

**Franciscan  
Spirituality Center**

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

VOLUME 25 • NUMBER 3

MAY/JUNE 2017

# *At the Center*

## **In this Issue:**

- *Summer camp for adults!*
- *The Spirit of Golf: A Retreat for Men and Women*
- *Transformative Writing Retreat*
- *Icon Writing: The Holy Face*

**APRIL 28-29**

# Terry Hershey

## 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 St., 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 St., 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.

**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.



## 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**



**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.

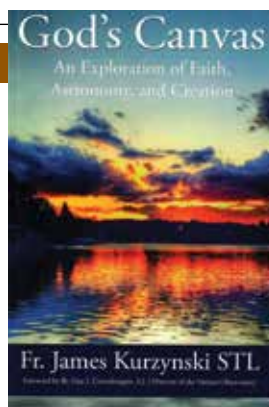
**Professionalism:** Commit to competence, quality, trust and personal spiritual development.

#### 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.

“What makes us human is not our mind but our heart, not our ability to think but our ability to love.”

– Henri Nouwen



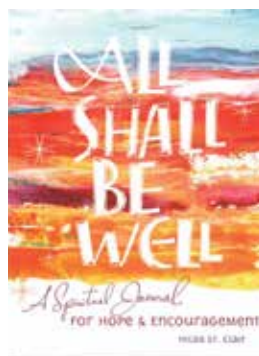
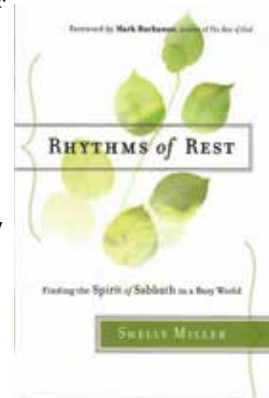
#### AT THE SOPHIA BOOKSTORE

##### New at the Sophia Bookstore:

*God's Canvas: An Exploration of Faith, Astronomy and Creation*  
by Fr. James Kurzynski, STL

*Rhythms of Rest:  
Finding the Spirit of Sabbath  
in a Busy World*  
by Shelly Miller

*All Shall Be Well:  
A Spiritual Journal for  
Hope & Encouragement*  
by Hilda St. Clair



#### Sophia Bookstore

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

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

We have a new line of Fair Trade bags and headbands.  
Please stop by to browse!

# Warm welcome and a cup of tea



As I poured milk to make a cup of chai tea, a memory from a recent trip to India came to me. My four traveling companions and I were sitting on crates that were provided so that we Westerners wouldn't have to sit on the sidewalk. Before us, an old man poured black tea into a big pot of boiling milk over an open fire. The wonderful smells of spices like cardamom and cinnamon bubbled up. Finally, when he judged it ready, the old man strained the masala chai tea into small terra cotta cups. After drinking the tea, the cup is destroyed. Although this is how the man makes his living, he would not accept any payment for his delicious tea.

We hadn't planned to stop for sidewalk tea that afternoon in New Delhi. We stopped to take pictures of monkeys that were cavorting around the entrance to a temple. Then we noticed the people who were living and working on that stretch of pavement. We asked whether we might take pictures of them, and they asked to take selfies with us. One young man approached us and touched the feet of our tour leader and then me, a sign of respect for an elder. Then he ran to find plastic lawn chairs for us to sit on. Finally, he said we must have some tea and led us to the tea vendor. While we sat and drank our tea, the Indian men and women who live and work on that stretch of sidewalk stood and watched us with a friendly curiosity. We had attracted quite a crowd.

During our time in India, I was asked more than once how I felt about our new government. I think what they were asking was, "How do you feel about us now?" They had read and heard the rhetoric. How I feel is that we should care about how they are doing, even though they live 7,000 miles from our shores. I want their country to be just as great as my country. I want us to be able to visit each other whenever possible and not have to worry about travel restrictions. I want us to be good neighbors who, out of their abundance, help each other.

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  
Coordinator



Laurie Swan  
Office Manager



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



Everyone was a winner during our first-ever Art Dash fundraising event, held March 30 at The Court Above Main.

As we called their numbers in rapid succession, ticket holders dashed to claim their favorite works of art from among 60 donated pieces. Most of the artists were on hand, as were more than 100 spectators, to mingle and enjoy a delicious spread of appetizers and desserts.

