



**Franciscan
Spirituality Center**

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

VOLUME 26 • NUMBER 2

MARCH/APRIL 2018

At the Center

In this Issue:

- *Art Dash*
- *The Daring Way*
- *Justice and Peace Stations of the Cross*
- *Japanese Bowls:
Embracing Our Imperfections*
- *Mindfulness for Busy People*
- *Compassionate Communication*
- *Serenity Retreat*

2018-21

Spiritual Direction

Preparation PROGRAM

Application deadline: June 30, 2018 (or until filled)

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



The Franciscan Spirituality Center is accepting applications to its *Spiritual Direction Preparation Program*. The 15th cohort of this innovative, three-year program will begin classes in September. Men and women who are 30 or older and are interested in becoming better listeners and deepening their spiritual lives are encouraged to apply. Since our program's inception in 1985, more than 400 people have trained through a mix of workshops and real-life experiences to move into their communities and jobs as trained spiritual directors and redemptive listeners.

Spiritual direction is an ancient practice that helps people hear the voice of the Divine in their lives. We all share a deep longing to be heard, and the trained spiritual director is able to share the gift of deep, compassionate, nonjudgmental listening. Spiritual directors learn to pay attention to what is going on within themselves and help others do the same.

Our graduates have described the experience as life-changing, transformative and growth-filled. One recent graduate said, "*The SDPP greatly exceeded all of my hopes and expectations. In fact, the SDPP has proven to be the finest educational and personally edifying experience of my entire life.*" Another said, "*The program offers a season of spiritual renewal that is not easy or swift, but is filled with fulfillment and grace.*"

While our program prepares participants to direct others regardless of their faith or religious affiliation, it is taught from the Judeo-Christian tradition. Candidates are formed and trained through prayer, teachings, practical workshops, verbatims, readings, quarterly meetings and one-on-one supervision.

By joining the FSC's *Spiritual Direction Preparation Program*, you will find yourself part of a vibrant and welcoming community, with opportunities for personal connections and professional development that continue even once you have graduated. We're looking forward to getting to know you.

Our next class begins in September 2018.

If you are interested in learning more about the SDPP, please visit www.FSCenter.org and click on the spiritual direction link at the top of the page or call 608-791-5295 for more information.

When things fall apart



This was the subject line in a recent daily reflection email from Father Richard Rohr. Coming on the second anniversary of my divorce, it caught my attention. I was struck by his thoughts on change in our lives:

Transformation more often happens not when something new begins but when something old falls apart. The pain of something old falling apart—disruption and chaos—invites the soul to listen at a deeper level. It invites and sometimes forces the soul to go to a new place because the old place is not working anymore.

So many of the programs you will see at the Franciscan Spirituality Center in March and April are about those times of transformation, which no one escapes in life. There are always practical questions when things fall apart, questions about finances, where to live, how to grieve and how to live with a new reality. But we don't want to bypass the deeper spiritual question of how we are being invited to change. This is the sweet fruit that can come from painful changes.

This spring, I invite you to join us for retreats on grief, mental illness as a spiritual path, serenity for people in recovery, the Japanese art of embracing our imperfections, compassionate communication and Brené Brown's work on vulnerability and courage. The support of others you meet on retreat, or in a private meeting with one of our trained spiritual directors, can be so very helpful.

As I write this, spring is just a hope. But I know that even though we can't see it, nature is resting and being replenished in the cold darkness and dormancy. In just a few weeks, we'll see robins returning, trees budding and crocus pushing through snow. As you wait, may your heart be filled with hope for the new life you are contemplating.

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



Laurie Swan
Office Manager



Stacey Kalas
Communications &
Marketing Coordinator



Kristy Walz
Development Director



Zoua Vue
Office Assistant



Aaron Lawrence
Hospitality



Elizabeth Kapanke
Receptionist & Hospitality

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

Spiritual Living

The Sound of Bowls



March 13 & April 10
Tuesday, 5:30-6:30 p.m.
Facilitator: Tom Roberts
Investment: Freewill offering

Traditional historic Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. The sounds create a deep communication with our inner world that opens us to the Divine. Enjoy an evening of captivating renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer.

Pregnancy and Infant Loss Support Group



March 14 & April 11
Wednesday, 5:30-6:30 p.m.
Facilitators: Emily and Sean Mortenson
Investment: Freewill offering

This monthly gathering on the second Wednesday provides a safe place for those who have suffered a miscarriage, ectopic pregnancy, stillbirth or the loss of an infant to share their stories.

You'll have an opportunity to process your unique experience while receiving the comfort of others who understand. Our facilitators are a local social worker and her husband who have personally experienced the loss of an infant.

Drumming Circle

March 8 & April 12
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.



Spring Labyrinth Walk: Open to the Light

March 12
Monday, between 6-8 p.m.
Investment: Freewill offering

Spring is just around the corner! You are invited to mark the turning of the seasons by walking the FSC's indoor labyrinth. The labyrinth is a single path leading to a center and out again. It is a way to walk and pray about where your own spiritual path is leading you.



