



**Franciscan
Spirituality Center**

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

VOLUME 23 • NUMBER 2

MARCH/APRIL 2015

At the Center



In this Issue:

- *Deepening Spiritual Presence with the Enneagram*
- *Friends of Sister Thea: Sharing the Joy*
- *Justice and Peace Stations of the Cross*
- *The Courage to Embrace Joy*
- *St. Francis and the Natural World: Art Journaling Retreat*

Register before April 1 for the Early Bird Rate of \$75

30th
Annual Conference

May 1-2, 2015

Open to everyone



With keynote speaker

Thomas Ryan, CSP

Writer, poet, retreat leader
and interfaith advocate

The Franciscan Spirituality
Center presents:

Living your Life AS SPIRITUAL PRACTICE

You are invited to this special 30th anniversary conference. Father Tom will demonstrate how to integrate the mind, body and spirit—the sacred and the secular—drawing on ancient and new Eastern and Western traditions.

Friday Workshops:

Yoga for Christians: Addressing the
Fears, Experiencing the Possibilities
with Thomas Ryan, CSP

We Can Be Spiritual
AND Religious
*with April Ullring Larson,
ELCA bishop emeritus*



When Outer Became Inner:
The Beginnings
of Contemplative
Consciousness
with Tom Roberts

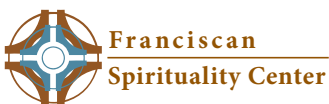


Gospel Spirituality in
Spiritual Direction
with John McHugh



To register, please visit: www.FSCenter.org or call: 608-791-5295

Friday workshop sessions, book signing and evening social will take place at the Franciscan Spirituality Center, 920 Market Street, La Crosse
The Saturday keynote address will take place at English Lutheran Church, 1509 King Street, La Crosse.



Celebrating 30 years of open doors to anyone seeking God, meaning and wholeness.

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



Franciscan Spirituality Center

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

Identity

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

Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

Core Values

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

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

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

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

Hospitality: Welcome all with compassion, acceptance and celebration.

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

What We Do

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

At the Center

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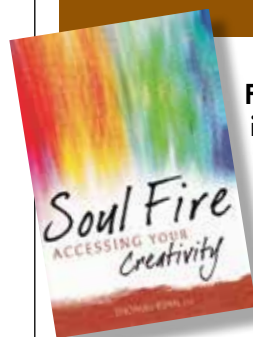
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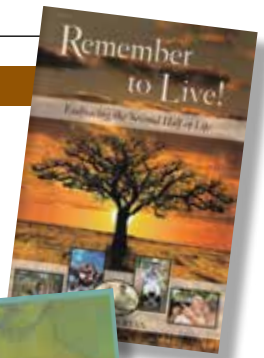
AT THE SOPHIA BOOKSTORE

Find these great titles by Thomas Ryan, CSP, in our Sophia Bookstore:

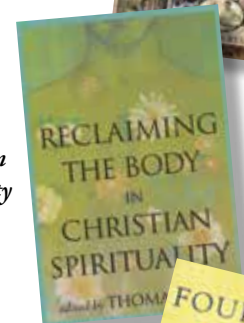


Soul Fire: Accessing Your Creativity

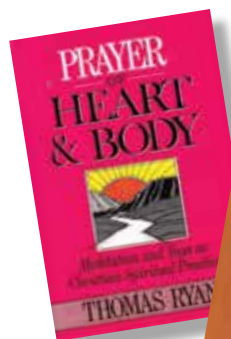
Remember to Live!



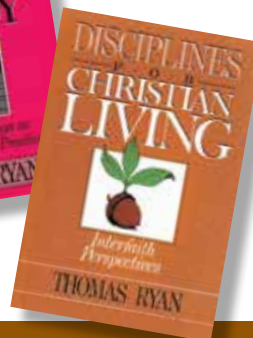
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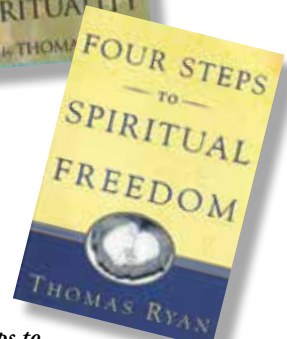
Prayer of Heart and Body



Disciplines for Christian Living: Interfaith Perspectives



Four Steps to Spiritual Freedom



All are welcome here



Audrey Quanrud
FSC Director
Program Coordinator

Sometimes I hear that someone is not sure about coming to the Franciscan Spirituality Center because they are not Catholic. Perhaps they worry that they will not be welcomed, or that they will be uncomfortable because of unfamiliar practices.

Years ago, I took what seemed at the time a bold step for me. A cradle Catholic, I accepted a job working in the Lutheran church. The job required me to call on Lutheran pastors and ask if I could facilitate family life programs in their congregation. My first call was to an older pastor in a small rural parish. I was nervous venturing into Protestant territory because it was not my “home” space. I chose my words carefully in our interview. After listening to me, he sat back and said, “You’re Catholic, aren’t you?”

Father Tom Ryan, keynote speaker for the FSC’s 30th Annual Conference this spring, says visiting the unfamiliar territory of another religion can raise our spiritual awareness. He first learned about this while on sabbatical in India. If we aren’t afraid, there is much we can borrow from the spiritual practices of other traditions to enrich our own spiritual journey. Being exposed to other religions often makes us more interested in the practices of our own faith tradition.

