



Franciscan
Spirituality Center

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

VOLUME 24 • NUMBER 2

MARCH/APRIL 2016

At the Center

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the spirit of golf

A RETREAT FOR MEN

“Golf is deceptively simple and endlessly complicated.”

- Arnold Palmer

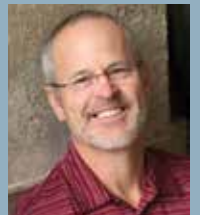
This retreat will begin on Friday, June 17, at 1 p.m. and will conclude Sunday, June 19, at noon. Participants will enjoy:

- 45 holes of golf over 3 days
- Time for personal reflection
- Small-group discussion
- Large-group presentations linking golf and spirituality
- Evening socials
- Good food and conversation



For those who have made a commitment to golf, we soon discover the truth in Arnold's quote. Golf has been described as life condensed. If we pay attention, many of life's joys, challenges and opportunities can be found on a golf course.

Steve Spilde, associate director of the FSC and dedicated golfer, will lead this retreat to study the life lessons we can learn from this beautiful and frustrating game. Using M. Scott Peck's book, "Golf and the Spirit," we will consider such lessons as:



- Spirituality (as well as golf) is the attempt to be in harmony with an unseen order of things.
- The point of practice in golf (or in any spiritual discipline) is to make a habit of the unnatural.
- We may be powerless to change, but we are not helpless. Growth often depends on our success in finding good teachers and our willingness to learn from them.
- We must work to remember the lessons we have forgotten.
- In the ongoing journey of life (as well as golf), surrender is often the key to success.

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

Investment: Full: \$325, includes retreat, all meals, two nights' stay and green fees
Commuter: \$250, includes retreat, two dinners, one lunch and green fees

This retreat makes the perfect Father's Day gift for the special man in your life.

At the Center newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook, Twitter and Pinterest.



Franciscan Spirituality Center

920 Market Street, La Crosse, WI 54601
608-791-5295
FSCenter@fspa.org • www.FSCenter.org

Identity

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

Mission

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

Core Values

In keeping with the tradition of our Franciscan founders, we hold these core values:

Sacredness: Believe that in every person and all creation lives the Sacred.

Respect: Acknowledge the dignity, diversity and worth of each person as a unique image of God.

Community: Through prayer, empathy and sharing, create a safe, peaceful place.

Hospitality: Welcome all with compassion, acceptance and celebration.

Professionalism: Commit to competence, quality, trust and personal spiritual development.

What We Do

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The Center offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

At the Center

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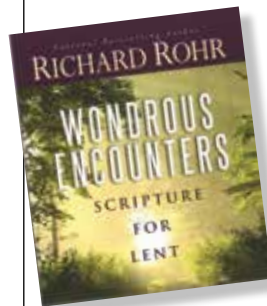


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Art of Listening



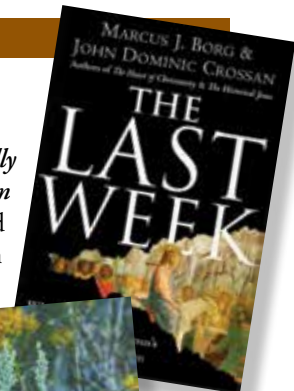
AT THE SOPHIA BOOKSTORE

Find these thoughtful resources and more for your Lenten journey:



*Wondrous Encounters:
Scripture for Lent*
by Richard Rohr, OFM

*The Last Week: What the Gospels Really
Teach About Jesus's Final Days in Jerusalem*
by Marcus J. Borg and
John Dominic Crossan



*All Shall Be Well: Readings
for Lent and Easter,
featuring 54 selections
by classical and
contemporary writers*



Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure awaiting your discovery. Full of books, scarves and interesting gifts, it is a wonderful, welcoming place to sit and enjoy the quiet hum of life and energy within. The room has two tables, comfy chairs for curling up with a book, free WiFi and complimentary coffee and tea.

Open Monday-Friday from 8 a.m.-5 p.m.
Please stop by to browse!





You never listen to me!



Did your teen ever hurl those words at you? Adolescent drama aside, to have someone in your life who really listens to you is priceless. “The first duty of love is to listen,” says theologian Paul Tillich. Listening says something about how much we respect and want to understand others, rather than fix them.

Listening becomes an act of love especially when a family faces a crisis. In his book *Being Mortal: Medicine and What Matters in the End*, Atul Gawande describes how hard it is for family members to listen when a loved one is critically ill and wants to prepare for the end of life. It is also very hard for doctors to listen to the dying. He learned this firsthand as both a son and doctor.