This is a self-guided experience, although a resource for reflection and a brief introduction to the labyrinth will be available.

Groups That Meet at the FSC

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group will meet the first and third Wednesdays and the Tuesday group will meet the second and fourth Tuesdays, both from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Suggested offering: \$5.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality, on the third Saturday of the month (March 17 and April 21) 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. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email smorrissey@fspa.org with questions. This group joins *The Sound of Bowls* on the second Tuesday of each month.

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.



Francis and Clare of Assisi: A Spirituality of Poverty and Joy

Q&A with Susan Pitchford

We are very excited that Secular Franciscan, author and sociologist Susan Pitchford will be at the Franciscan Spirituality Center on Saturday, April 28, for a daylong presentation. In advance of her visit, we asked Susan a few questions.

Q: *The name of the talk is "Francis and Clare of Assisi: A Spirituality of Poverty and Joy." What does poverty mean to you? And, for that matter, joy?*

Franciscan poverty goes beyond limiting our material consumption, though it includes that. A good synonym for poverty is kenosis, or self-emptying, the poverty celebrated in that great hymn in Philippians where Jesus, though fully equal with God, doesn't grasp at that status but "empties himself." Poverty is the emptying of self: of ego, of the belief that I have in myself all the resources I need in life.

But poverty is not an end in itself; we are emptied so that we can be filled with God. That's where the joy comes in! Unlike happiness, joy isn't a function of circumstances. It can be ours in the midst of pain and rejection and death, because it's all about being immersed in the love and life of God. It's what life is for, and once we've found that, none of life's ups and downs can take it away.

Q: *What does it mean to be "Franciscan"?*

Probably every Franciscan would answer that differently! But for me, following Francis means loving Christ as passionately and as joyfully as he did. It also means paying close attention to the spiritual themes that Francis emphasized: the reconciliation of enemies; the rejection of worldly bids for wealth, status and power; celebrating God's creation rather than seeing it as something to be exploited for our own gain. And it means loving Lady Poverty as Francis did, because Christ chose her as his lifelong companion.

Q: *What are some of the challenges to living as a Franciscan in today's world?*

Distraction is a big one. I firmly believe that holiness is largely a matter of focus. You find the pearl of great price, and you sell everything to buy it. The one consistent thread linking the lives of all the saints is this absolute refusal to be distracted from their pursuit of God. The world is filled with seductions, with false promises of fulfillment in things that are not God. We are continually bombarded with messages about the idols that will grant our every wish: wealth, career success, the perfect family, the perfect stereo system. All of them will break our hearts in the end, but it's often hard to see that from here. We need focus.

Q: *Why is it important to follow Francis and Clare's examples, especially in these times?*

Every religious movement is in some sense an answer to the questions of its time. What has kept the Franciscan movement alive and strong for 800 years is that the questions to which Francis and Clare responded are still the urgent questions of our own time: How can we make peace between enemies? How can we live in harmony with the earth? How do we respond to growing gaps between rich and poor? Where is God when we suffer? We still face these questions, and the answers the early Franciscans offered are still good ones.

Clare is often overshadowed by Francis, but I think it's very important that we learn from her. Clare was always a loyal daughter of the church. She was also one tough woman, who constantly resisted the ways in which others, up to and including the pope himself, tried to define her life. She was the first woman to write a rule for a religious order, and the way of

FOR REGISTRATION INFORMATION,
PLEASE SEE PAGE 8.



life she drew up for her community was a creative departure from the dominant model of the day (the Benedictine rule). She was unafraid, even as a teenager, to disappoint her family and choose her own path. Unlike everything we are taught to expect from life, Clare spent her long life in a tiny convent outside the protection of the city walls, much of it too sick to get out of bed. But in that confined place where one day must have seemed very much like another, she managed to live fully the abundant life Jesus promised. It's important that we not focus so exclusively on Francis that we miss the lessons Clare can teach us.

Q: *What is one message you hope people take away from the day? Or feel inspired to live out?*

I hope people will catch a sense of the incredible power of God to redefine things. All the things that make us feel impoverished: our self-doubts, our worries about the people we love, our careers and finances, and that we often seem to swim against the social and cultural currents, not to mention our illnesses, grief and disappointments in life and those we love—all of these are the raw material that God converts into holy poverty. And poverty is the way to go deeper into God, and deeper into joy—deeper into that Heart that is the very source of passionate love and joy. If we know that, then with St. Paul we can rejoice in all these things, knowing that when we are weak we are actually strong, because God's strength is brought to fullness in our weakness. Who could not fall hard and helpless for such a God as this?



2018 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.

