

**Franciscan  
Spirituality Center**

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

VOLUME 22 • NUMBER 6

NOVEMBER/DECEMBER 2014

# *At the Center*

## **In this Issue:**

- *Brush Wisdom*
- *The Courage to Be Enough*
- *Caregivers Connect*
- *Advent Morning of Reflection*
- *What Did Christ Look Like?*



A celebration of life:

# Sister Thea Bowman

March • 2015

Celebrate Sister Thea on the 25th Anniversary  
of her homegoing.

## March 15 • 30

The Franciscan Spirituality Center will host an exhibit to honor Sister Thea, showcasing photographs, artifacts, videos and artwork (including pieces by Brother Mickey McGrath). Free and open to the public.

## March 29

Come to FSC and experience *Friends of Sister Thea: Sharing the Joy*. Learn about her life and legacy through her friends:

- Father Maurice Nutt, C.Ss.R., director, Black Catholic Studies at Xavier University of Louisiana
- Brother Mickey McGrath, OSFS, renowned artist, writer, speaker
- Mary Lou Jennings, executive director, Sister Thea Bowman Black Catholic Educational Foundation
- Sister Marla Lang, classmate who professed vows with Sister Thea

Additional information and registration will be available at [www.FSCenter.org](http://www.FSCenter.org) in January.

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

Reception will follow the program.

Artwork by  
Tony Bryant



Franciscan  
Spirituality Center

920 Market Street ■ La Crosse, Wisconsin 54601



**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

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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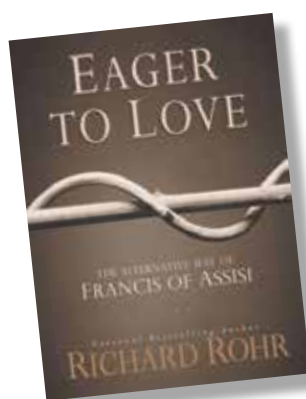
**Brush Wisdom**



*The spiritual life does not remove us from the world but leads us deeper into it."*

~ Henri J. M. Nouwen

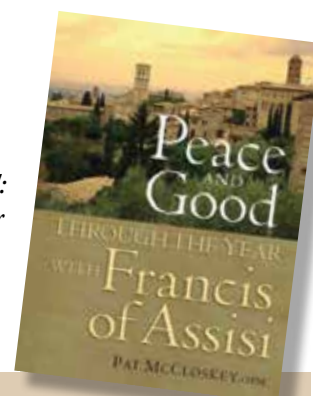
#### AT THE SOPHIA BOOKSTORE



Sister Amy Taylor, FSC retreat coordinator, offers praise for these reads:

*Eager to Love: The Alternative Way of Francis of Assisi*  
by Richard Rohr, OFM

*Peace and Good: Through the Year with Francis of Assisi*  
by Pat McCloskey, OFM





Audrey Quanrud  
FSC Director  
Program Coordinator

# Unplugging to connect

I recently walked through an asteroid belt at Chicago's O'Hare Airport. I was dodging all of the people who were looking down at their phones, intently studying their screens while walking. A few brushed by me with no awareness of our imminent collision, completely absorbed in their texts and Twitter. Ironically, the urge to stay electronically connected meant disconnecting from the people around them.

I thought of the book I'd been reading on my trip, *The Sacred Gaze*. Susan Pitchford writes that people look to those around them, the culture and events of their lives, for the answer to the question, *Who am I?* But so many of the messages we receive are false or distorted, and in responding to them, we begin to construct a false self.

What happens when we put down our phones and tablets, look up, and allow God to gaze upon who we really are? In that Presence, we begin to understand just how beloved we are and how much God delights in us. As Clare of Assisi observed so many years ago, that loving gaze is like a mirror. It helps us see our truest and best self.

This fall, the Center is offering a variety of contemplative experiences to help you look into that mirror, from Centering Prayer on Tuesday evenings to the *Brush Wisdom* retreat in December. We explore the healing power of love in programs like *The Courage to Be Enough* and in groups like Divorce Recovery and Imago Dei Women's Group.

