



**Franciscan
Spirituality Center**

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

VOLUME 24 • NUMBER 3

MAY/JUNE 2016

At the Center



In this Issue:

- *The Spirit of Golf men's retreat*
- *Wheels of Time and Place
nature journaling*
- *Mindfulness Practices for
Stress Reduction*
- *The Myrrh-Bearing Women
iconography retreat*

The SACRED ART of LISTENING

with **Kay Lindahl**, *acclaimed author,
internationally known speaker and founder
of The Listening Center, Long Beach, California*



Community presentation & book signing

Friday, April 29

8:30-11:30 a.m.

English Lutheran Church,
1509 King St., La Crosse

Also available:

Weekend retreat

April 29-May 1

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

Franciscan Spirituality Center, 920 Market St., La Crosse

**ONLY
\$35!**

**Advance
registration
required.**

Investment:
\$140 commuter
or \$190 overnight;
meals included



**Franciscan
Spirituality Center**

www.FSCenter.org • 608-791-5295

Practice deep listening skills for better communication, transformed relationships,
greater self-awareness, fewer misunderstandings and mutual respect.

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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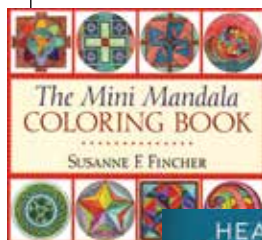
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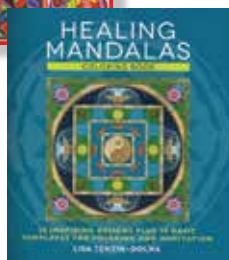
Adult coloring books have been shown to help us relax, focus, improve fine motor skills and add beauty to our lives. Check out these new titles:



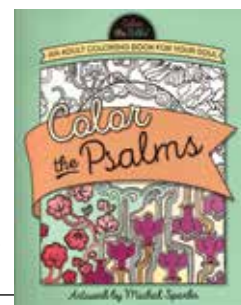
Be Still and Know That I am God
(includes Scripture verses from Psalms)



The Mini Mandala Coloring Book
by Susanne F. Fincher



Healing Mandalas
by Lisa Tenzin-Dolma



Color the Psalms
by Michal Sparks

Sophia Bookstore

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

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

Please stop by to browse!



Springing to new life



This spring, the hottest and driest place in all of North America, Death Valley, is filled with a rare "superbloom" of wildflowers. Death Valley typically gets 2 inches of rain a year only and sometimes no rain at all. But last fall, storms brought 3 inches of rain, enough to trigger growth in millions of wildflower seeds that have lain

dormant for a decade, waiting for enough rain.

What patience we see reflected in nature! So often, the seeds of human change lie dormant for a long time, waiting for just the right conditions for new personal and spiritual growth to begin. We see this happening all the time at the Franciscan Spirituality Center.

People often come to the FSC because they are hoping to grow in some way. Their spiritual life or their personal relationships may be feeling dead and dry. They may struggle to grow because they are unable to find purpose and meaning in life, or they are dealing with a deep hurt or loss. Visiting with a spiritual director or participating in a program or retreat can be like the rain that triggers those long dormant seeds of new life.

"This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise."

These words, attributed to Blessed Oscar Romero of El Salvador, seem true of what happens at the Franciscan Spirituality Center. Many of you, through your donations, are partners in that mission.

Last year, FSC programs and retreats had more than 2,000 people in attendance, and spiritual directors logged nearly 900 visits. Our prayer is that we have touched the lives of all those people, and that they in turn water seeds wherever they find them.

Peace and all good,

Audrey Lucier

Audrey Lucier
FSC Director

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

FRANCISCAN SPIRITUALITY CENTER

Staff



Steve Spilde
Associate Director &
Spiritual Director



Barb Kruse
Spiritual Director



Marcia Bentley
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deborah Hansen
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Office Assistant



Elizabeth Kapanke
Receptionist & Hospitality



Theresa Burchell
Hospitality

the spirit of golf

A RETREAT FOR MEN

June 17-19

This retreat will begin at 1 p.m. Friday and conclude at noon Sunday. Participants will enjoy:

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



Golf is deceptively simple and endlessly complicated.”

