



**Franciscan  
Spirituality Center**

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

VOLUME 26 • NUMBER 4

JULY/AUGUST 2018

# At the Center

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COMING AUGUST 17-19



Holy Wells and Thin Places:

# Celtic Spirituality for Our Time

Come dig into the treasure chest of wisdom that is Celtic spirituality! Soul friend and storyteller Carl McColman will share the poems, prayers, humor and deep love of nature that the ancient Celts gifted to us. During this weekend retreat, we'll explore those deep wells of inspiration and the thin places in our hearts where we might feel closer to God.

Whether you are a Celt by birth, a "cardiac Celt" (a Celt of the heart) or simply curious, you are most welcome!

For registration details, see page 5.

## Holy Wells and Thin Places: Celtic Spirituality for Our Time

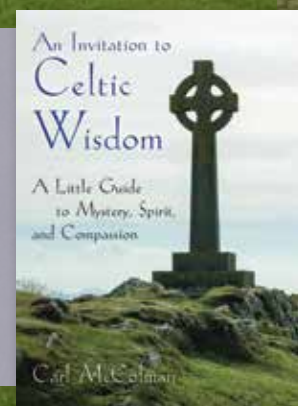
August 17-19 • Friday, noon–Sunday, noon

- Full: \$310, includes two nights' stay, all meals and Saturday evening social
- Commuter: \$210, includes Saturday lunch and dinner, and Saturday evening social

[www.FSCenter.org](http://www.FSCenter.org) 608-791-5295



**Carl McColman** is a contemplative writer, speaker, retreat leader, catechist and spiritual companion who lives near Atlanta. He is the author of several books, including *Befriending Silence*, *Answering the Contemplative Call* and *The Big Book of Christian Mysticism*. He is a life-professed Lay Cistercian (a layperson under formal spiritual guidance of Cistercian monks) affiliated with the Trappist Monastery of the Holy Spirit in Conyers, Georgia. He also received formation in the practice of Christian spirituality and contemplative leadership through the Shalem Institute for Spiritual Formation. His latest book, *An Invitation to Celtic Wisdom*, will be published in November. Find more information at [www.carlmccolman.net](http://www.carlmccolman.net).





# Gently bursting the filter bubble



Cruising the parking lot of the local grocery store made me question my identity. I didn't seem to belong to any of the groups who could claim a privileged parking space. I'm not a military veteran, new or expectant mom, senior citizen (well, getting closer there) or physically handicapped. I felt pretty unremarkable.

We live in a time when the source of your identity is not so much your church, family or ethnic group, but the people who share your beliefs and opinions. People researching how we use Facebook and other social media call this a filter bubble. In our bubble, we don't have to engage with anything with which we disagree. The bubble ends up reinforcing our beliefs but doesn't do much for wisdom or understanding.

I think the Franciscan Sisters of Perpetual Adoration were ahead of their time in recognizing the dangers of a spiritual filter bubble. One of the reasons for opening the Franciscan Spirituality Center 33 years ago was to have a safe space where people of all religious beliefs, or no religious beliefs, could meet and talk with each other about life, meaning and wholeness. This sharing of beliefs should never be coercive. This has become the touchstone of the Center's famous hospitality.

There's some risk in talking with, and listening to, people outside your filter bubble. You might be changed by the experience. Although this may cause some initial discomfort, it eventually bears much fruit in our personal lives as well as in our families and communities. It leads to peace and all manner of good.

If you haven't already experienced what this is like, I invite you to do a small experiment this summer. Register for one of the retreats in this newsletter, or call us about making a private retreat. Meet with one of our spiritual directors to discuss in what areas of your life you would like to experience growth, healing or a deeper connection to God.

Don't let your personal financial situation get in the way. We can help, thanks to our generous donors. When you register for that program or retreat, or meet with a spiritual director, just ask.

Peace & all good,

*Audrey Lucier*  
Audrey Lucier, FSC Director

## FRANCISCAN SPIRITUALITY CENTER

*Staff*



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



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Office Manager



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Marketing Coordinator



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Office Assistant



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Elizabeth Kapanke  
Receptionist & Hospitality

## ASSOCIATE SPIRITUAL DIRECTORS



Vince Hatt



Barb Kruse

## ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

COMING THIS FALL

**SEPTEMBER 21-22**

Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Audrey Lucier and Steve Spilde

