



**Franciscan
Spirituality Center**

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

VOLUME 23 • NUMBER 6

NOVEMBER/DECEMBER 2015

At the Center

In this Issue:

- *Sticks and Stones:
Recovering from Shaming Messages*
- *Awakening to Dreams*
- *Family Advent Celebration*
- *Advent Morning and Evening of Reflection:
Waiting in Hope*

920 Market Street • La Crosse, WI 54601

• 608-791-5295 • www.FSCenter.org



SAVE THE

Rebuild My Church

Father Reese, senior analyst for the *National Catholic Reporter* and former editor-in-chief of the weekly Catholic magazine



America, will speak on the topic of Pope Francis—a fellow Jesuit—and church reform during this special visit to the FSC.

On the heels of his reporting this fall from the Synod on the Family in Rome, where Catholic bishops will grapple with reconciling family life issues such as divorce and cohabitation with church teaching, Father Reese's insights and observations are sure to spark thought-provoking discussion and reflection here in La Crosse.



Mark your calendars for Saturday, February 6, 2016.

**Watch for registration details at www.FSCenter.org
and in the next issue of *At the Center*.**

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

Franciscan Spirituality Center

920 Market Street, La Crosse, WI 54601
608-791-5295

FSCenter@fspa.org • www.FSCenter.org

Identity

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

Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

Core Values

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

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

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

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

Hospitality: Welcome all with compassion, acceptance and celebration.

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

What We Do

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

At the Center

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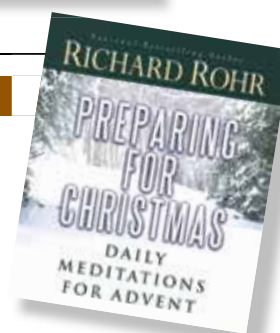
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AT THE SOPHIA BOOKSTORE

Just in time for Advent:

*Preparing for Christmas:
Daily Meditations for Advent*
by Richard Rohr, OFM



*God is in the Manger:
Reflections on Advent and Christmas*
by Dietrich Bonhoeffer



*Welcome Baby Jesus:
Advent and Christmas Reflections for Families*
by Sarah Reinhard

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 2015. 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



Creating warm environments



Audrey Lucier Quanrud
FSC Director

As fall nights grow longer and chillier, a warm afghan and another blanket on the bed provide a delicious comfort for those of us living up north. I was struck with the way author Melody Beattie uses the image of a warm blanket to describe denial in *The Language of Letting Go*. Denial, she writes, helps us get through painful, tough situations that might otherwise overwhelm us. We clutch our blanket of denial around us to keep warm and safe in the face of unbearable grief, trauma, loss and upheaval.

Denial helps us cope, she writes, but it also keeps us sealed off and in the dark. Eventually, we need to come out from under our blankets to face memories and painful reality, Beattie adds, but also insights, awareness and gradual healing. The warmer and safer we are feeling, the sooner we can drop that blanket and come back into the light.

I've gained respect for creating warm environments, where blankets are not needed, or at least not needed for long.

When I read this, I thought immediately of the Franciscan Spirituality Center. For many people, including me, it is a place of peace and healing. I think that is due to the caring and compassionate people who work and volunteer at the FSC, and to the women who founded it: the Franciscan Sisters of Perpetual Adoration.

As we come to some of the coldest months of the year, our desire is to make the FSC a warm environment, a place where blankets are not needed. Divorce Recovery, Depressed Anonymous and Imago Dei (a small group for women who have experienced sexual abuse) meet here monthly. Spiritual directors provide compassionate, nonjudgmental listening. In November, the FSC is also offering a healing retreat, *Sticks and Stones: Recovering from Shaming Messages*.

We're also excited to have you see our newly remodeled reception area. We hope it will help us welcome and serve you better. Please stop in, enjoy a cup of tea or coffee in the Sophia Bookstore, and enjoy the warmth.

Peace and all good,

Audrey Lucier Quanrud

**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



Michelle Frazier, FSPA
Hospitality



Elizabeth Kapanke
Bookkeeper & Receptionist



BENEFIT FOR FSC SCHOLARSHIPS

Life Lessons FROM A Teacup

TEA PARTY, PROGRAM & FUND RAISER

You are cordially invited to an enchanting afternoon of tea, sweets and inspiration on Saturday, January 23. Enjoy several varieties of hot tea on a wintry day as guest presenter Carol Weisz reflects on gratitude, mindfulness, uniqueness, our sacred stories and the beautiful gift of sharing a cup of tea with a kindred spirit.