This was certainly true for me when I worked in the Lutheran church. I found so much to admire and adopt, but I also developed a new interest in my Catholic heritage. Now that I work at the FSC, I am aware that many Protestants are drawn to practices such as spiritual direction and contemplative prayer. As Father Tom notes, everyone benefits when there is “openness to whatever is good and true in the experience of other religions in our common quest for communion with God.”

Throughout this year we are celebrating the 30th anniversary of the Franciscan Spirituality Center. At the New Year, we were one-third of the way toward our goal of \$30,000 to keep the doors open for another 30 years! I am very hopeful we will be at our goal by the Annual Conference on May 1-2.

Please help us celebrate this special year by attending the conference (see pages 4-5). Besides the great speakers, it’s a wonderful opportunity to become reacquainted with the good people you met through the FSC. And—all are welcome.

Peace and all good,

**ASSOCIATE
STAFF
MEMBERS**



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

FRANCISCAN SPIRITUALITY CENTER *Staff*



Barb Kruse
Spiritual Director



Linda Kerrigan
FSPA Affiliate
Spiritual Director



Steve Spilde
Spiritual Director



Marcia Bentley
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Stacey Kalas
Communications &
Marketing Coordinator



Zoua Vue
Receptionist & Hospitality



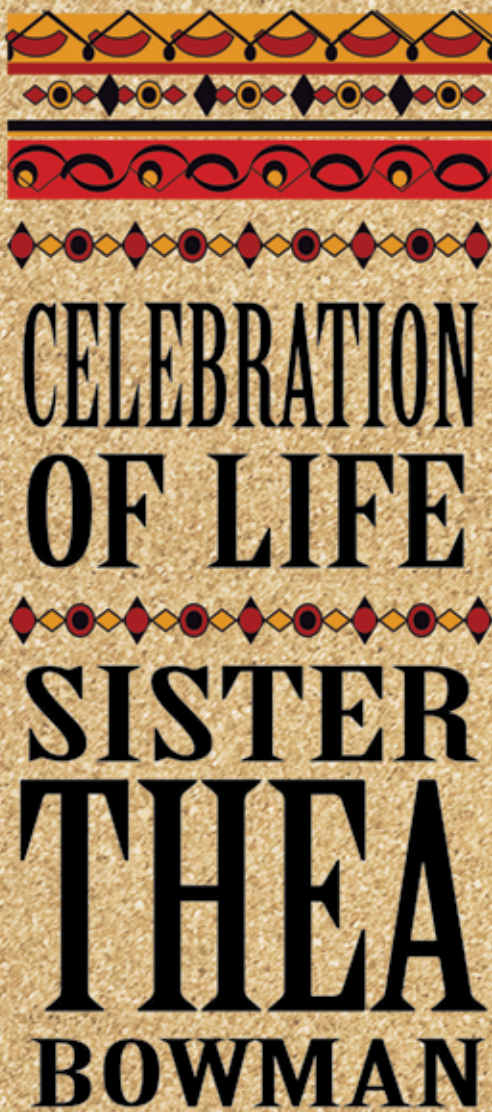
Laurie Swan
Office Manager



Jane Finucane
Hospitality



Erin Flottmeyer
Bookkeeper & Receptionist



CELEBRATION
OF LIFE
SISTER
THEA
BOWMAN

Artwork by
Tony Bryant



Celebrate Sister Thea ... on the 25th Anniversary of her homegoing with a special exhibit & panel discussion at the Franciscan Spirituality Center

Sister Thea: Her Life & Legacy on Display

March 17-28

Free and Open to the Public

The FSC is pleased to present an exhibit honoring Sister Thea by showcasing photographs, artifacts, video and artwork.

Exhibit hours:

- Tuesdays, March 17 and 24, 1-3 p.m.
- Wednesdays, March 18 and 25, 5-8 p.m.
- Fridays, March 20 and 27, 9 a.m.-noon
- Saturday, March 28, 9 a.m.-noon

Groups by appointment; please call 608-791-5295 to make arrangements.

Friends of Sister Thea: Sharing the Joy

March 29

Learn about Sister Thea's life and legacy during this special presentation by Father Maurice Nutt, C.Ss.R., of Xavier University; artist and writer Brother Mickey McGrath, OSFS; Mary Lou Jennings of the Sister Thea Bowman Black Catholic Educational Foundation; and Sister Marla Lang, FSPA, who professed vows with Sister Thea.

Program is from 2-4 p.m., followed by a reception until 5 p.m. Cost is \$45, and deadline to register is March 6.

Space is limited; please register early!

608-791-5295

www.FSCCenter.org



Franciscan
Spirituality Center

920 Market Street ■ La Crosse, Wisconsin 54601

The Franciscan Spirituality Center

30th Annual Conference

May 1-2, 2015

With keynote speaker

**Thomas
Ryan, CSP**



Living your Life
AS SPIRITUAL PRACTICE

What does it mean to live your life as spiritual practice?

For our 30th Annual Conference keynote speaker Thomas Ryan, CSP, it means deepening your relationship with God through the life you are actually living, no matter what your calling. It means taking a holistic approach to spirituality: to recognizing that your physical, emotional and mental well-being is directly related to your spiritual growth. It means seeing friendship and family life, exercise and play, as well as prayer, fasting and service, as disciplines of a spiritually healthy life.

Father Tom, author, international retreat leader and director of the Paulist North American Office for Ecumenical and Interfaith Relations in Washington, D.C., was awakened to this holistic approach to spirituality after a sabbatical to India 20-plus years ago and through his study of Hinduism, Buddhism and Islam. After returning to the States, he trained to become a certified Kripalu yoga teacher and began offering his first classes integrating Christian meditation with the practice of yoga at a New York City church.