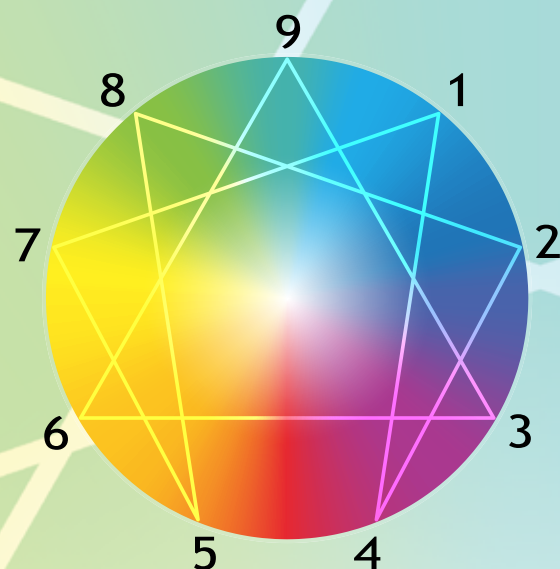
Investment:

- Full: \$175, includes online assessment, one night's stay, breakfast/lunch on Saturday
- Commuter: \$125, includes online assessment and lunch

Registration is open at 608-791-5295  
or [www.FSCenter.org](http://www.FSCenter.org).

# INTRODUCTION TO THE ENNEAGRAM

So often we are frustrated that others won't change to see things as we do, when in reality we all perceive situations quite differently because of our unique personality filters. Join us for this exciting opportunity at the FSC to learn about the nine core personality styles that make up the Enneagram and how understanding what motivates and shapes your worldview can lead to greater self-awareness and better relationships.



## NINE CORE STYLES:

**ONES** – The rational, idealistic type:  
*principled, purposeful, self-controlled, perfectionistic*

**TWOS** – The caring, interpersonal type:  
*demonstrative, generous, people-pleasing, possessive*

**THREES** – The success-oriented, pragmatic type:  
*adaptive, excelling, driven, image-conscious*

**FOURS** – The sensitive, withdrawn type:  
*expressive, dramatic, self-absorbed, temperamental*

**FIVES** – The intense, cerebral type:  
*perceptive, innovative, secretive, isolated*

**SIXES** – The committed, security-oriented type:  
*engaging, responsible, anxious, suspicious*

**SEVENS** – The busy, fun-loving type:  
*spontaneous, versatile, distractible, scattered*

**EIGHTS** – The powerful, dominating type:  
*self-confident, decisive, willful, confrontational*

**NINES** – The easygoing, self-effacing type:  
*receptive, reassuring, agreeable, complacent*

## OUR FACILITATORS



Audrey Lucier, director of the Franciscan Spirituality Center, was trained and certified in the Enneagram Spectrum of Personality Types with Dr. Jerry Wagner and received additional training through the International Enneagram Association and with Dr. Beatrice Chestnut. Special interests include working with workplace groups to improve communication and resolve conflict, and with individuals to improve personal relationships.



Steve Spilde is associate director of the Franciscan Spirituality Center and the director of the FSC's Spiritual Director Preparation Program. Steve was originally introduced to the Enneagram by Richard Rohr many years ago. Like Audrey, Steve was trained and certified by Dr. Jerry Wagner and received additional training from Russ Hudson. Steve finds the Enneagram to be extremely useful as people seek growth in self-awareness and spiritual depth.

Source: The Enneagram Institute

*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.

# Spiritual Living

- No advance registration necessary
- Free to attend

## Dream Group

July 12 & August 9 • Thursday, 9:30-11 a.m.

**Facilitator:** Katherine Krage

**Investment:** Freewill offering



All are welcome to this gathering on the second Thursday of each month to explore your dreams in a group setting of attentive and compassionate listeners. Group members listen to one another's dreams and then offer their knowledge and insights for the dreamer's consideration.

## Drumming Circle

July 12 & August 9 • Thursday, 5:30-6:30 p.m.

**Facilitator:** Rosalie Hooper Thomas

**Investment:** Freewill offering

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



## Try Tai Chi...for free!

**Bernice Olson-Pollack** will offer FREE *Introductory Tai Chi* sessions from 5:30-6:30 p.m. Wednesday, August 15 and 22, in the St. Rose courtyard behind the Franciscan Spirituality Center.

Tai chi is an internal Chinese martial art that can be practiced for defense training and health benefits. Bernice teaches it as a graceful and gentle form of exercise that integrates body and mind, and promotes strength, balance and concentration. If you've always wanted to try tai chi, this is the perfect opportunity to see if it's for you. No registration is necessary. Donations of non-perishable food items for the Hunger Task Force of La Crosse are appreciated.



**AUGUST 15 & 22 • WEDNESDAY, 5:30-6:30 p.m.**

## 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 21 & August 18) 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 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. Mindful Meditation 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.







# 2018 Program & Retreat Offerings

## July 8-14

Sunday, 7 p.m.–Saturday, 10 a.m.