- Arnold Palmer

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

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



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

Please see page 8 for registration information.

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

2016-19

Spiritual Direction

Preparation PROGRAM

Since 1985, the staff at the Franciscan Spirituality Center has trained more than 400 people in the practice of spiritual direction. This innovative program provides a mix of workshops and real-life experiences to prepare individuals to move into their communities and jobs as trained spiritual directors. Our graduates describe the program as transformative, life-changing and highly supportive.

If you are interested in deepening your spiritual and prayer life, developing your compassionate listening skills, and learning to be present to others as they share their sacred stories and search for meaning in life, the Spiritual Direction Preparation Program may be for you.

The SDPP extends over three years, giving participants an opportunity to integrate theory and practice through workshops, monthly verbatims, quarterly meetings with supervisors, assigned readings, the writing of reflection papers and annual reviews.

Our next class will begin in September 2016. If you are interested in learning more about the SDPP, please call 608-791-5295 or download a brochure at www.FSCenter.org. Applications will be accepted until June 30, 2016, or until the program fills.

“The SDPP is much more than a skill-building program. It is a transformative opportunity to grow in true self and in God. The SDPP staff truly foster a spirituality of Franciscan welcome and affirmation in which to grow.”

Terri Beck-Engel
July 2015 SDPP graduate

CO-DIRECTORS:

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



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



For more information and to
watch a video about the SDPP,
visit www.FSCenter.org

Wheels of Time and Place

"I hope that people will take away a greater connection to nature and place, a greater sense of time as a series of natural cycles, and an appreciation for the unique energy that each time of the day offers us for inspiration, action, renewal and reflection. The art and writing techniques introduced and practiced throughout the retreat will ideally continue and form the foundation for future observations and artistic expressions."

– Janet Moore

The creative team of Janet Moore and Jan Wellik will return to the Franciscan Spirituality Center this summer to present a new art journaling retreat designed to connect you more deeply to time and place through the wonders of nature.

Wheels of Time and Place will be offered June 9-12 (Thursday, 7 p.m.-Sunday, noon). No writing or art skills are necessary—just a desire to enjoy the natural world and to express yourself creatively.

Janet—an accomplished artist and environmental educator—and Jan—a published author and writing instructor—will guide you through art journaling techniques and writing exercises as you create a uniquely personal circular journal.

Using the natural cycle of a 24-hour day, the retreat will loosely follow a time sequence of Praying the Hours. The group will meet throughout the course of each day to explore various natural locations, pausing to reflect on both the physical place and the qualities that are present in that moment of time.

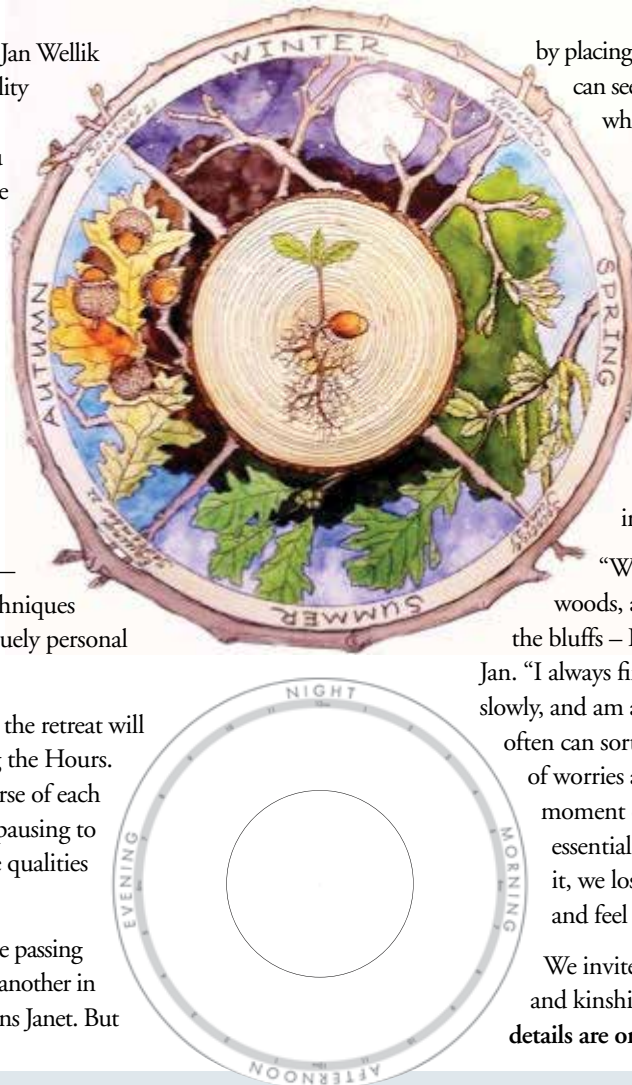
Most of us have been taught to think of the passing of time as linear, with one event following another in sequence by day, by month, by year, explains Janet. But