Listening helps us live peacefully with people who differ from us. This long election cycle has featured some unbelievably divisive words by candidates, which take on a new and ugly life on social media. Imagine how government and society would improve if we were able to listen to our “enemies.” This was the delightful surprise St. Francis of Assisi received after crossing a war zone during the Crusades to meet with Sultan Malik al-Kamil of Egypt. Neither persuaded the other to change their views, but both were enriched by listening to the other.

Listening is sacred. It elevates the human spirit and helps each of us become better people in interactions with our children, our spouses, our students, our patients and our customers. Listening leads us to the truth.

Someone who knows about the art of listening is Kay Lindahl, founder of The Listening Center. We have used her work on listening to help train spiritual directors, and we are excited to bring her to La Crosse (see pages 4-5). Her community presentation at English Lutheran Church on Friday morning, April 29, is open to the public and will be of personal and professional interest to everyone. I hope to see you there!

Peace and all good,

Audrey Lucier

Audrey Lucier
FSC Director

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

FRANCISCAN SPIRITUALITY CENTER Staff



Steve Spilde
Associate Director & Spiritual Director



Barb Kruse
Spiritual Director



Marcia Bentley
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deborah Hansen
Program & Retreat Coordinator



Stacey Kalas
Communications & Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Office Assistant



Michelle Frazier, FSPA
Hospitality



Elizabeth Kapanke
Bookkeeper & Receptionist



Theresa Burchell
Hospitality

Practical solutions for team success

If you are a small business or nonprofit, chances are you know the value of teamwork and staff development but likely don't have the resources to bring in skilled consultants or trainers.

As a nonprofit ourselves, we understand these challenges and want to help.

The Franciscan Spirituality Center is pleased to offer *A Day for You & Your Staff* from 9 a.m. to 3 p.m. Thursday, April 7. This affordable and highly interactive staff development day has a theme of *Finding Character and Success in Our Teams* and will be presented by Mike Hesch, senior adviser for Leadership Learning and Development for Mayo Clinic Health System-Franciscan Healthcare in La Crosse.

Learn practical solutions to team success that you can start implementing right away. Leaders and team members alike will explore what their role is in team success and how they can work together in ways that will lead to new success and staff engagement. Mike also will lead participants in a fun activity that highlights the possibilities of a "shared vision" and what happens when it is not present.

You are invited to bring your entire team or attend as an individual. Either way, you can expect a relaxed and motivating experience, and you'll leave with practical ways to achieve success within your teams while maintaining high engagement.



Investing in our teams makes us better at what we do and is a great way to build team engagement, Mike says. According to a recent American Psychology Association Harrison Interactive Workplace Survey, employees who feel valued by their employer are 60 percent more likely to do their very best for their employer. Another workplace study reports highly engaged employees are 87 percent less likely to leave their companies than their disengaged co-workers.

We all can benefit from highly engaged, motivated team members. Join us today for fun, practical solutions to team success and a new perspective on how we can enhance the function of our teams.

Please see page 8 for registration information.

UPCOMING ICON RETREATS

Windows into heaven

Noted American iconographer Phil Zimmerman returns to the FSC 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, meditation 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 has created hundreds of religious icons for churches and private collectors throughout the world. Based at his St. John of Damascus Icon Studio in Pennsylvania, he has taught more than 2,000 students.



May 15-21 • The Myrrh-Bearing Women (Advanced)

July 10-16 • St. Irene of Chrysovalantou or St. Thérèse of Lisieux (All levels)

Days & Time: Sunday, 7 p.m. through Saturday, 10 a.m.

Instructor: Phil Zimmerman

Investment: Full: \$625, includes retreat, all meals, and six nights' stay

Commuter: \$505, includes retreat, lunch and supper

- Fee includes a \$150 non-refundable deposit.
- Limited to 25 participants.



Above: The Myrrh-Bearing Women

Left: Phil Zimmerman

THE SACRED

ART OF LISTENING

We could all learn how to listen better, says Kay Lindahl, author and founder of The Listening Center. When someone has finished speaking, we remember only half of what we heard. Within a few hours, we recall only 10 to 20 percent. Poor listening skills lead to misunderstandings, lost opportunities and a real yearning among us to be heard.

Whether we are health-care professionals, educators, business leaders or work in ministry, our ability to be fully present to the people we serve and collaborate with is crucial to fostering deeper understanding, mutual respect and peaceful dialogue. The greatest gift we can give one another, Kay says, is the gift of our undivided attention.

While it may seem that our increasingly demanding schedules and hectic lives leave little room for reflection, we can learn to listen, she says. It takes practice. When we let go of our expectations, judgments, boredom and defensiveness, and

when we experience the depth of being truly listened to, our ideas become more alive and grow, and we begin to listen to others in the same way.