**Presenter:** Phil Zimmerman

**Investment:**

- **Full:** \$625, six nights' stay, all meals and materials
- **Commuter:** \$505, includes lunch and supper, and materials

Fee includes a \$150 nonrefundable deposit.

**Registration deadline:** June 24

Limited to 25 participants.



## Iconography Retreat: Konev Mother of God

Noted American iconographer Phil Zimmerman returns to teach the sacred art of iconography. Both a meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. Icons are often referred to as “windows into heaven.” Phil will guide participants step-by-step through the process of “writing” or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist’s materials. Each day of the retreat will include prayer, reflection and historical information specific to the icon. All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.



**Phil Zimmerman** is the owner of St. John of Damascus Icon Studio in Pennsylvania, having studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest). Phil has created hundreds of religious icons for churches and private collectors throughout the world and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil has offered retreats at the Franciscan Spirituality Center since 2001.

Note: The icon to be painted will be based on this prototype with the Christ Child holding a dove, but actual colors and details will differ.

## July 10 (rain date: July 17)

Tuesday, 7-9 p.m.

**Presenter:** Tom Roberts

**Investment:** \$20

**Registration deadline:** June 26



## Singing Bowls at Sunset

Those who have attended *The Sound of Bowls* with Tom Roberts at the FSC know how invigorating the experience is. All are invited to this special evening out at St. Joseph Ridge (15 minutes east of La Crosse) to experience the power and beauty of traditional Tibetan singing bowls outside as the sun sets. Bring a chair or a blanket, and prepare to be opened to deep relaxation and meditation in the presence of ageless bell sounds.



## July 22

Sunday, 4:30-6:30 p.m.

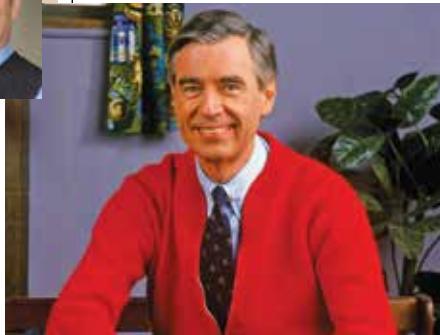
**Facilitator:** Steve Spilde

**Investment:** \$10 suggested donation



## Movie Night with Mister Rogers

Fred Rogers was the beloved host of *Mister Rogers' Neighborhood* on television for more than 30 years. Those who knew him best describe a man of deep spirituality who believed that “deep and simple is far more essential than shallow and complex.” Now, more than ever, his example of “welcome” and his model of “neighbor” provide hope for a world in desperate need of compassion, wisdom and love. Join us for an evening of inspiration as we watch a movie that condenses the lessons of his life, enjoy refreshments and take time to share our impressions and learnings.



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

**August 10-12**

Friday, 7 p.m.–Sunday, noon

**Presenters:** FSC spiritual directors**Investment:** \$175, includes two nights' stay, all meals and spiritual direction

- No commuter option for this retreat.

**Registration deadline:** July 27**Weekend of Solitude**

A *Weekend of Solitude* allows you the opportunity to deepen your connection to the Sacred and to yourself through solitude and silence. Each day, you will meet with a spiritual director who will listen to you and your unfolding story.

During the rest of your day, you will enjoy a private bedroom, delicious meals and quiet spaces for reflection through reading, journaling, creative expression or simply relaxing.

**August 17-19**

Friday, noon–Sunday, noon

**Presenter:** Carl McColman**Investment:**

- **Full:** \$310, includes two nights' stay, all meals and Saturday evening social
- **Commuter:** \$210, includes Saturday lunch and dinner, and Saturday evening social

**Registration deadline:** August 3**Holy Wells and Thin Places: Celtic Spirituality for Our Time**

The Celts—the ancient saints and sages of Ireland, Scotland, Wales and other Celtic lands—are renowned for their poetry, their myths and legends, and their hauntingly beautiful music. But they were also people of a vibrant and deep spirituality, rooted in a deep love of nature and anchored in a joyful sense of Divine Presence. This retreat will celebrate the stories of the Celts and reflect on prayers and practices that bring their ancient wisdom to our lives today. Our retreat leader, Carl McColman, has written books on Celtic spirituality, Christian mysticism and contemplative prayer.

**Carl McColman** is a contemplative writer, speaker, retreat leader, catechist and spiritual companion who lives near Atlanta. He is the author of several books, including *Befriending Silence*, *Answering the Contemplative Call* and *The Big Book of Christian Mysticism*. He is a life-professed Lay Cistercian (a layperson under formal spiritual guidance of Cistercian monks) affiliated with the Trappist Monastery of the Holy Spirit in Conyers, Georgia. He also received formation in the practice of Christian spirituality and contemplative leadership through the Shalem Institute for Spiritual Formation. His latest book, *An Invitation to Celtic Wisdom*, will be published in November. Find more information at [www.carlmccolman.net](http://www.carlmccolman.net).

