



**Franciscan**  
**Spirituality Center**

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

VOLUME 24 • NUMBER 6

NOVEMBER/DECEMBER 2016

# At the Center



## In this Issue:

- *Family Advent Celebration*
- *When Life Throws You a Curveball*
- *Biblical Spirituality for Spiritual Directors*
- *Anticipating the Holidays:  
Finding Freedom from Holiday Pain and Stress*

SECOND ANNUAL EVENT

# Tea & Poetry

A FUNDRAISER FOR  
FSC SCHOLARSHIPS

**We had such a delightful time at last year's tea party, we're doing it again!**

You are cordially invited to an enchanting afternoon of tea, poetry and friendship on Saturday, January 21, as guest presenter



Marci Madary leads us in a reading of favorite poems as we enjoy a variety of tea, delicious scones and other treats.

Marci is a longtime friend of the Franciscan Spirituality Center, a FSPA affiliate and a social justice advocate. She is warm and funny and passionate about words, especially poetry. It is sure to be an afternoon to remember.

The best part: Proceeds from the event benefit our scholarship funds, ensuring that all who want to attend our programs and retreats can do so. Bring a friend, and join us for a spot of tea.

Mark your calendars for  
**Saturday, January 21, 2017**

Tickets are \$40 each, and tables may be reserved in groups of six.

To register, visit [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295.

*Come support the FSC!*



**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.

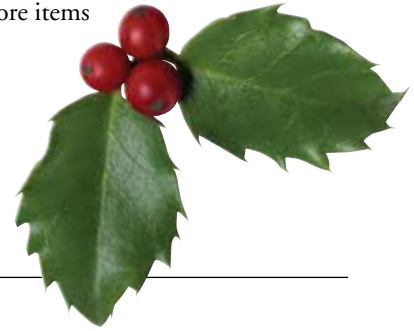
# Holiday gift certificates for less

Give the gift of peace and prayer this holiday season with a gift certificate to the Franciscan Spirituality Center. Friends, family and loved ones will find something to treasure at the FSC. And with our special holiday discount, your money goes further. This offer can be redeemed during November and December 2016. Gift certificates are good for one year from the time of purchase and can be used toward programs, retreats, hermitages and Sophia Bookstore items at the Franciscan Spirituality Center.

**\$25 gift certificate for only \$20**

**\$50 gift certificate for only \$40**

**\$100 gift certificate for only \$80**



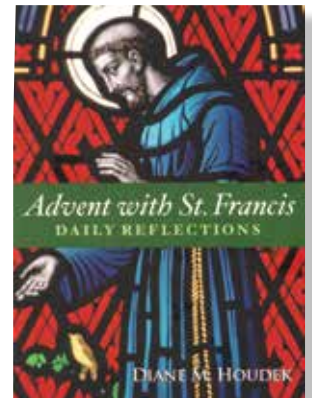
## AT THE SOPHIA BOOKSTORE

FSC staff members recommend these books:



*Daily Reflections for Advent & Christmas: Waiting in Joyful Hope 2016-17*  
by Robert F. Morneau

*Advent with St. Francis: Daily Reflections*  
by Diane M. Houdek



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

## Sophia Bookstore

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

**Please stop by to browse!**

# Let us be your third place



It's not a new idea, but it was new to me. A friend said that there's an important place where we spend time in addition to our home and our workplace, a *third place*. Our first (home), second (work) and third places are where we spend much of our time and where we experience community.

A third place may involve food and drink, like a coffee shop or cafe. It's a place where you find regulars (think of the bar in the TV series *Cheers*, "where everyone knows your name"). You come because you hope to meet both new and old friends there.

Many people are seeking this kind of community. As someone who recently became single, I'm in the process of exploring new places to meet interesting people. I'm lucky that where I work, the Franciscan Spirituality Center, is such a place.

When I looked up the characteristics of a third place online, I found what many people have shared with us about their experiences at the Franciscan Spirituality Center:

- All are welcome and accepted as they are
- Conversations are a main focus of activity
- It's a peaceful place, without tension or hostility
- It's homelike and wholesome
- You gain spiritual regeneration by spending time here.

If you're a regular at the FSC, thank you for helping to make this a true third place. If you're new to the FSC, we would love for you to experience the community that can be found here.