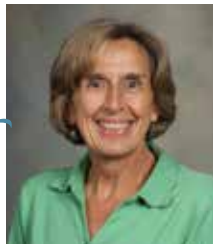
Spiritual direction is always of benefit in seeing our true self. In addition to individual spiritual direction, we set a new record this fall for individuals who chose to journey with others in group spiritual direction. Five small groups are meeting this year, one of them offsite. This fall, the Center also welcomed its largest class ever (45) to begin three years of training in the Spiritual Direction Preparation Program.

As the year comes to its end, I send this special note of thanks to our wonderful volunteers at the Center; and to all of those who have provided the Center with financial gifts, including our sustaining supporters, *Spirited Friends*. We truly couldn't do it without you.

Peace and all good ~

*Audrey*

## FRANCISCAN SPIRITUALITY CENTER *Staff*



Barb Kruse  
Spiritual Director



Linda Kerrigan  
FSPA Affiliate  
Spiritual Director



Steve Spilde  
Spiritual Director



Marcia Bentley  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Amy Taylor FSPA  
Retreat Coordinator



Stacey Kalas  
Communications &  
Marketing Coordinator



Laurie Swan  
Office Manager



Zoua Vue  
Receptionist & Hospitality



Darlene Wozney  
FSPA Affiliate  
Hospitality



Erin Flottmeyer  
Bookkeeper & Receptionist

## ASSOCIATE STAFF MEMBERS



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

HELP US CONTINUE  
OUR MISSION  
FOR ANOTHER 30 YEARS.

# Spirited Friends

A MONTHLY  
GIVING PROGRAM

## Q. Who are Spirited Friends?

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

## Q. How does this giving program work?

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

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

*Thank you  
for your ongoing support.*

### Planned Giving:

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

# Spiritual Living

The Franciscan Spirituality Center

*is the place for people from all walks of life and  
spiritual paths to come together to learn more about God, themselves and how  
to use spiritual principles to build a peaceful life and world.*

*We hope this will be a place for you to find your peace and renewal!*



**Centering Prayer** meets the first and third Tuesdays of the month (November 4, 18 and December 2, 16) at 5:30 p.m. Experience the stillness and silence of community prayer with others seeking solitude.

**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.

**Divorce Recovery** is a monthly gathering that offers support and healing for the wounds of separation and divorce (no matter how recent). Meets on the third Thursday of the month (November 20 and December 18) from 5:30-7 p.m. November's theme is on managing anger. In December, we'll discuss ways to cope with loneliness.



**Drumming Circle** meets the second Thursday of the month (November 13 and December 11) from 5:30-6:30 p.m. The focus of this circle is prayer and ceremony. Interspersed with drumming, we share stories and reflections. Bring your favorite drum.



**Enneagram Study Group** is for those interested in using the Enneagram to explore their spiritual life and relationships with family, friends and co-workers. The next meeting is November 12 from 5:15-7 p.m.

**Imago Dei Women's Group** supports female survivors of sexual abuse and assault in their quest for healing and wholeness. Meets the third Wednesday of the month (November 19 but not in December) from 7-8:30 p.m. for conversation and support.

**Richard Rohr Video Discussion Group** meets the second Monday of the month (November 10 and December 8), from 5:30-7 p.m., to watch and discuss the video series *Embracing an Alternative Orthodoxy: Richard Rohr on the Legacy of St. Francis*.

**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 15 and December 20) from 9-11 a.m. Call Vince at 608-386-7551 for book information.

**Tibetan Singing Bowls** provide the background for deep relaxation and an expanded state of consciousness and meditation. Meets the second Tuesday of the month (November 11 and December 9) from 5:30-6:30 p.m. Wear comfortable clothes, as you are invited to sit or lie on the floor if you wish. Please call 608-791-5295 to reserve your spot, as space is limited for this program.



**All of the Spiritual Living programs at the Franciscan Spirituality Center are open to everyone at any time and don't require registration (except for Tibetan Singing Bowls); simply stop by the front desk to check in with the receptionist. Freewill offerings are appreciated.**





# 2014 Program & Retreat Offerings

If any of these programs and retreats are financially beyond your means, please call FSC Office Manager Laurie Swan to confidentially discuss our scholarship options. We are dedicated to anyone in their search for God, meaning and wholeness and want to support you on your spiritual journey.

