

Franciscan
Spirituality Center

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

VOLUME 24 • NUMBER 4

JULY/AUGUST 2016

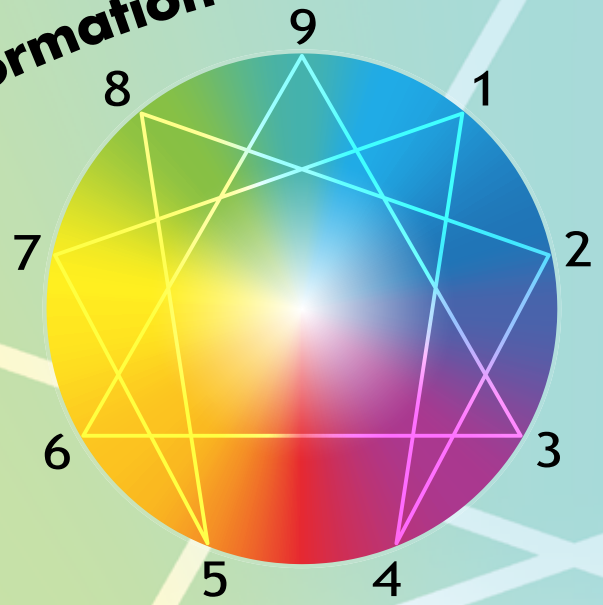
At the Center

In this Issue:

- *Enneagram training with Jerry Wagner*
- *New yoga and mindfulness retreats*
- *Nature journaling and iconography*
- *Writing workshop with Theresa Washburn*
- *Labyrinth Walk for Peace*

Don't miss this rare opportunity to learn more about your personality style with Enneagram expert Jerry Wagner!

FACING OUR SHADOW: The Enneagram as a Tool of Spiritual Transformation



This workshop is an excellent opportunity to develop greater empathy and respect for your own personality style as well as greater empathy, understanding and appreciation for all the other styles.

Jerry Wagner, a pioneer in the study of the Enneagram, will explore each style's "sweet spot," where there is clarity of vision, an intuitive edge and resourceful problem-solving skills; "blind spot," aspects of ourselves, others and the world that we overlook but others see more easily; "hot spot," sensitivities that are usually found around our early hurts and vulnerabilities; and "desired spot," what we are really trying to get to with our strategies.

Expect a dynamic workshop featuring a mix of presented information, reflection time and conversations. You'll also learn more about all nine styles through type-alike groups and panels of types, and have an opportunity to talk about your experiences if you want to.

July 17-18

Sunday, 7-9 p.m. through
Monday, 9 a.m.-5 p.m.

Registration details
on page 6.



Knowing more about your Enneagram spots is helpful in many ways, Jerry says:

- It's helpful to know your "sweet spots" to understand what you have to contribute to relationships and teams. It's good to know what you are good at.
- It's good to know your "blind spots" so you know what you're missing and so you won't be blindsided. It's good to know there might be something good in what you're avoiding.
- It's good to know your "hot spots" so you can cool them down and not react in a knee-jerk manner to slights, hurts and sensitivities. It's good to know how to care for the hurting part of you.
- It's good to know what your "desired spots" are so you can recognize what it is you really want for yourself. It's good to know what your needs are so you can ask to have them met.

ABOUT JERRY WAGNER: Jerry Wagner, Ph.D., is a consultant, psychotherapist and faculty member in the Psychology Department and Institute of Pastoral Studies of Loyola University, Chicago. Honored as a Founder of the International Enneagram Association, Jerry has taught the Enneagram in workshops and training programs worldwide for more than 35 years. He is the author of *The Enneagram Spectrum of Personality Styles: An Introductory Guide*, *Nine Lenses on the World: The Enneagram Perspective* and the *Wagner Enneagram Personality Style Scales*, a scientifically validated inventory.

NOTE: This workshop is for those who have a basic understanding of the Enneagram and are familiar with their core style.