Carol will share her vast collection of teacups, but also please feel free to bring along your favorite cup and share its story with new friends.

This first-time event for the FSC is designed to raise money for our scholarship funds. It's a wonderful opportunity to "pay it forward" by ensuring all who will to attend our programs and retreats can do so. Enjoy fabulous door prizes, a meaningful program and good company.

Come support the FSC!

Mark your calendars for
Saturday, January 23, 2016

Watch for registration details at www.FSCenter.org
and in the next issue of *At the Center*.

body, mind & spirit

Golden Yoga

Session Two: October 20, 27, and November 3, 10, 17, 24
Time: Tuesdays, 11:15 a.m.-Noon or 11:15 a.m.-12:15 p.m.
Instructor: Amber Moesch
Investment: 45-minute class: \$36/6 classes, \$8 drop-in;
1-hour class: \$48/6 classes, \$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.

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 the students who show up.



Hatha Yoga

Session Two: October 21, 28; November 4, 11, 18, 25
Time: Wednesdays, 5:30-6:30 p.m.
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.



Vinyasa Yoga

Session Two: October 26, and November 2, 9, 16, 23, 30
Time: Mondays, 5:30-6:30 p.m.
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.



Volunteer opportunities at the FSC

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

We are always looking to add to our volunteer team.

Do you have an hour or two to spare each week or even once a month? Shifts are primarily evenings and weekends, and no special skills are needed. We're happy to show you what's involved.

As a thank you, our volunteers receive 20 percent off all FSC programs and retreats. They are also recognized with an annual appreciation party.

Sound good? Please contact Marcia Bentley at mbentley@fspa.org or 608-791-5603 to get started. We'd love to have your help!

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

Every Tuesday, 5:30-6:15 p.m.

Facilitators: Barb Kruse and Marcia Bentley

Centering Prayer is a Christian prayer of silence in which we consent to the presence and action of God within. It is a surrendering—a temporary letting go of 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

November 10 and December 8
Tuesdays, 5:30-6:30 p.m.

Facilitator: Tom Roberts

Investment: Freewill offering

Traditional historic Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. 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

November 12 and December 10
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

November 9 and December 14 • 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.

Imago Dei Women's Group

November 18 and December 16 • Wednesdays, 7-8:30 p.m.

Sexual abuse trauma can have long-term effects, such as anxiety, fear or post-traumatic stress disorder. It can interfere with relationships, school and work, and rob survivors of their potential. This group for female survivors of sexual abuse supports women in their quest for healing, peace and wholeness. Imago Dei refers to the inherent goodness and dignity of every woman, no matter what has happened. Imago Dei is facilitated by two survivors of sexual abuse. It is not professional therapy or counseling, but rather a safe place to speak and be heard, whether the abuse is recent or many years ago.

Divorce Recovery

November 19 and December 17 • Thursdays, 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.

GROUPS THAT MEET AT THE FSC

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. Meets biweekly (alternating Tuesday and Wednesday evenings) from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. 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 21 and December 19) 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.



2015 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.

November 13-14

Friday, 7 p.m. - Saturday, 8 p.m.

Presenter: Steve Spilde

Investment:

- **Full:** \$150, includes retreat, Friday night stay, Saturday breakfast, lunch and dinner (additional night's stay available)
- **Commuter:** \$110, includes retreat, Saturday lunch and dinner

Registration deadline: October 30



Sticks and Stones: Recovering from Shaming Messages

When used with wisdom and discernment, religious beliefs are a great source of strength, comfort, encouragement and guidance. When used inappropriately and distorted by someone who is seeking control, religious language can be a source of shame and even abuse.

We will look at the beliefs and the messages we heard in our youth. We will identify which of those messages were healthy and which were distorted. How much shame do we carry as a result of people who misused religion for their own agenda? We will practice tools to aid our recovery from unhealthy messages we have carried. Together, we will seek the love and freedom God intends for each of us.

In the words of author Brené Brown: "I am enough. I have enough. I've had enough."

November 14

Saturday, 9 a.m.-Noon

Instructors: Jan Wellik and Deborah Hansen

Investment: \$25, includes supplies (yours to keep)

Registration deadline: November 6

November theme: Gathering Our Harvest
(nature collages at the marsh)

Note: This group will not meet in December



Sacred Spaces in Word and Art

Artistic expression helps connect the outer seasons of the landscape to the inner seasons of our soul. This group meets the second Saturday of each month to explore the sacred in nature and within us through creative expression. Each session has a special theme and includes a visit to a local site for writing and simple artistic practices. You do not need to attend every month, but with each visit you'll have the opportunity to add to a seasonal nature journal that you create.