Thank you to everyone who attended! We hope you had as much fun as we did. For a complete list of participating artists and sponsors, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the Art Dash tab at the top of the page.



# Finding God in All

*What do I really desire in my life?*

*Who is  
Where is God in the events*

*Who am I?*

# Things

## THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

*God?  
of my life?*



*Finding God in All Things* is a nine-month retreat experience that uses the Spiritual Exercises of St. Ignatius of Loyola to ask these questions and seek answers that reflect the uniqueness of you and your everyday life.

Together, in a safe and welcoming community, we will explore the spiritual practices of prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment, all within the context of a Franciscan framework.

### *Finding God in All Things* includes:

- A spiritual toolbox of practices and ways of prayer that will help you discern the fingerprints of God in your daily life. You will live from your truest self as you come to know your desires, trusting your own steps of discernment on life's journey.
- Monthly gatherings that invite you to reflect on the unconditional love of the Creator, God's boundless mercy, the life of Jesus and his Passion, and Resurrection Living.
- Daily emails that foster a commitment to prayer and reflection in your everyday life.
- A monthly meeting with your spiritual director, who will listen to you as you discern the presence of the Spirit in your daily life.

### *Finding God in All Things* is ideal for:

- Anyone who seeks the divine in every human experience.
- Anyone who wants to explore Ignatian methods of prayer and discernment.
- Both trained spiritual directors and those considering our Spiritual Direction Preparation Program.
- Anyone just starting a spiritual practice, all who seek to enhance their current practice and everyone in between.

### **The Schedule:**

OPENING SESSION: September 16, 2017 (Saturday, 9 a.m.-3 p.m.)

MONTHLY SESSIONS: (Saturdays, 9 a.m.-1 p.m.)

- 2017: October 21, November 11, and December 16
- 2018: January 20, February 17, March 17, and April 21

CLOSING SESSION: May 19, 2018 (Saturday, 9 a.m.-3 p.m.)

### **Investment:**

\$450 (includes program and lunch each session) plus the cost of monthly spiritual direction (\$40-\$60 per month). Payable in September or as monthly installments of \$50.

**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.

## May 6

Saturday, 9 a.m.-noon

**Facilitator:** Steve Spilde

**Investment:** \$20

**Registration deadline:** April 21

### *Trinity: The Soul of Creation – highlights and conversation*

Beloved authors and teachers **Richard Rohr, Cynthia Bourgeault** and **Wm. Paul Young** come together to reveal a three-dimensional view of the many-sided Mystery. The Trinity is the foundation and template for the entire universe, and a metaphor for the nature of reality, both seen and unseen. This pattern of dynamic relationship is found in the structure of an atom, in our families, in ecosystems and economies. It is a pattern of mutual giving and receiving; in a word, Love. Come join us at the FSC for highlights and conversation from their April 6-8 presentation/webcast in New Mexico around this dynamic subject.



## May 6

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

**Presenter:** Jan Wellik

**Investment:** \$35,  
includes box lunch

**Registration deadline:** April 21



### *Transformative Writing Retreat*

Both seasoned and new writers are invited to this daylong retreat for inner exploration in a beautiful natural area on St. Joseph's Ridge. We will offer a balanced mix of soul-searching tools for your transformation tool box: writing reflection, nature journaling, meditation, silent time in nature, hiking and exploring sacred spaces.

Are you searching for meaning in your life? Uncovering a new journey? Or wanting something more? This healing retreat will help you explore your own true self.



**Jan Wellik** teaches English and writing at Viterbo University, and Environmental Studies at UW-La Crosse. She is the founder of Eco Expressions, a nature writing program, and the author of the *Nature Writing Field Guide for Teachers*.

## May 10 OR June 14

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

**Facilitators:** FSC staff

**Investment:** \$25, includes room, lunch and art materials

**Registration deadline:** April 26/May 31

### *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, a simple meal and optional art materials for creative expression. Come rest, reflect, pray and be renewed!





**May 15**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

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

**Registration deadline:** May 12

**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.

**May 16 and June 20**

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

**Presenter:** Greg Lovell

**Investment:** \$10 each session

**Registration deadline:** May 15/June 19

**Themes:** **May:** *Walking meditation*  
**June:** *Open awareness 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.