Kay will visit the Franciscan Spirituality Center on the weekend of April 29-May 1 for both a community presentation and an in-depth retreat on the topic of *The Sacred Art of Listening*.

The Friday morning session is open to the public and ideal for all those who want to see their personal and professional relationships transformed. Kay has vast experience creating workshops for national and international audiences, and regularly presents programs on listening and diversity for several major corporations. She will offer simple, daily practices for cultivating silence, slowing down, centering ourselves and learning to be present. In addition to honing our skills for listening to each other, we will practice listening to our inner voice, for greater self-awareness and self-care.

“The quality of our listening can make a profound difference in any conversation.”

- Kay Lindahl

COMMUNITY PRESENTATION

English Lutheran Church • 1509 King Street

FRIDAY, APRIL 29

8:30 a.m. Gathering with refreshments

9 a.m. *The Sacred Nature of Listening: Setting a Context*

10:30 a.m. *Preparing to Listen: Three Simple Practices*

11:30 a.m. Adjourn

Kay Lindahl will sign books after the presentation.

REGISTRATION INFORMATION

April 29 • Friday, 8:30-11:30 a.m.

The Sacred Art of Listening: Community Presentation

Location: English Lutheran Church, 1509 King Street

Investment: \$35

Registration deadline: April 1

The art of listening is an essential element in communication. Most people have had the experience of preparing to speak; this workshop provides practice in preparing to listen. Participants will experience the power of listening deeply to another—and of being deeply listened to by another. By enhancing your ability to listen to people in all situations and reflecting before speaking, you'll be able to access a deeper and more authentic response. Enjoy fewer misunderstandings, greater connection and a more peaceful, harmonious environment as a result.

April 29-May 1 • Friday, 5:30 p.m.-Sunday noon

The Sacred Art of Listening: Weekend Retreat

Location: Franciscan Spirituality Center, 920 Market Street

Investment: Full: \$190, includes retreat, all meals, and two nights' stay

Commuter: \$140, includes retreat, Friday supper and Saturday lunch

• Fee includes a \$50 non-refundable deposit.

Registration deadline: April 1

Deep listening is at the heart of our humanity, yet in the 21st century, speaking has become our first language. We spend hours preparing to speak and don't even think about preparing to listen. This retreat focuses on the power of sacred listening—the art of becoming a listening presence, someone who can truly hear what the other is saying and experience a wholeness that transcends our differences.

One of the keys to developing this capacity to listen more deeply is daily practice, the spiritual discipline that prepares us to become a listening presence. We will explore three types of practices in this retreat: cultivating silence, slowing down to reflect, and becoming present. As we open our hearts to deep, attentive listening, we find it transforms all of our relationships, nurtures our inner voice and inspires our spiritual growth. These are the conversations that can transform the world.

The weekend retreat, Friday evening through Sunday noon, will explore in more depth the use of silence, reflection and divine presence as foundational qualities, and include small-group work and an introduction to various prayer practices. The intentions for this retreat are to enhance your capacity to listen to all people, especially the ones you find difficult; heighten your awareness and sensitivity to opportunities for deep listening; communicate with courage and compassion; and speak clearly from your heart. As we open up to listening as a spiritual practice, we find it transforms our relationships, nurtures our inner voice and inspires our spiritual growth. Spiritual directors are especially encouraged to register for this enriching experience.



RETREAT

Franciscan Spirituality Center • 920 Market Street

The retreat offers an in-depth look at listening and an opportunity to practice:

- *Cultivating Silence: Contemplative Listening*
- *Slowing Down to Reflect: Reflective Listening*
 - *Becoming Present: Heart Listening*
 - *Top Ten Listening Practices*

FRIDAY, APRIL 29

5:30-8:30 p.m. (includes dinner)

SATURDAY, APRIL 30

9 a.m.-8:30 p.m. (includes lunch and dinner)

SUNDAY, MAY 1

10 a.m.-noon

(Optional: 9 a.m. Liturgy in Mary of the Angels Chapel)



2016 Program & Retreat Offerings

How to register: Go online to www.FSCenter.org. Payment for most events is due at the time of registration.

To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295. **Deposits:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. **Refund policy:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable. **Financial assistance:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving everyone on their spiritual journey and will hold your request in confidence.

February 11, 18 & 25; March 3, 10 & 17

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

Presenter: John McHugh

Investment: \$10 each or all six for \$50



Lenten Gospels

What does the story of Jesus' temptation in the desert mean for my spiritual journey? How does the Transfiguration of Jesus apply to my life? How is God speaking to me through the Parable of the Prodigal Son? Join John McHugh as he explains the stories found in the six Gospel passages of Lent. Each night of the series is new and unique, so participants can attend the sessions that fit their schedule.