**July 18 and August 14**

Choose Wednesday or Tuesday, 9 a.m.–4 p.m.

**Facilitator:** Deb Hansen**Investment:** \$35, includes optional spiritual direction session**Registration deadline:** July 5/August 1**Franciscan Day of Solitude**

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

Choose either day that works for you. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room and a simple meal. Options include attending liturgy or praying in the chapel, using our art room and meeting with a spiritual director if you wish.

**REGISTER**

**HOW TO REGISTER:** Go online to [www.FSCCenter.org](http://www.FSCCenter.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.

# Hermitages

## A labor of love for Joe Leuck

**A**fter a stay in one of our hermitages on Solitude Ridge in St. Joseph, guests often tell us that the experience was transformative. They feel renewed and rested after spending time in solitude and silence—and, having been immersed in nature, they feel a bit closer to God.

Building the hermitages was just as powerful of an experience for Joe Leuck, longtime FSC volunteer and the man who served as general contractor/lead carpenter for the endeavor nearly 30 years ago.

In looking back on the effort, Joe said, “the best part was getting to know all of these sisters.” He added that he was moved by all of the laypeople, young diocesan priests and other community volunteers who helped during the 14-month construction project.

The Franciscan Sisters of Perpetual Adoration formed a committee in 1987 to pursue the idea of building hermitages. In minutes recorded at the time, they cited the need for a balanced lifestyle, the biblical tradition of withdrawing for prayer and solitude, and how interior silence allows one to hear God’s Word, know oneself in a deeper way and renew oneself for mission. They made note of how St. Francis, himself, had been drawn to remote places.

The property the FSPAs owned in St. Joseph, about 10 miles east of La Crosse, seemed the ideal spot to build three simple buildings on the edge of woodland. Sister Celia Corcoran was tapped to direct the project.

### her·mit·age

[n] hûr´·mi·tij

A simple, secluded dwelling for prayer and solitude.



“Sister Ceci and I went driving around, looking at hermitages,” Joe recalled. “Most had a flat ceiling. It just didn’t seem right. It was like sitting in a box.” So an architect friend of

Joe’s, Karl Sjolander, drew up plans, and they opted for a pitched roof design that proved to be “one the biggest challenges.”

They broke ground in April 1989. The hermitages were completed and blessed in June 1990 and officially open for use starting that July (although Joe remembers some of the novices spending time in solitude at the hermitages even before they were completed).

All three buildings—Chiara, Sophia and Thea—were built simultaneously. At 312 square feet, they each feature a bathroom, kitchenette with refrigerator, a bed, a simple desk and chair, and an electric fireplace (the original wood stoves were replaced after a few years as it became apparent not everyone knew how to use them).

The FSPAs held their General Assembly that first summer, and Joe estimates about 40 to 50 FSPAs came out to help over a period of time. Many of the FSPAs—including Ceci, Mary Kathryn Fogarty and Marie Des Jarlais—invested quite a bit of time. “And I think Sister Mary Morrissey was out here every day,” Joe said.

Working with the sisters was a lot of fun, he added. When asked about a picture of him working side by side with Sister Praxedes Wertalka, Joe said, “Oh, yes, she knew what she was doing. She could wield a hammer.”

For the most part, though, Joe would work four to five hours during the day and then get things ready for the sisters who would head out after supper to work. “I got them started, but several sisters did most of the roof.”

## Can you help?

**Time and the elements have taken their toll, and these cozy cabins that have provided rest and renewal for so many are now in need of a little TLC themselves. We recently repaired the wooden deck by Thea, and one by one, we’ll be replacing the wooden siding with cement board siding. Our spring appeal is underway. Any extra gifts you can give to help preserve our hermitages are greatly appreciated!**







1989

& today

## Invocations for the litany of blessing at the hermitage groundbreaking:

1. As we set aside this land for prayer and solitude to respect the earth and all creatures that find their home there...
2. As we turn this earth and expose what has been hidden since creation, we do so with awe and respect ...
3. Eternal Wisdom, found in silence, carry us into a deeper union with you...
4. God of creation, whose voice is heard in silence, the song of birds, whose beauty is found in flowers, nurture our spirits...
5. For the workers, who will actualize our dream, who will be present in their labor and their craft, that this work would bless them...
6. For each of us, whether close to this place or who in prayer in other temples support their endeavor...
7. As we look to the next decade and next millennia, may this sacred earth be a source of strength and renewal for our times...

