



Franciscan Spirituality Center

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

VOLUME 25 • NUMBER 5

SEPTEMBER/OCTOBER 2017

At the Center

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Transformation
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and Art+Yoga+Quiet
- *Surrender and Live:*
A Serenity Retreat

Take time for listening

Would you like additional tools for healthy communication with a spouse or co-worker? Are you looking for ways to improve your relationships? Listening well is core to all human interaction. This year, the FSC will offer three opportunities to deepen one's listening skills with three presenters offering different perspectives. You can come to one or all three!



SEPTEMBER 22-23, 2017

Listening: A Path to Transformation

Presenter: Janet Mallak, SSND

How does the act of listening transform me and others? Registration details on page 8.

FEBRUARY 2-3, 2018

Deepening Engagement: Essential Habits for Listening

Presenter: Diane Millis

How do I listen well amid differences of opinion and conflict?



APRIL 13-14, 2018

Compassionate Communication: The Language of the Heart

Presenter: Barb Kruse

How do my core beliefs, values or needs affect my ability to listen with compassion?

Look for registration details
in the next *At the Center* or
online at www.FSCenter.org.



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

Franciscan Spirituality Center

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

Identity

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

Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

Core Values

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

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

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

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

Hospitality: Welcome all with compassion, acceptance and celebration.

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

What We Do

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

“What kind of relationship do you have if you never carve out time for the other person? One that is superficial and unsatisfying for both parties. That’s why prayer, or intentional time with God, is important if you want a relationship, a friendship, with God.”

- James Martin, *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life*

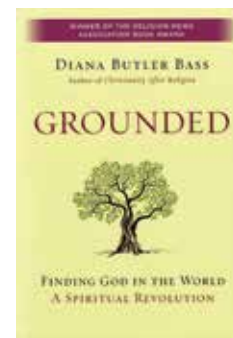
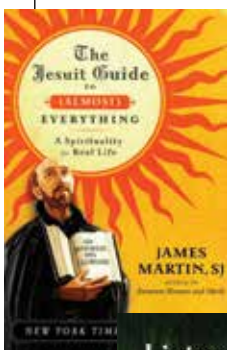
AT THE SOPHIA BOOKSTORE

If you are looking to enrich your spiritual practice, consider these favorite titles:

*The Jesuit Guide to (Almost) Everything:
A Spirituality for Real Life*
by James Martin, SJ

*Grounded: Finding God in the
World—A Spiritual Revolution*
by Diana Butler Bass

*Listen Here!
The Art and Spirituality of Listening*
by Megan McKenna



Sophia Bookstore

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

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

We now offer the Urban.Energy locally made line of crystal and gemstone-infused anti-aging oils. Come check them out!

Listen... and you'll be heard



One of my favorite radio shows is less than three minutes long. Each week, the local public radio station plays a StoryCorps conversation between average Americans about a personal story. I've heard deeply moving stories about the power of a parent's unconditional love, the trauma of wartime service and the meaning of friendship. StoryCorps has been recording and archiving these conversations since 2003 in its quest to "build the connections between people, and to teach the value of listening."

We believe in the value of listening at the Franciscan Spirituality Center, and we both teach it and practice it. A spiritual director's vocation is to be a compassionate, nonjudgmental, deep listener for another person's story. In July, our 13th class of men and women completed three years of intensive training in spiritual direction at the FSC. Congratulations to them!

In spiritual direction and retreats at the FSC, many of us have witnessed the healing power of listening. "Why is being heard so healing?" asks author Margaret Wheatley. "Listening moves us closer; it helps us become more whole, more healthy, more holy. Not listening creates fragmentation, and fragmentation is the root of all suffering."

"This is an increasingly noisy era—people shout at each other in print, at work, on TV," she continues. "I believe the volume is directly related to our need to be listened to."

If you are interested in the power of listening, I invite you to join us for three special programs on listening at the FSC this year. The first will be September 22-23 with the wise and wonderful Janet Mallak, who for many years has served as a spiritual director and teacher in our Spiritual Direction Preparation Program.

I'm also looking forward to September 7 when Gina Messina, a Catholic theologian and feminist, will be at the FSC. Gina is from a younger generation than mine. She gives me hope that there are bright, articulate, passionate women of faith who want to inspire a revolution of love from within religion. Please join us for this special evening and be inspired!

