

**Franciscan  
Spirituality Center**

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

VOLUME 25 • NUMBER 2

MARCH/APRIL 2017

# *At the Center*

## **In this Issue:**

- *Finding Your Sanctuary*
- *When Retirement Comes*
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- *Using the Enneagram at Home and Work*
- *John McHugh series on the Gospel of John*

SAVE THE DATES

# Summer Camp without the tent!

**Weeklong programs  
for adults of all ages  
and abilities.**

Summer learning experiences aren't just for kids. This year, the FSC is weaving together two different offerings for adults, where you will spend time outdoors learning and living out the fullness of God's Spirit within you. Each week will provide quiet mornings for reflection, active afternoons with hands-on experiences and an evening lecture series to round out the retreat.

The full program meets Monday through Thursday, starting at noon each day and continuing into the evening. Housing, meals, hands-on learning and lecture series are included. OR, opt for the evening lecture series only. Pick one night or attend all four.

**June 19-22**

**Put Your Whole Self In!  
Mind-Body-Spirit  
Meets  
Earth-Water-Fire-Air**



**August 7-10**

**Eco-Love:  
Nurturing Your  
Human Nature  
with Creation**

Watch for registration details in the next  
*At the Center* and at [www.FSCenter.org](http://www.FSCenter.org)



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

#### Franciscan Spirituality Center

920 Market Street, La Crosse, WI 54601

608-791-5295

FSCenter@fspa.org • www.FSCenter.org

#### Identity

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

#### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

#### Core Values

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

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

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

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

**Hospitality:** Welcome all with compassion, acceptance and celebration.

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

#### What We Do

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

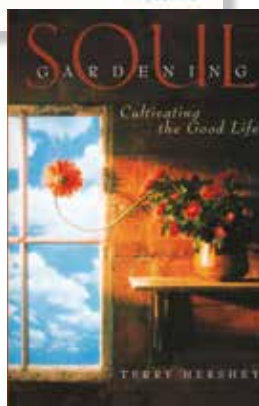
*“A sanctuary is a place that restores us, replenishes us, nourishes us. In this renewal, we are reminded, once again, of what really is important.”*

– Terry Hershey, author and retreat leader

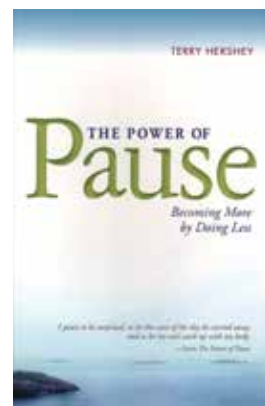


**AT THE SOPHIA BOOKSTORE**  
In conjunction with his April 28-29 visit, we recommend these books by Terry Hershey:

*Sanctuary:  
Creating a Space for  
Grace in Your Life*



*The Power of Pause:  
Becoming More  
by Doing Less*



*Soul Gardening:  
Cultivating the Good Life*



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

## Sophia Bookstore

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

**Please stop by to browse!**

# Pieces of the Whole



What does *wholeness* mean to you? We use this word to describe what people may be seeking when they come to the Franciscan Spirituality Center. We offer programs and provide spiritual direction to help people find *wholeness*. But what does that mean?

You might know better when you're *not* feeling whole.

If you are grieving, you may feel like you've undergone an emotional amputation. Someone is missing, and a dream has died. If you are transitioning into retirement, you might be wondering about what it will be like without work to define both your day and identity. If you are working a 12-step recovery program, you may be taking an inventory of the way your life is currently not whole.

Writer Ken Wilber believes that growing toward wholeness has to do with our sense of self in relation to God and others. Our ego wants us to believe that we are separate and special—the center of the universe. Wholeness means putting the ego of our self (or our nation, culture or religion) in service to the true Center and Source, through which our unique self is united to all things.

One of our sister spirituality centers, Prairiewoods, offers many programs on our spiritual relationship with nature and the earth. Wholeness in that context would be humanity moving from dominating and exploiting the earth and its resources to understanding our kinship with the rest of creation. Although they lived a world apart, the native peoples of America and Francis of Assisi both called earth *mother* and water *sister* and knew this wholeness.

We explore how to move toward wholeness in the Enneagram personality programs at the FSC. The Enneagram is depicted as a circle to represent the whole of what it means to be human. There are nine points on the circle to represent the personality types we develop as we carve out our identity in the world. Each point has both gifts and traps. You move toward wholeness through self-awareness about your traps and by developing the hidden gifts of the other points in yourself.

The story of the universe is that it continues to evolve, forever seeking new form. God is continually making things new (Isaiah 43:19). In the same way, we are invited to keep moving toward wholeness in our self, in our relationships and in our world.