February 6-27

Tuesday, 10 a.m.-noon

Facilitators: Lesley Stugelmayer and Jean Pagliaro

Investment: \$15 for entire 4-week series

Registration deadline: January 23



Grief Circle

This group is for those who are grieving the death of someone they loved. It is a safe place to share your thoughts, feelings and concerns about what is happening to you. It is a place where you can talk about your loss with other people who understand, because they are also grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.



Lesley Stugelmayer has had an ongoing professional interest in grief and loss. She began her career as a psychiatric nurse and recently retired as director of counseling at Viterbo University, where she worked for 40 years. **Jean Pagliaro** is the program and retreat coordinator at the FSC. She has training in social work and pastoral care.

February 14-March 14, Wednesday, 1-3 p.m.

February 15-March 15, Thursday, 6-8 p.m.

Choose either Wednesday or Thursday

Facilitators: FSC staff

Investment: \$65 for entire 5-week series, includes book for discussion

Registration deadline: February 1

Lenten Transformation Group

This group is first and foremost a listening group, providing the opportunity to be heard as we describe the milestones, detours and questions of our own spiritual journeys. The group supports us as we seek God in our lives. We grow in self-compassion as we have an opportunity to tell our personal stories in a supportive and grace-filled environment. We are encouraged to go deeper as we listen to the stories of others. We also are invited to create a space for silence and reflection. This is a good opportunity to experience the process of group spiritual direction.

Note: Individuals interested in participating should contact Rose Elsbernd, FSPA (608-791-5268) or Steve Spilde (608-791-5297).

March 9-10

Friday, 7 p.m.-Saturday, 3 p.m.

Presenter: Anne Johnson

Investment:

- **Full:** \$145, includes overnight stay, all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: February 23



Where Are You Now? A Retreat for the Grieving Heart

Finding one's way back to life after the death of a loved one is a sacred and intensely personal journey. This retreat provides time and space for us to be gently present with our grief alongside others walking the same path. By sharing our stories and contemplating together the unanswerable questions borne out of the death of our beloved (spouse, parent, child, friend), may we experience the profound mystery of being inspired by our own broken hearts.

While **Anne Johnson** brings to this retreat professional and educational training in the area of grief and loss, her greatest teacher has been the death of her daughter Hannah in 2013. Anne believes the death of a beloved is one of the most painful yet precious portals into discovering the Sacred in life as it is. She draws on the practices and teachings of Buddhism to meet life's suffering and joy. Anne is a licensed clinical social worker and is certified in grief support from the University of Wisconsin-Madison.



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

March 10

Saturday, 9 a.m.-3 p.m.

Presenter: Kate Bausch**Investment:** \$50, includes lunch and materials**Registration deadline:** February 24

Limited to 12 participants.

***Beautiful Beaded Trees***

Enjoy the meditative process of creating a beautiful beaded tree during this daylong workshop. We will journey together as we first paint the trunk and branches of our trees on hardboard and then choose from a collection of vintage and contemporary beads to complete our one-of-a-kind mixed-media art piece. You are welcome to bring any personal, sentimental beads or other embellishments in addition to the nice selection we will provide. No art experience is needed!

For the past seven years, **Kate Bausch** has focused on painting colorful trees, which she considers to be a deep expression of her true self. An alumnus of UW-Platteville, Kate studied graphic arts, photography, fine art and technical communications.

**March 10**

Saturday, 9 a.m.-3 p.m.

Presenters: Jan Wellik and Deb Hansen**Investment:** \$45, includes lunch**Registration deadline:** February 24***Sacred Spaces in Word and Art***

Explore the wisdom of Japanese Buddhism in the term wabi-sabi by photographing beauty found in humility and imperfection in nature during this season of renewal. This creative workshop will take us out to the marsh trails for photographic discovery and literary reflection. As in previous Sacred Spaces workshops, our outer exploration will lead us to inner exploration and creative discovery. No photographic experience or fancy camera equipment necessary! Please plan to bring a cellphone camera.

**March 13 and April 12**

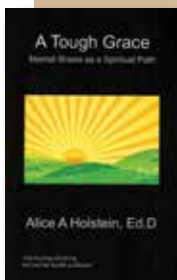
9 a.m.-4 p.m.

Facilitators: FSC spiritual directors**Investment:** \$25, includes room, lunch and art materials**Registration deadline:** March 6/April 5***Franciscan Day of Solitude***

Continue your Lenten journey with a day of solitude at the FSC that will give you permission to be quiet and still as you reflect on your relationship with the Sacred and the changes that spring brings. Choose whichever date works best with your schedule. On both Franciscan Days of Solitude, we'll begin and end with prayer as a group. The remainder of your day will be spent in solitude. You will have a private, comfortable room, a simple lunch and optional art materials for creative expression. Come to rest, reflect, pray and be renewed.