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER

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Tom Roberts

Finding God in All Things

THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

Finding God in All Things is a nine-month retreat experience using the Spiritual Exercises of St. Ignatius of Loyola. Together, in a welcoming community, we will explore the spiritual practices of prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment, all within the context of a Franciscan framework.



The Schedule:

OPENING SESSION: September 16 • Saturday, 9 a.m.-3 p.m.

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

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

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

Investment:

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

LAST CHANCE TO REGISTER!

www.FSCenter.org or 608-791-5295

Finding God in All Things includes:

- A spiritual toolbox of practices and ways of prayer that will help you discern the fingerprints of God in your daily life.
- Monthly gatherings that invite you to reflect on the unconditional love of the Creator.
- Daily emails that foster a commitment to prayer and reflection.
- Monthly meetings with your spiritual director.

Finding God in All Things is ideal for:

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

2018-20

Spiritual Direction

Preparation PROGRAM

Application deadline: June 30, 2018 (or until filled)

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 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.

Congratulations to the 13th cohort of the Spiritual Direction Preparation Program! In July, this class completed our innovative training program to teach redemptive listening and compassionate communication. We celebrate the following participants:

Blair Anderson, Mendota Heights, Minnesota

Jim Bausch, Omaha, Nebraska

Pat Bausch, Omaha, Nebraska

Melissa Borgmann-Kiemde, St. Paul, Minnesota

Victoria Danielson, Savage, Minnesota

Jeanie DeWolf, Cedar Rapids, Iowa

Tom DeZell, Oconomowoc, Wisconsin

Sally Klich, La Crosse, Wisconsin

Cara Hartfield, La Crosse, Wisconsin

Ginny Heldorfer, OSF, Dubuque, Iowa

Sarah Hennessey, FSPA, La Crosse, Wisconsin

Alice Holstein, La Crosse, Wisconsin

Becky Knudson, Cedar Rapids, Iowa

Kelly Lemens, Mequon, Wisconsin

Susan Liddell, Cedar Rapids, Iowa

Grant Van Lishout, Atlantic, Iowa

Brenda Lisenby, Minneapolis, Minnesota

Vicki Lopez-Kaley, La Crosse, Wisconsin

Cheri Loveless, Dubuque, Iowa

Dennis Lynch, Stevens Point, Wisconsin

Paige Majeski, Urbana, Iowa

Kathleen McFalls, Loveland, Ohio

Sharon Montalbano, La Crosse, Wisconsin

Joe Nowak, Wausau, Wisconsin

Cheryl Peterson, South St. Paul, Minnesota

Kami Pohl, Plymouth, Minnesota

Kris Portinga, Welch, Minnesota

Jodie Rubenzer, River Falls, Wisconsin

Carla Stanton, Onalaska, Wisconsin

Rae Ann Thomas, Marshfield, Wisconsin

Kathryn Walczyk, Green Bay, Wisconsin

Nick Weber, Garrison, Iowa

Gayle Wilcox, Cedar Rapids, Iowa

Janis Vittefoe, Washington, Iowa

Our next class begins in September 2018.

If you are interested in learning more about the SDPP, please call 608-791-5295 or download a brochure at www.FSCenter.org.

Spiritual Living

Meetup: Practicing Open-Hearted Presence

September 8 & October 13 • Friday, 6:30-8 p.m.

Facilitator: Kristin Peters, FSPA

Investment: Freewill offering

meetup



If you want to connect more authentically with yourself and others, join us for this meetup based on the Awareness, Courage and Love scale developed and researched at the University of Washington. Led by Kristin Peters, FSPA, we will practice open-hearted presence: self-expression, deep listening, acceptance and compassion, self-care, embracing vulnerability, giving and receiving support and living more boldly.

After each meeting, you'll leave with exercises and tools to try with family, friends, co-workers or intimate partners to deepen your relationships and move toward what you value most in life. **Please register at www.meetup.com.**



The Sound of Bowls

September 12 & October 10 • Tuesday, 5:30-6:30 p.m.

Facilitator: Tom Roberts

Investment: Freewill offering

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

Drumming Circle

September 14 & October 12

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.