Born and raised in Minnesota, Father Tom is a poet and self-described lover of the outdoors, and the author or co-author of 14 books about spirituality and the video *Yoga Prayer*. He has a deep passion for Christian unity and interfaith dialogue and understanding, and his travels and experiences have taught him to embrace the gifts offered by other religions and spiritualities when it is helpful in one's personal journey of faith.

His Saturday keynote presentations will include practical ways of integrating the emotional, physical and intellectual aspects of our busy and changing lives into a relationship with God. He'll help us see the connection between our hunger for physical fitness and our hunger for spirituality, how hearing each other's emotional burdens can be a healing and saving process, how we can use our body in prayer, and how orienting our soul's attention toward God can happen in informal, as well as formal, ways.

Spirituality is a growing intimacy with God experienced through the people, places, events and things in our daily living. It is not a life outside of regular everyday existence; spirituality can only be real if it is lived in the midst of the joys and pains of the here and now.

— Thomas Ryan, CSP

Friday, May 1 • Franciscan Spirituality Center:

This milestone conference begins with a prayer service in the historic Mary of the Angels Chapel. Participants choose two of four featured workshops. Our day concludes with a social and book signing with Thomas Ryan, CSP.

Saturday, May 2 • English Lutheran Church:

Keynote presentation, *Living Your Life as Spiritual Practice* with Thomas Ryan, CSP. Lunch is included.

**When Outer Became Inner:
The Beginnings of Contemplative Consciousness**

Presenter: Tom Roberts, LCSW

The writings of Julian Jaynes on the evolution of the mind have gained greater interest as our understanding of neurobiology has expanded. His work highlights the monumental shift in the evolution of human consciousness, which allows us to look within for the divine wisdom that is inherent in all of us. In this session, Tom will trace the shift in consciousness toward the contemplative mind in spiritual teachers from Jesus to the Buddha. He also will explain why this is important in resisting the lure of religious fundamentalism today.



Tom Roberts, LCSW, is a counselor and therapist specializing in mind-body integrative approaches to healing and a national speaker, workshop and retreat leader. He has maintained a Buddhist practice for more than 40 years.

Gospel Spirituality in Spiritual Direction

Presenter: John McHugh

As a spiritual director, have you ever listened to someone's story and wished you could recall a passage from the Scriptures that might offer some comfort or focus? Join John McHugh as he explores some of the Gospel stories that he has found beneficial in the context of spiritual direction. This session builds upon the introduction to the Scriptures that John leads in the FSC's Spiritual Direction Preparation Program.



John McHugh is the manager of corporate communications, leadership training and development for Kwik Trip Inc. He received his theological education at the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy.

We Can Be Spiritual AND Religious

Presenter: April Ulring Larson

Some have suggested that you are either "spiritual" or you are "religious." You are a member of a church, or you follow your own spiritual practices. April Ulring Larson would say she is "religious." But she also identifies with "spiritual" because she places high value on basic spiritual disciplines such as prayer, Scripture study and spiritual direction. "These practices shape my daily walk, my life as a member of a congregation, and my identity as a member of the Body of Christ," she says. In this presentation, Bishop Larson will show why a personal spirituality is essential to be religious.



April Ulring Larson was bishop of the La Crosse Area Synod of the Evangelical Lutheran Church in America (ELCA) from 1992 to 2008. She was the first female Lutheran bishop to be elected in North America and only the second in the world.

**Yoga for Christians: Addressing the Fears,
Experiencing the Possibilities**

Presenter: Thomas Ryan, CSP

Father Tom, a certified Kripalu yoga instructor, has been integrating yoga with Christian meditation and communal prayer for more than two decades. Yoga, a 3,000-year-old spiritual discipline that offers a way to pray with the whole body, is not just "from the shoulders up," he says. In this session, Father Tom will discuss some of the questions, fears and concerns Christians may have about practicing yoga. He also will offer an experience of standing yoga prayer.



Special Early Bird Rate of \$75 if you register before April 1, 2015!

- **Full Conference: \$95 • Early Bird: \$75**
(Friday and Saturday, includes Saturday lunch)
 - **Friday only: \$60 • Early Bird: \$45**
 - **Saturday only: \$75 • Early Bird: \$60** (Includes lunch)
- Optional:** Stay overnight at the FSC for just \$42 per night.
- Payment in full is due with your registration.** All rates include a nonrefundable \$20 deposit. Refunds will be given if you cancel at least 48 hours prior to the start time of the event.
- Financial assistance and student discounts are available to attend this conference through the Mary Kathryn Fogarty Endowment Fund. Please call Laurie Swan at 608-791-5279.

SCHEDULE AT A GLANCE

Friday, May 1	Franciscan Spirituality Center
1-4:30 p.m.	Registration, opening prayer and breakout sessions
4:30-6 p.m.	Social and book signing with Thomas Ryan, CSP
Saturday, May 2	English Lutheran Church, 1509 King St., La Crosse
9 a.m.-3 p.m.	Keynote presentation by Thomas Ryan, CSP, Includes lunch
	<i>Living Your Life as Spiritual Practice:</i>
	• <i>Your Body and Your Spiritual Life: Friends or Foes</i>
	• <i>Friends and Mutual Support</i>
	• <i>Living with an Awakened Heart</i>

For more information or to register, please visit www.FSCenter.org or call 608.791.5295



2015 Program & Retreat Offerings

How to register: Go online to 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 5, 12, 19 & 26

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

Presenter: John McHugh

Investment: \$10 each



Lenten Gospels

Some of the best Gospel stories about Jesus are reserved and proclaimed for the season of Lent. These selections from scripture speak not only about Jesus but are also packed with meaning for each person on the Lenten journey. Join **John McHugh** as he takes a fresh new look at the Lenten Gospels, a new one each night of the series.