John McHugh is the manager of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He holds degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome. John is a member of the FSC Board of Directors.

March 6-12

Sunday, 6:30 p.m.-Saturday, noon

Presenter: Ann Willits, OP

Investment:

- **Full:** \$375, includes retreat, all meals and bedroom
- **Commuter:** \$225, includes retreat and lunch
- **\$50 non-refundable deposit required**
- **St. Rose resident:** \$95

Registration deadline: February 8



What Does it Mean to Belong to God?

Knowing that we belong to God, that we are loved and valued just for who we are, is one of our deepest life needs. This belonging should be a given in life. Yet, it is often a grace that we take for granted, ignore or find impossible to accept. When we are intentional about reflecting on belonging to God, being one with God, we discover both belonging and speechless gratitude. This preached retreat offers time to simply be still, to let God speak and to reflect on belonging by asking, "What does it mean to belong to God?" Sister Ann's presentations will help us explore belonging, gratitude and what God asks of us in life. The rest of the day will be spent experiencing our belonging by listening to God in silence through reading, reflecting and journaling. Sister Ann also will be available to meet individually with retreatants in the afternoons.

Sister Ann Willits, a Dominican from Sinsinawa, Wisconsin, is a preacher, poet, writer and lecturer who has offered retreats throughout the world. A former high school English teacher and administrator, she served for nine years on the general council of her congregation and was director of Parable, a national conference for Dominican Life and Mission, for 21 years. She received her bachelor's degree from Rosary College, her master's degree from St. Thomas University and did post-graduate study at Marquette University.

March 12 & April 9

Saturday

March: 9 a.m.-noon

April: 9 a.m.-3 p.m. (note longer time)

Instructors: Jan Wellik and Deborah Hansen

March theme: Sky View
(oil pastels at Grandad Bluff)

March Investment: \$25, includes all supplies (yours to keep)

April theme: New Birth (watercolors at Solitude Ridge)

April Investment: \$45, includes lunch and all supplies (yours to keep)

Registration deadline: March 4/April 1



Sacred Spaces in Word and Art

Artistic expression helps connect the outer seasons of the landscape to the inner seasons of soul. This group meets the second Saturday of each month to explore the sacred in nature and within us through creative expression. Meeting at local sites, each session centers on a theme that is expressed through writing and simple artistic practices in a nature journal created especially for the day.

Jan Wellik finds being in nature inspires creativity and peace within her soul. She teaches writing at Viterbo University and UW-La Crosse, and has led nature writing retreats since 2004. **Deborah Hansen** has a deep love of creative expression, which she brings to the programs and retreats she coordinates for the FSC.



March 15 & April 19

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

Presenter: Greg Lovell

Investment: \$10 each



March 15: *Letting go of thoughts meditation*

April 19: *Walking meditation*

May 17: *Emotions meditation*

June 21: *Compassion meditation*

March 18-19

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

Presenter: FSC staff

Investment:

- **Full:** \$135, includes retreat, all meals and one night's stay
- **Commuter:** \$95, includes retreat and Saturday lunch

Registration deadline: March 4

March 21 & April 18

Monday, 6-7:30 p.m.
(Third Monday of the month)

Instructor: Mary Thompson,
FSPA affiliate



Investment: \$15 (materials list will be emailed upon registration)

Registration deadline: March 14/April 11

- Limited to 20 participants.

March 24-26

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

Presenter: James Marchionda, OP

Investment:

- **Full:** \$180, includes retreat, room, meals: Thursday lunch-Sunday continental breakfast
- **Commuter:** \$30

Registration deadline: March 10

March 25

Friday, 10 a.m.

Investment: Free and open to the public.

- Meet in front of the St. Rose sign on the corner of Market Street and Franciscan Way

No registration necessary.

Mindfulness Practices for Stress Reduction

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Meeting monthly on the third Tuesday, 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. Attend any or all sessions.

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

Serenity Retreat: Forgiveness & Healing

When people are unable to forgive, they may be hurt not only by the offender but also by the resentment. Some say holding onto resentments and anger will make them drink or use drugs. Offering forgiveness provides an opportunity to let go of emotional pain and excuses for destructive behavior. In this retreat, we'll define forgiveness, explore the specific steps of letting go of resentments and see how forgiveness leads one to healing and a stronger path of recovery. This closed retreat is for those recovering from alcoholism or chemical dependency. Scholarships are available; no one will be turned away for inability to pay.