March 17

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

Presenter: Alice Holstein**Investment:** \$65, includes lunch**Registration deadline:** March 2***Tough Grace: Mental Illness as a Spiritual Path***

This interactive workshop invites those with a mental illness, family and friends, and providers of mental health services to experience a revolutionary, positive view of the spiritual path that is available to all who have encountered the challenges and stigma of mental illness. Through a mix of presentation, small-group sharing and reflection, this workshop aims to help participants reframe mental illness as a journey of challenge and hardship worthy of esteem, as well as to define mental illness as a sacred journey with deep meaning and growth opportunities. Topics will include dealing with losses and grief, the Hero's Journey, recovery strategies and gifts of the journey.

Alice Holstein, Ed.D., is active in the mental health community in a volunteer capacity and is a recent graduate of the FSC's Spiritual Direction Preparation Program. She's a well-known community public speaker and the author of *A Tough Grace: Mental Illness as a Spiritual Path*. The book is available on Amazon as an e-book or paperback and is entirely voluntary to read before the workshop.

March 19 and April 16Third Monday of the month
Choose 2-3:30 p.m. OR 6-7:30 p.m.**Instructor:** Mary Thompson**Investment:** \$10 (if you bring own supplies) or \$12 (if you use FSC supplies)**Registration deadline:** March 16/April 13**Supplies needed:** Watercolors (pan set), brushes (8" round watercolor, 1" flat wash brushes), kneaded eraser; **watercolor paper provided.*****Art as Prayer***

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No experience necessary; Mary is an enthusiastic and encouraging teacher who will show you how to get started.

Mary Thompson has a degree in fine arts and a master's degree in education. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy.





2018 Program & Retreat Offerings *continued.*

March 20 and April 17

Third Tuesday of the month,
5:30-6:30 p.m.

Presenter: Greg Lovell

Investment: \$10 per session

Registration deadline:
March 19/April 16



Mindfulness Practices for Stress Reduction

Life moves too quickly at times, and we become overwhelmed in mind and body. This group is open to anyone wanting to reduce stress through mindfulness practices. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion. You are invited to attend the entire series or drop in each month as your schedule allows.

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

March theme: Emotions meditation
(RAIN) and forgiveness meditation

April theme: Compassion meditation



March 23-24

Friday, 7 p.m.-Saturday, 4 p.m.

Presenter: Tom DeZell

Investment:

- **Full:** \$145, includes overnight stay and all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: March 9

Limited to 20 participants.



Surrender and Live: A Serenity Retreat

Albert Einstein defined insanity as "doing the same things over and over again and expecting different results." Those of us who struggle with addiction know this pattern well. This serenity retreat will share a story of light and hope. It is a paradoxical story of surrender to those things that bind us in order that we might become free of them. We will focus on the spiritual treasure map that is the first three steps of Alcoholics Anonymous. The format will include shared experiences, discussion, quiet reflection and prayer.

In order to protect anonymity, this retreat is closed to men and women who are members of a 12-step fellowship and active in their recovery from alcohol or drugs. Confidential financial assistance is available to those who would like to attend but do not have the means to do so.

Tom DeZell has been clean and sober for 10 years, having come to accept and understand the devastation caused by his alcoholism and drug addiction. He is a trained spiritual director, having recently graduated from the FSC's Spiritual Direction Preparation Program.



March 29-April 1

Thursday-Sunday, 9-10 a.m. each day

Presenter: Lloyd Cunningham, SVD

Investment:

- **Full:** \$200, includes retreat, room and meals (Thursday lunch-Easter Sunday brunch)
- **Commuter:** \$30, program only

Registration deadline: March 15

Holy Week Triduum: The Journey From Winter To Spring

In the Northern Hemisphere, Holy Week occurs just as winter is transforming into spring. However, the movement from winter to spring happens in many different ways besides seasonal chronological time. We can encounter winter in our different life stages, in feelings of spiritual coldness and personal losses. Our feelings are real; however, our faith takes us to another type of realness—a loving merciful God who is present with us even when we are ready to give up and others have given up on us. The Triduum leads us to experience that other realness—the new life of spring: life in God.

Lloyd Cunningham, SVD, is known by just about everyone as Sam. His pastoral work has been in parishes and formation work both in the U.S. and in Latin America. He resides at Divine Word College in Epworth, Iowa, where he teaches and is a spiritual director. He also works as a licensed psychologist at Immaculate Conception Parish in Cedar Rapids, Iowa.

March 30

Friday, 10 a.m.

Investment: Free and open to the public.

No registration necessary. Meet in front of the St. Rose sign on the corner of Market Street and Franciscan Way.

Justice and Peace Stations of the Cross

An annual tradition, this form of the Way of the Cross is a silent prayer walk from the heart of La Crosse to the Mississippi River. Along the way, we stop to pray and sing at places that represent suffering in our community and world today. The two-mile walk recalls the journey of Jesus as he carried his cross to Calvary. Adults, students and families are all welcome to experience this special Good Friday event. Please dress according to the weather.



April 4, 11, 18 and 25

Wednesday, 6-8 p.m.