Peace and all good,

*Audrey Lucier*

Audrey Lucier  
FSC Director

## ASSOCIATE PRESENTERS

## 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



John McHugh



Bernice Olson-Pollack



Tom Roberts



SAVE THE DATE: JANUARY 4, 2017

# Women's Christmas

An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. Epiphany is also the day we celebrate the coming of the Wise Men to the infant Jesus.

At the FSC, we are celebrating the tradition of Women's Christmas and the Feast of the Epiphany with our own special event, *Women's Christmas: An Epiphany Celebration for Wise Women*. You are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women. Beginning with a simple meal, we will reflect on the Celtic Prayer of Deep Peace and St. Francis' Canticle as we are blessed with gifts of remembrance from the four elements: earth (grounding), water (fluidity), air (sacred connection) and fire (compassionate strength).

**Come start a new tradition with us. All will leave blessed and gifted!**

## Women's Christmas

An Epiphany Celebration for Wise Women

**January 4, 2017**

Wednesday, 5:30-8 p.m.

Presenters: Deb Hansen and Melinda Pupillo

Investment: \$25 (includes meal and Wise Women gifts)

Registration deadline: December 21, 2016

## Recovering from the wounds of divorce

The pain of divorce opened **Diane Withers** up to seek opportunities to find more depth and understanding of herself, she says. But the process was not easy. She was hurt and raw. She had two young daughters to raise, and she had to find a job to support herself.

“As a divorced (now remarried) person, I remember the pain and feel deep compassion for those going through divorce,” Diane shared. “The wounded healer in me so wanted to support these folks, and I didn’t see many programs being offered in the area at the time.”

Her desire to ease the journey for others and to follow her heart’s calling prompted Diane to start the *Divorce Recovery* group here at the Franciscan Spirituality Center last year. Meetings are the third Thursday of each month, September through May.

“My hope is that people realize that they are not alone and can find solace, understanding and support from others in a similar boat,” she said. Diane introduces various topics, such as loneliness, anger, finances, legal issues, parenting and dating, and invites guest speakers to share information.

All are welcome, no matter where they are in the process of divorce or separation, or how long ago the split occurred. Diane has already seen how much freer and healthier participants have become as the months have progressed.

Not long after starting *Divorce Recovery*, it became evident that those who were attending could benefit from having extended time to explore experiences in addition to the educational offerings and sharing in Diane’s group.



Diane Withers



Mary Riedel

**Mary Riedel** stepped in to lead a second gathering each month, on the first Thursday of the month.

“As a therapist, I have facilitated group therapy and really enjoy it, so I was happy to offer the second group meeting, which focuses on sharing experiences,” Mary said. “While it isn’t ‘group therapy,’ it does offer support and a chance to grow from sharing and listening to others.” People are welcome to attend one or both groups, depending on their needs and schedules.

Mary has been divorced for five years and says she continues to have new insights into who she was when she was married, who she is now and who she wants to become.

In describing her role in the group, she offered: “I’m there to keep things going smoothly and to ensure participants feel welcome, safe and supported. Attendees can expect lively conversation and caring support regardless of where they are in the divorce process.”

Diane continues to be thankful for the emotional support she received when going through her divorce, and for the deepened inner/spiritual journey that came from that period. At the time, someone had described

healing to her as not linear but rather like an onion with layers. “This helped me to not be too discouraged when I thought I had moved past one of these feelings or issues and there it was again. That image helped me to see that each time I experienced the pain or emotion, the intensity diminished little by little, even though it might show up again.”

Be gentle with yourself, Diane advised. “We cannot heal alone. We need others and our God of love, however you experience the presence who is with us and will see us through the ‘raging waters’ of divorce.”

### SUPPORT

The Franciscan Spirituality Center offers two opportunities each month for anyone in need of friendship, support and healing due to divorce or separation:

On the third Thursday of each month, Diane Withers facilitates the group from 5:30-7 p.m. Each session will include a short presentation by a local guest speaker, time for group discussion, private reflection and refreshments.

On the first Thursday of the month, Mary Riedel facilitates this slightly shorter meeting, from 5:30-6:30 p.m., for additional sharing and fresh insights, without guest speakers.