**May 21-27**

Sunday, 7 p.m.-Saturday, 10 a.m.

**Instructor:** Phil Zimmerman

**Investment:**

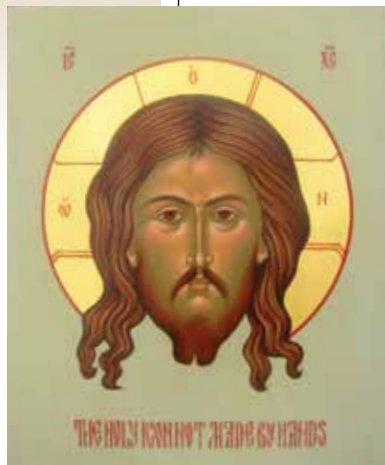
- **Full:** \$625, includes retreat, bedroom, all meals and all supplies
- **Commuter:** \$505, includes retreat, lunch and supper, and all supplies
- Fee includes a \$150 non-refundable deposit.

**Registration deadline:** May 5

**Limited to 25 participants.**

**Icon Writing: The Holy Face**

Icon writing is a meaningful prayer practice and a technical art form with a rich, inspirational history. At this retreat for all levels, we will "write," or paint, Jesus' Holy Face, in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials. All materials and supplies are provided so that you will finish the week with a beautifully completed icon varnished and ready to display. Each day of the retreat will include prayer and meditation, explanation of the technique, history and symbolism of the icons, and several hours of painting.



**Phil Zimmerman** is the owner of St. John of Damascus Icon Studio in Pennsylvania. He studied iconography with Richard Osacky, (the late Bishop Job, OCA Diocese of Chicago and the Midwest), and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil uses acrylic paints and boards that are carefully prepared with cloth and gesso, and embellished with 24-karat gold leaf. Subjects are chosen by careful study of time-honored prototypes.

**Note:** Phil will offer another icon retreat for all levels of painters July 9-15. That group will paint Jonah and the Whale. Visit [www.FSCenter.org](http://www.FSCenter.org) for details.



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



## 2017 Program & Retreat Offerings *continued.*

### June 2-7

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

**Facilitators:** FSC spiritual directors

**Investment:** \$485, includes retreat, all meals and five nights' stay. This retreat does not have a commuter option.

Fee includes a \$50 non-refundable deposit.

**Registration deadline:** May 19

**Limited to 20 participants.**

### **Silent Directed Retreat**

This silent directed retreat is a gift of silence, solitude, rest and reflection. Let go of life's many distractions, and come to a safe and hospitable place of quiet. During this retreat, you will meet daily with a spiritual director who will listen to you with compassion.

There will be plenty of opportunities for prayer, contemplation and artistic expression in our new art room. You also are invited to attend daily Mass and pray with the Franciscan Sisters of Perpetual Adoration in the St. Rose Adoration Chapel if you wish. Nearby biking/hiking trails and outdoor labyrinths also are available. Please know that you can shape the schedule to meet your particular needs.



### June 8-11

Thursday, 3 p.m.-Sunday, noon

**Presenter:** Heather Henry

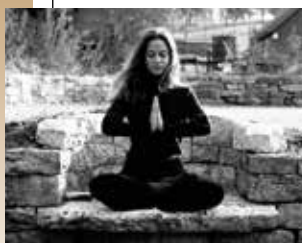
**Investment:**

- **Full:** \$295, includes retreat, three nights' stay and all meals
- **Commuter:** \$225, includes retreat, dinner on Thursday, and lunch on Friday and Saturday

**Registration deadline:** May 25

**Limited to 20 participants.**

### **Radiant Woman – A Yoga Retreat**



Honor yourself and your body with practices designed to nourish the divine woman within. Allow nature to inform your intentions and daily movement through life, creating an effortless flow that is vibrant and alive. Inhabit more— or all—of your body, instead of living just in your mind. Through practices drawn from yoga and Ayurveda, including gentle postures, breath, meditation and sound, we'll connect with our creative feminine energy, guiding it consciously to manifest the lives we desire. Along the way, we'll develop greater compassion for ourselves, which transposes into greater compassion for all.