March 27-28

Friday, 7-9 p.m. & Saturday, 9 a.m.-5 p.m.

Presenter: Leslie Hershberger

Investment: \$95, includes lunch.
(Stay with us for an additional \$42 per night.)

Registration deadline: March 13



Deepening Spiritual Presence with the Enneagram

The Enneagram is an ancient method for understanding differences in how human beings habitually think, feel and react. It is also a tool for deepening your spirituality. In this program, you will:

- Use understanding of personality type to explore barriers to self-compassion and compassion for others who relate from different perspectives.
- Learn about yourself more deeply to move beyond your own conditioning, not only at the “head” level but also in your body and emotions.
- Learn and practice Centering Prayer, which invites us to attune our hearts to the divine and consent to the divine action and presence within us.
- Learn and practice Welcoming Prayer, to let go of the habitual need for control, esteem and security.

Leslie Hershberger created the web courses *Coming Home: An Integral Christian Practicum* and *Between You and Love: An Enneagram Spirituality Course*. She also has worked with Enneagram teacher and author Helen Palmer. Leslie is a certified coach of *The Enneagram in Business* and the Enneagram facilitator for Integral Recovery, a program for people in recovery. She lives in Loveland, Ohio.

Need an introduction to the Enneagram?

Certified Enneagram teacher Diane Withers will offer *Enneagram Basics* on **Monday, March 16**, from **5:30-8 p.m. for only \$15**. Please register by March 2.

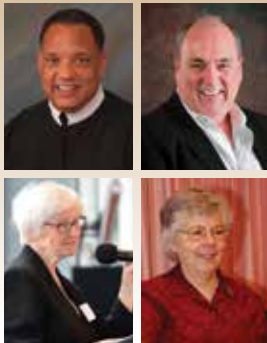
March 29

Sunday, 2-4 p.m.

Presenters: Maurice Nutt, C.Ss.R.; Mickey McGrath, OSFS; Mary Lou Jennings & Marla Lang, FSPA

Investment: \$45

Registration deadline: March 6



Friends of Sister Thea: Sharing the Joy

Sister Thea Bowman grew up in Mississippi and moved to La Crosse to become a Franciscan Sister of Perpetual Adoration. She was an African-American woman renowned for her spirit, joy, courage and holiness. After teaching at Viterbo University, Thea went on to receive national recognition as an advocate for intercultural awareness, black Catholic spirituality and education. Sister Thea died of breast cancer at the age of 53. On March 29, we celebrate the 25th anniversary of her homegoing with a panel presentation by four friends who will share memories and thoughts on her life and legacy. A social will follow the program.

Maurice Nutt, C.Ss.R., is director of the Institute for Black Catholic Studies at Xavier University of Louisiana in New Orleans. A student of Thea Bowman, he was ordained to the priesthood in 1989. Father Nutt is the author of *Thea Bowman: In My Own Words*. **Mickey McGrath, OSFS**, is a popular artist, author and presenter who creates sacred art and stories in his Bee Still Studio. Brother Mickey is the author of *This Little Light: Lessons in Living from Sister Thea Bowman*. He lives in Camden, New Jersey. **Mary Lou Jennings** and her husband, Len, worked with Sister Thea to fulfill their dream of sending more African-American students to college. Mary Lou currently serves as executive director of the Thea Bowman Black Catholic Educational Foundation, which provides scholarships to students across the country. She lives in northern Minnesota. As young women, **Marla Lang, FSPA**, and Thea Bowman prepared together to enter religious life as Franciscan Sisters of Perpetual Adoration in La Crosse. Sister Marla currently serves as outreach coordinator at Marywood Franciscan Spirituality Center, Arbor Vitae, Wisconsin.

April 3

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.

April 2-4

Thursday, Friday & Saturday, 1:30-2:15 p.m.

Presenter: John McHugh

Investment: \$30 (Stay with us for an additional \$42 per night.)

Registration deadline: March 19

April 11

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

Presenter: Steve Spilde

Investment: \$45, includes lunch

Registration deadline: March 27



April 17-19

Friday, 4-9 p.m.; Saturday, 9 a.m.-8 p.m.; & Sunday, 9 a.m.-1 p.m.

Presenters: Jan Wellik and Janet Moore

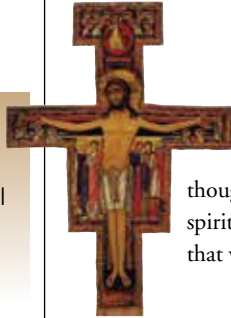
Investment:

- **Full:** \$170, includes bedroom, meals & supplies
- **Commuter:** \$140, includes meals & supplies
- Includes a non-refundable deposit of \$50

Registration deadline: April 1 (limit of 15 participants)

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 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.



Listening Like the First Time: Triduum Retreat

The liturgies of Holy Thursday, Good Friday and the Easter Vigil have some of the most memorable and powerful scripture passages of the year. Even though these readings are proclaimed year after year, they never lose their impact for our spiritual journey. Join John McHugh as he breaks open the Triduum scriptures in a way that will deepen these beautiful liturgical celebrations.