COMING THIS FALL: A new six-week session of Grief Circle will meet Tuesday nights starting in November.

- No advance registration necessary
- Free to attend

Pregnancy and Infant Loss Support Group

September 13 & October 11 • Wednesday, 5:30-6:30 p.m.

Facilitators: Emily and Sean Mortenson

Investment: Freewill offering



This monthly gathering on the second Wednesday provides a safe place for those who have suffered a miscarriage, ectopic pregnancy, stillbirth or the loss of an infant to share their stories.

You'll have an opportunity to process your unique experience while receiving the comfort of others who understand. Our facilitators are a local social worker and her husband who have personally experienced the loss of an infant.

Caregivers Support Group

September 18 & October 16 • Monday, 4-5:30 p.m.

Facilitator: Anita Dahlby

Investment: Freewill offering



This new group for caregivers of older family members meets on the third Monday of the month. Are you in need of support as you care for a parent or spouse? Anita Dahlby, who is an experienced small-group leader and has walked the walk of caregiving, will facilitate. Find a space to consider where God is in the midst of suffering. Come connect with others in the community who share similar challenges, and leave knowing you are not alone.



Harvest Moon Labyrinth Walk

October 5 • Thursday, 5:30-7:30 p.m.

Investment: Freewill offering

This year, the Harvest Moon falls on October 5. For native peoples, this full moon marked the end of summer's warmth and lush growth and signaled the time to harvest. The changing of the seasons is a natural time to reflect on the spiritual and emotional seeds we planted earlier this year that are now bearing fruit.

You are invited to walk the FSC's indoor canvas labyrinth at your own pace on this evening. A labyrinth is an ancient contemplative practice, a walking meditation. A reflection guide and a place to write or draw after walking the labyrinth is provided. A brief introduction is also available for those new to this practice.

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 from 6-8 p.m., and the Tuesday group will meet the second and fourth Tuesdays 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.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality, on the third Saturday of the month (September 16 and October 21) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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

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



2017 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.

September 7

Thursday, 6:30-8 p.m.
Presentation with wine and
cheese reception to follow

Presenter: Gina Messina

Investment: \$25

Registration deadline: August 24



Faith and Feminism: Resistance and Persistence in the Church

Why do you stay? It is a question that scholar, theologian and author Gina Messina is often asked - but not because she is in an abusive relationship, but rather because she is Catholic and a feminist. There is a long-held belief that Christianity does not empower women, and yet many continue on and with good reason. Beneath the patriarchal man-made teachings, there is a tradition of love, inclusion, liberation and social justice. It is one that welcomes women and all to the table. That is the tradition so many continue to practice. Feminist resistance and persistence are needed to carry the Catholic Church into the future, says Gina. This presentation will consider modern-day challenges for women in the Church and opportunities to find voice, become empowered and participate in positive social change.

Gina Messina is an American feminist scholar, Catholic theologian, author and activist. She is also co-founder of FeminismandReligion.com. She writes for The Huffington Post and is author or editor of several books, including *Faithfully Feminist: Jewish, Christian, and Muslim Feminists on Why We Stay*, plus the forthcoming *Women Religion Revolution* and *Jesus in the White House*. She has presented across the United States at universities, organizations, conferences and on national platforms, including appearances on MSNBC, Tavis Smiley, NPR and the TEDx stage. She also has spoken at the Commission on the Status of Women at the United Nations to discuss matters affecting the lives of women around the world. Gina is active in movements to end violence against women and explores opportunities for spiritual healing.



September 15-16

Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Stephanie Sharp and
Cheri Schuyler

Investment:

- **Full:** \$159, includes overnight stay, all meals and all art supplies
- **Commuter:** \$109, includes Saturday lunch, snacks and all art supplies

Registration deadline: September 1

Art + Yoga + Quiet = Intention: A Dynamic Retreat for Self-Care

On this retreat, you are invited to enter a sacred space where your creative center can express itself through through watercolor, yoga and mixed-media artistic expression. No previous experience is necessary. Local artist Stephanie Sharp will guide participants in the use of simple watercolor techniques to create pages for hand-bound art journals. On Saturday morning, we will practice yoga nidra with instructor Cheri Schuyler. Throughout the retreat, we will develop a personal sankalpa: an intention formed by the heart and mind. This will be incorporated into a piece of mixed-media art using collage, painting and transfer techniques. Enjoy a fun and relaxing experience that connects mind, body and spirit, with plenty of opportunities for both quiet time and conversation/community.