Dedicated to sharing joy and grace through yoga and Ayurveda, **Heather Henry** has been teaching heart-led yoga for 20 years. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to. Heather looks toward nature, as divine expression, to connect with the rhythms that bring balance to our lives.

### June 9-10

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

**Presenter:** Steve Spilde



**Investment:**

- **Full:** \$200, includes retreat, greens fees and golf cart, all meals, 1 night's stay
- **Commuter:** \$160, includes retreat, greens fees and golf cart, Friday night social, Saturday lunch and dinner

**Registration deadline:** May 26

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

Explore the life lessons to be learned from this beautiful and frustrating game, as we explore insights from the writings of M. Scott Peck, author of *Golf and the Spirit: Lessons for the Journey*. This retreat includes 18 holes of golf, and all skill levels are welcome. In addition to golfing, we'll have time for both personal reflection and group discussions that link golf and spirituality. Enjoy an evening social, good food and great conversation!

**Steve Spilde** is an avid golfer, a trained spiritual director and the associate director of the FSC.



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



**June 19-23**

Monday, 1 p.m.-Friday, 10 a.m.

**Presenters:** Greg Lovell, Cynthia (Sam) Licht, and FSC staff; Leader: Melinda Pupillo

**Investment:**

- **Full:** \$375, includes meals, four nights' stay, all program materials
- **Commuter:** \$250, includes lunches and dinners, all program materials

**Registration deadline:** June 1

**Three evening opportunities open to the general public (\$10 each):**

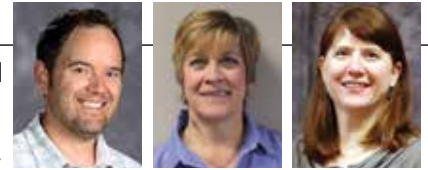
- **June 19 - Monday, 6-8 p.m.**  
*Mindfulness Foundations*, with Greg Lovell
- **June 20 - Tuesday, 6-8 p.m.**  
*Devotion Through Body Awareness*, with Cynthia (Sam) Licht
- **June 21 - Wednesday, 6-8 p.m.**  
*Everything is Spiritual* by Rob Bell, film and discussion

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

Summer camp isn't just for kids! We have created this week with adults of all ages and abilities in mind. As we connect our mind, body and spirit with the earth, water, fire and air, we explore our five senses and take in the world around us.

Just like camp, there will be time during the day to hike, be creative, find time for quiet and even paddle a canoe if you choose. In the evenings, we will hear from different teachers on mind, body and spirit. One evening, we will even sit around a fire and roast marshmallows.

Come with your childlike curiosity and a small sense of adventure; you will even get time for a nap or two. Put your whole self in, and you will certainly be blessed!

**August 7-11**

Monday, 1 p.m.-Friday, 10 a.m.

**Presenters:** Sister Lucy Slinger, FSPA, and Melinda Pupillo

**Investment:**

- **Full:** \$375, includes meals, four nights' stay, all program materials
- **Commuter:** \$250, includes lunches and dinners, all program materials

**Two evening opportunities open to the general public (\$10 each):**

- **August 7 - Monday, 6-8 p.m.**  
*I Am*, film and discussion
- **August 9 - Wednesday, 6-8 p.m.**  
*Theology for Ecology*, with a brief look at Pope Francis' *Laudato Si*

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

This week of camp for adults will allow you to explore the created world around you and examine your role as a part of it. As we hike the coulee bluffs, plant and nurture gardens, and make new connections between spirituality and ecology, you are invited to listen and respond to God's command to care for Creation in new ways. Many of the experiences will be held at the FSPA Villa St. Joseph Farm land located 13 miles east of La Crosse.



**Sister Lucy Slinger, FSPA** ecological advocate, will share her theology of ecology in practice at the new, net-zero water and energy greenhouse and organic garden. Prairie restoration and other FSPA sustainable land management practices will be shared, with a special experience of helping develop a healing herb peace garden for the new greenhouse landscape.

Mornings are flexible for rest, reflection and time on your own. Afternoons will be experiential times of prayer, reflection and getting our hands and feet dirty. Evening offerings provide activities and discussions to examine what it means to live in right relationship with self, others, God and the rest of creation. There will be an opportunity to go canoeing, and we will have a closing bonfire together, marshmallows included! You are invited to participate in this full-day, camp retreat experience, or you may join us for the evening programs alone. This week will open your heart in new ways to celebrate the glory of Creation!