by placing the same events in a wheel or circle, you can see patterns and use those to communicate what is most important to you.

Instead of approaching your day as a series of to-do lists, this retreat will give you a chance to be mindful in your movements, thoughts and creative expression, simply by being more in tune with the natural world, Jan says. "I think it will be pleasantly surprising, relaxing and connecting for all of us." A deep connection with nature can ground you and help you feel your place in the bigger picture.

"When I walk outdoors, whether it is in the woods, along the marsh trails, the prairie or up in the bluffs – I find great peace within myself," shares Jan. "I always find myself smiling, breathing deeply and slowly, and am awed by the wonders of the universe. I often can sort through my thoughts of the day, let go of worries and stresses, and truly be in the present moment of time. This connection with nature is essential to our health as human beings. Without it, we lose touch with ourselves, our true centers, and feel lost from the grace of God."

We invite you to enjoy a relaxing day of creativity and kinship with the natural world. **Registration details are on page 8.**



About Janet: For as long as Janet Moore can remember, her art has been informed by a deep and direct relationship with the natural world. She earned separate bachelor's degrees in art and environmental studies at University of Wisconsin-Madison, and a master's degree in environmental education at University of Wisconsin-Stevens Point, with a focus on researching the value of drawing as a learning tool in science. Janet has worked as an educator for The UW-Madison Arboretum's Earth Partnerships for Schools program, the LEAF K-12 School Forestry Program and as an independent presenter, teacher and consultant for art, nature and science integration. View her work at www.janetmooreart.com.



About Jan: Jan Wellik is a lifelong writer and journalist who has been involved in environmental education since 2004, when she lived in Southern California. Jan previously reported on environmental news in San Diego and later started a nature writing program for youth called Eco Expressions (www.EcoExpressions.org). Currently, she teaches writing in the English Department at University of Wisconsin-La Crosse and advises the Lumen student newspaper at Viterbo University. Jan is the author of *Nature Writing Field Guide for Teachers*, and continues to lead nature journaling and nature writing workshops and retreats for all ages in the La Crosse area.



2016 Program & Retreat Offerings

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

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

April 12

Tuesday, 5:30-7:30 p.m.

Presenters: Richard Rohr, OFM, and Kathleen Dowling Singh

Facilitators: FSC staff

Investment: \$10



April 29

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

Presenter: Kay Lindahl

Investment: \$35

Note: Event takes place at English Lutheran Church, 1509 King Street, La Crosse
Book signing to follow.

Richard Rohr LIVE Webcast: Living and Dying in Grace

Gather at the Franciscan Spirituality Center to watch a thought-provoking presentation by **Father Richard Rohr** and **Kathleen Dowling Singh** via the Internet at the Center for Action and Contemplation in New Mexico. Rohr is a Franciscan priest, speaker and author, and the founder of the CAC. Singh is known for her work on spirituality at the end of life, spiritual transformation in the midst of life, and meditative and contemplative practices. She is the author of *The Grace in Aging: Awaken As You Grow Older* and *The Grace in Dying: How We Are Transformed Spiritually As We Die*, and her work appears in Rohr's *Oneing* publications. After the webcast, enjoy a brief discussion with others in attendance.

