
Hospitality



Erin Flottmeyer
Bookkeeper & Receptionist

When we think of Linda Kerrigan, the words authentic, professional, creative, compassionate, supportive, reliable, sincere, prayerful, hospitable and Franciscan come to mind.

When Linda retires from the FSC in August after nearly 11 years of dedicated employment, she will leave a very large hole for us to fill. We are having such a hard time letting her go. Not only have her contributions to the FSC been outstanding and varied, but she is a friend to so many in our community.

Linda started out at the FSC as a volunteer. Then-director Vince Hatt noticed right away that when Linda makes a commitment, she follows up with intensity. Because of her faithfulness to volunteering, he hired her to be in charge of volunteers in addition to working as a spiritual director.

She immediately found more volunteers, nurtured them and developed a volunteer appreciation event. Her commitment to the Spiritual Direction Preparation Program and natural leadership skills led to her being named co-director of the program with Barb Kruse.

Linda also has been instrumental in the growth and success of group spiritual direction, our annual marriage celebration, retreats and programs for marginalized women, jail ministry and Fifth Step. She is a wonderful resource for finding just the prayer for any occasion. She has an eye for detail and a touch for creating beautiful environments. She lovingly keeps track of everyone's birthdays and makes delicious treats to help celebrate them.

Having worked as a counselor before joining the FSC staff, Linda is a wise and deep listener who easily reaches out to people in need. She embodies Franciscan values and sees goodness in every person.

Joan Weisenbeck, FSPA, fondly remembers Linda standing at her door—calendar, pencil and paper in hand—looking to schedule their next event. “She was always so organized and efficient and seemed to accomplish so much in so little time, and always with a spark of humor,” Sister Joan shared. “She has left her imprint on the Center in so many ways.”

During this next chapter of their life, we wish Linda and her husband, Pat, much peace, goodness and the occasional adventure. Linda will be deeply missed, but we know she won't be far. As an active FSPA affiliate, her gifts will continue to bless the FSPA community, and we're counting on her to return to the FSC often as a volunteer.

Wishing you many blessings on this next part of your journey!

FSC Staff



A N N O U N C I N G

Journey Toward Wholeness

2015-16

SPIRITUALITY FOR
YOUR WHOLE LIFE

A one-year program for personal growth, renewal and transformation. Four weekend retreats include presentations, prayer and spiritual enrichment opportunities.

Attention to spiritual practices that emphasize:

- Experiencing God through the people, places and events in our daily living.
- A holistic spirituality that integrates head, heart and body.

Led by the retreat staff of the Franciscan Spirituality Center with special guest presenters.

Participants attend four weekend retreats (Friday evening-Sunday noon)

October 2-4 & December 4-6, 2015
February 19-21 & April 1-3, 2016

Journey Toward Wholeness is a one-year program for men and women who are seeking to enrich and renew their spiritual life.

A new Journey community is formed each fall, and the group journeys together through the year.

The group comes together on four weekends from fall to spring. A commitment to attend all four weekends is a requirement to join the Journey community. Each weekend retreat includes presentations, prayer, time for private reflection, stimulating conversations and spiritual companionship.

This year, Journey will have a special focus on practices from the Christian tradition for spiritual awareness and personal transformation. The practices will provide you with concrete ways of developing a holistic spirituality that integrates head, heart and body—a spirituality for your whole life. We will explore tools such as the labyrinth, creative expression, praying with icons and spiritual companionship (group spiritual direction).

On each of the four weekends, you will hear presentations on topics such as:

- Discerning your spiritual path through personality type
- Moving from self-doubt and the fear of vulnerability to embrace imperfection, worthiness and joy
- Practicing the art of deep listening and compassionate communication
- Using creative expression to live with an awakened heart.

Make this the year you set aside time to reconnect with yourself and God. Go online today at www.FSCenter.org to complete a brief application. Applications are due by August 1, 2015.

INVESTMENT

Experience a full retreat by staying overnight in the peace and quiet of the Franciscan Spirituality Center: \$750. A commuter rate of \$500 is also available.

A nonrefundable \$50 deposit is required with your registration and will be applied toward the total fee. The balance may be paid in three installments. If the total investment is beyond your means, financial assistance is available.