Facilitators: John Yungerberg and Audrey Lucier**Investment:** \$15 for entire 4-week series**Registration deadline:** March 22**Grief Circle**

This group is for those who are grieving the death of someone they loved. It is a safe place to share your thoughts, feelings and concerns about what is happening to you. It is a place where you can talk about your loss with other people who understand, because they are also grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.

John Yungerberg is a retired pastor, marriage and family counselor, and social ministry administrator. **Audrey Lucier** is director of the FSC.

April 5, 12, 19 and 26

Thursday, 6-8 p.m.

Presenter: Tom Roberts**Investment:** \$95 for entire 4-week series**Registration deadline:** March 22**A Brush with Silence: An Introduction to Zen Brush Meditation**

The purposeful use of brushes, ink and paper as a method of deepening the spiritual journey has been employed throughout the centuries and by numerous traditions. In the Japanese tradition, this technique is referred to as Shodo, or The Way of The Brush—an insightful method that brings peace, balance and harmony into our lives via patient brush strokes. During these four introductory Shodo sessions, you will have the opportunity to experience the playful and profound dance of brush, ink and paper. We will explore the many aspects of using Zen brushes as a meditative tool and create meaningful Japanese Shodo ideograms that express our unique and creative selves. All materials will be supplied.

Please leave your artistic ego and related fears at the door. No artistic experience necessary—only a willingness and curiosity to explore a unique addition to your spiritual practice.

**April 6-7**

Friday, 7 p.m.–Saturday, 4 p.m.

Facilitators: Steve Spilde and Deb Hansen**Investment:**

- **Full:** \$145, includes overnight stay, all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: March 23**Japanese Bowls: Embracing Our Imperfections with Grace and Courage**

The Japanese art of Kintsugi takes broken pottery and repairs the cracks with gold. These restored bowls, once considered worthless, become treasured items of great worth and beauty. We will use this art as a symbol of the spiritual life. Our

wounds and failures can easily harden into shame and regret. Yet, if we look at our lives through the eyes of grace and compassion, our painful experiences can be transformed into great sources of inspiration, beauty and wisdom. This retreat will be a mix of creative expression, presentation, individual reflection and small-group processing.

**April 6, 13, 20 and 27**

Friday, 6-8 p.m.

Presenter: Jan Wellik**Registration deadline:** March 23**Investment:** \$15 for each Friday session**Poetics of Space**

This four-week series combines creative expression and outdoor exploration. Join us for four sacred outings at sunset in nearby natural areas. We'll explore the river (Goose Island), forest (Shrine of Our Lady of Guadalupe), marsh (Trempealeau National Wildlife Refuge) and bluffs (La Crosse Blufflands-Mathy Property). Some of the ideas we'll explore during these outings are inspired by *The Poetics of Space* by Gaston Bachelard, available for purchase at the FSC bookstore but not required. Participants will be able to try a variety of art mediums at each space, including watercolors, oil pastels, charcoal and acrylic, and will have the option of staying after the workshop to meet for a social hour at a nearby restaurant.

**April 7**

Saturday, 9 a.m.-noon

Presenter: Greg Lovell**Investment:** \$40 (lunch not provided)**Registration deadline:** March 23**Mindfulness for Busy People**

We all lead busy lives that sometimes seem to move too quickly. Stress, worry and other challenging emotions can easily creep into our experience and overshadow the beauty, wonder and joy of daily living. Mindfulness offers us down-to-earth practices that help us manage stress, recharge and reconnect. Please join us for a morning of rest and renewal as we learn a series of mindfulness practices that can be carried into the rest of our lives.

Participants are encouraged to wear comfortable clothing and to bring a mat and/or pillow.



2018 Program & Retreat Offerings *continued.*

April 13-14

Friday, 7 p.m.–Saturday, 4 p.m.

Presenter: Barb Kruse



Investment:

- **Full:** \$145, includes overnight stay and all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: March 30

Compassionate Communication: The Language of the Heart

Compassionate Communication offers a way of communicating that centers our attention on what is most human about us. With a focus on true honesty and empathic listening, Compassionate Communication guides us in how we express ourselves and hear others. Instead of habitual reactions, this discipline encourages conscious responses to those around us, based firmly on an awareness of what we are perceiving, feeling and wanting.

Throughout the weekend, you will be invited to spend time in reflection, dialogue and prayer as you enter into a new way of communicating from the heart.

- Explore the gift of your emotions and how they communicate what is alive in you.
- Discover how some core beliefs can become obstacles to compassion.
- Tap into the beauty of your values and needs.
- Learn how these very human things affect your ability to stay connected to compassionate nature.

April 13-14

Friday, 6 p.m.–Sunday, noon

Facilitators: FSC spiritual directors

Investment: \$245 per couple, includes retreat, spiritual direction, all meals and two nights' stay. There is no commuter option.

Registration deadline: March 30

Limited to 6 couples.