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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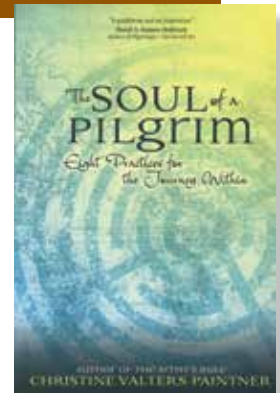


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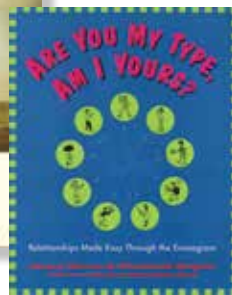
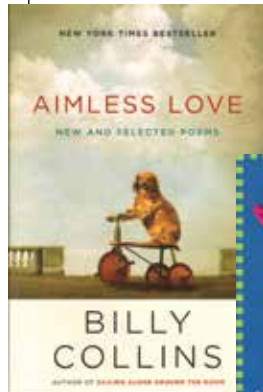
AT THE SOPHIA BOOKSTORE

Leave room in your beach bag for these enjoyable reads:

The Soul of a Pilgrim: Eight Practices for the Journey Within
by Christine Valters Paintner



Aimless Love: New and Selected Poems
by Billy Collins



Are You My Type, Am I Yours? Relationships Made Easy Through the Enneagram
by Renee Baron and Elizabeth Wagele

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.
Please stop by to browse!



Be a listening presence



Shortly before Mother's Day, I watched an interview with television reporter Lesley Stahl. She was promoting her new book about the joys of becoming a grandmother. The cover of the book has a photograph of her reading to her two young granddaughters. Lesley confessed to the interviewer that her granddaughters wouldn't sit still to listen, so the photographer taped a smartphone inside the book. The girls were watching the movie *Frozen*.

I was transported back in time to a scene with my own children. I was reading a bedtime story, a chapter from *Treasure Island*, to my two young daughters. Their active little brother couldn't be expected to understand the story; yet, he sat listening raptly, happy to be a part of the circle around my rocking chair.

Maybe this scene has stayed with me because the times when we are truly a listening presence for each other are so rare and precious. In her presentations for the FSC on *The Sacred Art of Listening*, Kay Lindahl encouraged us to practice being a listening presence. To be a *listening presence* is a way of being, part of who we are, rather than something we do. We can train ourselves to become better listeners by cultivating silence in our daily life, slowing down to reflect before speaking and becoming present to the other person or group of people.

Three easy practices, yet so difficult to actually do in our fast-paced, high-tech lives! I know we will want to work more with these practices at the FSC.

Reflecting on that memory of a bedtime story with my children and the way it has stayed with me, I realize that when deep listening happens, we feel it in our soul. Of the many beautiful quotes Kay shared with us, here is my favorite, from David Augsberger: "Being listened to is so close to being loved that most people cannot tell the difference."

My wish for you is that you have someone who deeply listens to you.

Peace and all good,

Audrey Lucier

Audrey Lucier
FSC Director

**FRANCISCAN
SPIRITUALITY
CENTER**
Staff



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Associate Director &
Spiritual Director



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John McHugh



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**ASSOCIATE
PRESENTERS**



ABOUT THE FSC LABYRINTH

Our indoor, canvas labyrinth is handpainted and custom made by Lisa Gidlow Moriarty (Paths of Peace, Stillwater, Minnesota) and features an exclusive design inspired by the famous Chartres Cathedral labyrinth. It was a much-appreciated gift from the 2015 graduating class of our Spiritual Direction Preparation Program.

WHAT IS A LABYRINTH?

The labyrinth is an ancient symbol that represents wholeness and inclusion. It is a self-contained sacred space that has been used as a tool for meditation, reflection and prayer since ancient times.

Unlike a maze, a labyrinth is a single, non-branching path that leads to the center. A labyrinth has one entrance that also serves as the exit. It is impossible to get lost in a labyrinth.