HOW TO REGISTER

- Download an application from the *Journey Toward Wholeness* page at www.FSCenter.org. Send it with your \$50 deposit to the FSC, 920 Market St., La Crosse, WI 54601.
- Or request an application by calling the Franciscan Spirituality Center at 608-791-5295 or emailing FSCenter@fspa.org.
- Registration deadline is August 1, 2015.

RETREAT STAFF PRESENTERS



Audrey Quanrud,
FSC Director



Barb Kruse,
Spiritual Director



Steve Spilde,
Spiritual Director



Marcia Bentley,
Spiritual Director



Deborah Hansen,
Program and Retreat
Coordinator

And special guest presenters.



2015 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 5-11

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

Retreat Leader: Phil Zimmerman

Investment:

- **Full:** \$625, includes retreat, all meals and six nights' stay
- **Commuter:** \$505, includes retreat, lunch and supper
- Fee includes a non-refundable deposit of \$150
- Limited to 25 participants.

Registration deadline: June 12



Icon Writing: Sacred Windows to the Divine—Christ the Teacher

Icon writing is a meaningful prayer practice as well as technical art form. For this retreat, we will “write” or paint *Christ the Teacher* in a step-by-step gradual process, resulting in a beautifully completed icon varnished and ready to display. All materials and supplies, including gold leaf, are included. We begin each day with meditation and prayer, and information about the history of Byzantine and Russian iconography is shared throughout the retreat.

Phil Zimmerman is a Pennsylvania-based master iconographer who has taught iconography throughout the U.S., Canada and Europe. He has been sharing his talents and gift for teaching with the FSC since 2002. Icons from Phil’s studio are painted according to ancient guidelines and techniques, incorporating modern artist materials.



July 18-21

Saturday, 9 a.m. through Tuesday, 1 p.m.

Retreat Leader: Theresa Washburn

Investment:

- **Full:** \$275, includes retreat, all meals and three nights' stay
- **Commuter:** \$175, includes retreat and lunch
- Fee includes a non-refundable deposit of \$50

Registration deadline: June 18



Into the Heart of the Word

Why is writing so life changing? In this retreat, we will go deeply into the heart of words that heal and writing that transforms us. We will learn to use writing as a tool for positive change and explore the how and why of the techniques that help us to reach the heart of what we want to say. Please bring a pen and plenty of paper, as well as one of your favorite poems or a piece that truly inspires you. This retreat is open to anyone who enjoys the written word.

Theresa Washburn is the director of communications for Green Power Generation. She previously served as the FSC communications and marketing coordinator, from 1997 to 2011. Theresa has written for dozens of publications and has led numerous retreats and workshops on journaling and writing.

July 31-August 2

Friday, 7 p.m. through Sunday, 11:30 a.m.

Retreat Leader: Susan Windley-Daoust

Investment:

- **Full:** \$175, includes retreat, all meals and two nights' stay
- **Commuter:** \$125, includes retreat and lunch on Saturday

- Fee includes a non-refundable deposit of \$50

Registration deadline: July 17



The Gift of Birth: Seeking the Holy Spirit in Your Birthing

Many women say that giving birth was one of the greatest spiritual experiences of their lives. Others approach birthing with questions, uncertainty and fear. This directed retreat focuses on the specific realities of how the human body was created to give birth, and how to approach what many call “the blessed event” spiritually open to the work of the Holy Spirit. How do we cooperate with God’s initiative in bringing forth this new life? Whether you are expecting for the first time or have already experienced birth, you are invited to this special weekend just for you before baby arrives. [Optional: Massage by a therapist certified in pregnancy massage available during the retreat for an additional fee.]



Susan Windley-Daoust teaches theology at Saint Mary’s University of Minnesota in Winona. She is also a spiritual director, having completed the Spiritual Direction Preparation Program at the FSC while pregnant with her fourth child. Susan is the author of *Theology of the Body, Extended: The Spiritual Signs of Birth, Impairment, and Dying*, an academic book, and has recently finished a second book for expectant parents on the spirituality of giving birth.



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

August 22

Saturday, 9 a.m. – 4 p.m.