**No registration is necessary for either meeting. Freewill offerings are appreciated.**

**For more information, please call 608-791-5295.**



# 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.

## Divorce Recovery

November 3 and December 1 • Thursday, 5:30-6:30 p.m.  
November 17 and December 15 • 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 who are dealing with similar situations in a safe and peaceful environment. Feel free to come to all or as many meetings as you wish.

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.

## Drumming Circle

November 10 and December 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.



## The Sound of Bowls

November 8 and December 13 • 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.

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

## Pregnancy and Infant Loss Support Group

November 9 and December 14  
Wednesday, 5:30-6:30 p.m.

**Facilitators:** Emily Mortenson and Deb Hansen

**Investment:** Freewill offering



This gathering on the second Wednesday of the month 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.

In this group, you will have an opportunity to process your unique experience while receiving the comfort of others who understand. Meetings are facilitated by a social worker who has personally experienced the loss of an infant and by a FSC spiritual director who has suffered a miscarriage.

## Groups That Meet at the FSC

**Conversations That Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group will meet the first and third Wednesdays, and the Tuesday group will meet the second and fourth Tuesdays; both from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Freewill offerings are appreciated. Suggested offering: \$5.

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

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (November 19 and December 17) 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. 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.



# 2016 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.

## November 2, 16, 30; December 14

Wednesday, 6:30-8 p.m.

**Facilitators:** Audrey Lucier and Deb Hansen

**Investment:** Register for the series and save! \$10 each or \$35 for all four sessions

**Registration deadline:** October 26

## Contemplative Living

What does it mean to be a contemplative? Can ordinary, active people live contemplatively? *Contemplative Living* will explore how we can practice contemplation through our everyday experiences, by consciously attending to our relationships with self, others, God and all of nature. Our guide for this series will be *Bridges to Contemplative Learning with Thomas Merton*.



Using the writings of Merton and other contemplative writers, contemplative dialogue, reflection and prayer, participants will explore contemplative living for the sake of a more just and peaceful world.

**Audrey Lucier** is director of the Franciscan Spirituality Center. **Deb Hansen** is a spiritual director at the FSC and coordinates our Sophia Bookstore.

## November 11-12

Friday, 7 p.m.–Saturday, 3 p.m.

**Presenter:** Jan Wellik and Deb Hansen

**Investment:**

- **Full:** \$140, includes retreat, one night's stay, and breakfast and lunch
- **Commuter:** \$95, includes retreat and lunch



**Registration deadline:** October 28

## Sacred Space/Artful Living: November Trees and Intuition

This retreat series follows the natural cycles of the seasons to connect our vibrant inner world with the healing power of the natural world. Guided journaling, simple artistic practices and silent time in nature will be your tools for accessing your true self and for inspiring authentic living and genuine happiness. Friday evening will introduce us to the retreat's theme through journaling and artistic exploration. Saturday will be spent at a sacred space in nature connecting to our inner selves and the world around us through word and art, silence and fellowship. A wide range of art materials will be provided. Please bring a basic drawing/watercolor pad, a journal, and if desired, any favorite art mediums.

**Jan Wellik**, a lifelong writer and journalist, has been involved in environmental education since 2004. She teaches writing at UW-La Crosse and advises the Lumen student newspaper at Viterbo University, and is the author of *Nature Writing Field Guide for Teachers*.

**Deb Hansen** is a spiritual director on staff at the FSC. She has been instrumental in organizing many art-related offerings, and enjoys expressing her spirituality through art and creativity.

## November 11-13

Friday, 7 p.m.–Sunday, 11:30 a.m.

**Presenter:** Tom Roberts

**Investment:**

- **Full:** \$250, includes retreat, two nights' stay and all meals
- **Commuter:** \$95, includes retreat and lunch



**Registration deadline:** October 28

## When Life Throws You a Curveball

How do we keep from striking out when life throws us the curveballs of unexpected and often devastating changes—divorce, illness, death or job loss? As our emotional and physical health is worn down, we can feel like something is wrong with us. Often during these times, we struggle with our faith.

During this weekend retreat, we'll explore how to keep balanced and whole as we encounter these upheavals. We'll practice mindful and compassionate acceptance to see the possibilities within the chaos, and we'll consider Christian contemplative, Taoist and Buddhist teachings as well as healing practices to deepen our spiritual journey.