He also joked that because they were using stainless steel nails that cost 10 cents a piece, he tried to have all the materials set up so that “we wouldn’t be wasting any.”

Joe grew up in Cashton. He married his sweetheart, Mary, in 1967, and they bought the house on St. Joseph Ridge that they still live in. Joe did carpentry work and took care of the village’s water system. He also worked part time at La Crosse Footwear until 1974, when the new water main and sewer system were installed, which he also oversaw and maintained until his retirement six years ago.

A lifelong Catholic, Joe signed up in the fall of 1985 to be a lay minister through his parish. He took a class on Franciscan

spirituality with professor Tom Thibodeau at Viterbo University, which introduced him to the FSPAs. “I’ve been hanging around the sisters ever since,” Joe said.

Inspired by his experiences, Joe became a FSPA affiliate and joined the FSC’s Spiritual Direction Preparation Program in fall 1989. As part of that training, he spent a week in silence in Chiara in February 1991.

## Still a bargain

**Since the beginning, bed linens and blankets were provided, but guests brought their own food. The cost to reserve a hermitage in 1990 was \$20 a night. Today, it is \$60. Reservations can be made by calling 608-791-5295.**

“It’s very quiet,” he said. “They are really well insulated.” Over the years, he’s also enjoyed walking the trails out by the hermitages and has volunteered at the Center since 2003.

The enduring appeal of the hermitages is not lost on Joe, but he recalls not everyone understood the sisters’ vision in building them.

Subcontractors ran into another challenge when they tried to lay the foundation. “They were chipping and chiseling into the rock because there were only a couple of inches of topsoil. Plus, they thought it was a nutty idea,” he chuckled. “They weren’t into spirituality and all that. But they did think the hermitages would be good for deer hunting.”



# Coffee, conversation and death

Our first-ever Death Café was a huge success, with nearly 70 people gathered to have an open and agenda-free discussion about death and dying.

Death Cafés started in the United Kingdom in 2011 and have since spread throughout the world. They are not grief support or counseling sessions; rather, they are free discussion groups that bring together strangers to drink tea (or coffee), eat cake and discuss death. The objective, according to the official Death Café website, is “to increase awareness of death with a view to helping people make the most of their (finite) lives.”

Local physician Dr. Jackie Yaeger and Viterbo nursing professor Cameron Kiersch helped FSC staff facilitate the April 23 event. Each table of participants determined their own topics of discussion, which included the importance of advance directives, how and when to broach the topic of death with children, what brings joy in life, how age affects attitudes and fears about death, how having unfinished business shapes the dying process, what a “good death” is and how to deal with unexpected and tragic death.

## Feedback at the end of the evening included:

*I appreciated the opportunity to talk to others and share experiences and concerns about dying.”*

*“It’s comforting that so many others are conversing about death.”*

*“At first I felt uneasy because the idea of talking about death was unsettling, but it was a very comfortable environment to start the conversation. It’s not something to be afraid to talk about.”*

*“It made me realize that throughout my life, my idea of death might change. It may be scary now, but as I get older I may come to accept death and it won’t be as scary.”*



## NEXT WORKSHOP WITH DR. JACKIE YAEGER

### Compassionate Presence: Holding Space for the Dying

September 22 • Saturday, 9 a.m.–4 p.m.

Presenter: Jackie Yaeger, M.D.

Investment: \$60, includes lunch

Registration deadline: September 7

Participants in this experiential retreat will learn how to be a compassionate presence at the bedside of a dying loved one. Dr. Jackie Yaeger will share personal and professional stories from her work as a caregiver, palliative care physician and death doula. We will explore how mindfulness, compassion, equanimity, vulnerability and suffering can inform this work and help us become resilient caregivers. Come learn what to expect before, during and after death, how to provide comfort physically and spiritually, and how to create sacred space through ritual and ceremony.







## Continuing Education for Spiritual Directors: *Mining the Meaning* of Our Sacred Stories

**What's your story?** It's a question we are often asked in everyday conversations, and one that is of primary concern to those of us in the ministry of spiritual direction. One of the primary reasons people seek out a spiritual director is they need help making meaning of their story, that is, nurturing awareness of how God is at work in their lives.

For this year's continuing-education event, spiritual director, author and teacher Diane Millis introduces three different stages for mining the meaning of our life's story and the role that a spiritual director can play in facilitating movement from one stage to the next.

We are the story we tell ourselves. If we aspire to be more fully alive, we must learn to tell a more life-giving story. During our time together, we as spiritual directors will begin by examining the story each of us is currently authoring about our lives and then prayerfully consider a more life-giving story waiting to be told. We will conclude by considering how we can help those we accompany to do the same. Please join us!