Labyrinths are found all over the world and are not confined to any one spiritual or religious tradition. Many people find walking a labyrinth to be a transformative experience, bringing about clarity, peace and healing. For many, the labyrinth is symbolic of a pilgrimage, a journey through life toward God or your own deepest self.

There is no right or wrong way to walk a labyrinth. It is a personal and intuitive process. You determine the pace and intention for your walk. As you enter the labyrinth, we recommend you pause, take a deep breath and pay attention to your body, your mind and your spirit. As you walk to the center, you are invited to let go of thoughts, ideas, memories, unwanted behaviors—anything that hinders your path. Spend as much time as you need in the center in prayer or meditation. Open your heart to receive wisdom and light.

When you are ready to leave the labyrinth, you'll bring back new strength, insight and balance to your life. You may wish to reflect on your experience through journaling, poetry or artwork.

“There is nothing so wise as a circle.”

– Rainer Maria Rilke

Make me steady in my days: One man's experience with the labyrinth

Steve Staats had just lost his 99-year-old mother when he came to our indoor labyrinth walk in March. He had never walked a labyrinth before, but there was something about the promise of healing and new life that drew him to try it.



“I'm always looking for a place of sacredness or safety versus the world out there,” Steve said. “I thought it might help me deal with her death—not just that, but the whole issue of her aging.”

An Onalaska native, Steve returned to his hometown in 2008 after 30 years on the West Coast to care for his mom. At one point, Florence Staats had improved enough to “graduate” out of hospice, but she continued to suffer many ailments and her body's decline was difficult for Steve. “My attitude toward aging is not very good,” he conceded.

Steve was the first to arrive to the labyrinth. He had just come from his job as a chemist at Trane Co. and welcomed the invitation to take a few deep breaths before beginning. He silently expressed his gratitude.

He didn't bring an intention, so he looked through the pamphlet that FSC program coordinator Deb Hansen had provided. The last line from a prayer by Tess Ward stood out: Make me steady in my days.

“I didn't feel very steady, and I knew I needed some grounding,” he said. As he entered the labyrinth, he noticed the shadows cast across the path. Just like in life, there is darkness and light, he observed. He considered the lit candles around the perimeter to be guides.

“As I was walking, there were these long and easy stretches, and then there would be twists and turns. I couldn't see how I'd get to the center,” he shared. “I thought, how much is life like that? This is life. Things happen whether I want them to or not.”

It was challenging at first to walk slowly. As others started to enter the labyrinth, he noticed their pace, which seemed so much slower than his, and he had to remind himself not to judge himself or make comparisons. At one point, he was walking parallel with another person. As she veered off, he reflected on how various people come into our lives, and we come into theirs, only to sometimes part ways and head in different directions.

Steve stayed in the center until he felt ready to walk back with the message: No matter what life throws at you, just be steady. His experience in the labyrinth was positive, and he plans to walk it again.

“I was so emotionally raw. I think that really opened me up to what the labyrinth has to offer. That grief I was feeling helped me to focus and to be open.”

The next labyrinth walks will be Monday, June 20, & Wednesday, August 10 (4:30-6:30 p.m.). No registration is necessary.

“I was looking for direction and possible approaches to jump-starting and deepening my spirituality beyond the ritualistic/liturgical and theological/intellectual. It is truly a journey.”

NOW IN ITS 20th YEAR!

Journey TOWARD Wholeness

**SPIRITUALITY FOR
YOUR WHOLE LIFE**

Journey Toward Wholeness is a one-year, small-group experience designed for men and women who are seeking spiritual enrichment, personal renewal and transformation.

A new *Journey* group forms each fall and meets on four weekends during the year. Each weekend retreat includes presentations, prayer, time for private reflection, stimulating conversations and spiritual companionship.

Journey is led by the retreat staff of the Franciscan Spirituality Center with special guest presenters. Come experience a holistic spirituality, one that integrates the head, body and spirit.