## November 1

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

**Investment:** \$45, includes lunch

**Registration deadline:** October 17

**Presenter:** Steve Spilde



### *The Courage to Be Enough – Part II*

"I am enough. I have enough." These statements are easy to say and hard to believe. Much of our pain comes from our unreasonable expectations of ourselves and unmet expectations of others. At this follow-up to last year's *The Courage to Be Enough* (based on the work of Brené Brown), we will look at the internal voices that hold us back from accepting the life we have been given. Peace comes as we accept ourselves as we are—not as we wish we were. Love grows as we accept others as they are—not as we wish they were. Gratitude grows as we focus on what we have instead of what we lack.

**Steve Spilde** is a spiritual director at the FSC. In this presentation, he returns to some themes from his well-received breakout session at the FSC's Annual Conference.

## November 15

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

**Investment:** \$65, includes lunch

**Registration deadline:** October 31

**Presenters:**

Carol Rennie, OSB  
& Sam Rahberg



### *Benedictine Prayer*

The community is invited to part of this special *Journey Toward Wholeness* weekend on spirituality and prayer. We will explore Benedictine spirituality, which offers a vision of life rooted in scripture and shaped by practical experience, flexibility and moderation. Spiritual seekers continue to draw on the timeless wisdom of this ancient monastic way because it invites us to appreciate more deeply the lives we are already living. By engaging the Benedictine spiritual practices of prayer and community, we can encounter our own experiences as windows into God's presence.

**Carol Rennie, OSB**, is the former prioress of St. Paul's Monastery in St. Paul, Minnesota, and is a retreat leader and spiritual director at the Benedictine Retreat Center in St. Paul. **Sam Rahberg** is the director of the Benedictine Center, a spiritual director and an Oblate of St. Paul's Monastery.



## November 15

Saturday, 9 a.m.-Noon

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

**Registration deadline:** October 31

**Facilitator:** Susan Moss



### *Caregivers Connect*

Caregivers for parents, spouses, friends and loved ones are invited to this monthly gathering. There will be time for a brief presentation on a caregiving topic, sharing of concerns, community resources and self-care, and lunch. Come meet others in the community who are walking the same path, and receive support and information for the challenging work of caregiving.

**Susan Moss** is chaplain and bereavement coordinator for Saint Jude Hospice in La Crosse, Wisconsin, and facilitates community grief support groups. She has been a pastoral caregiver in hospital and hospice settings for the past 11 years.

## November 20

Thursday, 6-7:30 p.m.

**Investment:** \$10

**Presenter:** Amy Taylor, FPSA

**Registration deadline:** November 6

### *Gratitude for Everyday Moments*

The Thanksgiving holiday prompts us to reflect with gratitude on all that is good in our lives. Come and join us in reflecting on the big things and the little things that have been grace and blessing to us. We will string them together as we make a bracelet to remind us of God's continual presence in our lives.



**November 21-22**

Friday, 7-9 p.m., and Saturday, 9 a.m.-3 p.m.

**Investment:**

- **Full:** \$125, includes retreat, meals & bedroom
- **Commuter:** \$95, includes retreat & lunch
- Please include a \$50 non-refundable deposit

Limited space; register early

**Retreat Director:**

Joan Weisenbeck, FSPA

**December 5-6**

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

**Investment:**

- **Full:** \$135, includes bedroom & lunch
- **Commuter:** \$95, includes lunch

**Registration deadline:**

November 21

**Presenter:** Tom Roberts**Facilitation Methods for Group Spiritual Direction**

As a group, we become conscious of the Divine and expand our understanding of God working within us. In this retreat, we will review and discuss a variety of models for leading small-group direction with an emphasis on silence, contemplation, deep listening and sharing. This retreat is ideal for graduates of FSC's Spiritual Direction Preparation Program or for spiritual directors who desire to companion others in group spiritual direction. This is also helpful for anyone interested in becoming part of a group.

**Joan Weisenbeck, FSPA**, recently retired from her role as FSC retreat coordinator and lives in La Crosse, Wisconsin. She has companioned people in group spiritual direction for nearly 20 years, both at the FSC and at a large parish in Illinois. Sister Joan was a supervisor for the Spiritual Direction Preparation Program at FSC and offers individual spiritual direction.