**Diane M. Millis, Ph.D.**, brings more than 20 years of teaching experience in the fields of spirituality, family and communication studies. She has taught at the University of Minnesota, Saint Catherine University and Saint John's University/College of Saint Benedict. She currently teaches at United Theological Seminary of the Twin Cities, where she works with faculty and students to cultivate spiritual formation through personal life story. Diane is a spiritual director and the author of two books: *Conversation—the Sacred Art: Practicing Presence in an Age of Distraction* and *Deepening Engagement: Essential Wisdom for Listening and Leading with Purpose, Meaning and Joy*.



Through her ministry and teaching, she has worked with persons of all ages to introduce practices for "telling" their life story. Diane served as creator, interviewer and producer of *Lives Explored* for the Collegeville Institute, a video narrative series funded by the Lilly Endowment, Inc. She is the founder of the Journey Conversations Project, an educational initiative dedicated to developing dialogue and deep listening. To learn more about her ministry, visit [www.dianemillis.com](http://www.dianemillis.com) and [www.journeyconversations.org](http://www.journeyconversations.org).

**October 26-27** • Friday, 7 p.m.–Saturday, 4 p.m. • **Registration deadline:** October 12

**Investment: Full:** \$170, includes one night's stay, Saturday breakfast and lunch

**Commuter:** \$120, includes Saturday lunch

## Top 10 Reasons to attend a continuing-education event at the FSC

**1. Connect with similar people :** Many participants in SDPP describe the excitement of the first weekend when they met others who are similar to themselves—fellow spiritual seekers who enjoy the power of story. Continuing education events provide an opportunity to renew that experience and be surrounded by a supportive community of spiritual friends.

**2. Meet new friends from other cohorts :** Just as participants quickly made friends in their original SDPP cohort, continuing education events allow people to make new friends in other cohorts. The timing of participation in SDPP may be different, but the similar experience of transformation sets the stage for new friendships to form quickly.

**3. Continue to do your own personal work :** To become an effective spiritual director, an important characteristic to possess is the willingness to do our own personal work. Continuing education events provide encouragement and opportunity for this work.

**4. Meet new presenters and mentors :** With the passage of time, new people emerge as presenters for SDPP weekends and new leaders emerge as supervisors and directors for the program. These continuing education weekends provide an opportunity to stay connected.

**5. Acquire new skills and wisdom :** The three-year time frame of SDPP allows us to address a limited number of topics and themes. Continuing education offers additional material and perspectives.

**6. Now you have experience against which to apply your knowledge :** Now with experience as a spiritual director, much material will be received in a completely new way. New questions will seem more relevant. Old answers will take on a new meaning.

**7. An opportunity to ask questions that have arisen since SDPP graduation :** Hopefully, your understanding of yourself has continued to grow since you finished the Spiritual Direction Preparation Program. The questions you have now may be completely different from those you had then. This is an opportunity to explore the questions of your life right now.

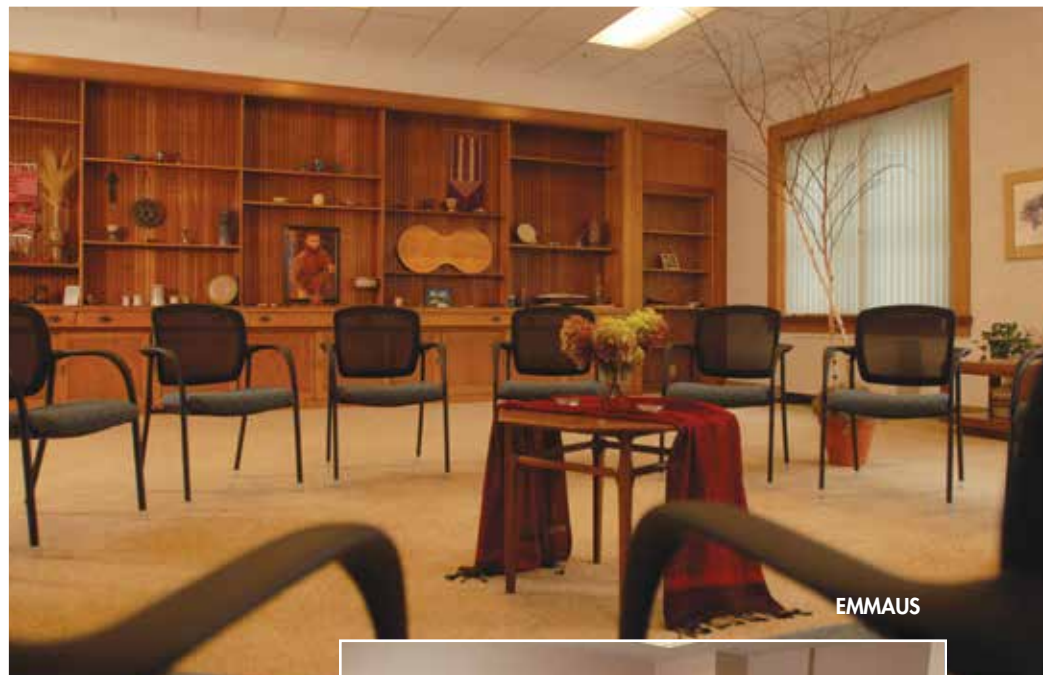
**8. Be encouraged, inspired and refreshed :** Remember that sense of excitement as you entered the FSC to begin another SDPP weekend? Renew your sense of excitement as you continue to grow.