Please note: This webcast will be shown at the Franciscan Spirituality Center. We do not offer an option for participating remotely.



The Sacred Art of Listening: Community Presentation

Most people have had the experience of preparing to speak; this presentation provides practice in preparing to listen. Participants will experience the power of listening deeply to another—and of being deeply listened to by another. Enjoy fewer misunderstandings, greater connection, mutual respect and peaceful dialogue as a result. Ideal for anyone who works in health care, business, education or ministry.

Kay Lindahl is an author, internationally known speaker, dedicated spokesperson for the interfaith movement and founder of The Listening Center in Long Beach, California.



May 2

Monday, 5:30-7:30 p.m.

Presenters: Richard Rohr, OFM, and Christena Cleveland

Facilitators: FSC staff

Investment: \$10

Registration deadline:
April 22



Richard Rohr LIVE Webcast

Gather at the Franciscan Spirituality Center to watch a thought-provoking presentation by **Father Richard Rohr** and **Christena Cleveland** via the Internet at the Center for Action and Contemplation in New Mexico. Rohr is a Franciscan priest, speaker and author, and the founder of the CAC. Cleveland is a fresh voice from the millennial generation whose passion is spirituality, justice and reconciliation. She is the author of *Disunity in Christ: The Hidden Forces That Keep Us Apart* and teaches at Duke Divinity School, where she previously served as director of the Center for Reconciliation. Cleveland's writings on diversity, race, privilege and cultural unity frequently appear in spirituality magazines and in blogs. After the webcast, enjoy a brief discussion with others in attendance.

Please note: This webcast will be shown at the Franciscan Spirituality Center. We do not offer an option for participating remotely.

May 14

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

Presenter: Sharon Lukert**Investment:** \$45,
includes lunch**Registration deadline:** May 2

Limited to 35 participants.

**Getting Off the Hook**

Certain habits of mind tend to “hook” us and get us stuck in states of anger, blame, self-hatred and addiction. In Tibetan Buddhism, the word for getting hooked is *shenpa*. Once we recognize these patterns of *shenpa*, we can start to unhook and begin to change our lives for the better. Based on Pema Chödrön’s book *Taking the Leap*, this workshop offers everyday practices and advice for unhooking these patterns and discovering your natural qualities of intelligence, warmth and openness. We will engage in guided meditation, loving-kindness practices and explore together through dialogue how to apply these insights on the spot in real life. Reading *Taking the Leap* is encouraged but not necessary to attend the workshop.

Sharon Lukert is a staff chaplain at Gundersen Health System. She has been a practicing Buddhist within a Tibetan lineage for more than 20 years and has studied under Pema Chödrön. Sharon is also a meditation instructor and has facilitated workshops and study groups focused on Buddhism, meditation, death and dying education, and bereavement support.

May 15-21

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

Presenter:
Phil Zimmerman**Investment:**

- **Full:** \$625, includes retreat, all meals, and six nights’ stay
- **Commuter:** \$505, includes retreat, lunch and supper
- **Fee includes:** \$150 non-refundable deposit.

Registration deadline: April 15

Limited to 25 participants.

**Icon Writing: The Myrrh-Bearing Women (Advanced)**

Icon writing is a meaningful prayer practice and a technical art form with a rich, inspirational history. At this retreat *for those with previous experience*, we will “write” or paint *The Myrrh-Bearing Women* in the Byzantine style, following ancient guidelines and techniques while using modern artist’s materials. Each day will begin with prayer and meditation, with a special focus on the women who brought funeral spices and ointments to Christ’s tomb. All materials and supplies are provided so that you’ll have a beautifully completed icon varnished and ready to display.

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



Please note: Phil will return **July 10-16** to lead another iconography for *all skills levels*.

Choose between St. Irene of Chrysovalantou or St. Thérèse of Lisieux. **To register for the July retreat, please visit www.FSCenter.org or call 608-791-5295.** Your investment is the same as the May retreat.

May 16

Monday, 6-7:30 p.m.