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

October 7-9 & December 2-4, 2016

January 27-29 & March 17-19, 2017

**“THE EXPERIENCE
WAS SO GROWTHFUL.
I LEARNED SO MUCH
ABOUT MYSELF
—HOW I WALK WITH
GOD—LEARNING
WITHOUT ONCE FEELING
JUDGED OR CRITICIZED. I
FELT CARED FOR.”**

*“It felt like we really connected with each other
and ‘got deep.’ It exceeded my expectations.
Everyone I know could benefit from this.”*

**“This was a life-changing program.
The presenters were all very
thoughtful, offered great information
and wisdom, and were open to our
experiences and questions.”**

“I didn’t know what to expect, so
I came with an open mind.
I learned a lot about what I need
to know about God/relationships.
The program helped me to hear
myself speak and to get feedback
from others. It also helped me
realize I am different than what
I thought I was.”

“Openness to be challenged to leave your spiritual comfort zone is a prerequisite for starting the journey, but it is only through doing that, that I could work through the challenges to develop a more mature understanding that all spiritual practices don’t work for everyone and to accept that some initially foreign may become more personally meaningful over time.”

INVESTMENT

- Experience a full retreat by staying overnight in the peace and quiet of the Franciscan Spirituality Center: \$750
- Commuter rate: \$500
- Registration includes a \$50 nonrefundable deposit.
- Fee 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, complete and return to the FSC with your \$50 deposit.
- Or request an application by calling the FSC at 608-791-5295 or emailing FSCenter@fspa.org.
- **Registration deadline is August 15, 2016.**



2016 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 10-16

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

Instructor: Phil Zimmerman

Investment:

- **Full:** \$625, includes retreat, all meals and six nights' stay
- **Commuter:** \$505, includes retreat, lunch and supper
- **Fee includes:** \$150 non-refundable deposit

Registration deadline: June 10

Limited to 25 participants.

Icon Writing: St. Irene of Chrysovalantou/St. Thérèse of Lisieux (All Levels)

Icon writing is a meaningful prayer practice as well as a technical art form with a rich and inspirational history. At this retreat for all levels, we will choose to "write" or paint either St. Irene of Chrysovalantou or St. Thérèse of Lisieux. We'll paint in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials. No experience is necessary as Phil will offer step-by-step guidance. Each day will begin with prayer and meditation, and people of all faith backgrounds are welcome. All materials and supplies are provided so that you will finish the week with a beautifully completed icon varnished and ready to display.



Phil Zimmerman is a master iconographer who has created hundreds of religious icons for churches and private collectors throughout the world. Based at his St. John of Damascus Icon Studio in Pennsylvania, he has taught more than 2,000 students.

July 17-18

Sunday, 7 p.m.-Monday, 5 p.m.

Presenter: Jerry Wagner



Investment:

- **Full:** \$170, includes program, bedroom, breakfast and lunch
- **Commuter:** \$125, includes program and lunch

Registration deadline: June 20

Facing Our Shadow: The Enneagram as a Tool of Spiritual Transformation

This integrative workshop with a master teacher of the Enneagram will explore the nine personality styles in more depth. It is designed for those who have had a basic introduction to the Enneagram.

For more details on this Enneagram workshop, please refer back to the inside cover.

We will explore each style's

- positive resources and contributions ...their "sweet spot"
- sensitivities and vulnerabilities ...their "hot spot"
- avoidances and shadow ...their "blind spot"
- genuine wants and needs ...their "desired spot."

July 21-24

Thursday, 3 p.m.-Sunday, noon

Presenter: Heather Henry

Investment:

- **Full:** \$295, includes retreat, three nights' stay and all meals
- **Commuter:** \$225, includes retreat, dinner on Thursday, lunch on Friday and Saturday
- **Fee includes:** \$50 non-refundable deposit

Registration deadline: June 24

Limited to 20 participants.



Yoga Retreat: Balancing Heaven and Earth Within

Come discover practical ways to infuse more "heaven" into your unique experience here on Earth. During this retreat, we'll honor and acknowledge our feminine and masculine energies and invite them into balance; learn how to make our daily routines more sacred, cherished and rewarding; and practice nurturing techniques such as gentle asana (postures), pranayama (breathwork), mudra (hand postures), mantra (sacred sound) and dhyana (meditation). We'll also consider our food and life choices. Return home rejuvenated, with practices to activate your body, calm your mind and enliven your spirit. All levels welcome to this extraordinary experience.