Stephanie Sharp has been teaching art for seven years. Whether it is art classes for homeschoolers, after-school art and workshops for kids, summer art camps or various art classes for adults, her ability to share her knowledge and joy of creating in a relaxed, fun environment shines through. View her work at www.blissfulheartstudio.com.

Cheri Schuyler has been practicing yoga for more than 15 years and is RYT-500 trained in the Live Love Teach school of yoga. Using the tools she learns on her mat, she helps others to find calm in the crazy of everyday life. "Yoga helped me overcome the anxiety that ruled my days. I am now able to look at and be in the world with less fear and more love," she says.



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

September 18 and October 16

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

Instructor: Mary Thompson

Investment: \$10 (if you bring own supplies) or \$12 (if you use FSC supplies)

Registration deadline: September 15 and October 13

Supplies needed: Watercolors (pan set), brushes (8" round watercolor and 1" flat wash brushes), kneaded eraser, watercolor paper provided.

Art as Prayer

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No experience necessary; Mary is an enthusiastic and encouraging teacher who will show you how to get started.



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

September 19

Tuesday, 6-8 p.m.

Presenter: Tom Roberts

Investment: \$25, includes all supplies

Registration deadline: September 5

Limited to 15 participants.

Please leave your artistic ego and related fears at the door. No artistic experience necessary—only a willingness and curiosity to explore a unique addition to your spiritual practice!



A Brush with Silence: An Introduction to Brush Meditation

The mindful use of brushes, ink and paper as a method of deepening the spiritual journey has been employed throughout the centuries and by numerous traditions. In the Japanese tradition, this technique is referred to as Shodo, or The Way of The Brush—a mindful method that brings great peace, balance and harmony into our lives via patient brush strokes.

During this introductory Shodo session, you will have the opportunity to experience the playful and profound dance of brush, ink and paper. We will be using Zen brushes (all materials will be supplied) to explore the image of the Enso or Zen circle. By way of this elegant circle, you will access a level of wholeness of experience. By developing a careful relationship with the brush, ink and paper, you are invited to access your deeper wisdom in a new and refreshing manner.

Thomas Roberts, LCSW, LMFT, has gained widespread recognition in the field of health and healing as a healer and educator, author and speaker who translates mindfulness techniques into practical strategies for enjoying a healthier, happier, more fulfilling everyday life.

September 19 and October 17

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

Presenter: Greg Lovell

Investment: \$10 per session
(No registration deadline)



Mindfulness for Stress Reduction

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Meeting monthly on third Tuesdays, this group is open to anyone wanting to reduce stress through mindfulness practices. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion. You are invited to attend the entire series or drop in each month as your schedule allows.

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.

September theme: Mindfulness Basics and Breath Meditation

October theme: Mindfulness Basics and Breath Meditation II



September 21

Thursday, 6-7:30 p.m.

Presenter: Cynthia (Sam) Licht

Investment: \$15

Registration deadline: September 7



Devotion Through Body Awareness

This interactive evening with Sam Licht will be a gift for your mind, body and spirit! Come to learn self-care techniques, finding ways to experience deeper relaxation through awareness. Come prepared also to practice some stretching and yoga. Be sure to wear comfortable clothes and know that all skill levels are welcome! Sam's favorite part of teaching is seeing students learn about themselves, as the spark of knowledge is revealed. This is sure to be a wonderful night for participants to hear a bit of Sam's story as they discover new and wonderful aspects of their own.

Cynthia (Sam) Licht has made her career attending to the functioning of muscles. She began as a competitive powerlifter, and then worked as the coordinator of the YWCA Nautilus and YMCA weight room. Her fascination and wonder with muscles led to a career as a massage therapist for the past 20-plus years, most recently at Sue Kolve's Salon and Day Spa in Onalaska. This training has given her additional insight into movement, function, structure and action. She also practices and teaches Iyengar yoga at The Yoga Place in La Crosse, through which she has found a path to self-awareness by asana, stretching not only muscles but one's inner consciousness.