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





### November 15 and December 20

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

**Presenter:** Greg Lovell

**Investment:** \$10 each

**Themes:**

- **November 15:** *Body Scan for Relaxation*

- **December 20:** *Listening to Sounds Meditation*



### Mindfulness Practices for Stress Reduction

Life seems to move too quickly at times, leaving us to feel overwhelmed in mind and body. 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 will start 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.

### November 18-19

Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** John McHugh

**Investment:**

- **Full:** \$140, includes retreat, one night's stay, and breakfast and lunch

- **Commuter:** \$95, includes retreat and lunch

**Registration deadline:** October 21



### Biblical Spirituality for Spiritual Directors

Spots are limited for this continuing education program designed especially for spiritual directors who want to deepen their use of Scripture in spiritual direction sessions. This is not a repeat but rather an extension of the weekend in biblical spirituality that John McHugh leads for the FSC's Spiritual Direction Preparation Program. 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.

**John McHugh** is the manager of corporate communications, leadership development and training for La Crosse-based Kwik Trip Inc. Prior to joining Kwik Trip, he was an instructor and principal at Aquinas High School. He has degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome.

### November 19

Saturday, 9 a.m.-noon

**Presenter:** Steve Spilde

**Investment:** \$25

**Registration deadline:** November 14



### Anticipating the Holidays: Finding Freedom from Holiday Pain and Stress

Many people experience the holidays as one of the most difficult and painful times of the year. Our expectations tell us that we should be able to create a perfect family gathering of smiles, togetherness and fond memories. In reality, we often are overwhelmed by stress, dysfunction and remembered pain. In this workshop, we will examine how to loosen ourselves from our unrealistic expectations. We will explore how mindfulness allows us to be who we are and acknowledge how we feel, and thus encourage self-compassion during the holidays.

**Steve Spilde** is the associate director of the FSC and a spiritual director.

### November 21 and December 19

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

**Instructor:** Mary Thompson

**Investment:** \$10 (bring your own supplies)

\$12 (use our supplies)

**Registration deadline:**  
November 18/December 16



### 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. Attend as you are able; each session is a new experience.

Bring your own supplies: pan set of watercolors, brushes (8-inch round watercolor brush and 1-inch flat wash brush) and a kneaded eraser; or use ours. Watercolor paper provided.

**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.



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



### December 3

Saturday, 9-11:30 a.m.

**Presenters:** Melinda Pupillo and Deb Hansen

**Investment:** \$25 per household (one Jesse Tree per registration)

**Registration deadline:** November 20



### Family Advent Celebration

Come celebrate Advent at the FSC by creating a family tree that reflects Jesus' lineage and ours. The Jesse Tree is a very old tradition that tells the story of Jesus' family from creation to Christmas. As we make our Jesse Trees, we will include ourselves in the family tree of Jesus. Each family will leave with a Jesse Tree and Advent reflection booklet. Games, prizes and holiday refreshments will add to the fun!



### December 9-11

Friday, 7 p.m.–Sunday, noon

**Facilitator:** FSC spiritual directors

**Investment:** \$175, includes retreat, spiritual direction, all meals and two nights' stay

This retreat does not have a commuter option.

**Registration deadline:** November 23

Limited to 12 participants.

### Advent Weekend of Solitude

Advent and the approaching winter solstice invite us to wait and reflect. A Weekend of Solitude allows you the opportunity to deepen your connection to the sacred and to yourself through solitude and silence. Each day you will meet with a spiritual director who will listen to you and your unfolding story. For the rest of your day, enjoy a private, comfortable bedroom; delicious meals and quiet spaces for reflection through reading, journaling or simply relaxing. Our indoor labyrinth and supplies for artistic expression also will be available. Give yourself (or someone else) the gift of a Weekend of Solitude in the midst of holiday busyness.

### December 10 and December 12

Saturday, 9-11 a.m. and Monday, 4-6 p.m.

**Presenters:** FSC staff

**Investment:** Freewill offering

**Theme:** *Journeys*

No registration necessary.

### Labyrinth Walk in Advent

People of all faith traditions and backgrounds are invited to walk our indoor canvas labyrinth. A labyrinth is a self-contained sacred space that has been used for prayer, meditation and reflection since ancient times. There is no right or wrong way to walk a labyrinth, but for many, it is symbolic of a pilgrimage and can help bring about clarity, peace and healing.