Art as Prayer

In this monthly art-as-a-spiritual-practice group, no artistic experience is required—only the desire to play and to practice listening to your heart. Art as a creative process offers the opportunity for spiritual growth, transformation and healing. The creative process is not only personally satisfying; it also fosters a sense of unity with others and with all of creation. We will use watercolors to explore the connection between artistic expression and your spirit. Attend as you are able; each session is a new experience.

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 youths and adults, Mary has supported the healing of women in recovery through the practice of art therapy.

The Holiest Path through the Holiest of Days: Triduum Retreat

Holy Week affords us the opportunity to not only witness but to actually join the journey of Jesus. The path is clear, moving from humility through surrender to glory, and inviting us to embrace it all.

Father Jim Marchionda is a Dominican priest, preacher and composer of sacred song who resides at St. Pius Priory in Chicago. After 23 years of full-time preaching, he was elected Provincial in June 2015 but continues to preach whenever possible.



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.



2016 Program & Retreat Offerings *continued.*

March 30

Wednesday, open any time between 4:30 and 6:30 p.m. (Please plan to arrive by 6 p.m.)

Presenter: FSC staff

Investment: Freewill donations appreciated.

No registration necessary.

Spring Labyrinth Walk: Inviting New Life

Welcome spring's awakening as you walk the FSC's indoor labyrinth. As we enter the labyrinth, we will give our souls a spring cleaning. Resting in the center, we will welcome the equinox balance into our days. Leaving the labyrinth, we will carry seeds of new life to grow in the lengthening days. A resource will be provided for your private reflection and, for those who wish, a brief introduction to walking the labyrinth.



April 7

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

Presenters: Mike Hesch

Investment: \$30 per person or \$25 per person for groups of 5 or more, includes lunch

Registration deadline: March 17



A Day for You & Your Staff

The theme for this affordable staff development day is *Finding Character and Success in Our Teams*. If we don't know where we are going, how will we know if we get there? Both intact teams and individual leaders/team members are invited to this highly interactive, fun day designed to demonstrate the incredible power of a solid team-inspired vision for the future. Teams will learn how to work together to create success that will lead to new possibilities and increased staff engagement. Leaders and team members alike will see how they contribute to the creation of a future that exceeds all expectations. Ideal for small businesses and nonprofits. Gather your team and register today!

Mike Hesch has worked for Mayo Clinic Health System-Franciscan Healthcare in La Crosse (and its patients) since 1999 in various capacities, currently as senior adviser for Leadership Learning and Development. Additionally, Mike is an adjunct faculty member at Viterbo University and is an active speaker/group facilitator in the areas of servant leadership, leadership development, communication and team building, and serves as an executive coach. He also serves on the FSC Board of Directors.

April 8-9

Friday, 7-9 p.m.- Saturday, 9 a.m.-7 p.m.

Optional session: Friday, 1-4 p.m.

Introduction to the Enneagram

Presenters: Steve Spilde and Audrey Lucier

Investment: \$95, includes lunch and dinner on Saturday

- Add \$45 for Friday afternoon introductory session. Includes an online assessment taken before the session.
- Add \$42 for a private bedroom at the FSC. Includes Saturday breakfast.



Increase Your Emotional Intelligence with the Enneagram

The Enneagram is a tool for understanding nine different ways (or styles) individuals view the world and operate in it. Because each of the styles has its strengths and blind spots, the possibility of misunderstanding someone with a different style is high. Understanding your own style can lead to better relationships at home and at work. In this retreat, we'll increase our emotional intelligence by investigating:

- the resourceful and less-resourceful strategies typical of our style
- the three centers of decision-making
- ways to balance our personality by developing other styles in our Enneagram profile.

Note: This retreat assumes you know your Enneagram style. If you are not familiar with the Enneagram or are unsure of your style, plan to attend the optional session on Friday afternoon.

Audrey Lucier and **Steve Spilde** are on staff at the FSC. Both have completed the Enneagram Spectrum of Personality Styles training program with Dr. Jerome Wagner, a founding member of the International Enneagram Association.

April 15-20

Friday, 7 p.m.-Wednesday, 1 p.m.

Presenters: FSC spiritual directors

Investment: \$485, includes retreat, all meals and five nights' stay

- **Fee includes a \$50 non-refundable deposit.**
- This retreat does not have a commuter option.

Registration deadline: March 31

- Limited to 15 participants.

April 16

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

Presenter: Kate Bausch, FSPA affiliate

Investment: \$50, includes lunch and all materials

Registration deadline: April 1

- Limited to 10 participants.