The Courage to Embrace Joy

According to researcher and author Brené Brown, emotions can make us feel uncomfortably vulnerable. In our attempts to numb ourselves from feeling painful emotions like fear, grief or anger, we also numb our capacity to feel positive emotions like love, joy and connection. During this program, you will learn about ways to carry pain with acceptance and compassion, so that you can embrace life with joy and gratitude.

"You can't get to courage without walking through vulnerability." Brené Brown

St. Francis and the Natural World: An Art Journaling Retreat

Writer Jan Wellik and artist Janet Moore team up to lead you in an extraordinary weekend of springtime nature journaling. On this retreat there will be opportunities to spend time in nature contemplating Francis of Assisi's poem of praise to nature, the Canticle of Creation, and writing in a nature journal you create in a bookbinding workshop. Bring clothing suitable for plein air (outdoor) nature journaling. Celebrate creation and Earth's springtime awakening in a whole new way!



Read more about this retreat on page 11.

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. 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 21 and April 18) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.



Spiritual Living

Spiritual Living programs at the FSC are open to everyone at any time and do not require registration (except *The Sound of Bowls*); 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 all the external noise and our internal thoughts. All are welcome to 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.

Richard Rohr Discussion Group

March 9 & April 13 • Mondays, 5:30-7 p.m.

Investment: Freewill offering

This self-facilitated group explores Richard Rohr's teachings on Franciscan spirituality. Using his books and other media offerings, we'll examine the ways his ideas can apply to our daily lives and nurture our spiritual growth. For information on upcoming topics, please contact Jane Finucane at jfinucane@fspa.org or call the FSC office at 608-791-5295. Come join the conversation the second Monday of the month!



The Sound of Bowls

March 10 & April 7 • 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. You are invited to wear comfortable clothes, as you may sit or lie on the floor as you prefer.

Enneagram Study Group

March 11 & April 8 • Wednesdays, 5:30-7 p.m.

Investment: Freewill offering

The Enneagram is a personality theory that describes nine different ways we view the world. This discussion group is for anyone who is interested in using the Enneagram to explore their spiritual life and relationships with family, friends and co-workers. Meetings are the second Wednesday of the month. For more information, please contact Jane Finucane at jfinucane@fspa.org or call the FSC office at 608-791-5295.

Drumming Circle

March 12 & April 9 • Thursdays, 5:30-6:30 p.m.

Facilitator: Rosalie Hooper Thomas

Investment: Freewill offering

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



Divorce Recovery

March 19 & April 16 • Thursdays, 5:30-7 p.m.

Facilitator: Diane Withers

Investment: Freewill offering

This group meets the third Thursday of the month to offer friendship, support and healing for the wounds of separation and divorce. Whether you are just beginning this new journey of singleness, or have been on it for some time, you are invited to come hear words of wisdom, share with others who understand, and experience fresh insights and healing.

March 19 topic: *When am I ready for a new relationship?*

April 16 topic: *How do I forgive?*

Imago Dei Women's Group

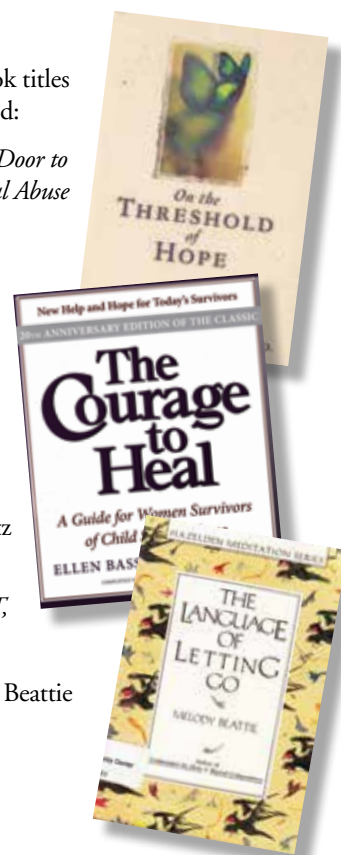
March 18 & April 15 • Wednesdays, 7-8:30 p.m.

Investment: Freewill offering

The name Imago Dei means "Image of God." When bad things happen to us, we can forget that we are created sacred. Meeting the third Wednesday of each month, this group offers female survivors of sexual abuse and assault a confidential, nonjudgmental space to reflect and heal. Facilitated by two women, a FSC spiritual director and a woman who was in an abusive relationship during her teen years, the group does not offer professional counseling or therapy but rather compassionate listening.

The FSC Lending Library carries several resources on healing, including these book titles that you are welcome to borrow as needed:

- *On the Threshold of Hope: Opening the Door to Hope and Healing for Survivors of Sexual Abuse* by Diane Mandt Langberg
- *Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault* by Justin S. Holcomb and Lindsey A. Holcomb
- *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass and Laura Davis
- *Sexual Healing Journey* by Wendy Maltz
- *Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT* by Sheela Raja
- *The Language of Letting Go* by Melody Beattie



MAKING A THOUGHTFUL
COMMITMENT TO THE
FRANCISCAN SPIRITUALITY CENTER

Spirited Friends

A MONTHLY
GIVING PROGRAM

Q. Who are Spirited Friends?

A. *Spirited Friends* make a monthly gift to help sustain the ministry of the Franciscan Spirituality Center.

Q. How does this giving program work?

A. You decide on a monthly gift amount that fits your budget. You authorize your bank to transfer this amount from your checking account directly to FSPA for the FSC.