Dedicated to sharing joy and grace through yoga, **Heather Henry** has been teaching heart-led yoga for 17 years. Honoring each person's unique path and body, she encourages deep internal communication to be expressed. Heather looks toward nature to connect with the rhythms that bring balance to our lives.

August 10

Wednesday, open between 4:30-6:30 p.m.
(Please plan to arrive by 6 p.m. to allow enough time)

Facilitator: FSC staff

Investment: Freewill donations appreciated.

No registration required.

Labyrinth Walk for Peace

Newspaper headlines and the evening news overwhelm us with violence and injustice, anger and self-interest. Join us as we walk the FSC's indoor labyrinth in reflection and prayer for personal, communal and world peace.

A resource will be provided for your private reflection and, for those who wish, a brief introduction to walking the labyrinth.

Read more about the labyrinth on page 3.



August 12-14

Friday, 9 a.m.–Sunday, 2 p.m.

Presenter: Theresa Washburn

Investment:

- **Full:** \$295, includes retreat, three nights' stay and all meals
- **Commuter:** \$225, includes retreat and most meals

Registration deadline: July 15



The Soul's Story: Writing Through the Ego's Chatter

Big egos make for great characters, but to write something that can change your life, the ego must be quiet—a least for a moment. In this retreat, we will explore the ego's role in writing and how to prevent it from ruining the process. We'll practice slowing down and waiting for the soul in the writing to emerge. Expect both a playful and contemplative experience as we use a variety of writing techniques to quiet the ego and give voice to our soul. New and seasoned writers are welcome!

Theresa Washburn has been using writing in her work and for personal growth for more than 25 years. She is a former communications and marketing coordinator for the FSC, a founding member of Women Writers Ink and currently works for Organic Valley.



August 19-20

Friday, 7 p.m.–Saturday, 3 p.m.

Presenters: Jan Wellik and Deb Hansen

Investment:

- **Full:** \$140, includes retreat, one night's stay, and breakfast and lunch
- **Commuter:** \$95, includes retreat and lunch

Registration deadline: August 5



Sacred Spaces/Artful Living: Water and Inner Wisdom

This retreat series will follow the natural cycles of the seasons to connect our vibrant inner world with the healing power of the natural world. Guided journaling, simple artistic practices and silent time in nature will be your tools for accessing your true self and for inspiring authentic living and genuine happiness. Friday evening will introduce us to the retreat's theme through journaling and artistic exploration. Saturday will be spent at a sacred space in nature, connecting to our inner selves and the world around us through word and art, silence and fellowship. A wide range of art materials will be provided. Please bring a basic drawing/watercolor pad, a journal, and if desired, any favorite art mediums.

Jan Wellik is a lifelong writer and journalist who has been involved in environmental education since 2004. She teaches writing at UW-La Crosse and advises the *Lumen* student newspaper at Viterbo University, and is the author of *Nature Writing Field Guide for Teachers*. **Deb Hansen** is the FSC's program and retreat coordinator, and a graduate of the Spiritual Direction Preparation Program. She enjoys expressing her spirituality through art and creativity.



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



2016 Program & Retreat Offerings *continued.*

August 26-27

Friday, 7 p.m.–
Saturday, 4 p.m.

Presenter: Greg Lovell



Investment:

- **Full:** \$140, includes retreat, one night's stay, and breakfast and lunch
- **Commuter:** \$95, includes retreat and lunch

Registration deadline: August 12

Mindfulness Practices for Stress Reduction: The Retreat

Do you want to slow down and reconnect with what is most essential in your life? Are you in need of relaxation and renewal? Many of us find that life moves too quickly and we are easily overwhelmed in body, mind and spirit. Mindfulness practices slow us down and ease our daily stress as we develop awareness and self-compassion. This retreat will flow gently between plenty of time for practice and opportunities to reflect on and share our experiences. Please dress comfortably, and, if you wish, bring a small head pillow and/or mat.