**Groups That Meet at the FSC**

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (May 20 and June 17) 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 with questions. This group joins *The Sound of Bowls* on May 9.

# body, mind & spirit



## Monday Yoga: Vinyasa Flow

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

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

**Session 4:** May 15, 22; June 5, 12, 19, 26

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

**Instructor:** Michelle Hundt

**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.

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

## Tai Chi

Monday, noon-12:45 p.m.

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

**Session 4:** May 15, 22; June 5, 12, 19, 26

**Instructor:** Michael Brown

**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.

**Michael Brown** is a certified teacher of Qigong and Tai Chi Easy. He has master's degrees in theology and in counseling. His interests include music, writing, outdoor activities and internal Chinese martial arts.



# Spiritual Living

## Divorce Recovery

May 4 • Thursday, 5:30-6:30 p.m. and May 18 • Thursday, 5:30-7 p.m.

**Facilitators:** Diane Withers and Mary Riedel

**Investment:** Freewill offering

We offer two opportunities each month for anyone in need of friendship, support and healing due to divorce or separation. All are welcome, no matter where you are in the process or how long ago you divorced. Gatherings are informal, and you will have a chance to share with others dealing with similar situations in a safe and peaceful environment. Come to all or as many meetings as you wish.

On the third Thursday of each month, Diane Withers facilitates the group. Each session 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, private reflection and refreshments. 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

May 9 • 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

May 10 • 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

May 11 and June 8 • 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

May 12 and June 9 • 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. **Please register 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

May 25 or June 22 • Thursday, 6-7 p.m.

**Leader:** Melinda Pupillo

**Investment:** Freewill offering

Whether you know one language only 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.

# A change in Direction



Anyone who has participated in our Spiritual Direction Preparation Program during the past 10 years has experienced the grace, humor and compassion that define Barb Kruse.

It is with mixed emotions that we have accepted Barb's decision to move out of her leadership role of the SDPP, effective July 2017. She will continue to be involved with the program as a supervisor, attend workshop weekends and support the team in myriad ways. Barb also will remain on staff at the FSC and continue to meet with individual directees.

Taking over the reins for the SDPP is Steve Spilde, associate director of the FSC and graduate of SDPP Class 11. Barb and Steve have been working closely together since September with our current class of 38 participants, and Steve is excited to continue to shepherd current and future students through the program. SDPP core team members Rose Elsbernd, FSPA, and Deb Hansen will continue to bring their gifts to the program.

In a note to participants, Barb expressed her gratitude for the privilege of journeying with so many wonderful spiritual directors in formation over the years: "Thank you all for the grace that you have brought to my life through your loving, compassionate, listening presence. I have been blessed in so many ways."