Spirited Friends is an easy and efficient way for you to make a monthly gift and provide reliable support that is vital to the Franciscan Spirituality Center. Your monthly gift will help the Center live out our Franciscan mission to provide for those who seek support. Each year, we give scholarships to those in need for spiritual direction, programs and retreats at the FSC. By enrolling in the *Spirited Friends* program, you make a significant contribution all year without the need to write checks, find envelopes, buy stamps and make a trip to the post office. Become a *Spirited Friend* and help others on their path to connecting with God, meaning and wholeness. For a brochure and enrollment form, visit www.fscenter.org.

*Thank you
for your ongoing support.*

Planned Giving:

Please remember the Franciscan Spirituality Center in your will. FSC is part of the FSPA, a 501(c)(3) nonprofit organization. Our tax ID# is 39-0806386.



Tai Chi

Session 2: Mondays, February 16, 23 and March 2, 9, 16, 23

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

Time: Noon-1 p.m.

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

Tai Chi is an internal style of Chinese martial arts. Often referred to as “moving meditation,” it places emphasis on the steadiness of the breath and body with quiet concentration. This discipline consists of graceful and circular movements that are performed with a relaxed and slow tempo. Tai Chi is credited with strengthening and mobilizing joints and muscles to improve a sense of balance—both physically and mentally—as well as improving coordination, flexibility, easing pain and stiffness, and promoting better sleep and overall wellness.

Note: This class is for all levels. Beginners are invited to meet with Bernice 15 minutes early on the first day of the session for an introduction to terms and movements.

Vinyasa Yoga

Session 2: Mondays, February 16, 23 and March 2, 9, 16 and 23
Wednesdays, February 18, 25 and March 4, 11, 18, 25

Session 3: Mondays, March 30, April 6, 13, 20, 27 and May 4
Wednesdays, April 1, 8, 15, 22, 29 and May 6

Time: 5:30-6:30 p.m.

Investment: \$48/6 classes or \$10/drop-in; \$86/both Monday and Wednesday (12 classes)

Vinyasa Yoga is a flowing sequence of postures that are coordinated with a comfortable breathing rhythm. Yoga can enhance mental focus, flexibility and strength. Practicing yoga brings together physical, mental and soulful balance. Wednesday sessions also will include postures to improve strength.

Golden Yoga

Session 2: Tuesdays, February 17, 24 and March 3, 10, 17, 24

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

Time: 11:15 a.m.-Noon

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

Golden Yoga provides a safe approach to improved flexibility, strength and balance. 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 who are comfortable getting down on the floor, an additional 15 minutes will be offered at the end of the class.

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



Will I be welcome?



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

Shortly after I moved to this community, I saw a program advertised at the Franciscan Spirituality Center that piqued my interest. But I was nervous. I am a Lutheran. I wondered, “Can I go there? Will I be welcome if I’m not Catholic?”

Fortunately, I did not hesitate. I attended the program and discovered there was no basis for my fear. Even though the Franciscan Spirituality Center was established by the Franciscan Sisters of Perpetual Adoration, you do not have to be Catholic to participate in FSC programs. In fact, you don’t have to be *anything* to participate. Programming at the FSC is dedicated to anyone seeking God, meaning or wholeness. Participants come from a wide variety of traditions: Christian and non-Christian; practicing and non-practicing. Each person is unique. For each of us, our experience of God or the Divine is unique. We want to help all people grow deeper in that experience.

This is especially true in our offering of individual and group spiritual direction. As a spiritual director, it is my goal to help people grow deeper into whatever tradition is most meaningful for them. As a Lutheran, I do a lot of work with Lutherans. In that work, I want to help them grow deeper in their relationship with God as Lutherans. The same is true if I work with someone who identifies as a Methodist, or a Buddhist, or with someone who is not comfortable using the term “God.” Each of us has a spirit. And each of us is trying to connect our spirit with a reality that is bigger than ourselves. My goal is to walk with people on that journey by listening to them, encouraging them and learning together.

If you see something in this newsletter and are wondering, “Can I go there?” the likely answer is “Yes!” If you have any questions, please feel free to call me or any of the other spiritual directors on staff at the FSC.

Steve Spilde joined the staff of the FSC in January 2013. He can be reached at sspilde@fspa.org or 608-791-5297.

Our Other Spiritual Directors



Linda Kerrigan, FSPA Affiliate
lkerrigan@fspa.org
608-791-5276



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



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



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

FSC STAFF NEWS

A fond farewell

In December the FSC said goodbye to two of our staff members, each of whom are starting exciting new chapters in their lives: **Darlene Wozney, FSC hospitality;** and **Amy Taylor, FSPA, FSC retreat coordinator.**

If you’ve ever attended a meeting here or wandered into our Sophia Bookstore, you’ve likely encountered Darlene. Always ready with a smile and words of wisdom, Darlene has exemplified Franciscan hospitality at the FSC. Darlene first joined our staff in 2004 as a part-time receptionist, briefly retiring in 2009 and then returning in 2011 to work part time in hospitality.

Darlene’s retirement will be spent visiting her children, grandchildren and great-grandchildren; volunteering at Bethany St. Joseph Care Center and Mayo Clinic Health System-Franciscan Healthcare; continuing her work as a Eucharistic minister and FSPA affiliate and prayer partner; and sharing her warmth, compassion and friendship with residents at area nursing homes.