Jan Wellik finds being in nature inspires creativity and peace within her soul. She teaches writing at Viterbo University and UW-La Crosse, and has led nature writing retreats since 2004. **Deborah Hansen** has a deep love of creative expression, which she brings to the programs and retreats she coordinates for the FSC.



November 16

Monday, 6-7:30 p.m.

Instructor: Mary Thompson,
FSPA affiliate

Investment: \$15 (materials list will be emailed upon registration)

Registration deadline: November 9
Limited to 20 participants

Note: This group will not meet in December



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 youths and adults, Mary has supported the healing of women in recovery through the practice of art therapy.

November 20-21

Friday, 7 p.m. - Saturday, 4 p.m.

Retreat leader: Joann Gehling, FSPA**Investment:**

- **Full:** \$140 (includes retreat, all meals and bedroom)
- **Commuter:** \$95 (includes retreat and lunch)
- Please include a \$50 non-refundable deposit.

Registration deadline: October 20**December 2 or December 3**

Wednesday, 9-11 a.m.

Repeated on: Thursday, 6:30-8:30 p.m.**Presenter:** Audrey Lucier Quanrud**Investment:** \$10**Registration deadline:** November 20**December 5**

Saturday, 9-11:30 a.m.

Presenters: Deborah Hansen and friends**Investment:** \$30 per household, (one wreath per registration)**Registration deadline:** November 20**January 9, 2016**

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

Presenter: Kristy Walz**Investment:** \$45, includes lunch**Registration deadline:** December 28**Awakening to Dreams: A Retreat for Spiritual Directors**

Dream work offers the opportunity to begin a conversation with your soul—to begin an inward journey toward the truest part of the self. Paying attention to one's dreams is like opening a letter from God.

This weekend retreat for spiritual directors will include:

- Exploration of Carl Jung's terminology and map of the psyche
- Several methods to assist in working with dreams
- An awareness of the dream language of symbol and metaphor
- The processing of several biblical and personal dreams
- Various ways to pray with dreams.

Joann Gehling, FSPA, is a spiritual director and pastoral counselor at Prairiewoods Spirituality Center in Hiawatha, Iowa. She is certified as a Dream Group Leader from the Haden Institute in Flat Rock, North Carolina. Sister Joann has been a supervisor in the Spiritual Direction Training Program for more than 12 years.

Advent Morning/Evening of Reflection: Waiting in Hope

Do you remember when you were a child, the excitement of waiting for Christmas to come? Advent is the season of waiting and hope. Begin your Advent this year by reflecting on the spiritual gifts of waiting. Deepen your insights about waiting, and open your heart to receive the gifts that waiting holds for you.

**Family Advent Celebration**

Come celebrate Advent at the FSC and enrich your family's preparation for Christmas. "Advent" means coming, and it's a season of waiting, preparing, celebrating and watching for the coming of Jesus in the manger. Mary and Joseph, an angel and shepherds will share their stories of waiting, preparing, celebrating and watching as your family creates an Advent wreath (see photo) that you can use for many years to come. Games, prizes and holiday refreshments will add to the fun!

Honoring Your Intuition

The start of a new year is a natural time to evaluate choices and decisions. In this, intuition can be our ally. Intuition is our sixth sense, a gut instinct about what to do. We all have intuition, but how do we learn how to use it and trust it? During this program, you will learn some practical exercises to help you grow stronger in your intuitive skills.

"The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

— Albert Einstein

Kristy Walz is a spiritual director and an independent consultant specializing in facilitation, strategic planning and leadership training. Her programs at the FSC blend her business background with a passion for spiritual growth and development.

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,
visit www.FSCenter.org



SAVE THE DATE: JANUARY 6, 2016

Women's Christmas

An Epiphany Celebration for Wise Women

Women's Christmas is rooted in a delightful Irish tradition. On January 6, 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. January 6 is also the Feast of the Epiphany, the day we celebrate the coming of the Wise Men to the infant Jesus.

At the FSC, we are bringing together the tradition of Women's Christmas and the Feast of the Epiphany in *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 three gifts that Wise Women give to each other: water—to symbolize a healing received in the past year; fire—to guide us in a vision for the coming year; and shawls—to embrace us with each other's blessing.

Come bless, and leave blessed and gifted!

Women's Christmas

An Epiphany Celebration for Wise Women

January 6, 2016

Wednesday, 5:30-8 p.m.