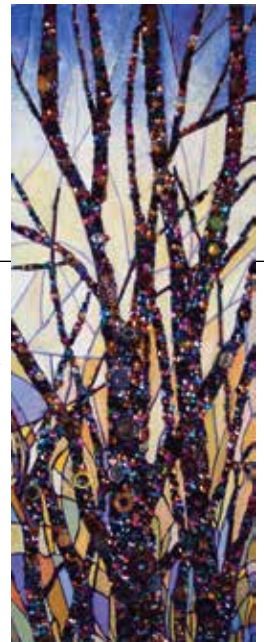
Silent Directed Retreat

A silent directed retreat is a gift of silence and solitude, rest and reflection. It offers you a safe, peaceful, hospitable environment with opportunities for prayer, contemplation, time alone, and, if you wish, daily Mass. You also can enjoy nearby biking/hiking trails and outdoor labyrinths. Each day, you will meet with a spiritual director who will listen to you with compassion, understanding and encouragement as you connect with the Sacred and your own inner wisdom.

Beautiful Beaded Trees

Enjoy the meditative process of creating a beautiful beaded tree from start to finish 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 painting or art experience is needed!

Darlington, Wisconsin-based artist **Kate Bausch** loves to play with color, and creating color-filled art is her passion. An alumnus of UW-Platteville, she studied graphic arts, photography, fine art and technical communications. To see more of Kate's artwork, please visit www.katebausch.net.



April 22-24

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

Presenter: Tom Roberts

Investment:

- **Full:** \$250, includes retreat, two nights' stay, four meals and all materials
- **Commuter:** \$150, includes retreat, lunch on Saturday and all materials

Registration deadline: April 8



Quiet Prayer: A Brush Meditation Retreat

Brush Wisdom is a creative representation of the spiritual/prayerful experience that draws upon the spontaneity of direct spiritual expression, without over-analyzing or judging, resulting in a deeply inspiring meditation retreat. We will explore the inter-play of mind, body and spirit through the expressive relationship between the brush, ink and paper in an atmosphere of contemplative calm and peace, accessing our deeper wisdom in a new and refreshing manner. To enhance the power of the brush stroke, this retreat will utilize Qi Gong and breath-work. No artistic experience is necessary.

Tom Roberts is a therapist, educator, author and national retreat leader specializing in mind-body healing and mindfulness. He maintains a Buddhist practice and is the owner of Innerchange Counseling in Onalaska, Wisconsin.

April 29

The Sacred Art of Listening: Community Presentation

Friday, 8:30-11:30 a.m.

Presenter: Kay Lindahl

Investment: \$35

Registration deadline: April 1



Please see pages 4-5 for program descriptions and more information about Kay.

April 29-May 1

The Sacred Art of Listening: Weekend Retreat

Friday, 5:30 p.m.-Sunday, noon

Presenter: Kay Lindahl

Investment:

- **Full:** \$190, includes retreat, all meals and two nights' stay
- **Commuter:** \$140, includes retreat, Friday supper and Saturday lunch

Registration deadline: April 1

body, mind & spirit



Did you know there are dozens of different yoga practices? At the FSC, we now offer three practices: **Golden**, a safe approach to traditional poses using a chair; **Hatha**, designed to open up and balance energy flow through poses using props; and **Vinyasa**, a flowing sequence of poses coordinated with breath.

Vinyasa Yoga

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

Session 2: February 15, 22, 29; March 7, 14, 21

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

Instructor: Cheryl Neubauer

Investment: \$48/6 classes or \$10 drop-in



Bring together physical, mental and soulful balance through the practice of yoga. Vinyasa Yoga is a flowing sequence of postures that are coordinated with a comfortable breathing rhythm. Yoga is credited with enhancing mental focus, flexibility and strength. Please bring a mat and a strap, and wear comfortable clothes.

Cheryl Neubauer has been a certified Vinyasa Flow Yoga instructor for seven years, teaching in various community settings in the La Crosse area. She also teaches pilates and strength training. With 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.

Golden Yoga

Tuesdays, 11:15 a.m.-noon or 11:15 a.m.-12:15 p.m.

Session 2: February 16, 23; March 1, 8, 15, 22

Session 3: March 29; April 5, 12, 19, 26; May 3

OR Thursdays, 11:15 a.m.-noon or 11:15 a.m.-12:15 p.m.

Session 2: February 18, 25, March 3, 10, 17, 24

Session 3: March 31, April 7, 14, 21, 28, May 5

Instructor: Amber Moesch

Investment: 45-minute class: \$36/6 classes or \$8 drop-in

1-hour class: \$48/6 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. **Optional:** For those comfortable getting down on the floor, the one-hour class offers an additional 15 minutes of floor exercises. 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.