**9. Go on retreat :** In the midst of the unrelenting demands of daily life, it is easy to lose our balance and become overwhelmed. Attending a continuing education event can provide a handy excuse to schedule time for reconnecting with your spirit.

**10. Return to the FSC :** You are always welcome here.



GRACE HALL



EMMAUS



ROSE ROOM



ASSISI ROOM



CONFERENCE ROOM 143

# 8 MEETING ROOMS...

Whether you are leading an intimate support group or facilitating a large training workshop, the right setting can make a world of difference in how your message is received and how engaged and relaxed your meeting's participants feel.

When you book meeting space at the Franciscan Spirituality Center, you enjoy modern conveniences and up-to-date technology in a charming and peaceful setting that is unlike anything else you'll find in town.

Exquisite woodwork, inspirational wall décor and access to the historic Mary of the Angels Chapel at St. Rose Convent are just a few of the highlights. We have eight meeting rooms available, which can accommodate groups as small as two or as large as 90, and offer flexible seating arrangements, catering options and our renowned Franciscan hospitality.

Mike Hesch, senior adviser for Leadership Learning and Development at Mayo Clinic Health System-Franciscan Healthcare, often brings groups to the FSC for classes and planning sessions. He appreciates the opportunity to move his teams out of their everyday environments into quiet, distraction-free spaces. (Plus, we serve excellent coffee!)

"The environment is ideal," Mike shared. "It brings a calm among the participants and gives them the right atmosphere for learning, reflection and creativity. The staff, support and equipment are all top-notch. People are friendly and not in any way intruding. The cost is very reasonable, the food is amazing, and the location is perfect."





SAN DAMIANO

*“The environment is ideal. It brings a calm among the participants and gives them the right atmosphere for learning, reflection and creativity.”*



CONFERENCE ROOM 138



KELLER

Mike's groups usually stay for a half or full day, but if your group would like an overnight experience, we have 26 clean and comfortable bedrooms available. Church groups, schools, corporations and nonprofit organizations all have made the FSC their “home away from home.” We'd be happy to discuss how we can help meet your needs. Please call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org) for more information.

# ...ENDLESS POSSIBILITIES



## WEAR your support of the FSC

This summer, take the Franciscan message of Pax et Bonum — “peace and all good” — wherever you go! For a limited time, we’re offering a great-looking T-shirt that shows you’re a partner in the Franciscan Spirituality Center’s mission to bring about peace, goodness and transformation.

### You can get your free FSC T-shirt in one of three ways:

- Become a Spirited Friend of the FSC. For as little as \$10 per month, you can provide the FSC with consistent, year-round support.
- If you are already a Spirited Friend, you can receive a free shirt by increasing your monthly contribution by \$5 or more.\*
- You also can receive a free shirt with a one-time donation of \$150 or more (made between May 15, 2018, and June 30, 2018). You can make your donation online at [FSCenter.org](http://FSCenter.org) as well as by mail.

The shirt is a comfortable poly-cotton blend in a dark blue and is available in a men’s/unisex crew style or women’s style.

**Hurry!** because this offer expires on June 30, 2018! Please call 608-791-5295 for more information on how you can get YOUR free T-shirt.

ALSO AVAILABLE IN COMFORT-FITTING WOMEN’S STYLE

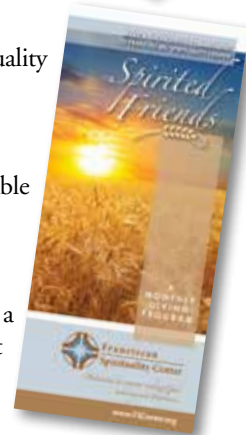
\*If you are already enrolled as a Spirited Friend and would like to increase your monthly contribution, please email [lswan@fspa.org](mailto:lswan@fspa.org) or call 608-791-5279.