A Weekend of Solitude for Couples

This special weekend offers you and your partner the opportunity to deepen your connections to the Sacred, each other and yourself through solitude and reflection in a quiet, relaxing setting. The retreat begins Friday evening with dinner as a group, followed by a couple's spiritual direction session to look at the blessings of your relationship. On Saturday, you will each have an individual session with your spiritual director plus time for private reflection and conversation as a couple. On Sunday, you will meet once again with your director as a couple. Enjoy a private, comfortable bedroom; delicious meals and quiet spaces for reflection through reading, journaling, creative expression or simply relaxing. This weekend is not intended to offer marriage counseling but rather a time of spiritual renewal as a couple.

April 20-21

Friday, 7 p.m.–Saturday, 4 p.m.

Presenter: Karna Marks



Investment:

- **Full:** \$145, includes overnight stay and all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: April 6

The Daring Way

The research of Brené Brown is gently changing the world—calling upon something deep inside of us—longing to live life authentically, wholeheartedly and with joy and courage. Together, we will explore creative ways to empathize, cultivate self-compassion, belong, love and lead while celebrating grace, human connection and the invitation to live brave. The Daring Way™ curriculum is based on the research of Brené Brown, Ph.D., LMSW, an author and professor at the University of Houston who studies vulnerability, courage, shame and resilience.

For the past 19 years, **Karna Marks** has served as the pastor at Immanuel in Pepin, Wisconsin. She is a spiritual director, wellness coach, and in 2014 studied with Brené Brown and her team in San Antonio, becoming a Daring Way Facilitator™. "It has been an incredible joy to explore how we can live our lives more fully grounded in grace, compassion and courage," she says.

April 28

Saturday, 9 a.m.–3:30 p.m.

Presenter: Susan Pitchford



Investment: \$65, includes lunch

Registration deadline: April 13



Francis and Clare of Assisi: A Spirituality of Poverty and Joy

As a Secular Franciscan, author Susan Pitchford follows a Franciscan way of life as a wife, Protestant, teacher and sociologist. It's a spirituality that speaks to people of all beliefs and none, Susan says. How does Franciscan spirituality

speak to divisions in our society today, our relationship to creation and to suffering? If you've ever wondered what marks a spirituality as "Franciscan," join us for this special retreat day. Sponsored by the Franciscan Spirituality Center and the Affiliates of the Franciscan Sisters of Perpetual Adoration.

Susan Pitchford is a sociologist at the University of Washington in Seattle and a professed member of the Third Order, Society of Saint Francis. She is the author of *Following Francis: The Franciscan Way for Everyone*; *God in the Dark: Suffering and Desire in the Spiritual Life*; *The Sacred Gaze: Contemplation and the Healing of the Self*; and *Identity Tourism: Imaging and Imagining the Nation*. She is a frequent conference and retreat speaker, and loves nothing more than exploring with others how to go deeper in the life of faith.



**Franciscan
Spirituality Center**



body, mind & spirit



NEW! Yoga Fusion

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

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

Session 3: April 2, 9, 16, 23, 30; May 7

Instructor: Cheryl Neubauer

Investment: \$48 for six classes or \$10 drop-in



Yoga Fusion is a complete program for both mind and body conditioning. By blending the best of yoga, Pilates, fitness and barre, fusion workouts provide the yin and yang of mind and body training, offering both physical and mental challenges balanced with a sense of calming and restoration. This nonimpact program will define, strengthen, restore and nurture your body and soul.

Cheryl Neubauer has been a certified yoga instructor for many years, teaching in various community settings in the La Crosse area. She also teaches Pilates and strength training, and has an undergraduate degree in community health education and a master's degree in rehabilitation counseling. She enjoys assisting people to achieve their desired health outcomes.

Tuesday Golden Yoga

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

Session 2: February 20, 27; March 6, 13, 20, 27

Session 3: April 3, 10, 17, 24; May 1, 8

Instructor: Amber Moesch

Investment: 1-hour class: \$48 for six classes or \$10 drop-in.



Golden yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so that participants do not need to get down on the floor.

Note: The last 15 minutes of the class will include exercises that can be done either on the floor or with a chair. Please bring a mat.

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

Thursday Golden Yoga

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

Session 2: February 22; March 1, 8, 15, 22, 29

Session 3: April 5, 12, 19, 26; May 3, 10

Instructor: Amber Moesch

Investment: 1-hour class: \$48 for six classes or \$10 drop-in.



For a class description, please refer to Tuesday's Golden Yoga.

Note: The last 15 minutes of the class will include exercises that can be done either on the floor or with a chair. Please bring a mat.

Vinyasa Flow Yoga

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

Session 2: February 14, 21, 28; March 7, 14, 21

Session 3: March 28; April 4, 11, 18, 25; May 2

Instructor: Bernice Olson-Pollack

Investment: \$48 for six classes or \$10 drop-in



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

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

Tai Chi

Monday, noon-12:45 p.m.