The theme for this walk during Advent is about journeys. Many people physically travel during the holidays to see friends and family, but there are also important inward journeys that we take daily, seasonally and even those that last a lifetime. A resource for private reflection and journey guidance will be provided to use as you wish.

### December 10 and December 12

Saturday, 9-10:30 a.m. **OR**  
Monday, 5:30-6:30 p.m.

**Presenter:** Melinda Pupillo

**Investment:** \$10

**Registration deadline:** December 2



### The Journey of Advent

This time of year can be filled with an excess of activity, from holiday parties to shopping to travel. Yet as the days grow darker and shorter, there is an invitation to a deeper sort of activity. The Advent practice of hope-filled waiting calls us to a strange dance between expectation and patience. In this gathering, you will be led to consider your own journey in Advent. Where is there darkness in waiting? Where is light in things that bring you hope? There will be space to be quiet and rest in promises we find together.

**Note:** This program is being offered twice; choose either a morning or an evening of reflection. If you wish, you may continue your time of reflection by walking our indoor labyrinth immediately after the program.



# Together in the Mystery: Supervisor Training for Spiritual Directors

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



**Weekend One:** Friday, September 29, to Sunday, October 1, 2017  
**Weekend Two:** Friday, September 21, to Sunday, September 23, 2018

**Investment:**

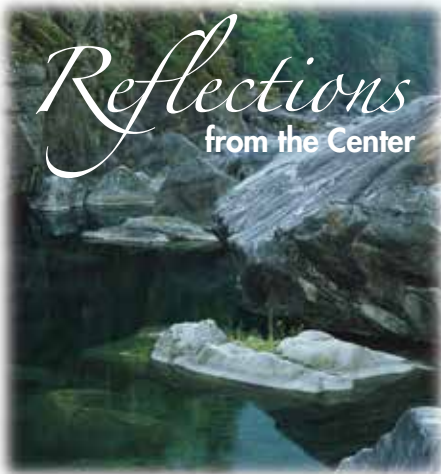
- **Tuition:** \$850 for each weekend, plus \$50 application fee
- **Individual session fee:** \$70 per session

**Accommodations:**

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

Limited to 10 participants.

SAVE THE DATE



## New Life, New Day

by Fran Rybarik

Some believe that we die each night;  
 Die to the everyday humdrum of life on earth.  
 We sleep away our sins and sorrows,  
 our happy moments and successes.  
 We wake new, and,  
 again absolved, fresh and renewed,  
 we take up the life we know.

We can bring the baggage of bad memories,  
 or the scrapbook of good  
 We can live each moment, or try to control  
 every second in fear of getting hurt  
 We can love and trust and care,  
 or hide our hearts and selves  
 in the dank recesses of our souls.

Tonight, I will pray in thanksgiving for this day,  
 and all the days before it;  
 for good memories of family, friends and events  
 that carried me here.

I will pray to go through the rest of my days  
 with open heart and mind;  
 ready for the new life each new day brings.

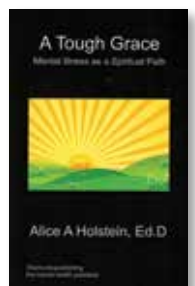
Each Monday, the Franciscan Spirituality Center shares a poem, short essay or other peaceful prayer meditation from a voice in our community with more than 2,000 email subscribers. We're always interested in hearing from new writers. To submit an original reflection for publication, please email Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org). To sign up for *Reflections from the Center*, please visit [www.FSCenter.org](http://www.FSCenter.org) and select the "Join Our Email List" tab.



Our next Campaign to Change Direction event to raise awareness and reduce the stigma about mental health will

be a book-signing and conversation with Alice Holstein, author of *A Tough Grace: Mental Illness as a Spiritual Path* at 6 p.m. Thursday, January 26, 2017.

Watch for registration details at [www.FSCenter.org](http://www.FSCenter.org).



# body, mind & spirit



## Monday Yoga: Vinyasa Flow

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

**Session 2:** October 24, 31; November 7, 14, 21, 28

**Instructor:** Cheryl Neubauer

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



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

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

## Golden Yoga

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

**Session 2:** October 18, 25; November 1, 8, 15, 22

**Instructor:** Amber Moesch

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

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



Golden Yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so that participants do not need to get down on the floor.

**Optional:** For those comfortable getting down on the floor, the one-hour class offers an additional 15 minutes of floor exercises. Bring a mat.