Presenter: Greg Lovell

Investment: \$45, includes lunch

Registration deadline: August 8



Mindfulness Practices for Stress Reduction

Please join us for a day of peace, renewal and reflection as we explore practices for mindful stress reduction and relaxation. When life seems to move too quickly and emotions overwhelm you, these techniques can help you to slow down and reconnect with what is essential. We will discuss and practice mindfulness meditation, relaxation exercises and emotional management. Please dress comfortably and, if you wish, bring a small head pillow and/or mat.

Greg Lovell is a former classroom teacher who currently works as a behavioral interventionist at Holmen Middle School, Holmen, Wisconsin. He has studied mindfulness, emotion management and how the human brain works for more than a decade.

August 28-30

Friday, 9 a.m. through Sunday, Noon

Retreat Leaders: Joyce Heil and Carl Koch

Investment:

- **Full:** \$220, includes retreat, all meals and two nights' stay
- **Commuter:** \$150, includes retreat and lunch
- Fee includes a non-refundable deposit of \$50

Registration deadline: July 28

Transitions: Challenges and Opportunities

TRANSITION: *the process or period of changing from one state or condition to another; change, transformation.*

While transitions challenge us and offer opportunities, they raise a lot of questions: Who am I now when I am not what I used to be? And, does anybody really care? How do I want to live now that this old way is gone? During this retreat, we'll talk about these questions and some of the wisdom learned about making transitions successfully. You also will have quiet time to ponder and plan.

Joyce Heil is on staff at Marywood Spirituality Center. She taught gerontology for Viterbo's School of Nursing for many years and worked as a nurse for the retired Sisters at St. Rose Convent. She also ministered as a hospice nurse and directed many retreats. She holds master's degrees in nursing and in spirituality. **Carl Koch** is retired as director of Ring Lake Ranch, an ecumenical retreat center in Wyoming. Before that, he was program director at the Franciscan Spirituality Center and director of the MA in Servant Leadership program at Viterbo University. They are married and live in Minocqua, Wisconsin.



Spiritual Living

Spiritual Living programs at the FSC are open to everyone at any time and do not require registration; simply stop by the front desk to check in with the receptionist.

Centering Prayer

Every Tuesday, 5:30-6:15 p.m.

Facilitators: Barb Kruse and Marcia Bentley

Centering Prayer is a Christian prayer of silence, in which we consent to the presence and action of God within. It is a surrendering, a temporary letting go of all the external noise and our internal thoughts. While Christian meditation has existed for centuries, Centering Prayer is an updated, modern form that began in a Trappist monastery in Massachusetts. All are welcome as we experience the stillness of community prayer with one another as we seek a deeper part of ourselves. If you are new to this practice, we will happily guide you.

Drumming Circle

July 9 & August 13 • Thursdays, 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.



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 18 and August 15) 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. The group starts with 20 minutes of sitting in silence, followed by five minutes of walking meditation, and then another 20 minutes of sitting. The session concludes with a short reading and time for sharing. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if you are new to it. 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.



30th
Annual Conference

May 1-2, 2015

Living your Life AS SPIRITUAL PRACTICE

With four outstanding speakers plus presentations and prayers at the exquisite Mary of the Angels Chapel, the grace-filled English Lutheran Church and our very own Franciscan Spirituality Center, this year's milestone conference offered more than a little something for everyone. In summarizing the event, one participant wrote: "I liked feeling renewed. I have found tools to help me reflect and work on my spiritual journey in life. [The conference] made me want to keep working on being a better person each day. Thank you!"

In addition to his keynote talk on Saturday, Father Tom Ryan, CSP, led a popular Friday session on *Yoga for Christians: Addressing the Fears, Experiencing the Possibilities*. The Rev. April Ulring Larson, bishop emeritus of the La Crosse Area Synod of the ELCA, drew a receptive crowd for *We Can Be Spiritual AND Religious*. "Thought-provoking" and "deep" is how guests described Tom Roberts' session on *When Outer Became Inner: The Beginnings of Contemplative Consciousness*. And John McHugh's insightful talk on *Gospel Spirituality in Spiritual Direction* drew both tears and laughter.



Above: Father Tom Ryan



MAKING A THOUGHTFUL
COMMITMENT TO THE
FRANCISCAN SPIRITUALITY CENTER

Spirited Friends

A MONTHLY
GIVING PROGRAM

Q. Who are Spirited Friends?

A. *Spirited Friends* make a monthly gift to help sustain the ministry of the Franciscan Spirituality Center.

Q. How does this giving program work?

A. You decide on a monthly gift amount that fits your budget. You authorize your bank to transfer this amount from your checking account directly to FSPA for the FSC.