## FSC SPIRITUAL DIRECTORS



**Steve Spilde**

sspilde@fspa.org | 608-791-5297

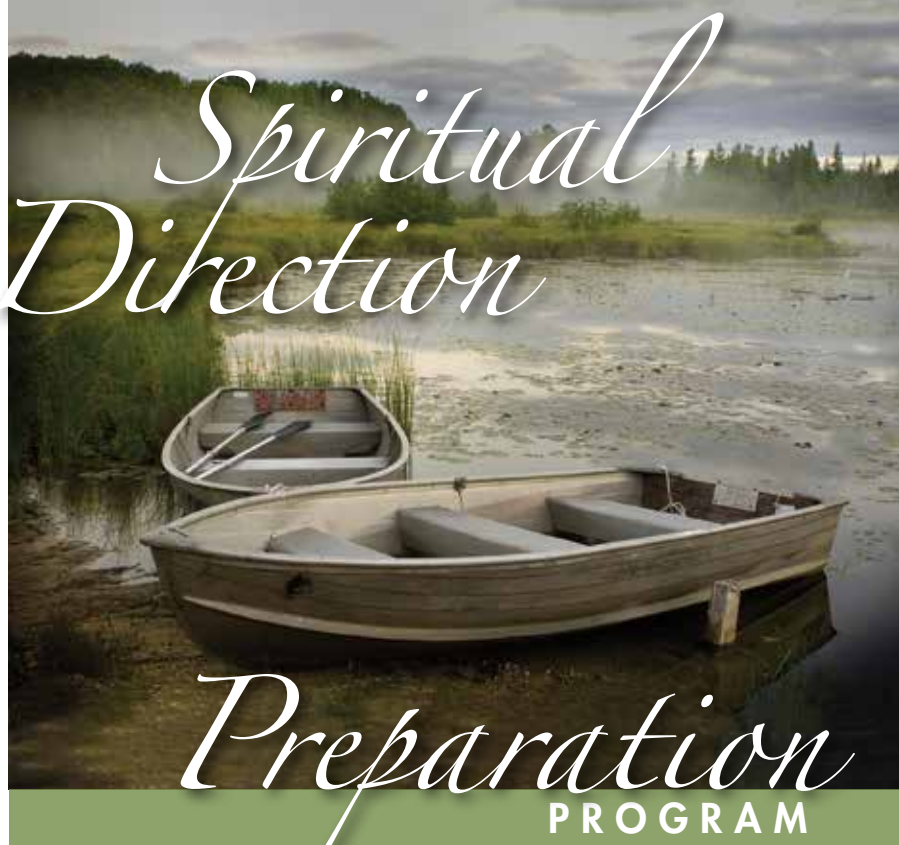
**Rose Elsbernd, FSPA**

relsbernd@fspa.org | 608-791-5268



**Deb Hansen**

dhansen@fspa.org | 608-791-5601



The Spiritual Direction Preparation Program provides a mix of workshops and real-life experiences to prepare individuals to move into their communities and jobs as trained spiritual directors. This innovative program extends over three years, giving participants an opportunity to integrate theory and practice. While the SDPP prepares the participant to direct others regardless of their spirituality, this program teaches from the Judeo-Christian tradition.

### This program is designed for those who:

- Are older than 30 and are drawn to a deeper understanding of spiritual direction.
- Have not had formal training in spiritual direction.
- Are preparing for a ministry of spiritual or retreat direction and/or the practice of redemptive listening.
- Would like to deepen their spiritual and personal development.

### Participants learn by:

- Attending required workshops.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.

SDPP Class 15 will start in September 2018, and applications will be accepted starting in January. For more information, please visit [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295.

## FSC VOLUNTEER OPPORTUNITIES

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

We are always looking to add to our volunteer team. Do you have an hour or two each week or even once a month? Shifts

are primarily evenings and weekends, and no special skills are needed. We're happy to show you what's involved. As a thank you, volunteers receive 20 percent off all FSC programs and retreats and are recognized with an annual appreciation party.

**Sound good?** Please contact Laurie Swan at [lswan@fspa.org](mailto:lswan@fspa.org) or 608-791-5279 to get started.



## 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)



We're collecting gently used, quality books for our July book sale.

You can drop them off anytime between 8 a.m.-5 p.m. Monday-Friday, or when you are here for a program or retreat.

### 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

## Board of Directors

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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

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MAKE A THOUGHTFUL COMMITMENT TO THE  
FRANCISCAN SPIRITUALITY CENTER

# Spirited Friends

A MONTHLY  
GIVING  
PROGRAM

## Consider becoming a Spirited Friend!

We couldn't do what we do here at the Franciscan Spirituality Center without your generous financial support. Your donations make it possible for us to offer several healing ministries at little to no cost to participants, and to offer scholarships for anyone seeking spiritual direction or otherwise unable to attend our programs and retreats. *Your gifts have inspired and changed lives!* Please consider making a monthly commitment to the FSC by becoming a Spirited Friend today. It's easy, it's convenient, and it provides reliable support that is vital to sustain our mission. Details at [www.FSCenter.org](http://www.FSCenter.org) or 608-791-5295.

### UPCOMING RETREATS



#### **Icon Retreat: Jonah and the Whale**

July 9-15 • with Phil Zimmerman

#### **Summer Camp for Adults: Eco-Love**

August 7-11 • with FSC staff

#### **Pilgrimage Retreat**

September 15-17 • with FSC staff

#### **Finding God in All Things • Opening Session**

September 16 • with FSC staff

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