We wish her all the best in retirement!



Although Sister Amy has left the FSC, she hasn’t gone too far away. In January, she started working in the Franciscan Sisters of Perpetual Adoration’s Membership Office, where she works with women who are discerning their call to vowed religious life.

Sister Amy joined the FSC staff in 2013 as retreat coordinator, where she planned our popular summer retreat offerings and was involved in programs. Having professed her first vows with FSPA in June 2011, Sister Amy will make her final vows this May. We’ll miss Sister Amy’s creativity and attention to detail, but we know she will shine in her new position and be a blessing to her community.

Congratulations, Sister Amy!

St. Francis and the Natural World: An Art Journaling Retreat

It's hard to spend time in nature and not encounter the divine, says artist/environmental educator Janet Moore. She and writer/educator Jan Wellik will gently challenge us to connect more deeply with ourselves, nature, each other and God during this creative retreat April 17-19 at the FSC.

We'll start by designing our own nature journal using bookbinding techniques and recycled materials, and then spend time outside participating in guided writing and drawing experiences, as well as taking time for solitude, exploring the labyrinth and learning more about how the writings and teachings of St. Francis can shape our attitudes and feelings toward nature.

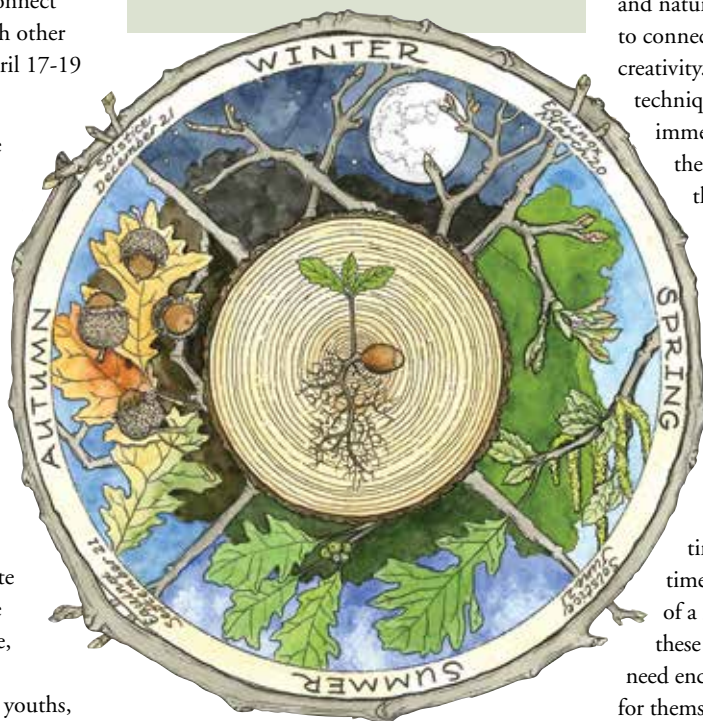
No previous artistic or writing experience is needed. Janet, who sees her own spirituality as informing her artistic process, says the only prerequisite is a desire to connect and communicate with nature. "The rest is only technique, only tools," she says. For Jan, who has worked on writing projects with at-risk youths, there's a certain freedom in expressive writing: "Everyone gets to speak from their own heart and own experience. There's such power in that."

We asked Jan and Janet to tell us more about what they have planned for this special retreat.

What do you hope participants gain?

Jan: I hope they get a chance to unwind, to unravel in the midst of God's beauty. We have great gifts of creativity within us that are often dormant or blocked due to our physical and emotional environments. In a retreat setting, we can be pure and open to that creativity within us. The magic of being in nature is that it inspires more creativity and peace within our souls—thus the dual magic of this retreat!

St. Francis and the Natural World: An Art Journaling Retreat is scheduled April 17-19. For registration information, please see page 7.



Janet: I hope they gain an understanding of the teachings of St. Francis and how they are relevant to our relationships with God and nature today, as well as a deeper ability to connect with their own spirituality and creativity. I hope they will learn tools and techniques that open the door for them to immerse themselves and communicate their experiences with nature. I hope they will see how their creative process and project adds to the song of life, enriching both themselves and others. Most of all, I hope they can feel a sense of joy, wonder and renewal in that pursuit.

Can you describe your creative process?

Jan: For me, it involves peace. I find it difficult to be creative during turbulent times, and times of chaos. As a part-time teaching and stay-at-home mother of a 3-year old, moments of peace are rare these days. I know that women, especially, need encouragement to find moments of peace for themselves. We are gifts from God, too, just like our children. It is so important to give ourselves the gift of peace and solitude. We can be instruments of God through this peace, and access our creative energy.

Janet: It's quite simple, really. I go to a spot in nature—this may be a grand vista, a small secluded nook, or even a flower, tree or other single life form that I find fascinating, that "calls me." I sit, get quiet and ask (pray) to learn from it and reveal what wants to be shown. We have thousands of things every moment that bombard our senses; listening and drawing what is before me is a meditation, a process for intense focusing of attention on a two-way communication with nature. Often the results are surprising—even to me.



About Jan: Jan has been leading nature writing retreats since 2004 when she founded Eco Expressions, a nature writing program for youths. She is the author of the *Nature Writing Field Guide for Teachers* and has a doctorate in education from Hamline University. She teaches writing and journalism at both Viterbo University and UW-La Crosse.