**Brush Wisdom: Messages from a Contemplative Heart**

Brush Wisdom is less about painting and more about how your life expresses itself. The foundation of it is a clear mind, free of all thoughts. The paintings come from silence and stillness. No artistic experience is necessary. When your mind is spacious, clear and calm, your brush wisdom will naturally emerge.



To enhance the power of the brush stroke, this retreat will utilize Qi Gong, breathing and Haiku. Developing a deep sense of presence and open relationship to your true self, the brush, ink and paper allow you to access your deeper wisdom in a new and refreshing manner. Participants are asked to bring a message (a word, spiritual phrase, words to a song or poem, etc.) to incorporate into their brush work.

**Tom Roberts** is a licensed psychotherapist, marriage and family therapist, and addictions counselor in private practice. He specializes in mind-body healing and is the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion*.

**December 6**

Saturday, 9 a.m.-Noon

**Investment:** \$10**Registration deadline:**

November 21

**Presenter:** Amy Taylor, FSPA**December 13**

Saturday, 9 a.m.-Noon

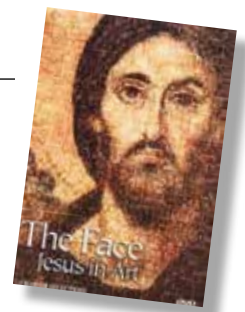
**Investment:** \$10**Registration deadline:** December 1**Presenter:** Audrey Quanrud**Advent Morning of Reflection**

The season of Advent is often packed with family celebrations, concerts and other holiday commitments, making it difficult to find the quiet that allows us to hear the "still, small voice" of God. Come and join us for a peaceful morning of reflection as we explore the Promises of God in scripture. Listen once again to the stories that shape our beliefs as we anticipate the celebration of the coming of Emmanuel—God-among-us.

**The Face: What Did Christ Look Like?**

Do you have a favorite image of Christ? Unlike some world religions, Christianity has from the beginning encouraged believers to image the divine face. In preparation for Christmas, we will look at some of these images as we reflect on the mystery that out of love, God came to live among us as a human being. What did Jesus look like? Would we recognize him today?

This program includes excerpts from the documentary *The Face: Jesus in Art*, about which Frederic and Mary Ann Brussat wrote: *The superb musical score greatly enhances the varied images of Jesus on the screen from artists all over the world including Michelangelo, Rembrandt, Durer, Bosch, Chagall, Raphael, Ensor and Warhol. From the catacombs to Rome to desert monasteries to the Chartres Cathedral, the face of Jesus is at once simple, awesome, fierce, beautiful, grotesque, beatific and a host of other impressions. The variety of images shows the struggles artists have had in portraying the one who is viewed within Christianity as both human and divine.*



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

# body, mind & spirit



## Tai Chi - Level I - Session 2

**Meets** Mondays, October 20 & 27; November 3, 10, 17 & 24

**Time:** 12:15-1 p.m.

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

**Presenter:** Bernice Olson-Pollack

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 graceful and circular movements that are performed with a relaxed and slow tempo. Tai Chi strengthens and mobilizes joints and muscles to improve a sense of balance—both physically and mentally.

## Tai Chi - Level II - Session 2

**Level I should be completed before registering for Level II. Level II includes additional forms and balance work.**

**Meets:** Thursdays, October 23 & 30; November 6, 13 & 20; December 4

**Time:** 12:15-1 p.m.

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

**Presenter:** Bernice Olson-Pollack



*Photo courtesy of Peter Thomson of the La Crosse Tribune*

## Vinyasa Yoga - Session 2

**Meets:** Mondays, October 20 & 27; November 3, 10, 17 & 24  
Wednesdays, October 22 & 29; November 5, 12, 19 & 26

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

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

**Presenter:** Bernice Olson-Pollack

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

## Golden Yoga - Session 2

**Meets:** Tuesdays, October 21 & 28; November 4, 11, 18 & 25

**Time:** 11:15 a.m.-Noon

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

**Presenter:** Bernice Olson-Pollack

Golden Yoga provides a safe approach to improved flexibility, strength and balance. Traditional yoga poses are modified with the use of a chair so that participants do not need to get on the floor. *Optional:* For those who are comfortable getting down on the floor, an additional 15 minutes will be offered at the end of the class.