Peace & all good,

*Audrey Lucier*

Audrey Lucier,  
FSC Director

## FRANCISCAN SPIRITUALITY CENTER

### Staff



Steve Spilde  
Associate Director &  
Spiritual Director



Barb Kruse  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Melinda Pupillo  
Program & Retreat  
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Stacey Kalas  
Communications &  
Marketing Coordinator



Kristy Walz  
Development Director



Zoua Vue  
Office Assistant



Elizabeth Kapanke  
Receptionist & Hospitality



Theresa Burchell  
Hospitality

## ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Thursday, March 30

The Court Above Main  
420 Main St., La Crosse

5:30 p.m. – Social

7 p.m. – Art Dash begins



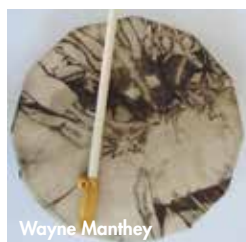
Allen Jacobs

Come support the Franciscan Spirituality Center and local artists during *Art Dash*, a fast-paced and fun new fundraising event that supports our mission while celebrating beauty and creativity.

This first-time event brings together local artists and community members/patrons for a spirited evening of socializing, food, cocktails and fine art. For more than 30 years, the FSC has been a welcoming and peaceful space to explore spirituality through the visual arts and other forms of creative expression. Please help us continue that tradition by supporting the FSC and local artists!

**How it works:** A limited number (60) of patron tickets corresponding to the number of donated art items will be sold for \$100 each. Additionally,

spectator tickets (for those who want to watch the fun but not leave with a piece of art) will be sold for \$50 each. All ticket holders will enjoy delicious appetizers from Pogreba

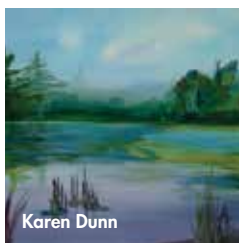


Wayne Manthey



Darrel Bowman

Restaurant and have a chance to mingle with the artists and other guests. A cash bar also will be available. Each patron ticket holder will

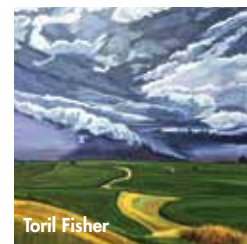


Karen Dunn

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 item that appeals to them and so on until all of the pieces are claimed.

*Every patron ticket holder goes home with a piece of art. The challenge is to claim your favorite piece before someone else does!*

Registration for this very special event is by phone only. Call 608-791-5295 to reserve your tickets. Because of the nature of this event, all patron tickets must be paid in advance. A limited number of spectator tickets will be available at the door.



Toril Fisher



Constance Jewelry Design

## THANK YOU TO OUR SPONSORS

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John & Maggie McHugh



### Silver Sponsors

Barb & Joe Kruse



### FSC Sponsors

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Drs. John Cochran & Margaret Grenisen	Lyell Montgomery & Maureen Grenisen
Karen & Dan Dunn	Rosalie Hooper Thomas & Stan Thomas
Mike & Lisa Hesck	

### Event Sponsors

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### Artist Sponsors

Anonymous	Kevin & Beth Erickson
Maria Friedman, FSPA	ChongCher Lee
Pat & Linda Kerrigan	Michael Krueger
Betty Daugherty, FSPA	Helen Elsbernd, FSPA
Dan Henderson	Wettstein's

For a complete list of participating artists, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the Art Dash tab at the top of the page.



APRIL 28-29

# Terry Hershey

Community  
Presentation:

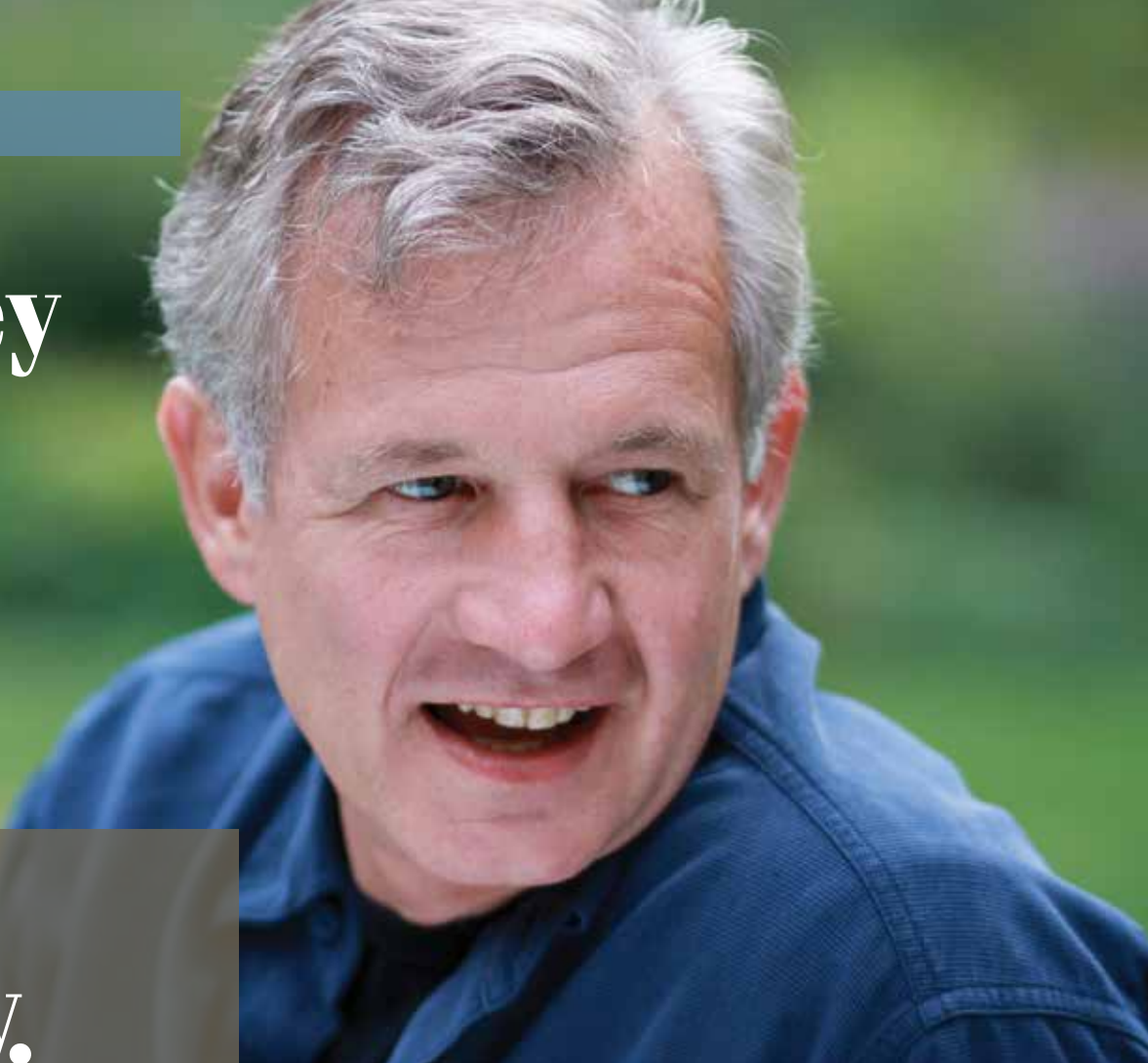
## Rest. Renew. Live.

Replenish in a too-hurried,  
distracted and busy world.

Retreat:

## Finding Your Sanctuary

Create a space for grace in your life.



Popular author and retreat leader Terry Hershey will visit the Franciscan Spirituality Center on April 28-29 for two events designed to help you be wholehearted and regain your balance and passion—in sanctuary. We invite you to attend one or both events.



Terry Hershey is an author, humorist, inspirational speaker, ordained minister and dad. He divides his time between designing sanctuary gardens and sharing his practice of “pausing” and “sanctuary,” to help us do less and live more. He is the author of 15 books, including *Sanctuary: Creating a Space for Grace in Your Life*, which offers permission to slow down and

be gentle with ourselves in a world that demands more-bigger-faster. Most days, you can find Terry out in his garden—on Vashon Island in the Puget Sound—because he believes that there is something fundamentally spiritual about dirt under your fingernails.

## An interview with Terry Hershey

When we don't say no, it gets said for us by default.

Terry Hershey—author, humorist, inspirational speaker, ordained minister and designer of sanctuary gardens—knows this firsthand. When he was younger and a workaholic, it took a divorce to finally slow him down.

Now he's intentional about letting his soul catch up with his body. And he would like to invite the rest of us to do the same.

Terry will bring his life-affirming message about rest, renewal and our ingrained need for sanctuary time during two special events: a community presentation called *Rest. Renew. Live.* on April 28, followed by a retreat with the theme of *Finding Your Sanctuary* on April 28-29.

"It's oddly simple but difficult to do because we don't give ourselves permission to rest," he shared during a recent phone interview from his home on Vashon Island in the Puget Sound. "Permission is a big deal—permission to let go of all the stuff that depletes us; permission to honor the Sabbath; permission to be present."

We live in a world where we are bombarded daily with messages of more, bigger, faster. But we are meant to slow down. In fact, Terry said, "we are wired for renewal. It's in our DNA. We have something inside of ourselves, a resource available to us that renews, replenishes and grounds us."

And once we feel restored, we are reminded of what's important in our lives, he said. We embrace what we have and feel gratitude. Our hearts and our minds are open. We are wholehearted.