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

Session 3: April 2, 9, 16, 23, 30; May 7

Instructor: Bernice Olson-Pollack

Investment: \$36 for six classes or \$8 drop-in



Tai chi is an internal style of Chinese martial arts. It emphasizes the steadiness of the breath and body with quiet concentration. This discipline consists of gentle and circular movements that are performed with a relaxed, slow tempo. The agile steps practiced in tai chi strengthen and mobilize joints and muscles. Mind and body become more integrated, promoting the balance of inner and outer self.



Laurel Grey



Steve Staats



Marcia Newquist



Mary Lou Ferguson



Jeff Stolz



Tom Roberts



Sandy Andersen



Susan Stoffel



Rose Dymetriszyn



Janet Mootz



Bob Witte



Toril Booker-Fisher



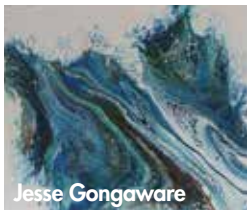
Mary Thompson



Kori Brudos



Jane Fotopoulos



Jesse Gongaware



Paul Hatlem



Stacie Kohler



Howard Von Ruden



Terri Beck-Engel



Karen Dunn

ART DASHERS, ON YOUR MARKS...

Ready, Set, Gogh!

Our 2nd annual Art Dash will be Thursday, March 22, at the Radisson Center—a bigger venue to accommodate all of our enthusiastic “dashers.”

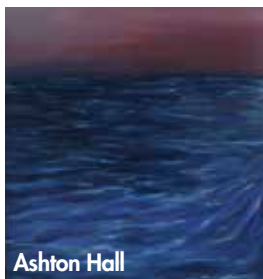
This important fundraiser for the Franciscan Spirituality Center celebrates beauty, creativity and community, as art patrons and local artists gather for a fun, fast-paced evening of food and fine art.

How it works: Everyone who buys a \$100 ticket will go home with a piece of original art, but *which* piece is up for grabs. Each Dash ticket holder will be assigned a number. After a social hour and preview of the art, numbers will be drawn in random order. When their number is called, ticket holders will dash to the art item of their choice. If that item is still available, they may select it. If it already has been chosen, they'll have to dash to another piece they like and so on until all of the artwork is claimed.

Where else can you get a piece of locally produced, quality art for a mere \$100 donation? Spouses and friends can buy a Spectator ticket for \$50 and watch the fun (plus be entered into a prize drawing). All ticket holders will enjoy appetizers and desserts while mingling with the artists and other guests.



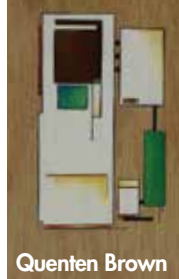
Allen V. Jacobs



Ashton Hall



Helen Elsbernd, FSPA,
and Clare Faas



Quenten Brown



Emily Alvarez



Bob Witte



Ellen Kolbo-McDonah



Phil Zimmerman



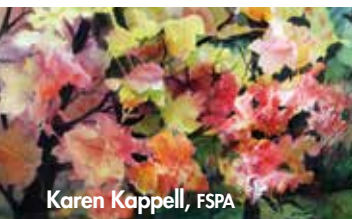
Joy Davis Ripley



Joy Davis Ripley



Joy Davis Ripley



Karen Kappell, FSPA



Stephanie Sharp



Sharon Berger, FSPA



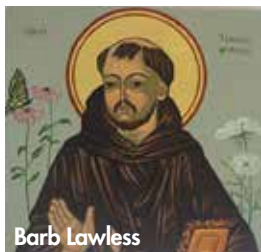
Larry Durfey



Jamie Heiden



Joyce Diveley



Barb Lawless



Lynne
Burgess



Jamie Heiden



Mary Lou Ferguson



Joan Gundersen



Burt Hammons



Kay Campbell

Our Sponsors:



Bittersweet Flower Market and the Beck-Engel Family, Barb and Joe Kruse, Ken and Cathy Ford, Daniel and Karen Dunn, Drs. John Cochran and Margaret Grenisen, Tim and Marj Gillespie.

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER

MARCH 22, 2018
5:30 P.M. SOCIAL • 7 P.M. ART DASH BEGINS

Tickets are on sale now.
Call 608-791-5295 to buy yours today!

Pictured is just a sampling of the actual artwork that you can dash for at the event.

Mission Moment

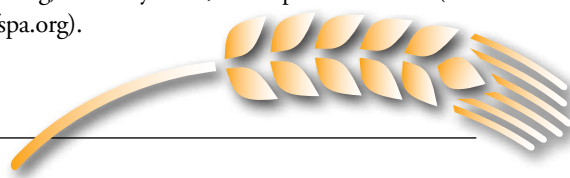
Those who are familiar with the lesson of the widow's mite related in both the Gospels of Mark and Luke are often inspired by the pious and generous nature of the impoverished widow. Her contribution to the Temple treasury, though it appeared miniscule to the outside eye, represented her whole livelihood.