Presenter: Deborah Hansen

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

Registration deadline: December 18, 2015

Do you have a story to tell? We're listening

Very often during spiritual direction, someone will say, "I've never told anyone this story before" It might be a painful recollection, a time of wounding or shame, or an experience of powerful emotions that were not fully understood. At other times, people may realize their beliefs about God have changed or their perspective on events may be fundamentally shifted by a new insight.

We all have sacred stories that need to be told. But they don't fit into our daily conversations. We might not have a safe or comfortable place to tell them, or have a compassionate, nonjudgmental listener to receive our stories. The Franciscan Spirituality Center has four spiritual directors on staff to listen deeply, patiently and intentionally to you.

Spiritual direction is not counseling or Bible study but rather a process of seeking the divine presence within. It's an opportunity to journey with a trusted companion as you seek spiritual growth, personal understanding and meaning.

You may choose to share your stories one-on-one with a spiritual director, or within the context of a group. You can schedule an initial orientation session with one of our spiritual directors at no cost to pursue whether spiritual direction is right for you. We're looking forward to hearing from you.

FSC Spiritual Directors



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

Rose Elsbernd, FSPA
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608-791-5268



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

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



If you would like to learn more about spiritual direction, contact one of the spiritual directors on staff at the FSC.

Men invited to join spiritual direction group

The FSC is forming a daytime group of men to gather for group spiritual direction. If you are interested in participating, please call Steve Spilde at 608-791-5297.

STAFF NEWS

A warm welcome

Visitors to the FSC front office can expect to see a few changes. In addition to our beautifully remodeled reception area, we're thrilled to welcome a new part-time receptionist and bookkeeper.

Elizabeth Kapanke started her new job with us in August, but she's a familiar friend, having been part of the housekeeping staff of the St. Rose Complex since February 2012.

"I was drawn to the FSC for its peaceful, friendly environment," Elizabeth says.

Born and raised in California, Elizabeth moved to La Crosse after meeting and marrying her husband, Andrew. She was a stay-at-home mom for 20 years, raising their two sons and two daughters, and has been an active volunteer at their church and school. In her free time, Elizabeth enjoys spending time outdoors, boating, camping, gardening, photo scrapbooking, sewing and crocheting.

Her organizational skills and friendly demeanor have been great additions to the FSC office. Be sure to say hello next time you are at the FSC!

Elizabeth replaced **Erin Flottmeyer**, who started her new job in August as an academic adviser to nursing students at Viterbo University. Erin brought many gifts to the FSC and we were sad to see her leave, but we can't help but feel happy for her in what she describes as "the position of my dreams."

Congratulations to both Elizabeth and Erin!



FRANCISCAN SPIRITUALITY CENTER

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Michael Krueger

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Dorothy Lenard

Dan Henderson

John McHugh

Kristy Walz

Looking ahead to Lent

Two nationally known Dominican preachers will visit the FSC this spring to share their wisdom, insights and intellect.

Ann Willits, OP, will present the weeklong preached retreat *What Does it Mean to Belong to God?* from Sunday, March 6, through Saturday, March 12. **James Marchionda, OP**, will lead *The Holiest Path Through the Holiest of Days: Triduum Retreat* from Thursday, March 24 through Saturday, March 26.

Knowing that we belong to God, that we are loved and valued just for who we are, is one of our deepest life needs, Sister Ann says. This belonging should be a given in life; yet, it is often a grace that we take for granted, ignore or find impossible to accept. When we are intentional about reflecting on belonging to God, being one with God, we discover both belonging and speechless gratitude, she says.

What Does it Mean to Belong to God? will include time for simply being still, letting God speak and reflecting on belonging by asking, "What does it mean to belong to God?" Sister Ann's morning and afternoon presentations will help us explore belonging, gratitude and what God asks of us in life. The rest of the day will be spent experiencing our belonging by listening to God in silence through reading, reflecting, and journaling. Sister Ann also will be available to meet individually with retreatants in the afternoons.

Sister Ann, a Dominican from Sinsinawa, Wisconsin, is a preacher, poet, writer and lecturer who has presented retreats and conferences throughout the United States, South America, Canada, New Zealand, Australia and Europe. She has recorded three retreats for *Now You Know Media* and is a full-time itinerant preacher and lecturer. A former high school English teacher

and administrator, she served for nine years on the general council of her congregation and was director of the Parable Conference for Dominican Life and Mission for 21 years. Sister Ann received her BA from Rosary College, her MA from St. Thomas University and did post-graduate study at Marquette University.