Hatha Yoga

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

Session 2: February 17, 24; March 2, 9, 16, 23

Session 3: March 30; April 6, 13, 20, 27; May 4

Instructor: Michelle Hundt

Investment: \$48/6 classes or \$10 drop-in



Hatha yoga is designed to open the many channels of the body through postures or asanas. These postures create strength, balance, flexibility and coordination. They open the many channels of the body, allowing our energy to flow freely. The asanas also still our mind, allowing us to hear our inner voice—the voice that is loving and seeks wholeness. We will be using yoga props in this class to help get into the poses. Please bring a yoga strap, mat and a set of yoga blocks. Yoga blankets will be provided.

Michelle Hundt has been a yoga practitioner for 16 years and continues her study of it. She began teaching yoga in 2013 through a community program. Previously, she worked as an ultrasound technician. Michelle likes being on the preventative side of health care by teaching people to know and care for their bodies through the healing art of yoga.

Tai Chi

February 15, 22, 29;

March 7, 14, 21

Time: Mondays, noon-12:45 p.m.

Instructor: Bernice Olson-Pollack

Investment: 45-minute class

\$36/6 classes or \$8 drop-in



Tai Chi is an internal style of Chinese martial arts. It places emphasis on 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.

Bernice Olson-Pollack, M.S., brings together several of her professional disciplines as a seasoned health and wellness educator. She is a lifestyle coach, American Council on Exercise certified personal trainer, registered Yogafit instructor and Arthritis Foundation trained Tai Chi instructor.

Spiritual Living

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

Centering Prayer

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

Facilitators: Barb Kruse and Marcia Bentley

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



The Sound of Bowls

March 8 and April 12
Tuesdays, 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 sound of the bowls creates a deep level of 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.

Drumming Circle

March 10 and April 14
Thursdays, 5:30-6:30 p.m.

Facilitator: Rosalie Hooper Thomas
Investment: Freewill offering



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

Rohr Discussion Group

March 14 and April 11 • Mondays, 5:30-6:30 p.m.

Facilitator: Greg Lovell
Investment: Freewill offering



Richard Rohr, OFM, is a Franciscan priest, author and speaker. His many books include *Falling Upward: A Spirituality for the Two Halves of Life*, *Everything Belongs: The Gift of Contemplative Prayer* and *From Wild Man to Wise Man: Reflections on Male Spirituality*.

This is an open, informal group for anyone interested in Father Rohr's books and videos. We'll examine how the ideas he presents can apply to our daily lives and nurture our spiritual growth. Meetings are the second Monday of the month.

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

Divorce Recovery

March 17 and April 21 • Thursdays, 5:30-7 p.m.

Facilitator: Diane Withers, FSPA affiliate
Investment: Freewill offering

This is an open group that meets the third Thursday of the month for friendship, support and healing. The group welcomes people who are considering separation or divorce, as well as those who are just beginning the process or have been on the journey for some time. At each meeting, people who have divorced (or are in process) share a brief message on topics such as finances, anger and loneliness, new relationships, and the impact of divorce on family and friends. The group offers a safe space to share concerns with others who understand, leading to fresh insights and healing. Feel free to come to all or as many meetings as you wish.



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. Meets biweekly (alternating Tuesday and Wednesday evenings) from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Freewill offerings are appreciated. Suggested offering: \$5.

Depressed Anonymous is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets on Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (March 19 and April 16) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

Mindful Meditation allows you to find support, energy and discipline for your meditation practice in a group setting. The group starts with 20 minutes of sitting in silence, followed by five minutes of walking meditation, and then another 20 minutes of sitting. The session concludes with a short reading and time for sharing. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if needed. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email smorrissey@fspa.org with questions. This group joins The Sound of Bowls on the second Tuesday of each month.

Spiritual directors know the power of listening

“Listening is a creative force,” Kay Lindahl writes in *The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice* (SkyLight Paths Publishing). “Something quite wonderful occurs when we are listened to fully. We expand, ideas come to life and grow, we remember who we are. Some speak of this force as a creative fountain within us that springs forth; others call it the inner spirit, intelligence, true self. Whatever this force is called, it shrivels up when we are not listened to and it thrives when we are.”

Anyone who yearns to be listened to—patiently, intently and non-judgmentally—may wish to consider meeting with a spiritual director. The FSC has four spiritual directors on staff and has trained hundreds more through our innovative Spiritual Direction Preparation Program. Spiritual directors listen to your sacred stories, journeying with you as you discover your inner wisdom and true self. They do not offer counseling, advice or problem solving; rather, they accompany you as you explore your own spiritual path.

Do you long to grow spiritually and communicate with the Divine? Have you experienced challenges in life such as grief, loss or significant changes? Do you seek self-acceptance, meaning and wholeness? Are you in need of a confidential, compassionate listener?