2017 Program & Retreat Offerings *continued.*

September 22-23

Friday, 7 p.m.–Saturday, 4 p.m.

Presenter: Janet Mallak, SSND

Investment:

- **Full:** \$145, includes overnight stay and all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: September 8



Listening: A Path to Transformation

In the stories of our life, miracles happen when one feels heard. Many of our prophets and wise ones listened with compassion. Possibility and new life began to emerge. We have a great ability to listen creatively by listening with the ear and heart. During this time, we will ponder what it is like to be a listener. What gifts do I bring as a listener? When does listening become difficult? By discovering new and old ways to listen, we find the path to transformation.

Janet Mallak, SSND, spent 20 years in the teaching field and is a former Franciscan Spirituality Center staff member. Today, she works in retreat ministry through her community, School Sisters of Notre Dame, is a spiritual director and assists with the FSC's Spiritual Direction Preparation Program.



September 22-24

Friday, 7 p.m.–Sunday, noon

Presenters: 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: September 8

Limited to 12 participants.

Silent Directed Retreat

This weekend is an invitation 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, artistic expression in our art room and quiet spaces for reading, journaling or simply relaxing. Whether you need time and space for prayer or have a need for rest and refreshment, give yourself the gift of a weekend of solitude.



September 23

Saturday, 9 a.m.–4 p.m.

Presenter: Wayne Manthey

Investment: \$65 plus cost of drum materials
(\$100, 13-inch drum or \$125, 16-inch drum)

Registration deadline: September 8

Limited to 15 participants.

Drum-Making Workshop

The beat of the drum brings an awareness of the sacred and powerful beat of all creation. Creating this sacred instrument of peace will help you to hear and feel the rhythms that connect the Earth, its diverse peoples and all creatures. Drum maker and storyteller **Wayne Manthey** has helped bring many drums to life at the FSC since his first workshop here in 2007. Participants use wood, deer hides, walnut stain and other natural elements to create a unique, personal drum. In between, there is time for reflection and storytelling about the ancient, spiritual tradition of drumming.



September 27 OR October 25

Wednesday, 9 a.m.–4 p.m.

Facilitators: FSC spiritual directors

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

Registration deadline: September 20 and October 18



Franciscan Day of Solitude

Summer promises of rest often fall short. Are you yearning for a day to unplug and reflect on life's goodness? You are invited to spend a day of solitude at the FSC that will give you permission to simply be where you are at. Solitude offers us a place to listen to and rest in God. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room, a simple meal and optional art materials for creative expression. Come rest, reflect and pray, and leave feeling renewed.



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

September 29-October 1

Friday, 6 p.m.-Sunday, noon

Presenter: Deb Hansen

Investment: \$220 (does not include meals). Each retreatant brings their own food, and there is a complete kitchen with everything you need to prepare meals.

Registration deadline: September 22

Limited to 3 participants.



Hermitage Retreating 101

Do you have a longing to deepen your interior life? Have you ever thought about staying at a hermitage, but have no idea what you would do by yourself, all alone? Have you made a retreat before only to find yourself going stir crazy? If you answered YES to any of these questions, then this retreat is FOR YOU! You will stay in one of our cozy hermitages at Solitude Ridge. Each day will begin and end with a group gathering for reflection. **Deb Hansen**, a veteran hermitage retreatant, will offer gentle guidance on entering into the retreat experience, being in silence, living in solitude, fruitful reflection and leaving the retreat. Your time in solitude can be spent walking Solitude Ridge's trails, reading, engaging in artistic expression or simply resting. Requirements for this retreat include curiosity, a willingness to embrace new experiences and a sense of humor.



October 6-7

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

Presenter: Tom DeZell

Investment:

- **Full:** \$145, includes overnight stay and all meals
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: September 22

Limited to 20 participants.

In order to protect anonymity, this retreat is closed to men and women who are members of a 12-step fellowship and active in their recovery from alcohol or drugs.



Surrender and Live: A Serenity Retreat

Albert Einstein defined insanity as "doing the same things over and over again and expecting different results." Those of us who struggle with addiction know this pattern well. We have literally handed our lives over, and we are prisoners to those things that we cannot live without. This disconnect from reality is so powerful that we have come to see this imprisonment as our only reality. This serenity retreat will share a story of light and hope. It is a paradoxical story of surrender to those things that bind us in order that we might become free of them. We will focus on the spiritual treasure map that is the first three steps of Alcoholics Anonymous. The format will include shared experiences, discussion, quiet reflection and prayer.