MAKE A COMMITMENT TODAY

# Spirited Friends

The Franciscan Spirituality Center relies on donations to keep our programs, retreats and spiritual direction affordable and accessible to all who seek support. Whether you’ve contributed in the past or are ready to make a first-time gift, we ask that you consider making a monthly commitment. Year-round, consistent support is vital to sustaining our ministry.



*Spirited Friends* is a monthly giving program that fits your budget. You decide the amount of your gift and authorize your bank to transfer that amount from your checking account directly to FSPA for the Franciscan Spirituality Center. It’s that easy! Not only is it convenient and safe, but your donation goes further by reducing administrative, postage and paper costs.

You can designate your gift to one of three scholarship funds or to our general donation fund. Either way, know that you are helping others on their path to connecting with God, meaning and wholeness. Thank you for your generosity.

For a brochure and enrollment form, visit [www.FSCenter.org](http://www.FSCenter.org) and click on the *Become a Spirited Friend* button or call 608-791-5295.

### 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.



## IMPORTANT INFORMATION:

### Registration Process

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

### Refund Policy

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

### Registration Deadlines

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

### Scholarship Information

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

### Where to Find Us



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



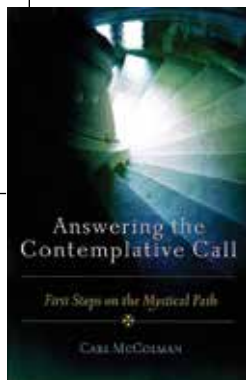
**Franciscan  
Spirituality Center**



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

## AT THE SOPHIA BOOKSTORE

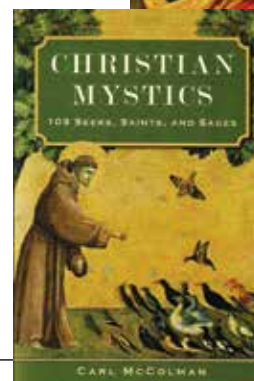
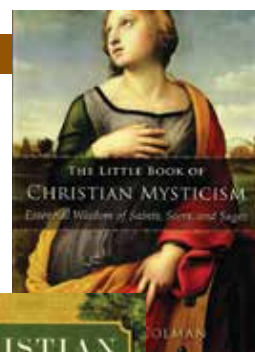
If you are like us and can't wait for Carl McColman's retreat in August, check out these books by him, available in our Sophia Bookstore while supplies last:



*The Little Book of Christian Mysticism:  
Essential Wisdom of Saints, Seers, and Sages*

*Answering the Contemplative Call:  
First Steps on the Mystical Path*

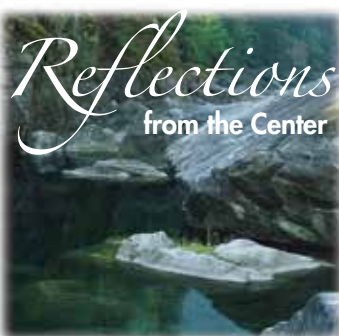
*Christian Mystics:  
108 Seers, Saints, and Sages*



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

### Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure awaiting your discovery. Full of books, scarves, bags and other gift items, 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.



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](mailto:skalas@fspa.org). To sign up for *Reflections from the Center*, please visit [www.FSCenter.org](http://www.FSCenter.org) and select the "Join Our Email List" tab.

## FRANCISCAN SPIRITUALITY CENTER

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## Franciscan Spirituality Center

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SAVE THE DATE: MARCH 28, 2019

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



**W**e've had so much fun getting to know local artists and new supporters of the FSC that we are planning another fabulous *Art Dash* fundraising event. Once again, we've exceeded our expectations and outgrown our space. Please plan on attending the 3rd annual *Art Dash* on Thursday, March 28, at The Cargill Room at The Waterfront Restaurant and Tavern, La Crosse.

To learn more about event sponsorship opportunities, please call 608-791-5295.

COMING IN SEPTEMBER/OCTOBER



### *Deepening Spiritual Presence with the Enneagram*

September 21-22 • with Audrey Lucier and Steve Spilde

### *Compassionate Presence: Holding Space for the Dying*

September 22 • with Jackie Yaeger, M.D.

### *Sacred Drum Making*

September 29 • with Wayne Manthey

### *How Might I Cool My Anger and Warm My Sadness?*

October 6 • with Sam Rahberg

### *Claiming Your Power: Releasing the Grip of Trauma and Fear*

October 16 • with Joan Filla

### *Continuing Education for Spiritual Directors: Mining the Meaning of Our Sacred Stories*

October 26-27 • with Diane Millis

Follow us on :