We all have a sanctuary, a place where we feel grounded and unhurried, where we find grace and healing, Terry said.

For him, it's the garden. But it's unique to every person, and it doesn't have to be perfect or exotic or a complete removal from life. It's not something to add to our already busy lives; rather, it's making space to just be.

Terry encourages people to attend either or both events, as each is a standalone event. He said his talk and retreat are for "anyone who feels like life is too full, anyone who has been in a conversation and wasn't really listening or, in turn, didn't feel heard, anyone who just wants to breathe."

### Community Presentation:

## Rest. Renew. Live.

Replenish in a too-hurried, distracted and busy world.

### April 28

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

English Lutheran Church, 1509 King Street, La Crosse

Have you ever felt overwhelmed, only to add one more thing to your to-do list? Have you ever wished for an extra day in your week or an extra hour in your day? Have you ever been in a conversation and realized you weren't even there? Have you been pulled in so many directions that you don't feel at home in your own skin? Join Terry for a practical and humorous invitation to replenish in a too-hurried, distracted and busy world.

### Retreat:

## Finding Your Sanctuary

Create a space for grace in your life.

### April 28-29

Friday, 5:30 p.m.–Saturday, 5 p.m.

Franciscan Spirituality Center, 920 Market Street, La Crosse

Everyone has a sanctuary, if only in our mind. Even if we can't name it, we know of its power. We are wired to need grounding and renewal and less hurry. And yet, we make choices—with our time and with our days—that are detrimental to our emotional and spiritual well-being. In sanctuary, we let this life in. All of it. During this retreat, we'll learn how to be wholehearted and intentional about replenishing, renewing and nourishing our spirit and soul. We'll also explore how we can be a sanctuary to others.

### Investment:

- Community Presentation: \$35, includes continental breakfast
- Retreat: \$95, includes dinner on Friday and lunch on Saturday (Add an overnight stay and breakfast for just \$45)
- Both events: \$120

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



# 2017 Program & Retreat Offerings

**How to register:** Go online to [www.FSCenter.org](http://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.

## March 6

Monday, 5-8:15 p.m.

**Investment:** Freewill donations appreciated

**Registration deadline:** February 27  
(space is limited)



## A Campaign to Change Direction Event: Soup & Cinema

Join us for a movie and discussion over a simple supper of soup, salad and bread. We will watch *Still Alice*, a 2015 movie for which Julianne Moore won the Best Actress Academy Award. She plays Alice, a married college professor with three adult children whose life begins to change when she notices some troubling signs. When her doctor diagnoses early-onset Alzheimer's disease, Alice and her family must face the greatest challenge of their lives. Alice struggles to stave off the consequences of the disease, while trying to use her remaining time to live a life of peace and love.

*"I find myself learning the art of losing every day. Losing my bearings, losing objects, losing sleep, but mostly losing memories."*

- Julianne Moore as Alice

The *Campaign to Change Direction* is a national effort to raise awareness and reduce the stigma about mental health. The FSPA are local partners in Change Direction-La Crosse Area and 7 Rivers Region, which seeks to encourage everyone to recognize the five signs of emotional suffering and the importance of caring for one's emotional well-being.

## March 14 and April 11 (choose one)

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

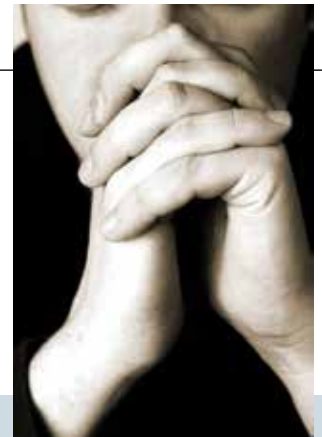
**Facilitators:** FSC staff

**Investment:** \$25, includes lunch

*Please register in advance. Don't see a date that works for you? Please call us to arrange for a private Day of Solitude.*

## Franciscan Day of Solitude

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room and a simple meal. Options include attending liturgy or praying in the chapel and using our new art room. Come rest, reflect, pray and be renewed.



## 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 from 6-8 p.m., and the Tuesday group will meet the second and fourth Tuesdays 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.

**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 18 and April 15) 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 on 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](mailto:smorrissey@fspa.org) with questions. This group joins *The Sound of Bells* on the second Tuesday of each month.



## March 16

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

**Presenter:** FSC staff

**Investment:** Freewill donations appreciated.

No registration necessary.

## March 18

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

**Presenter:** Paul Oman



**Investment:** \$50,  
includes lunch

**Registration deadline:**  
March 3



## Spring Labyrinth Walk: Open to the Light

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.