Spirited Friends is an easy and efficient way for you to make a monthly gift and provide reliable support that is vital to the Franciscan Spirituality Center. Your monthly gift will help the Center live out our Franciscan mission to provide for those who seek support. Each year, we give scholarships to those in need for spiritual direction, programs and retreats at the FSC. By enrolling in the *Spirited Friends* program, you make a significant contribution all year without the need to write checks, find envelopes, buy stamps and make a trip to the post office. Become a *Spirited Friend* and help others on their path to connecting with God, meaning and wholeness. For a brochure and enrollment form, visit www.FSCcenter.org.

*Thank you
for your ongoing support.*

Planned Giving:

Please remember the Franciscan Spirituality Center in your will. FSC is part of the FSPA, a 501(c)(3) nonprofit organization. Our tax ID# is 39-0806386.



Top to bottom: John McHugh; April Ulring Larson (left) and Audrey Quanrud; Tom Roberts; Father Tom during the book signing and social.



SAVE THE DATE: Mark your calendars for April 29-May 1, 2016, when we welcome Kay Lindahl, author of *The Sacred Art of Listening*.

Welcome to new staff

The FSC is delighted to introduce the two newest members of our team: Deborah Hansen and Michelle Frazier, FSPA.



Deborah Hansen joined the FSC in May as program and retreat coordinator—a position that allows her to create programs and retreats that encourage and support others on their journey toward greater spiritual depth and wholeness. She looks forward to contributing her creativity, welcoming hospitality and joy to the FSC and the La Crosse area community.

Deb has Bachelor of Art degrees in theology and the humanities, and a master's degree in theology. In various parishes, she has been involved in education (all ages), music ministry, hospitality, homebound visitation and retreat ministry—always with an eye toward working creative expression into her ministries. This summer, Deb will complete the FSC's Spiritual Direction Preparation Program.

"I have come to love the FSC and Franciscan spirituality over the past three years I have been in this program," she says. "I am both blessed and honored that I can further the mission of the FSC in supporting anyone in their search for God, meaning and wholeness."

Deb relocated to La Crosse from Iowa with her husband, Glenn, and teenage son, Peter. "We have four other grown children, as well as six grandkids," Deb says. Her hobbies include photography, weaving, knitting, reading, writing and baking bread. She also loves to walk in the beauty of creation.

The smiling face you see in our kitchen and meeting rooms is **Michelle Frazier, FSPA**, who joined the FSC's hospitality team in April.

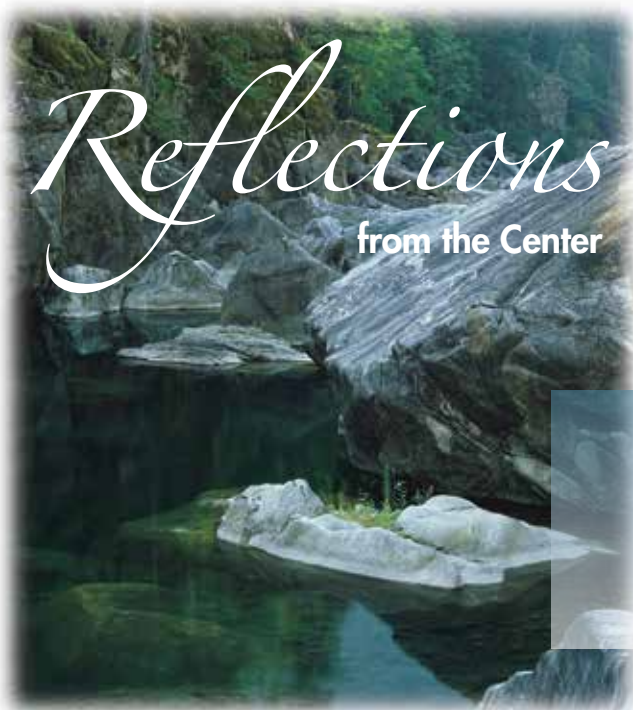


No stranger to us, Sister Michelle entered the Franciscan Sisters of Perpetual Adoration community in February 2011 and made her first vows in May 2014. She has been a frequent visitor to our Sophia Bookstore and active participant in our programs, and FSC staff members have enjoyed getting to know her since her move here.