We have been similarly struck by the generous and self-sacrificing nature of our friends and supporters during these past few months. Donations large and small have come from the heart, and touched our hearts. In fact, one woman approached our booth at the Franke Foundation Care & Share Expo with a single dollar. She said she didn't have a lot of money to give, but she wanted to support our mission because she appreciates our unique role in the community.

You've likely noticed an increased emphasis on fundraising here at the FSC. As we move toward greater self-sufficiency in the operations of our mission, we've needed to turn to you. And, wow, have you responded!

Our fall donation appeal resulted in \$10,067 and six new *Spirited Friends*. In addition, several current Spirited Friends increased their monthly donation. The global day of charitable giving, #Giving Tuesday, was especially exciting as the FSC Board of Directors pledged to match the first \$3,000 in donations. We finished the day just shy of our goal but with a promising total of \$5,691! Our scholarship funds received a nice boost from Tea & Hospitality, and we are looking forward to another successful Art Dash in March.

There is much work yet to be done. If you'd like to discuss how you can become a Spirited Friends sustaining member, sponsor one of our events, become a matching donor or include the FSC in your estate planning, please contact Audrey Lucier, director (608-791-5264 or alucier@fspa.org) or Kristy Walz, development director (608-791-5296 or kwalz@fspa.org).



COMING IN MAY

Finger Labyrinth workshop



Artist, professional labyrinth maker and spiritual director Lisa Gidlow Moriarty will lead a Finger Labyrinth workshop on May 3 (Thursday, 6-8:30 p.m.) at the FSC. Explore the spiritual process that goes into creating your own finger labyrinth, either to give as a gift or keep as functional art. No experience is necessary, and all materials and instruction are provided.

Lisa is the owner of Paths of Peace in Stillwater, Minnesota. She has a Fine Arts degree in design and fibers, and has trained with master labyrinth maker Robert Ferré and Dr. Rev. Lauren Artress in advanced labyrinth construction and facilitation. She makes labyrinths for indoor and outdoor use, from canvas to concrete, and is the creator of several unique designs. Her labyrinths can be found throughout the world. She is the creator of the FSC's indoor canvas labyrinth.



REGISTRATION IS OPEN AT www.FSCenter.org. INVESTMENT: \$45.



FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Mike Hesch, Chairperson
Karen Dunn, Vice Chairperson
Joan Weisenbeck, FSPA,
Secretary/Treasurer
Helen Elsbernd, FSPA, FSPA liaison

Emilio Alvarez
Annie Berendes
Sharon Berger, FSPA
Patricia Boge
Jane Comeau

Ken Ford
Dan Henderson
Sarah Hennessey, FSPA
Mariellen Janiszewski
Jeffrey Lokken
Lyell Montgomery

IMPORTANT INFORMATION:

Registration Process

Please visit the Franciscan Spirituality Center's website at 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. 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

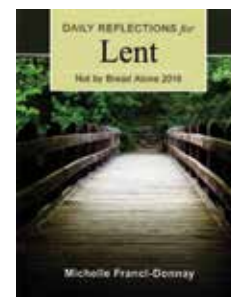
AT THE SOPHIA BOOKSTORE

These books make wonderful companions during your Lenten journey:

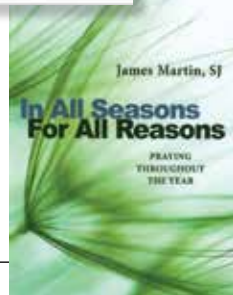
Walking the Way
by John Dear



Daily Reflections for Lent
by Michelle Franci-Donnay



*In All Seasons
For All Reasons*
by James Martin, SJ.



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.



New in the Sophia Bookstore:
Beautiful Franciscan journals. Find daily inspiration with quotes from Saints Francis and Clare.



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

Meeting Rooms

The Franciscan Spirituality Center offers a variety of attractive and comfortable rooms that can be rented for your next conference, meeting or training session. We can easily accommodate groups ranging from two to 90 participants, and each of our eight meeting rooms is bright, quiet and can be tailored to meet the needs of your group.



Enjoy professional seating, historic charm and Franciscan hospitality, as well as free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering options are also available. Take a visual tour of our rooms at www.FSCenter.org



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



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

Non-Profit
Organization
U.S. Postage
PAID
La Crosse, WI
Permit No. 535

SAVE THE DATES AUGUST 17-19



Carl McColman 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.



COMING IN MAY/JUNE



Silent Directed Retreat

May 4-9 • with FSC spiritual directors

Icon Retreat

May 20-26 • with Phil Zimmerman

East Meets West

June 22-24 • with Jeff Dols and Audrey Lucier

Yoga Retreat

June 21-23 • with Heather Henry

Mystics Retreat

June 29-July 1 • with Marcia Bentley

Follow us on :



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