Friends of the FSC will remember Father Jim Marchionda's rousing and inspirational *Singing the Psalms* retreat last fall. A Dominican priest, preacher and composer of sacred song, his workshops, lectures and concerts have also taken him throughout the United States and abroad. We're delighted and honored to welcome him back to La Crosse to lead us through the liturgies of Holy Thursday, Good Friday and the Easter Vigil during *The Holiest Path Through the Holiest of Days: Triduum Retreat*.

"Holy Week affords us the opportunity to not only witness, but to actually join, the journey of Jesus," Father Jim says. "The path is clear, moving from humility through surrender to glory, and inviting us to embrace it all."

Father Jim resides at St. Pius Priory in Chicago. After 23 years of full-time preaching, he was elected Provincial in June 2015 but continues to preach whenever possible. He has composed more than 200 sacred music compositions (one of which was sung at the funeral of Mother Teresa of Calcutta), and his work is published by World Library Publications. He studied at St. Thomas University, DePaul University, Aquinas Institute and University of Wisconsin in Madison.



What Does it Mean to Belong to God?

March 6-12, 2016

Sunday, 6:30 p.m.-Saturday, Noon

Retreat leader: Ann Willits, OP

Investment:

- **Full:** \$375 (includes retreat, all meals, and bedroom)
- **Commuter:** \$225 (includes retreat and lunch)
- FSPA resident: \$95
- \$50 non-refundable deposit required

Registration deadline: February 8, 2016

The Holiest Path Through the Holiest of Days: Triduum Retreat

March 24-26, 2016

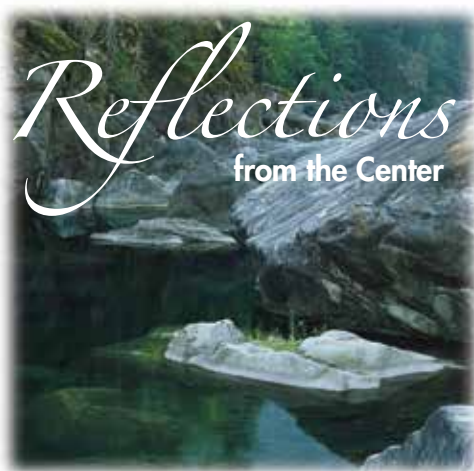
Thursday - Saturday, 9 a.m. each day

Retreat leader: James Marchionda, OP

Investment:

- **Full:** \$180 (includes retreat, room, meals through Sunday)
- **Commuter:** \$30

Registration deadline: March 10, 2016



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

Allow

by Connie Sprague

Does the maple tree
set its intention
to bud
and bloom
in the spring?

In the depth of winter,
does it fear
its life is over?

Or does it trust
The unknowing,
and simply allow
its becoming?

May I be
like the maple—
trusting the unknowing,
and blooming
on time.

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:

☐ \$10 ☐ \$20 ☐ \$25 ☐ \$50 ☐ \$75 ☐ 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.

MAKING 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 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 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

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



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.

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

Please stop by to browse!



Meeting Rooms

The Franciscan Spirituality Center offers a wide variety of rooms to fit the needs of your group for conferences, meetings and training sessions. We offer eight meeting rooms that accommodate two to 90 participants. Each room is bright, attractive, comfortable, quiet and can be tailored to meet the needs of your group. In addition, we provide free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering are also available.

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





Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

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MARK YOUR CALENDAR

Kay Lindahl April 29-30, 2016



"The cultural and religious diversity of our communities calls for a way of listening that transcends words and belief systems. Learning to truly listen to one another is the beginning of new understanding and compassion, which deepens and broadens our sense of community," says Kay Lindahl, author and founder of The Listening Center.

Kay has created workshops and retreats for national and international audiences, and presents programs on listening and diversity for several major corporations.

On Friday, April 29, Kay will give a presentation on the sacred art of listening for members of the public. Whether you work in business, ministry, health care or education, expect a transformative experience.

For those interested in more in-depth training on this topic, Kay will lead a weekend retreat Friday evening through Sunday noon, April 29-30. Watch for registration details at www.FSCenter.org.

COMING SOON IN JANUARY & FEBRUARY



Women's Christmas: An Epiphany Celebration for Wise Women

January 6 • with Deborah Hansen

Honoring Your Intuition

January 10 • with Kristy Walz

Life Lessons from a Teacup

January 23 • with Carol Weisz

Weaving Our Lives

January 29-31 • with Rocky Danielson and Deborah Hansen

Rebuild My Church: Pope Francis and His Vision for Reform

February 6 • with Thomas Reese, SJ

Franciscan Solitude: A Silent Directed Retreat

February 26-28 • with FSC spiritual directors

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