About Janet: Janet is an artist, botanical illustrator, environmental educator, and intellectual and spiritual seeker. She is completing her graduate studies in Environmental Education and Interpretation at UW-Stevens Point. An online gallery of Janet's work is available at http://www.portalwisconsin.org/online_gallery_artist.cfm?artist=189&sort=name



San Damiano meeting room



Grace Hall



Rose Room

Catering to your needs

The Franciscan Spirituality Center's eight peaceful, private and comfortable meeting rooms have been host to support groups, book clubs, training sessions, council meetings and business gatherings. Why not consider bringing your next meeting or event to the FSC?

In addition to bright rooms, up-to-date technology and comfortable seating, a meeting at the FSC can include a range of snack and meal options. You can start your meeting with a full hot breakfast or a lighter continental selection. At noon, enjoy a hot meal with meat or fish, sides, salad bar and dessert in the St. Rose dining room, or served buffet-style for your group in the FSC. A lighter supper is available at St. Rose for groups who stay overnight. Other options include meals such as soup, salad and sandwiches, pasta or pizza. Our hospitality staff will make all the arrangements, serve and clean up.

Available refreshments include meat and cheese trays, veggies and fruit, chips and salsa, muffins and sweet breads, popcorn, trail mix, cookies, coffee and tea.

Have something specific in mind? Give us a call at 608-791-5295, and we'd be happy to work with you on your group's specific dining and refreshment needs. No matter what you choose, every experience includes our second-to-none Franciscan hospitality and environmentally friendly service.

Rates for rooms and snack/meal options are available by visiting www.FSCCenter.org and selecting the "Meeting Rooms & Catering" tab. Groups that contract to meet monthly receive 25 percent off our already low half-day rate, free coffee and use of our reserved parking spaces.

“The Franciscan Spirituality Center is my venue of choice for seminars, meetings, classes and personal reflective contemplation; and has been for more than 25 years. They provides a quiet, professional and welcoming environment that ensures trust and encourages engagement. There is not a better venue for personal and professional development in the region.”

– Fred Kusch, president and CEO, JFK Associates



Our hospitality staff invites you to call us at 608-791-5295 for a tour of the FSC and to discuss your group's needs. Come experience Franciscan hospitality in the heart of La Crosse, Wisconsin!

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 by email at 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 cancelled 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.

FRANCISCAN SPIRITUALITY CENTER

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HELP US REACH OUR GOAL

Our \$30,000 fundraising goal will help:

- Provide scholarships to ensure everyone has access to our programs, retreats and spiritual direction
- Continue to bring in the very best in spiritual thinkers, writers and presenters
- Offer programs vital to healing at no cost to participants.



Donations of any amount are appreciated and help us continue our mission. Please use the enclosed envelope from this newsletter or donate online at www.FSCenter.org.

Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure waiting for your discovery. Full of books, scarves and interesting gifts, it is a wonderful, quiet 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.



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

Please stop by to browse!



Solitude Ridge Hermitages

Three individual hermitages are built on the edge of a 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.

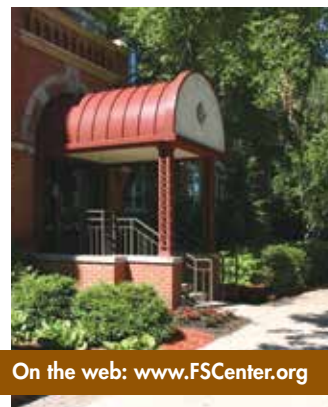
Telephone: 608-791-5295

Where to find us

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



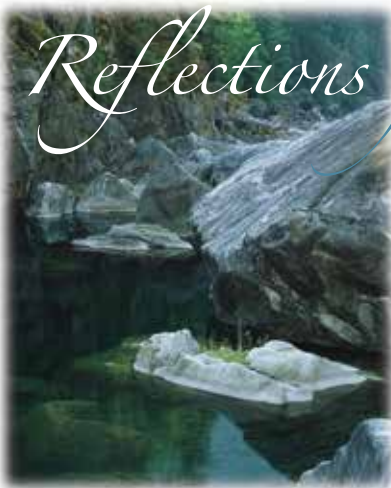
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Franciscan Spirituality Center

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La Crosse, WI 54601

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Reflections from the Center

Each Monday, we send a poem, short essay or other peaceful prayer meditation from a voice in our community to more than 2,000 email subscribers. If you would like to receive *Reflections from the Center*, please visit www.FSCenter.org and select the "Join Our Email List" tab, or email a request to fscenter@fspa.org. You also will find past reflections on our blog at www.atthecenterreflections.blogspot.com. We are always interested in hearing from new writers. If you would like to submit a reflection for publication, please email Stacey Kalas at skalas@fspa.org or call her at 608-791-5296 for more information.

Rain

By Sallie Bachar

Rain falling from the heavens
Like water from a sprinkling can
Saturating the thirsty earth
Vines ripen
Flowers sing
Lifting their faces to the sky

When rain falls upon the soul
We recoil, wanting only sunny days
Turning our faces to the earth instead
We forget our hearts need both to grow.

COMING SOON IN MAY & JUNE



Living Your Life as Spiritual Practice

May 1-2: 30th Annual Conference
with Thomas Ryan, CSP

Icon Writing Retreat: The Annunciation

May 3-9: Phil Zimmerman

Yoga Retreat: Grace from Within

June 5-7: Heather Henry

In the Heart of Compassion

June 8-12: Janet Mallak, SSND

Silent Directed Retreat

June 26-July 1

Follow us on :    