Tom DeZell has been clean and sober for 10 years, having come to accept and understand the devastation caused by his alcoholism and drug addiction. He has found blessing in all the changes that have taken place in his life. With surrender and saying "yes" to "living life on life's terms," he has come to understand the transformative power of the God in his understanding. Tom is a trained spiritual director, having recently graduated from the FSC's Spiritual Direction Preparation Program.



October 14

Saturday, 9-11:30 a.m.

Presenter: Audrey Lucier

Investment: \$15

Registration deadline: October 2



St. Francis, Islam and the Case for Peace

Francis of Assisi lived at time when Christians were at war with Muslims. Francis, a former soldier and prisoner of war, differed from the Church and his fellow Christians in believing that war was not the answer. He made a daring journey across enemy lines to make a case for peace to the Muslim leader, the sultan of Egypt. What ensued between the men had a profound and lasting effect on both of them, as they shared thoughts on war, peace and faith. It is a story that can offer some insights into the struggle for peace between Christians and Muslims today.

Audrey Lucier is the director of the Franciscan Spirituality Center.

October 19 and 26, November 2 and 9

Thursday, 6:30-8 p.m.

Facilitator: Vince Hatt

Investment: \$25 for the four-week series or \$8/drop-in



My Neighbor is Muslim

News reporting and political speech can increase fears about Islam. This also can be a source of anxiety for our Muslim neighbors. Over four weeks, we will use a resource written to help Christians understand Muslims, and Muslims to understand Christians. Each evening will include information about the beliefs and practices of Islam and questions for reflection and discussion. On one evening, a Muslim member of our community will speak to the group.

Vince Hatt retired as director of the Franciscan Spirituality Center in June 2011. Currently, he is chairperson of the La Crosse Area Interfaith Shoulder to Shoulder Network, which stands shoulder to shoulder with Muslims, immigrants and refugees. He also writes commentary regularly for the Faith Page of the La Crosse Tribune.



2017 Program & Retreat Offerings *continued.*

October 19 and 26, November 2 and 9

Thursday, 5:30-7 p.m.

Presenters:

Bernice Olson-Pollack and
Harrison Pollack

Investment: \$50 for
four-week session

Registration deadline:
September 28



Dear Life, Get Real!

This four-week series is a strategic approach toward developing and maintaining positive lifestyle changes. Ask yourself, "How, where and why do I want to be better than I am right now?" Then, by using personally directed intentional efforts, you can begin to feel stronger inside *and* out. Each week, you will design specific goals for yourself. Enjoy collaborating and celebrating this dynamic process with your "team" of other participants. Getting R.E.A.L. means to be forward-focused as you: promote quality **relationships** with others; **eat** food that nourishes you (body and soul); are physically **active** every day in some way; continue to **learn** throughout your lifetime. A drawing for two free personal training sessions also will be offered to participants!

Bernice Olson-Pollack, M.S., has trained as an instructor with YogaFit, Tai Chi for Health Institute, Sun Style Tai Chi and American Council on Exercise. Her accessible style of teaching creates a comfortable learning environment for diverse abilities. Bernice encourages everyone to discover their own path toward a healthier way of living.

Harrison Pollack is Bernice's son and a La Crosse native. Raised in an active household, it seemed only fitting that he pursue a degree that perpetuated the locomotion that carried him through childhood. He is a graduate of Winona State University, with a degree in kinesiology (movement science) and a minor in nutrition.

October 21

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

Presenter: Jan Wellik

Investment: \$40

Registration deadline: October 14

Limited to 10 participants.

Note: This event takes place at
St. Joseph's Ridge.



Soulfulness Retreat

As humans, we have a great longing to experience a full, meaningful life. We try to accomplish this in many ways, but the depth of the soul is often still hungry. This soul loss might feel like discontentment or unfulfillment, like a void in our self or happiness. One way we can develop soulfulness is by connecting with the land and natural world through a nature dialogue. This retreat will invite you on a journey of discovery through speaking and listening, writing and solitude, to a deeper understanding of your place in the world around you. Inspired by Bill Plotkin's work in the book, *Soulcraft*, our time out on St. Joseph's Ridge will be a nature-based approach to connecting on a soul-level with all living beings.