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

**Classes fill up quickly. Please call 608-791-5295 or visit [www.FSCenter.org](http://www.FSCenter.org) to register.**



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



# Looking for a speaker?

As the axis of the earth gently turns us through fall and into the beginning of winter, we are settling into our routines. School buses mark time as they carry children to and from school.

It is with these thoughts in mind, we want to share with you an exciting opportunity to reinvigorate your school staff or parish catechetical staff. FSC staff presenters are willing to come to you to lead in-services on various topics, such as prayer, scripture, sacraments, community building, visioning, creativity and much more. You also can choose to have your staff meet away outside their work environment by coming to the FSC at 920 Market Street.

We welcome you to come and experience a reflective day away in an attractive and peaceful environment that offers many opportunities for individual and group prayer. When we take time to tend to our souls, we have more to offer to those we shepherd daily in the classroom.

**FSC staff members are happy to custom design a program or retreat that is specific to your group's needs. Programs can be adapted for:**

- Adult formation groups
- Nonprofit and business organizations
- Church, school, health care staff
- Liturgical ministry groups
- Scripture study groups
- Women's groups
- Groups of friends or family

**Amy Taylor, FSPA, [ataylor@fspa.org](mailto:ataylor@fspa.org), 608-791-5601:**

Retreat coordinator, program presenter and group facilitator with a focus on scripture, prayer practices, theological reflection, sacraments, church life, Franciscan spirituality, art and spirituality, creativity and visioning for staffs, groups and pastoral councils.

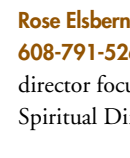


## STAFF PRESENTERS



**Marcia Bentley, [mbentley@fspa.org](mailto:mbentley@fspa.org), 608-791-5603:**

Program presenter and speaker with a focus on prayer practices, Centering Prayer and spirituality; spiritual direction.



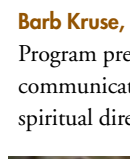
**Rose Elsbernd, FSPA, [relsbernd@fspa.org](mailto:relsbernd@fspa.org),**

**608-791-5268:** Private retreat director, spiritual director focusing on spiritual/personal development; Spiritual Direction Preparation Program mentor.



**Linda Kerrigan, FSPA Affiliate, [lkerrigan@fspa.org](mailto:lkerrigan@fspa.org),**

**608-791-5276:** Individual/group/private retreat spiritual direction; 5th Step (AA) listener; Spiritual Direction Preparation Program supervisor; volunteer coordinator.



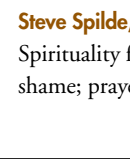
**Barb Kruse, [bkruse@fspa.org](mailto:bkruse@fspa.org), 608-791-5612:**

Program presenter with a focus on compassionate communication and contemplative prayer practices; spiritual direction.



**Audrey Quanrud, [aquanrud@fspa.org](mailto:aquanrud@fspa.org),**

**608-791-5264:** Presenter of programs and retreats on spirituality, including forgiveness, hospitality, personality and prayer; Franciscan spirituality; praying with art and women of the Bible.



**Steve Spilde, [sspilde@fspa.org](mailto:sspilde@fspa.org), 608-791-5297:**

Spirituality for Lutherans or parents; spirituality and shame; prayer for busy people.



## COMPASSIONATE LISTENING

# Private retreat: personalized, transformative, peaceful

There are many ways to "retreat" and find the space for solitude and renewal. Yes, retreat in this context always means growth rather than avoidance. A retreat offers the gift of time for prayer and reflection. One approach to a retreat is as an individual—a private directed retreat. Other retreat arrangements would be with a group or for specific presentations.

A private directed retreat is marked by an intense desire for quiet and solitude. It can vary from one day to up to eight days or even longer. The blessing of speaking to a spiritual director once a day enables the retreatant to continue to listen to the Sacred within, in the context of the day's events. Scripture is usually used to guide the prayer. Poetry and other materials for reflection also may be used.

There are many attractive aspects of this deeply personal and customized format. A private retreat is open to anyone, and the spiritual director has no agenda but the one presented by the retreatant. One's personal religious beliefs are honored with respect. The course of the day is determined by the retreatant, with one hour saved each day to meet with the director. Sharing this way helps clarify and digest the "happenings" of reflection and quiet.