**Amber Moesch** loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping students to link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. She draws on her experience and training in Hatha, Vinyasa and Therapeutic Yoga to create classes that are tailored to her students.

## Wednesday Yoga: Vinyasa Flow

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

**Session 2:** October 19, 26; November 2, 9, 16, 23

**Instructor:** Bernice Olson-Pollack

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



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

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

## Tai Chi 1

Thursday, noon-12:45 p.m.

October 20, 27; November 3, 10, 17; December 1

**Instructor:** Bernice Olson-Pollack

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

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

## Tai Chi 2

Monday, noon-12:45 p.m.

October 24, 31; November 7, 14, 21 and 28

**Instructor:** Bernice Olson-Pollack

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

**Note:** This session is for those who have completed a Tai Chi 1 class.



## Meet our spiritual directors

The Franciscan Spirituality Center has trained spiritual directors on staff who are available to listen deeply, compassionately and nonjudgmentally as you share your sacred stories. Your spiritual director will be a patient, trusted guide as you explore your own spiritual path and discover your inner wisdom. Spiritual direction takes place in a safe, peaceful setting, and what you choose to share is held with reverence and confidentiality.

Spiritual direction explores God's presence in the ordinary activities of daily life. It is available to people of all faith backgrounds and those who identify as "nones" — spiritual but not religious. Meeting with a spiritual director does not obligate you to a certain number of sessions. Your needs and your schedule determine how often you meet. We invite you to contact one of our spiritual directors to learn more.



**Deb Hansen**  
dhansen@fspa.org  
608-791-5601

Because each life journey is sacred, Deb Hansen encourages and guides directees to look for the fingerprints of the Sacred in their everyday lives. When we recognize the sacredness of both the good and the not so good of our lives, we are free to grow into the joyous, authentic selves we are meant to be, she says. We also come to know our own wisdom and truth, which can guide us in our life choices and in our connections with others, God and self. Deb delights in using artistic expression as a pathway to discovering our unique heart wisdom and truth, especially in directed retreat settings.



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

Rose Elsbernd is a Franciscan Sister of Perpetual Adoration with a long history of spiritual direction, retreat ministry and faith formation. Having worked with people of various faith traditions, she identifies the common thread of "we are all seekers." Through attentive listening and gentle questioning, Sister Rose invites seekers to move through their life stories to discover their depth answers that give meaning and direction to their relationships with themselves, others and all of creation. As a spiritual director, she commits herself to prayer for those seeking direction and sustains herself in prayer, reflection and contemplation. "The journeying with another in direction or retreat is a privilege that I hold sacred," she says.



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

As a spiritual companion, Barb Kruse believes that attention to our spiritual journey helps to move us closer to our authentic selves. In that space, we can find inner peace and greater self-compassion. When we are able to access those interior qualities, we are better prepared to be a compassionate, loving presence in our external life. These journeys can involve a re-imagining of who God is, or how God is present in the midst of suffering, loss and healing, or how the Spirit is present in everyday life. Barb has offered retreats and programs on compassionate communication, contemplative prayer and interfaith peace. Centering Prayer and the Examen are important prayer practices in her life.



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

Steve Spilde served as a pastor in the Lutheran Church (ELCA) and then spent several years caring for his special-needs daughter. He became a spiritual director because he enjoys helping people through life transitions, either individually or by working in groups. Steve has led programs on the subjects of self-acceptance, self-care, parenting, the Serenity Prayer, the Enneagram, grief and shame. He also has developed retreats around golf and the experience of walking and pilgrimage. Saints Francis and Clare have made a deep impression on him, especially during his pilgrimage to Assisi in 2015. One of his favorite Bible stories is the baptism of Jesus. "It is a model for us all," he says. "We can do great things once we have heard this message clearly: 'You are my beloved. With you, I am well pleased.'"

### MARK YOUR CALENDAR

**Silent Directed Weekends will be offered:**

**2016: December 9-11**

**2017: April 21-23 | September 22-24 | December 8-10**  
**A longer, six-day Silent Directed Retreat is planned June 2-7, 2017**

For more information, please call 608-791-5295.

BECOME A SPIRITED FRIEND TODAY, IT'S EASY TO BEGIN...