## Drawn to the Word: Seeing the Bible Story Come to Life Before Your Eyes

Experience Bible stories come to life as pastor and professional artist Paul Oman creates awe-inspiring murals as he teaches from the Word. For this special event, we'll journey through Lenten texts from the Gospel of Luke. You'll see the stories artistically, and hear them scripturally and musically. All people of faith are invited to this unique and powerful experience.



**Paul Oman** was serving as a science teacher and then Lutheran pastor when, in 2011, he took up work as an artistic pastor full time. Paul seeks to give new vision to God's Word by using the process of painting to captivate audiences in our visually oriented culture. Paul lives near Amery, Wisconsin, with his wife and their three children. Highly proficient in both watercolor and acrylic mediums, Paul has earned numerous awards for his work over the years. Learn more about him at [www.paulomanfineart.com](http://www.paulomanfineart.com).

## March 19-24

Sunday, 6:30 p.m.-Friday, 10 a.m.  
(Monday-Thursday, two sessions: 9 a.m. and 3 p.m.)

**Presenter:** Jolynn Brehm, FSPA

**Investment:**

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

**Registration deadline:** March 10

## Lenten Retreat: Loving the Crucified Christ in the Spirit of Francis and Clare

All are invited to this opportunity during Lent to ponder the choice of St. Francis to embrace with his whole being the suffering and love of the Crucified Christ, and to imitate St. Clare in the gazing upon the "mirror" — the Crucified Christ.



**Jolynn Brehm, FSPA**, is the spiritual leader at St. Anthony Spirituality Center in Marathon, Wisconsin. She has been a retreat director and spiritual director since 1989 and began offering preached retreats in 2005 at retreat centers and for communities of Sisters throughout the Midwest. Special interests include delving into Scripture, all things Franciscan, and exploring the connections of nature and creation with our lives.

## March 20 and April 17

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

**Instructor:** Mary Thompson

**Investment:** \$10 (bring your own supplies)  
or \$12 (use our supplies)

**Registration deadline:** March 17/April 14

**Bring your own supplies:** Watercolors (pan set), brushes (8" round watercolor brush, 1" flat wash brush) and a kneaded eraser; or use ours. 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.



## 2017 Program & Retreat Offerings *continued.*

### March 21 and April 18

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

**Presenter:** Greg Lovell

**Investment:** \$10 each session

**Registration deadline:** March 20/April 17

**Themes:** **March 21:** *Emotions meditation*  
**April 18:** *Compassion meditation*



### **Mindfulness Practices for Stress Reduction**

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Often, we react to situations as if on autopilot, instead of responding consciously and thoughtfully. This group is open to anyone wanting to reduce stress through mindfulness practices. Meetings are the third Tuesday of the month, and you are welcome to attend any or all sessions as your schedule permits. Each gathering starts with background information, move to practicing and conclude with a short reflective discussion.

**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 25

Saturday, 8:30 a.m.-noon

**Presenter:** Tom Roberts

**Investment:** \$25

**Registration deadline:** March 10



### **A RETREAT FOR MEN**

#### **When Retirement Comes:**

#### ***Renegotiating Our Purpose; the Shift from Quantity to Quality***

Let's clear up a serious misconception right away. The word retirement implies a withdrawing or retreat, as from worldly matters or the company of others. This is what frightens us the most: to be relegated to the sidelines as the rest of the world continues with their purposeful endeavors. Nonsense! This is NOT the time to pack it in! This is the all-important time to shift our priorities and energies from a life of quantity (accumulating education, family, jobs, things) to a life of quality (depth, meaning). This is the last significant developmental stage in our lives. It requires that we navigate it with the wisdom we have reaped throughout our lives. We will explore some of the reservations regarding retirement and begin to rewrite a new storyline that honors this unique opportunity in our lives.

**Tom Roberts** is the owner of Innerchange Counseling in Onalaska, Wisconsin; an author and artist; and a dynamic speaker who regularly presents at training sessions, workshops and retreats throughout the country.

### March 25

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

**Presenter:** Mary Kay Glazer

**Investment:** \$40, includes lunch

**Registration deadline:** March 10



### **Holy Resistance, Sacred Surrender**

Our faith journey includes not just surrender but also resistance. A common belief is that we are called to surrender to God's will and that our resistance is an obstacle to overcome. In this retreat, we will look at Scripture passages and other writings as we consider whether that is true. What if resistance is as much our call as surrender? What if hanging on is as pivotal as letting go? These queries and others will help us explore the interplay of surrender, resistance and our relationship with the Divine.

**Mary Kay Glazer** is a spiritual director, retreat leader and writer who has been hanging out with Quakers since 1989. After living in the state of New York for 21 years, Mary moved to Madison, Wisconsin, with her husband and their Portuguese Water Dog. She is a graduate of the School of the Spirit's Spiritual Nurture program, Shalem Institute's Spiritual Guidance program, and has a master's degree in Spiritual Formation and Leadership from Spring Arbor University.