Originally from California, Sister Michelle is a former United States Marine and the mother of a 24-year-old son. "I look forward to being a welcoming presence to all who enter these sacred doors," she says, adding that she was drawn to the FSC for its positive, healing energy.

When not working, Sister Michelle enjoys reading, creating mandalas, sharing good coffee and conversation with friends, and watching baseball. Her favorite team is the Chicago White Sox because her Grandfather Frazier had been a pitcher for the Sox during the 1930s.

Please say hello and welcome Deb and Sister Michelle the next time you are at the FSC!



Each Monday, we send a poem, short essay or other peaceful prayer meditation from a voice in our community to more than 2,000 email subscribers. If you would like to receive *Reflections from the Center*, please visit www.FSCenter.org and select the "Join Our Email List" tab, or email a request to fscenter@fspa.org. You also will find past reflections on our blog at www.atthecenterreflections.blogspot.com. We are always interested in hearing from new writers. If you would like to submit a reflection for publication, please email Stacey Kalas at skalas@fspa.org or call her at 608-791-5296 for more information.

How silence comes

by Marjorie Wilbur

God speaks to my heart in holy whispers,
too soft to hear
until they blow away all inner noise.
I eavesdrop on the Dark.

I listen for the Light.
Silently,
God's voice resounds.
The emptiness is full.

Is spiritual direction for me?

Spiritual direction explores God's presence in the ordinary activities of daily life. It can be helpful to anyone seeking spiritual growth, healing or a deeper connection to God and others. It is a time-honored practice of compassionate, non-judgmental listening to another in a safe setting where what is shared is held with reverence and confidentiality.

A trained spiritual director will listen intently, patiently and confidentially as you share your sacred stories. Your spiritual director will journey with you as you navigate through life's complexities and transitions, and be a trusted guide as you discover your inner wisdom. Spiritual directors do not offer counseling, advice or problem solving. Rather, they accompany you as you explore your own spiritual path.

Often, people seek spiritual direction when they are questioning their faith or need different ways to communicate with God, when they lack clarity about their purpose and direction, or during times of crisis or grief. However, anyone who desires meaning and peace at any point in their life may find spiritual direction beneficial.

Many people find spiritual direction to be a helpful complement to pastoral counseling. Most clergy are stretched very thin and are limited in how much time they can give to any single member of their parish or congregation. When you are wrestling with issues of discernment or exploring the deep questions of meaning in your life, you may need to talk to someone for a long time before you feel ready to move on. Spiritual directors are not limited in how many sessions they can offer to a single individual. They will meet with you for as many sessions as it takes for you to tell your story and discern where God is calling you to be in your life.

FSC Spiritual Directors



Linda Kerrigan, FSPA Affiliate
lkerrigan@fspa.org
608-791-5276



Barb Kruse
bkruse@fspa.org
608-791-5612



Marcia Bentley
mbentley@fspa.org
608-791-5603



Rose Elsbernd, FSPA
relsbernd@fspa.org
608-791-5268



Steve Spilde
sspilde@fspa.org
608-791-5297

If you would like to learn more about spiritual direction, please call one of the spiritual directors on staff at the FSC.

What is the difference between individual and group spiritual direction?

Group spiritual direction is a similar experience of intentional listening and seeking God's presence, but the process is done within a group. Participants are guided by a trained spiritual director who serves as a facilitator. Some people find individual spiritual direction to be a more intimate experience and appreciate the one-to-one focus. Others enjoy the support, encouragement and collective wisdom found within a group setting. In 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.

Spiritual direction groups typically are formed during summer and meet monthly from fall through spring.

If you are interested, now is a good time to register as a potential participant. A spiritual director will meet with you, explain the group process and answer any questions you have. Call 608-791-5295 to get started.

5 reasons to volunteer at the FSC

1. The FSC is a great place to make new friends and enjoy the peaceful environment.
2. Volunteering is convenient; shifts are as little as one hour, primarily evenings and weekends.
3. Volunteering is easy; no special skills are needed.
4. Volunteers receive 20 percent off all FSC programs and retreats.
5. Volunteers are recognized with an annual appreciation party.