FSC Spiritual Directors



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



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



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



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

If the answer to any of these questions is yes, if you are ready to grow and see your creative fountain spring forth, please consider contacting one of our spiritual directors for more information.

If you would like to learn more about individual or group spiritual direction, contact one of the spiritual directors on staff at the FSC.

STAFF NEWS

Warm welcome to Theresa

The Franciscan Spirituality Center is pleased to welcome the newest member of our hospitality team: Theresa Burchell. About her decision to join our staff, Theresa says: “As a humanist, the generosity of the FSPA within our community has drawn me toward working within the Franciscan Spirituality Center. One of my life’s greatest goals is to continuously offer my able hands to others.”



Theresa brings an ever-present smile and a wealth of experience working at nonprofits to her part-time position here. She is also a working artist in the La Crosse community. “I enjoy traveling wherever my heart and spirit guide me, and even more so enjoy submerging myself in the local color of each new destination,” she says.

Favorite hobbies include long-distance trail hiking, rock climbing, frequenting National Parks, taking in mountain-top sunrises and enjoying communal meals with close and loving friends. Fellow travelers in her “pack” include Gerdti, a 12-year-old hound, and Reggie, a 4-year-old hound.

Please help us in welcoming Theresa to the FSC!

FSC Volunteer Opportunities

Volunteers provide the hospitality and office support that makes the FSC such a special, peaceful place. You'll find our volunteers in the kitchen, setting out refreshments, making coffee or cleaning dishes, or at the front desk, answering phones, greeting visitors and supporting our marketing efforts.

We are always looking to add to our volunteer team. Do you have an hour or two to spare each week or even once a month? Shifts are primarily evenings and weekends, and no special skills are needed. We're happy to show you what's involved. As a thank you, our volunteers receive 20 percent off all FSC programs and retreats. They are also recognized with an annual appreciation party.

Sound good? Please contact Marcia Bentley at mbentley@fspa.org or 608-791-5603 to get started.

IMPORTANT INFORMATION:

Registration Process

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

Refund Policy

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

Registration Deadlines

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

Scholarship Information

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

Where to find us



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



**Franciscan
Spirituality Center**



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

NEW BOARD MEMBER

Welcome, Mariellen

The newest member to the FSC Board of Directors is a longtime educator and dedicated volunteer in the community. We are pleased to welcome Mariellen Janiszewski.



Mariellen taught deaf and hard-of-hearing children as well as children in the regular classroom during her 34-year teaching career. Not ready to completely give up her time in the classroom, she has spent the past three years supervising student-teachers from Winona State University. A pilgrimage to Assisi in 2008 inspired her to volunteer in the community. She currently helps out at the La Crosse Warming Center, distributing clothing and food, and previously has volunteered with the FSC's marriage programs, taught arts and crafts to nursing home residents and tutored at a reading clinic.

Mariellen got to know the FSPAs and, in turn, the FSC through her husband, Jan, who teaches at Viterbo University. About the FSC, she says: "I believe the programs offered have a positive influence on those who attend. When I enter the building, a calm and peaceful feeling surrounds me. For those dealing with difficulties in their lives, this environment gives them a place to experience peace. In a world with so much violence, the FSC is a safe haven. There are few places that offer classes that focus on meditation, art, beauty, healing and personal growth. The programming continues to carry on the Franciscan way of life."

Mariellen and Jan have two adult children, both graduates of Viterbo, and two grandchildren.

FRANCISCAN SPIRITUALITY CENTER

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Michael Krueger
John McHugh
Kristy Walz

Solitude Ridge Hermitages

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



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



Franciscan Spirituality Center

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MARK YOUR CALENDAR!



Special Opportunity for Spiritual Directors

John McHugh will lead the weekend retreat *Biblical Spirituality for Spiritual Directors* on November 18-19 (Friday, 7 p.m.-Saturday, 4 p.m.). Ideal for spiritual directors who want to deepen their use of Scripture in spiritual direction sessions, this retreat is an extension of the weekend in biblical spirituality that John presents as part of the Spiritual Direction Preparation Program.

You won't want to miss this enriching opportunity to learn from John and fellow spiritual directors. John is an inspirational speaker who uses gentle humor and real-life experiences to impart wisdom. He holds degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome. He is also a member of the FSC's Board of Directors.

COMING SOON IN MAY & JUNE



Icon Writing: The Myrrh-Bearing Women

May 15-21 • with Phil Zimmerman

Wheels of Time and Place

June 9-12 • with Janet Moore and Jan Wellik

The Spirit of Golf: A Retreat for Men

June 17-19 • with Steve Spilde

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