### March 27

Monday, 6-7:30 p.m.

**Presenter:** Anita Dahlby

**Investment:** \$10

**Registration deadline:** March 20



### **Caring for a Loved One? A Conversation with Anita Dahlby**

Are you in need of support as you care for a member of your family? We each have a story. Anita Dahlby of Holmen shared hers as a daughter caring for her father, from his home to hers, from a nursing home to a funeral home, in her touching memoir, *A Journey to an End*. Come hear Anita's journey, as she invites you to share your own story. You are invited to connect with others in the community who share similar challenges, and leave knowing you are not alone.

**Anita Dahlby** is a retired teacher and school counselor who splits her time between southern California and Holmen, Wisconsin. She continues to pray, play and write, and extols the value of journaling as a coping mechanism for life's challenges.

### March 31

Friday, 1-4:30 p.m.

**Presenters:** Audrey Lucier and Steve Spilde

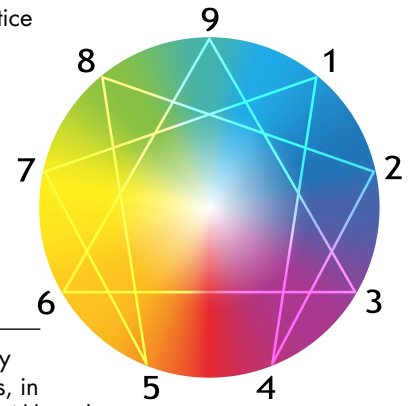
**Investment:** \$45

**Registration deadline:** March 17



### Introduction to the Enneagram

The Enneagram is a respected and powerful tool to practice self-observation and develop self-awareness. In this short introduction, you will learn about the nine (*ennea*) personality types shown as a circle (*gram*) and decide on your own type. This session includes an assessment that you will complete online.



### March 31-April 1

Friday, 7 p.m.-Saturday, 4:30 p.m.

**Presenters:** Audrey Lucier and Steve Spilde

**Investment:**

- Full: \$140, includes program, bedroom, breakfast and lunch on Saturday
- Commuter: \$95, includes program and lunch on Saturday

**Registration deadline:** March 17

### Leading From Your Strengths: Using the Enneagram at Home and Work

Personality differences among people show up in the way we lead. We are called to lead in our jobs or professions, in school and in the organizations we join, and as parents. Although some may feel certain personality types are born leaders, every type has certain leadership strengths as well as traps.

In this interactive program, we will explore the leadership style of each of the nine personality types and strategies for following each type's leadership path of development. Participants will need to have a basic knowledge of the Enneagram and their own type. If you do not, please register for both this program and *Introduction to the Enneagram* (see above).

### April 4, 11, 18 and 25

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

**Presenter:** John McHugh

**Investment:** \$10 each or \$35 for all 4

**Registration deadline:** March 21



### The Passion and Resurrection of Jesus in the Gospel of John

For the past five years, John McHugh has offered a popular series on the Gospel passages proclaimed during the season of Lent. This year, John is offering a totally new series that connects the Passion story of Jesus with the Resurrection. Weeks one and two will concentrate on the Passion, while weeks three and four will explore the Resurrection. Join him as he explains the last four chapters of the Gospel of John and connects the message of Jesus' death and resurrection to our lives today.

**John McHugh** is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. He is a master storyteller and biblical scholar, with degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy.

### April 6

Thursday, 8:30 a.m.-3 p.m.

**Presenter:** Mike Hesch

**Investment:** \$50 per person or \$40 per person for groups of 5 or more; *Real Colors* book and lunch included

**Registration deadline:** March 23



### Building High-Performing Teams with Real Colors

Since 1993, more than 1.5 million people in businesses, professional organizations, universities and government agencies throughout North America have used *Real Colors* and its principles to improve and enhance their personal and professional relationships. The techniques learned through *Real Colors* can help bring about lasting, positive change, resulting in higher levels of success for all. *Real Colors* is a dynamic workshop experience with the goal of helping individuals and teams better understand human behavior, uncover motivators specific to each temperament and improve communication with others. This will be a fun and interactive day, ideal for individuals or a team from your organization.

**Mike Hesch** has served in health care for more than 20 years and continues to grow in his personal mission of adding value each day while protecting the dignity of all those served through compassion and respect. His greatest joy is helping others be their best self. Mike has a bachelor's degree in Community Health Education and a master's degree in Servant-Leadership, and he is a member of the adjunct faculty at Viterbo University. Mike's current work focuses on leadership and organizational excellence, executive coaching and team facilitation across the Mayo Clinic Health System enterprise.