Some art materials will be provided for you to use, including oil pastels, watercolors and colored pencils. Please bring a drawing/watercolor pad and any other art materials you might want to use.

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

October 27-28

Friday, 7 p.m.-Saturday, 3:30 p.m.

Presenter: Deb Richards

Investment:

- **Full:** \$145, includes overnight stay, all meals and all supplies
- **Commuter:** \$95, includes lunch on Saturday and all supplies

Registration deadline: October 13



SoulCollage® Retreat: Image, Intuition, Imagination!

SoulCollage is a creative and satisfying collage process. You make your own deck of cards—each collage card represents one aspect of your personality or soul. This weekend retreat will begin with an introduction to the process. Together, we will explore the realms of the four major aspects of self that form the circle of the *SoulCollage* structure through guided imagery, collage making, group interaction and journaling. You will leave with the beginnings of a contemplative spiritual practice that can deepen your understanding of relationships between parts of yourself and within your community, amid dreams, symbols and Spirit.

In addition to being a *SoulCollage* facilitator, **Deb Richards** is a writer, faith formation director and spiritual director. She is a wife, mom and grandmother, who lives in Des Moines, Iowa, where she serves on the staff of St. Mary of Nazareth Catholic Church.



body, mind & spirit



Tuesday OR Thursday Golden Yoga

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

Session 1: September 5, 12, 19, 26; October 3, 10

Session 2: October 17, 24, 31; November 7, 14, 21

Winter Half-Session: November 28; December 5, 12

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

Session 1: September 7, 14, 21, 28; October 5, 12

Instructor: Amber Moesch

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

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

Winter Half-Session: The cost is half the rate for a regular session.

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.



Monday Yoga: Vinyasa Flow

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

Session 1: September 11, 18, 25; October 2, 9, 16

Session 2: October 23, 30; November 6, 13, 20, 27

Winter Half-Session: December 4, 11, 18

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

Winter Half-Session: The cost is half the rate for a regular session

Instructor: Cheryl Neubauer

Bring together physical, mental and soulful balance through the practice of yoga. Vinyasa means connection. This flowing style of yoga links poses together with smooth sequencing. Vinyasa flow is a moving meditation that guides you toward a pleasant sense of calm. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self. 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 many 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.



Wednesday Yoga: Vinyasa Flow

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

Session 1: September 6, 13, 20, 27; October 4, 11

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

Winter Half-Session: November 29; December 6, 13

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

Winter Half-Session: The cost is half the rate for a regular session

Instructor: Bernice Olson-Pollack

Vinyasa flow is a moving meditation that guides you toward a pleasant sense of calm and links poses together with smooth sequencing. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self.

Bernice Olson-Pollack, M.S., is a Community Counseling, YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise certified personal trainer (since 1995). She has a harmonious blend of mind/body, health and wellness experience that she shares in her classes. Her accessible style of teaching creates a comfortable learning environment for diverse abilities where she encourages all to discover their own path toward a healthier living.



Tai Chi

Monday, noon-12:45 p.m.

Session 1: September 11, 18, 25; October 2, 9, 16

Session 2: October 23, 30; November 6, 13, 20, 27

Winter Half-Session: December 4, 11, 18

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

Winter Half-Session: The cost is half the rate for a regular session

Instructor: Bernice Olson-Pollack

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.



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

Welcome to our new board members!

We are excited to welcome three new board members: Annie Berendes, Jane Comeau and Jeffrey Lokken. Each brings enthusiasm, creativity, business savvy, nonprofit experience and a commitment to our mission.



Annie Berendes is no stranger to community involvement, balancing her role as mother to two young boys and wife with her responsibilities as a YWCA board member/

treasurer and volunteer for the Outdoor Recreation Alliance. She also previously served as director of international charitable giving for the Franciscan Sisters of Perpetual Adoration and director of youth philanthropy and general grant coordinator for the Community Foundation of Greater Dubuque. Annie is a graduate of College of Saint Benedict/Saint John's University and a Roman Catholic who describes herself as a "fully ordinary child of the Divine."