Private retreats are customized for your needs and offered in the comfort and hospitality of the Franciscan Spirituality Center or one of its three tranquil hermitages on Solitude Ridge in St. Joseph, Wisconsin. Retreats vary in length and can take place any time of the year. Please call 608-791-5295 or visit our website at [www.FSCenter.org](http://www.FSCenter.org) for more information.

# A warm welcome

The Center is thrilled to welcome two new staff members who, in turn, welcome you: **Stacey Kalas**, marketing and communications coordinator, and **Erin Flottmeyer**, bookkeeper and receptionist.



"I've long known FSC is a special place," says Stacey, who joined the FSC staff in late July after an 18-year career in journalism at the *La Crosse Tribune*. "The Center's mission of helping everyone who seeks God, meaning and wholeness truly speaks to my heart."

One of Stacey's responsibilities at the newspaper was to write and edit stories about local faith issues, which introduced her to the Center. Stacey is now eager to introduce others to the FSC because "not enough people in the community know what a gem the Center is, and how varied and wonderful its programs, services and retreats are." Whether through the newsletter, social media, advertising or simply by meeting people and talking to them, her goal is to increase awareness of the Center. "I would love for everyone to visit and see for themselves what we can offer them," she said.

Originally from the Chicago area, Stacey and her husband fell in love with the Coulee Region when they stopped for lunch at Fayze's during a road trip nearly 20 years ago. They now live just outside of the city of La Crosse, with their three school-age children and an assortment of pets.

Erin joined the staff at the Franciscan Spirituality Center in August as a bookkeeper/receptionist after 11 years at home with her three children.

Originally from southern Wisconsin, Erin met her husband—an Aquinas alum—while earning her master's degree in Student Affairs Administration in Higher Education at University of Wisconsin-La Crosse. Having moved seven times in the past 13 years, they are thrilled to call La Crosse home again. Prior to being a stay-at-home parent, Erin worked as a teacher and a college administrator, and most recently has been working from home as the bookkeeper for a small, family-owned business.



On her decision to join the FSC team, Erin says: "My husband's great-aunt was a FSPA, and she was a person of great significance in our lives. She respected and encouraged my role as a stay-at-home parent, but she also gave me hope the right opportunity would one day arise. When the job opportunity at the FSC opened up, the flexible part-time schedule along with the opportunity to work with amazing people left me no doubt I had found the right job."

And it is with sadness that the FSC says goodbye to Liz Brunner, part-time hospitality coordinator. Liz joined our staff in December 2013 and coordinated meals and refreshments for guests at the Center. She also helped with the Sophia Bookstore, ordering books and making sure it was a gracious and inviting space for our guests to visit. We have greatly enjoyed Liz's youthful energy and know that with her education, experience and personality, she will go far in life. We wish her well in the next chapter of her life!

## Join our volunteer team

Thanks to more than 30 volunteers who provide the hospitality that makes FSC a very special place. They provide refreshment setup, work at the front desk, greet visitors and help with special events. We always welcome new volunteers and now are in need of more people on our team. Want to join us?

- Shifts are as little as one hour, primarily evenings and weekends.
- No special skills are needed.

**Interested? Contact Linda Kerrigan, [lkerrigan@fspa.org](mailto:lkerrigan@fspa.org), 608-791-5276.**



### HYGIENE FOR HOMELESS

Last year, more than 100 children in the La Crosse School District were homeless. Those who are homeless are rarely given basic hygiene supplies needed for health and confidence.

The Franciscan Sisters of Perpetual Adoration, and their Affiliates, are asking for your help in responding to the needs of local individuals and families who are homeless and in need of basic personal care items.

**Items in need are:** Baby wipes, talcum powder, diaper rash ointment, diapers (all sizes), baby shampoo, combs/brushes, deodorant, razors, shaving cream, bar soap or body wash, Kleenex, shampoo/conditioner, feminine products, manicure sets, raincoats/ponchos, socks, towels and washcloths, and diaper bags.

**Thank you for your kind and compassionate donation! Please give generously.**

**Questions? Call 608-791-5295. Drop off your donations in the collection bin at:**  
Franciscan Spirituality Center • 920 Market Street • La Crosse, WI 54601

### FRANCISCAN SPIRITUALITY CENTER

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## 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 by email at [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 events require a non-refundable registration fee; the balance will be refunded to you if you cancel prior to the event start time.