Instructor: Mary Thompson, FSPA affiliate**Investment:** \$15 (materials list will be emailed upon registration)**Registration deadline:** May 9

Limited to 20 participants.

**Art as Prayer**

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

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



Program & Retreat Offerings *continued.*

May 17 & June 21

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

Presenter: Greg Lovell

Investment: \$10 each

May 17: Emotions meditation

June 21: Compassion meditation



Mindfulness Practices for Stress Reduction

Life seems to move too quickly at times, and we become overwhelmed in mind and body. This monthly group is open to anyone wanting to reduce stress through mindfulness practices. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion. You can attend any or all sessions.

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

June 9-12

Thursday, 7 p.m.-Sunday, noon

Presenters: Jan Wellik
and Janet Moore

Investment:

- **Full:** \$335, includes retreat, three nights' stay, all meals and supplies
- **Commuter:** \$260, includes retreat, Friday and Saturday lunch, and supplies

Registration deadline: May 13



Wheels of Time and Place

Discover a sense of renewed connection to time and place during this art journaling retreat focused on the wonders of nature. No experience is needed as you will be guided in the creation of a uniquely personal circular journal using writing reflection and art journaling techniques. As a group, we will explore various locations in nature to consider how the cycle of a 24-hour day and the cycles in nature relate to the phases in our own lives. This retreat is open to anyone who enjoys the natural world and expressing themselves creatively.

Jan Wellik teaches writing at University of Wisconsin-La Crosse and advises the Lumen student newspaper at Viterbo University. She is the author of *Nature Writing Field Guide for Teachers* and founder of Eco Expressions (www.EcoExpressions.org). **Janet Moore** is a Wisconsin-based artist, environmental educator and presenter. She has painted landscapes and botanicals in watercolor for more than 20 years, as well as pen and ink illustrations. Her current work focuses on plein air landscapes and illustrated nature journals that tell the story of the Lake Superior area in images and words. View her work at www.janetmooreart.com.

June 17-19

Friday, 1 p.m.-Sunday, noon

Presenter: Steve Spilde

Investment:

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

Registration deadline: May 27



The Spirit of Golf: A Retreat for Men

If we pay attention, many of life's joys, challenges and opportunities can be found on a golf course.

Steve Spilde, associate director of the FSC and dedicated golfer, will lead this retreat to study the life lessons we can learn from this beautiful and frustrating game. Enjoy 45 holes of golf over three days, time for personal reflection, group discussions using M. Scott Peck's book, *Golf and the Spirit*, for inspiration and evening socials.

June 20

Monday, open between 4:30-6:30 p.m.

(Please arrive by 6 p.m. to allow yourself enough time.)

Presenter: FSC staff

Investment: Freewill donations appreciated.

No registration necessary.

Summer Solstice Labyrinth Walk

Celebrate the arrival of summer with an indoor labyrinth walk at the FSC. Reflect on the gifts of warmth and light, creativity and growth on this longest day of sunlight. A resource will be provided for your private reflection and, for those who wish, a brief introduction to walking the labyrinth.



Spiritual Living

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

Centering Prayer

Tuesdays through May, 5:30-6:15 p.m.

Facilitators: Barb Kruse and Marcia Bentley

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



The Sound of Bowls

May 10

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

Facilitator: Tom Roberts

Investment: Freewill offering

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

Drumming Circle

May 12 and June 9

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

Facilitator: Rosalie Hooper Thomas

Investment: Freewill offering

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



Rohr Discussion Group

May 9 and June 13 • Mondays, 5:30-6:30 p.m.

Facilitator: Greg Lovell

Investment: Freewill offering



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

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



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

Divorce Recovery

May 19 • Thursday, 5:30-7 p.m.

Facilitator: Diane Withers, FSPA affiliate

Investment: Freewill offering

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



Divorce Recovery Support Group offers people who are divorced or separated a second opportunity each month for sharing. Meeting the first Thursday of the month (April 7, May 5) from 5:30-6:30 p.m., this is a complement to our monthly Divorce Recovery group. Mary Riedel facilitates this shorter gathering, which does not feature guest speakers. No registration is necessary. Donations are greatly appreciated.