# 2017 Program & Retreat Offerings *continued.*

## April 13-16

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

**Presenter:** Dan Crosby, O.F.M. Cap.

### Investment:

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

**Registration deadline:** March 31



## *Triduum Retreat: Going Deeper Into the Mystery*

For Christians, the Paschal Mystery is the heart of faith and the reason for hope. Through daily conferences, personal prayer and liturgical celebrations, these days of Triduum will draw us deeper into this Mystery—not only in Christ's life but in our own everyday life as well. This is a silent, preached retreat, open to all.

**Father Dan Crosby** is a member of the Capuchin Franciscan community at St. Bonaventure Monastery in Detroit, Michigan, a spiritual director and acclaimed retreat master, and a former director of St. Anthony Retreat Center in Marathon, Wisconsin. He has master's degrees in Theology and in Religion and Personality. He has taught theology and spirituality in Indiana and Wisconsin, and spent 18 years ministering to the poor in inner-city Milwaukee as well as at the Northern Cheyenne Reservation in Montana. Wherever he has ministered, Father Crosby has worked to integrate Scripture as well as the Franciscan vision into his life and preaching.

## April 14

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 21-23

Friday, 7 p.m.— Sunday, noon

**Presenters:** FSC spiritual directors

**Investment:** \$175, includes retreat, spiritual direction, all meals and two nights' stay  
No commuter option for this retreat.

**Registration deadline:** April 10  
Limited to 12 participants.

## *Weekend of Solitude—A Silent Directed Retreat*

This weekend is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence. Each day you will meet with a spiritual director who will listen to you and your unfolding story. For the rest of your day, enjoy a private comfortable bedroom, delicious meals, artistic expression in our art room, and quiet spaces for reading, journaling or simply relaxing. Whether you need time and space for prayer or have a need for rest and refreshment, give yourself the gift of a Weekend of Solitude.



## CONTINUING EDUCATION OPPORTUNITY

## *Together in the Mystery: Supervisor Training for Spiritual Directors*

*Together in the Mystery* offers supervisor training for experienced spiritual directors who currently offer supervision and for those discerning a call to supervise others. Training begins with a three-day contemplative practicum and then a year of long-distance supervision and mentoring by instructors before returning for a second three-day practicum. For more information, visit [www.togetherinthemystery.org](http://www.togetherinthemystery.org) or contact the FSC.

**Weekend One:** Friday, September 29, to Sunday, October 1, 2017

**Weekend Two:** Friday, September 21, to Sunday, September 23, 2018

### Investment:

- **Tuition:** \$850 for each weekend, plus \$50 application fee
- **Individual session fee:** \$70 per session

Limited to 10 participants.

### Accommodations:

- **Full:** Each weekend is \$250. Includes two nights' stay (Friday, Saturday) and all meals. Out-of-town guests may wish to add a bedroom on Thursday night and breakfast on Friday (Additional investment: \$45).
- **Commuter:** Each weekend is \$150. Includes lunch, supper on Friday and Saturday, and lunch on Sunday.



# Spiritual Living

## Divorce Recovery

March 2 and April 6 • Thursday, 5:30-6:30 p.m.

March 16 and April 20 • Thursday, 5:30-7 p.m.

**Facilitators:** Diane Withers and Mary Riedel

**Investment:** Freewill offering

These bi-monthly, informal gatherings are for anyone needing support, healing and friendship, due to divorce or separation. All are welcome, no matter where you are in the process or how long ago you divorced. You'll have a chance to share with others who are dealing with similar situations in a safe and peaceful environment. Feel free to come to all or as many meetings as you wish.

Each session, facilitated by Diane Withers, will include a short presentation by a local guest speaker on topics such as finances, anger and loneliness, new relationships and the impact of divorce on family and friends. There also will be time for group discussion and private reflection. On the first Thursday of the month, Mary Riedel facilitates this slightly shorter meeting for additional sharing and fresh insights, without guest speakers.



## The Sound of Bowls

March 14 and April 11 • 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 8 and April 12 • 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. The grief arising from pregnancy or infant loss is often not understood or recognized by others, who may not realize that it is the bond you have formed with your baby that determines the depth of your grief, not the length of the pregnancy or how many days the baby lived. Other issues might include the stress of coping with birth and death at the same time, infertility, previous losses and grieving differences between partners.

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 9 and April 13 • 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.



- No advance registration necessary
- Free to attend

## Meetup: Practicing Open-Hearted Presence

March 10 and April 7 • Friday, 6:30 p.m.

**Facilitator:** Kristin Peters, FSPA

**Investment:** Freewill offering

meetup



If you want to connect more authentically with yourself and others, join us for this meetup based on the Awareness, Courage and Love scale developed and researched at the University of Washington. Led by Kristin Peters, FSPA, we will practice open-hearted presence: self-expression, deep listening, acceptance and compassion, self-care, embracing vulnerability, giving and receiving support and living more boldly.