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

Note: This retreat builds on the practices and themes introduced during Greg's monthly mindfulness series. Those who have attended his past workshops are sure to enjoy this offering, but no previous experience is necessary. All are welcome and encouraged to register.



Spiritual Living

These programs at the FSC are open to everyone at any time with no required registration; simply stop by the front desk to check in with the receptionist.

Divorce Recovery Support Group

July 7 and August 4 • Thursday, 5:30-6:30 p.m.

Facilitator: Mary Riedel

Investment: Freewill offering



Divorce Recovery Support Group is open to anyone who is divorced or separated and in need of ongoing support, friendship and healing. Gatherings are informal, and you will have a chance to share with others who are dealing with similar situations in a safe and peaceful environment. No registration is necessary.

Drumming Circle

July 14 and August 11 • 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.

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 on Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (July 16 and August 20) 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 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.

We are approaching the end of our budget year at the Franciscan Spirituality Center! Won't you help us reach our goal of \$15,000 before June 30?

As you look through this issue of *At the Center*, we hope you like what you are seeing. Please partner with us in this service by offering your support in one of the following ways:

Partnership Opportunities

\$1,000 - Presentation Sponsor

Your gift will be used to bring spiritual authors and presenters to La Crosse for thought-provoking, inspirational community presentations. Recent examples include Michael Morwood, Paula D'Arcy, Father Tom Ryan and Kay Lindahl.

\$500 - Spiritual Living Sponsor

Your gift will be used to support the FSC's Spiritual Living programs. These regular offerings, free and easily accessible by all, include *The Sound of Bowls*, *Divorce Recovery*, *Drumming Circle*, *Men's Group* and *Depressed Anonymous*.

\$250 - Hermitage Sponsor

Your gift will be used to maintain and update the FSC's three hermitages on Solitude Ridge. In the past 26 years, many people have chosen to make their retreat at the Sophia, Chiara and Thea hermitages because of the beauty and solitude they afford.

\$100 - Busy Student Retreat Sponsor

Every year, the FSC's spiritual directors set aside two weeks to meet free-of-charge with students from La Crosse's three college campuses. This type of retreat encourages daily prayer and offers students the support of compassionate, nonjudgmental listening with a trained spiritual director.

\$50 - Hospitality Sponsor

The Franciscan Spirituality Center is grounded in hospitality and strives to be a place where all are truly welcome to "Come as you are." A visible sign of that hospitality is our welcoming bookstore, including its free coffee and tea. Your gift will be used to provide refreshments and comfort for all those who come seeking peace.

Make your gift online at www.FSCenter.org, in person or by mail: Franciscan Spirituality Center, 920 Market St., La Crosse, WI 54601. Contributions are fully tax-deductible to the extent allowed by law.





Photo credit: Spiritual Directors International, www.sdiworld.org



Spiritual Direction Groups forming

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?

FSC Spiritual Directors



Barb Kruse
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608-791-5612



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608-791-5268



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

For help in planning your ideal retreat, please call today at 608-791-5295.

Groups are forming now and will meet once a month from September through May. 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 before August 1 at 608-791-5297 to get started.



THE SACRED ART OF LISTENING



More than 130 people attended Kay Lindahl's community presentation on *The Sacred Art of Listening* April 29 at English Lutheran Church, and another 40 attended her in-depth weekend retreat at the Franciscan Spirituality Center.

Listening is more than hearing words better, Kay shared. It is an art that requires preparation and practice. The goal is to become a true listening presence, a way of being no matter what the situation.

We were thrilled to welcome familiar friends and so many new faces to the FSC, and are grateful for the use of English Lutheran's beautiful space. As one guest commented: "Kay is very knowledgeable and an excellent group leader. I hope to use the new skills I've learned in my daily life."