GROUPS THAT MEET AT THE FSC

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

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

body, mind & spirit



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

Vinyasa Yoga

Mondays, 5:30-6:30 p.m. (no class on May 30)

Session 4: May 9, 16, 23, June 6, 13, 20

Instructor: Cheryl Neubauer

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



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

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

Hatha Yoga

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

Session 4: May 11, 18, 25; June 1, 8, 15

Instructor: Michelle Hundt

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



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

Michelle Hundt has been a yoga practitioner for 16 years and continues her study of it. She began teaching yoga in 2013 through a community

program. Previously, she worked as an ultrasound technician. Michelle likes being on the preventative side of health care by teaching people to know and care for their bodies through the healing art of yoga.

Golden Yoga

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

Session 4: May 12, 19, 26; June 2, 9, 16

Instructor: Michelle Hundt

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

1-hour class: \$48/6 classes or \$10 drop-in

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so that participants do not need to get down on the floor. **Optional:** For those comfortable getting down on the floor, the one-hour class offers an additional 15 minutes of floor exercises. Please bring a mat.

Tai Chi

Time: Mondays, noon-12:45 p.m. (no class on May 30)

Session 3: May 9, 16, 23, June 6, 13, 20

Instructor: Bernice Olson-Pollack

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



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

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



Yoga Retreat: Balancing Heaven and Earth Within

Heather Henry returns to the FSC to lead this heart-led yoga retreat July 21-24. Slow down and become reacquainted with yourself by quieting mind and body to better hear Spirit. Your investment is \$295 for full retreat (bedroom stay and all meals) or \$225 for commuters (includes some meals). Limited to 20 participants. Register today at www.FSCenter.org or 608-791-5295.

Design a custom retreat at the FSC

A retreat is a gift to yourself. It is time away from the busyness of everyday life to rest, reflect and reconnect with God. It's an opportunity to unplug—to experience quiet and stillness.

The Franciscan Spirituality Center offers many types of retreats. Some are over a weekend; others are as long as a week. Retreats can be silent or not, with a group or private. Group retreats may include presentations by the retreat director. Private retreats often include daily meetings with a spiritual director. All of our retreats offer time for prayer, serenity and transformation. In addition to registering for any of our scheduled retreats, you are welcome to create a custom retreat with one of our trained spiritual directors.

Your custom retreat experience can be as unique as you are, taking into consideration your needs, desires and schedule. You may wish to stay in the Center, which is comfortable, clean and conveniently located near an outdoor labyrinth, biking trails, the Mississippi River and the historic Mary of the Angels Chapel. Or, if you are seeking a more rustic experience, we have available three cozy and private hermitages located on the edge of woodland in scenic St. Joseph, Wisconsin. This option is especially attractive to those who like to spend time in nature and in solitude. Either way, you will experience Franciscan hospitality and peace for your soul.

Where you decide to stay, for how long, whether meals are needed and how much spiritual direction you would like are all factors in determining the cost of a custom retreat. Your spiritual director will assist you in designing a meaningful retreat experience with exactly the right elements to serve you best and make sure it's one that fits within your budget.

We invite you to please call or email today for more information.

FSC Spiritual Directors



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



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



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



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

For help in planning your ideal retreat, please call today at 608-791-5295.

Walking pilgrimage: September 16-18

Have you ever been interested in "walking the Camino," the sacred yet arduous 500-mile pilgrimage trek across Spain to the site where the apostle St. James is buried? Do you feel more connected to God when you are outdoors and moving? Do you enjoy a physical challenge and a sense of accomplishment? FSC spiritual director Steve Spilde will lead a three-day pilgrimage (Friday-Sunday) on one of the scenic bike trails of western Wisconsin to offer a sense of this time-honored tradition for spiritual travelers here at home. Space will be limited. Watch for registration details at www.FSCenter.org or the next issue of *At the Center*.

SAVE THE DATE!





WHAT OTHERS ARE SAYING:

Guests of our hermitages often leave notes at the end of their stay. Here is just a sample:

"Saw three deer while here and walked all the trails except the (Stream Trail). So wonderful to be back—feel more at peace and one with Christ."