After each meeting, you will leave with exercises and tools that you can try with family, friends, co-workers or intimate partners to deepen your relationships and move toward what you value most in life. Research indicates that people who are more interpersonally connected are healthier physically and psychologically and live more vibrant lives. **More information at [www.meetup.com](http://www.meetup.com).**

Kristin Peters is a Franciscan Sister of Perpetual Adoration and a counselor.

## Oración Bilingüe: A Time of Prayer in Spanish and English

March 23 and April 27 • Thursday, 6-7 p.m.

**Leader:** Melinda Pupillo

**Investment:** Freewill offering

Whether you know only one language or just a little bit of Spanish or English, you are invited to pray together in both languages. Through music and an informal liturgy, we will pray for the needs of the world. This is prayer in community! Bring prayers of your own or simply enjoy praying the prayers offered around you. ¡Todos son bienvenidos! ¡Vengan todos!



## Grief Circle

April 20 and 27; May 4, 11, 18 and 25  
Thursday, 6:30-8 p.m.

**Facilitators:** Audrey Lucier and Fran Rybarik

**Investment:** Freewill offering

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.

The group is facilitated by Audrey Lucier, director of the FSC, and Fran Rybarik, a retired nurse and bereavement educator.



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

# body, mind & spirit



## Monday Yoga: Vinyasa Flow

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

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

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

**Instructor:** Cheryl Neubauer

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



Bring together physical, mental and soulful balance through the practice of yoga. Vinyasa Flow 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

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

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

**Session 3:** April 4, 11, 18, 25; May 2, 9

**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. 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 her students.

## Wednesday Yoga: Vinyasa Flow

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

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

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

**Instructor:** Bernice Olson-Pollack

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



Vinyasa Flow Yoga is a moving meditation. In your practice, you learn to quietly observe the sensations and thoughts that pass through your body and mind. As you "flow" from one pose to the next, the asanas can actively guide you toward an inner sense of calm and a communal integration of breath and body.

**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.

## Tai Chi

Monday, noon-12:45 p.m.

February 20, 27; March 6, 13, 20, 27

**Instructor:** Bernice Olson-Pollack

**Investment:** \$36/6 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.

## Tai Chi 2

Monday, noon-12:45 p.m.

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$36/6 classes or \$8/drop-in

**Note:** This class is for people who have completed 12 weeks' worth (two sessions) of tai chi.



## IMPORTANT INFORMATION:

### Registration Process

Please visit the Franciscan Spirituality Center's website at [www.FSCenter.org](http://www.FSCenter.org) to register for each session. 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](mailto:FSCenter@fspa.org). We accept credit cards, personal checks and cash for all registrations not completed online. Payment must be made in full prior to the start of the program to be a confirmed participant.

### Refund Policy

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

### Registration Deadlines

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

### Scholarship Information

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

### Where to Find Us



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



**Franciscan  
Spirituality Center**



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

Finding God in All Things:

## The Spiritual Exercises of St. Ignatius in Daily Life

Anyone who seeks the divine in every human experience and is interested in exploring Ignatian practices of prayer and discernment within the context of a Franciscan framework is encouraged to register for this new, nine-month retreat experience.



STARTING SEPTEMBER 2017

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

## 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](mailto:FSCenter@fspa.org)

## FRANCISCAN SPIRITUALITY CENTER

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## Meeting Rooms

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

and Franciscan hospitality, as well as free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering options are also available. Take a visual tour of our rooms at [www.FSCenter.org](http://www.FSCenter.org)

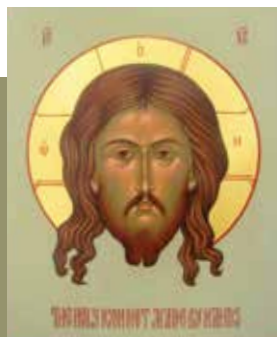
Reserve a room today for your group's next meeting.  
Call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org).



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

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The Holy Face

Jonah and the Whale

## Two Icon Retreats

Master iconographer Phil Zimmerman returns to the FSC to lead two retreats on the sacred art of Byzantine iconography. No painting experience is necessary, just an open heart and a willingness to let the Holy Spirit guide you as you paint. Phil will lead you step by step through the process, explaining the technique, history and symbolism of the icons.

May 21-27, 2017 • The Holy Face

July 9-15, 2017 • Jonah and the Whale

**SPOTS ARE LIMITED!**

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



COMING IN JUNE



### *Silent Directed Retreat*

June 2-7 • with FSC spiritual directors

### *Yoga Retreat*

June 8-11 • with Heather Henry

### *The Spirit of Golf: A Retreat for Men and Women*

June 9-10 • with Steve Spilde

### *Adult Summer Camp*

June 19-22 • with Melinda Pupillo and friends

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