**1 Transfer your monthly gift from your bank account.**

Enclosed is my check, payable to FSPA/Franciscan Spirituality Center, for my first month's contribution. The monthly giving program will then deduct my contribution from my checking account on the 17th.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**2 Indicate the desired monthly gift amount:**

\$20  \$25  \$50  \$75  \$100  Other (\$10 min.) \_\_\_\_\_

Use my gift as follows:

- General Donation Fund *(for where the need is greatest at the FSC)*
- Blanche Klein, FSPA, Scholarship Fund *(for SDPP and Spiritual Direction)*
- Mary Kathryn Fogarty, FSPA, Scholarship Fund *(for FSC programs and retreats)*
- Norman L. Gillette Sr. Scholarship Fund *(for those recovering from addictions)*

**3 Please complete the personal information**

Please complete the information below and return it to the address below.

**Important:** Please include your check with your first month's gift.

**Franciscan Spirituality Center**

920 Market Street, La Crosse, WI 54601-4782  
608-791-5295 • FSCenter@fspa.org • www.FSCenter.org

**My personal information is as follows:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Day phone ( \_\_\_\_\_ ) \_\_\_\_\_

Evening phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

**This gift is:**

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Please notify the person named below that I am honoring them or their loved one with this gift to the Franciscan Spirituality Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

**If you have questions, please call 608-791-5295 to speak with the director.**

*Thank you for supporting the Franciscan Spirituality Center, a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.*

MAKE A THOUGHTFUL COMMITMENT TO THE FRANCISCAN SPIRITUALITY CENTER

# Spirited Friends



A MONTHLY GIVING PROGRAM

The Franciscan Spirituality Center relies on donations to keep our programs, retreats and spiritual direction affordable and accessible to all who seek support. Whether you've contributed in the past or are ready to make a first-time gift, we ask that you consider making a monthly commitment. Year-round, consistent support is vital to sustaining our ministry.

*Spirited Friends* is a monthly giving program that fits your budget. You decide the amount of your gift and authorize your bank to transfer that amount from your checking account directly to FSPA for the Franciscan Spirituality Center. It's that easy! Not only is it convenient and safe, but your donation goes further by reducing administrative, postage and paper costs.

You can designate your gift to one of three scholarship funds or to our general donation fund. Either way, know that you are helping others on their path to connecting with God, meaning and wholeness. Thank you for your generosity.

To download a brochure with more information, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the blue *Be a Spirited Friend* button.



**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.



## 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)

## 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

**Karen Dunn**, Chairperson  
**Mike Hesch**, Vice Chairperson  
**Joan Weisenbeck**, FSPA, Secretary/Treasurer  
**Helen Elsbernd**, FSPA, FSPA liaison



**Emilio Alvarez**  
**Sharon Berger**, FSPA  
**Patricia Boge**  
**Ken Ford**  
**Dan Henderson**  
**Sarah Hennessey**, FSPA  
**Mariellen Janiszewski**  
**Michael Krueger**  
**Dorothy Lenard**  
**Lyell Montgomery**



## Meeting Rooms

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



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

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



# Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
La Crosse, WI  
Permit No. 535

## SAVE THE DATE

### Ready...Set...Art Dash

Mark your calendar for an exciting new event that will literally have you jumping up from your seat to choose a piece of original artwork and help the FSC.

Our first-ever Art Dash will be **Thursday, March 30, 2017**, at The Court Above Main in downtown La Crosse. This fun twist on the art auction idea allows ticket holders to take home a beautiful piece of art from a local or regional contributing artist. Everyone leaves a winner, but you'll have to wait until your name is called, and then dash over to your favorite piece before someone else claims it. Enjoy a delicious spread from Pogreba Restaurant, meet new artists and help support our mission. Limited tickets will be available.

*Details to follow in the next  
At the Center and online at  
[www.FSCenter.org](http://www.FSCenter.org).*



## COMING IN JANUARY & FEBRUARY



### Women's Christmas

January 4 • with Deb Hansen & Melinda Pupillo

### Honoring Your Intuition

January 14 • with Kristy Walz

### Tea & Poetry

January 21 • with Marci Madary

### Feeding the Human Spirit in a Corporate Culture

February 3 • with Kristy Walz, John McHugh  
& Mike Hesch

### 11th Annual Celebration of Marriage

February 11 • with FSC staff

Follow us on :    