"This solitude with all its home-like comforts was perfect!"

"Thank you so much! My time here was wonderful, and I am so grateful that this place is here." Signed, One Rested Soul

"My visit was restful and fulfilling."

"Thank you for providing this opportunity to be with God in quiet."

Spring is an awakening of the earth – and often our souls. If you are feeling the call to retreat to a peaceful and quiet place to experience a deeper connection with the Divine, we invite you to stay in one of our three hermitages in nearby St. Joseph, Wisconsin. Each of these cozy cottages nestled on the edge of woodland offers solitude in a restorative setting, with enough modern conveniences to ensure your comfort.



This is your time. You may choose to spend it in nature resting, praying, journaling or hiking. You also have the option of meeting with a spiritual director during your stay. Reservations are available for one night or up to several days, depending on your schedule and needs. We provide the towels, linens and stunning views; we ask that you bring your own toiletries and food. Reservations are \$50 per night (discounts apply for longer visits); please call 608-791-5295 for more information. We're looking forward to welcoming you!

TO MAKE A RESERVATION, PLEASE CALL 608-791-5295 OR EMAIL FSCENTER@FSPA.ORG



IMPORTANT INFORMATION:

Registration Process

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

Refund Policy

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

Registration Deadlines

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

Scholarship Information

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

Where to find us



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



**Franciscan
Spirituality Center**



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

CONTINUING EDUCATION

Biblical Spirituality for Spiritual Directors



Spots are already filling for this November 18-19 Retreat with John McHugh. This is not a repeat but rather an extension of the weekend in biblical spirituality that John leads for the FSC's Spiritual Direction Preparation Program. This exciting new opportunity is ideal for spiritual directors who want to deepen their use of Scripture in spiritual direction sessions.

John is a masterful storyteller who brings fresh insights and a rich knowledge of biblical history and context to his presentations. Enjoy an enriching experience and the opportunity to reconnect with other spiritual directors in a peaceful and comfortable setting. Your investment is just \$140 for the full retreat (includes one night's stay, breakfast and lunch on Saturday) or \$95 for commuters (includes lunch on Saturday). Register online at www.FSCenter.org or call 608-791-5295 today!

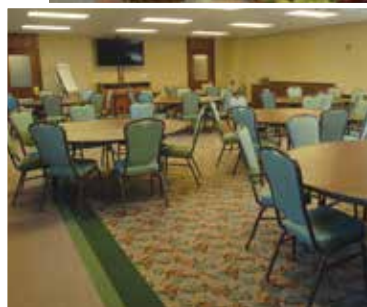
FRANCISCAN SPIRITUALITY CENTER

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Meeting Rooms

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

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

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



Franciscan Spirituality Center

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REGISTRATION NOW OPEN!



with
**Jerry
Wagner**

July 17-18

Sunday, 7-9 p.m.
Monday, 9 a.m.-5 p.m.

Facing Our Shadow: *The Enneagram as a Tool of Spiritual Transformation*

This integrative workshop with a master teacher of the Enneagram will explore the nine personality styles in more depth. It is designed for those who have had a basic introduction to the Enneagram. We will explore each style's

- positive resources and contributions—their “sweet spot”
- sensitivities and vulnerabilities—their “hot spot”
- avoidances and shadow—their “blind spot”
- genuine wants and needs—their “desired spot.”

Investment:

Full: \$170, includes program, bedroom, breakfast and lunch

Commuter: \$125, includes program and lunch

Register by June 20 at www.FSCenter.org or call 608-791-5295.

COMING SOON IN JULY & AUGUST



**Icon Writing: St. Irene of Chrysovalantou or
St. Thérèse of Lisieux**

July 10-16 • with Phil Zimmerman

Yoga Retreat: Balancing Heaven and Earth Within

July 21-24 • with Heather Henry

The Soul's Story: Writing Through the Ego's Chatter

August 12-14 • with Theresa Washburn

Practicing Mindfulness

August 26-27 • with Greg Lovell

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