Photo credit: Samuel Fischer



SAVE THE DATE: Jonathan Montaldo, an internationally recognized presenter and author whose work promotes the legacy of Thomas Merton, will be our April 28-30, 2017, speaker on the topic of contemplative dialogue.





Goodbye, Marcia

“You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.”

– Thomas Merton



The above quote from Thomas Merton seems a fitting tribute to FSC spiritual director Marcia Bentley, who was our “in-house expert” on the 20th century mystic, writer and social activist. It was with mixed emotions but sincere well wishes that we said goodbye in early June to Marcia, whose heart called her back to Madison.

Marcia joined the FSC staff in 2014 after successfully completing our Spiritual Direction Preparation Program and starting her own spiritual direction practice in Madison, where she has family. Marcia’s contemplative presence, dedication, attention to detail,

compassion and gentle spirit will be missed, but she will continue to be a SDPP supervisor and always-welcome friend to the FSC.

During her time on staff, Marcia served as co-director of the SDPP and played a key role in forming the latest cohort. In addition to providing group and individual spiritual direction, Marcia helped lead *Centering Prayer* each week as well as several programs and retreats. She also seamlessly took over the ordering and displaying of the books for the Sophia Bookstore and always had an eye out for current and interesting titles. Marcia also coordinated our volunteers and could be counted on to share a funny story or encouraging word whenever needed. Best wishes, Marcia!

Welcome, Kristy (again)

It wasn’t that long ago that we introduced *At the Center* readers to Kristy Walz as a member of our Board of Directors. We are so happy to announce she is now an official member of the FSC staff! Kristy began work as director of development in early May. She’ll also continue to maintain her independent business, Confluence Consulting.

Kristy is a graduate of our Spiritual Direction Preparation Program, an associate presenter at the FSC and serves as chairwoman of the FSC

Development Committee. Her enthusiasm, drive and passion for excellence made her a natural choice for this new part-time position. Her duties will include cultivating donors, helping with fundraising, and developing relationships with existing and potential supporters of the FSC.

Says Kristy: “FSC is my spiritual home. It’s where I’ve found community and transformation, which is what you hear from so many people who walk through the doors.

I am deeply committed to the FSC’s presence and sustainability in the La Crosse area. From a service perspective, I want to do whatever I can to ensure the Center’s vibrancy moving into the future so that even more lives can be transformed. From a personal perspective, I’m eager to be a part of the FSC family of staff!”



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

September 16-18

The Soul of a Pilgrim: A Walking Retreat

Have you ever been interested in "walking the Camino," the sacred yet arduous 500-mile pilgrimage trek across Spain to the site where the apostle St. James is buried? Do you feel more connected to God when you are outdoors and moving? Do you enjoy a physical challenge and a sense of accomplishment? FSC spiritual director Steve Spilde will lead a three-day pilgrimage (Friday-Sunday) on one of the scenic bike trails of western Wisconsin to offer a sense of this time-honored tradition for spiritual travelers here at home.

Investment: \$325, includes retreat, two nights' lodging and all meals. There is no commuter option.

Limited to 6 participants.

Please note: The retreat will include significant walking—about 10 miles each day. Participants must be in excellent health to participate. Preparing for the retreat with physical training is highly recommended.



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

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Solitude Ridge Hermitages

Three individual hermitages are built on the edge of woodland and provide the peace and quiet of a rural setting. These cozy buildings were designed to provide a space for the silence and solitude necessary for a deeper experience with God. Hermitages are \$50 per night. Email or call the FSC to make your reservations today.

Telephone: 608-791-5295 • Email: FSCenter@fspa.org

COMING SOON IN SEPTEMBER & OCTOBER



The Soul of a Pilgrim: A Walking Retreat

September 16-18 • with Steve Spilde

Dreams: Touching the Sacred

September 23-25 • with Janet Mallak, SSND

Midlife: What Do I Do? Where Do I Go?

October 14-16 • with Tom Roberts

Healing from Grief

October 28-29 • with Steve Spilde

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