### Registration Deadlines

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

### Scholarship Information

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

## MEETING ROOMS

The Franciscan Spirituality Center offers a wide variety of rooms to fit the needs of your meeting, retreat and training sessions.

We offer eight meeting rooms to accommodate groups from two to 90 participants. Each room is bright, attrac-

tive, comfortable, quiet and can be tailored to meet the needs of your group. In addition, we provide a wide range of audio/visual equipment for no additional charge. Refreshments and catering are also available.

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



## SAVE THE DATE

# Spiritual Conversations

## FOR MODERN LIVES

with Keynote  
Speaker

Thomas Ryan, CSP



Franciscan Spirituality Center's  
30th Anniversary Annual Conference  
May 1-2, 2015

## Sophia Bookstore

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

Open Monday-Friday from 8 a.m.-5 p.m.  
**Please stop by to browse!**



## Solitude Ridge Hermitages

Three individual hermitages are built on the edge of a woodland and provide the peace and quiet of a rural setting. These small buildings were designed to provide a space for the silence and solitude necessary for a deeper experience with God. Hermitages are \$50 per night. Email or call the FSC to make your reservations today.

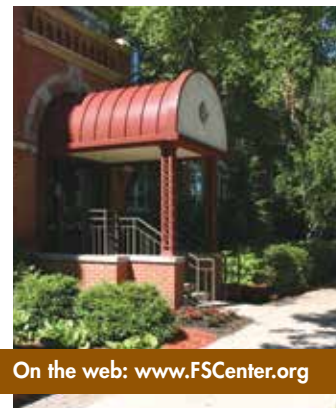
Telephone: 608-791-5295

## Where to find us

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



Franciscan  
Spirituality Center



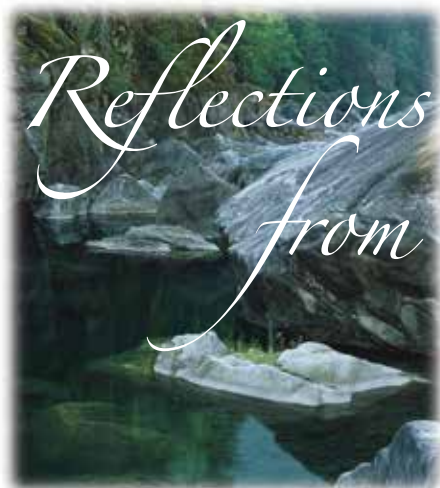
Telephone: 608-791-5295 • Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org) • On the web: [www.FSCenter.org](http://www.FSCenter.org)



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

Non-Profit  
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## Reflections from the Center

*Reflections from the Center* is a collection of peaceful prayer meditations from voices in our community. On Monday of each week, one such voice is featured in an email sent to our subscribers. From the recently published poem

Sacred Walk: "You do not need to understand the journey. You do not need to know where it will lead. Just walk it with love and gratitude and wonder." Another writer shared a personal essay: "Meals are meant to be shared. We are nourished not only by the food but also by the interaction with others. It makes sense that Jesus often spent time with his friends in the context of a meal." To submit a reflection, email Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org), or call her at 608-791-5296 for more information. To receive reflections, visit [www.fscenter.org](http://www.fscenter.org) and select the "Join Our Email List" tab, or email a request to [fscenter@fspa.org](mailto:fscenter@fspa.org). You also will find them at [www.atthecenterreflections.blogspot.com](http://www.atthecenterreflections.blogspot.com). Enjoy!

### COMING SOON IN JANUARY & FEBRUARY



#### ***Practical Intuition***

**January 3** with Kristy Walz

#### ***Ignatian Prayer***

**January 17** with Catherine Michaud, CSJ

#### ***The Path of Simply Being***

**January 23-25** with Tom Roberts

#### ***9th Annual Celebration of Married Life***

**February 14**

#### ***Lenten Gospels Series***

**Beginning February 19** with John McHugh

#### ***Lenten Retreat: St. Francis & the Universe Story***

**February 22-28** with Meg Gemar, OSF

Follow us on :



The Franciscan Spirituality Center is a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.