Interested? Please contact Marcia Bentley at 608-791-5603 or by email at mbentley@fspa.org

FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Dorothy Lenard, Chairperson

Joan Weisenbeck, FSPA, Secretary/Treasurer

Helen Elsbernd, FSPA, FSPA Liaison

Emilio Alvarez	Dan Henderson
Sharon Berger, FSPA	Mike Hesch
Patricia Boge	Laurice Heybl, FSPA
Karen Dunn	Michael Krueger
Ken Ford	John McHugh

The healing power of drums

Drum maker and storyteller Wayne Manthey's voice was quavering and he was clearly upset when he called the Franciscan Spirituality Center this past September to let staff know he and his wife, Laura, had been seriously injured in a car accident and he would not be recovered in time for his scheduled drum making retreat.

Wayne isn't used to canceling commitments. In addition to the physical pain he was experiencing, it was a struggle emotionally for him to focus on taking care of himself instead of others. The Minneapolis couple's car had been struck while traveling through an intersection, resulting in multiple injuries, broken bones and, as Wayne can now joke, his-and-her titanium plates.

But if anyone knows the healing power of drums, it is Wayne. The FSC is so very pleased that he will be back this October 9-10 to present the two-day retreat, *Drum Making and Ceremony*.

When people talk about the healing power of drums, they often think about the rhythmic component of drumming, Wayne says. While there is certainly truth in that, healing also happens in the creative process of bringing to life a drum.

"Anything you can do that gets you into that zone—the putting your hands to something—will get



Wayne started making drums 25 years ago simply because he wanted one. Each drum he encountered wasn't quite what he was seeking, so he taught himself how to make what he wanted. It took a few years before he started leading retreats, and that only happened because a group of "gently persistent" women talked him into teaching them.

From that experience, he learned that he knew more than he had given himself credit for and recognized his ability to share that knowledge. "I saw everyone lighting up when they finished their drums. I thought, 'I've found my tribe. I've found my place,'" Wayne recalled.

October 9-10
Friday, 7 p.m. through Saturday, 4 p.m.

Investment:

Full: \$140 (includes bedroom, meals & retreat)

Commuter: \$95 (includes lunch)

Materials (choose one):

13-inch drum - \$100

16-inch drum - \$125

Limited to 15 participants.

you in touch with yourself," he says. The drum's healing properties are found in the elements that make it: the wood, the deer hide, with its markings and scars, antlers and stone.

Leading workshops had an added bonus: He met Laura when he was hired to demonstrate drum making to her middle school students. "The class got to make drums, and I got to keep the teacher," he laughs.

Being able to return to drum making after the accident has been like returning to a familiar place, Wayne says. He describes drum making as an honor, a meditation and a journey. All are invited to join in the process. During the retreat, he will guide you step by step: selecting the frame, dyeing the rawhide and creating your own personal drum. No special skills are needed, just an openness to the opportunity of coming away with much more than a drum.



"The drum symbolizes the heartbeat of life, the heartbeat of community," - Wayne Manthey

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 by email at 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 cancelled 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

HELP US REACH OUR GOAL

Our \$30,000 fundraising goal will help:

- Provide scholarships to ensure everyone has access to our programs, retreats and spiritual direction
- Continue to bring in the very best in spiritual thinkers, writers and presenters
- Offer programs vital to healing at no cost to participants.



Donations of any amount are appreciated and help us continue our mission. It's easy and convenient to make a gift online at www.FSCenter.org.

Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure waiting for your discovery. Full of books, scarves and interesting gifts, it is a wonderful, quiet 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.



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

Please stop by to browse!



Meeting Rooms

The Franciscan Spirituality Center offers a wide variety of rooms to fit the needs of your group for conferences, meetings and training sessions. We offer eight meeting rooms that accommodate two to 90 participants. Each room is bright, attractive, comfortable, quiet and can be tailored to meet the needs of your group. In addition, we provide free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering are also available.

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





Franciscan Spirituality Center

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September 18-19: with Kristy Walz

When I Let Go

September 25-27: with Tom Roberts

Drum Making and Ceremony

October 9-10: with Wayne Manthey

Al-Anon Retreat: Hope

October 30-November 1

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