She is also a cancer survivor, trauma survivor, lover of mountain biking, novice gardener and an advocate for women and families. Of her decision to join the FSC board, she said: "I pray every day to have the courage to be the person God has intended me to be. None of us, however, is made to journey through our lives alone. We need support and guidance. I know the Franciscan Spirituality Center as a grounded place for groups and individuals who are seeking this type of support and guidance in understanding their place in our world. I believe the FSC's quiet presence within our community is one of La Crosse's greatest assets. I look forward to discerning how my talents can best serve the FSC."



We didn't have to look far to find **Jane Comeau**. Jane works on the other end of the building as the director of communications for the Franciscan

Sisters of Perpetual Adoration, where she has managed projects, overseen communications and promoted Franciscan values for the past 10 years.

Jane's involvement with the FSC began when she worked at Mayo Clinic Health System-Franciscan Healthcare and was asked to sit on a marketing advisory committee for us. Since that initial invitation, Jane has continued to be a trusted, professional and collaborative friend to our staff. We couldn't be more excited to benefit from her expertise and vision in this new capacity. Of her role on the board, Jane said: "I look forward to an opportunity to bring my marketing communications experience and my Franciscan heart to the FSC board. I'm honored to work toward the Center's identity and future planning."

Jane lives in Onalaska with her husband and two sons. She enjoys hiking, stand up paddle boarding and watching her sons play hockey.



Jeffrey Lokken is a lifelong resident of the La Crosse area whose background as an educator and financial adviser will be invaluable to our board. He is the

managing director of the Onalaska branch of Financial and Investment Management (FIM) Group and has served on several church, school and community nonprofit boards.

We are looking forward to benefiting from his considerable experience in budgeting, governance/organizational structure and fundraising/endowments.

Jeff is a graduate of Logan High School and University of Wisconsin-La Crosse who also has earned two master's degrees: one in secondary school administration and the other in financial planning. Before starting his career as a financial adviser and private client wealth manager, Jeff taught high school social studies. He is married to his high school sweetheart, Patti, and they have two adult children and four grandchildren.

Of his decision to join the board, Jeff said he appreciates the mission and core values of the Franciscan Spirituality Center. "I would enjoy working to promote this fine organization."

FRANCISCAN SPIRITUALITY CENTER

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Jeffrey Lokken

Lyell Montgomery



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

STAFF NEWS



Welcome, Aaron

The Franciscan Spirituality Center is known for great hospitality, so when **Theresa Burchell** told us she'd be leaving her hospitality position here to continue her education at the University of Oregon in Eugene, we weren't sure we'd be able to replace her. We are so very happy for Theresa and know her new community will enjoy her friendly, gentle nature and enthusiasm as much as we did.

One of our dedicated volunteers with an equally impressive gift for hospitality stepped up to fill her position. We're pleased to introduce our newest staff member, **Aaron Lawrence**.

Aaron came to know the Franciscan Spirituality Center when he joined the Depression Anonymous group in spring 2016. By the end of the year, he started volunteering here as a way to give back to the FSC, which he describes as being like another home to him. In June, he was hired for a staff hospitality position. "I look forward to all the ways I am going to be able to help people by being on staff at the Center," he said. "It's not just a job, but a life experience with many amazing opportunities for me to grow as a person and to grow on a spiritual level."

Aaron is a La Crosse native who previously worked as a receptionist at Mayo Clinic Health System-Franciscan Healthcare. He has a background in customer service, patient services, hospitality, food service and nonprofit work. It's likely you've seen him at our front desk or setting up for one of our events. If you attended our Art Dash fundraiser, he was the sharp-dressed guy in the bow tie.

Spirituality is an important part of Aaron's life and one of the reasons he is drawn to the FSC. "Spirituality seems to be infused into everything that is the Center. I also love that there is a wide range of powerful and insightful programs offered that provide spirituality in its many forms," he said, adding that "it's the people that also make the Center truly amazing. This includes staff members, program leaders, program participants, the Sisters and the people who just find themselves here, in such a beautiful and spiritual place."

When he's not working, Aaron enjoys reading, music, Netflix, being artistic, running and other forms of exercise, and camping in the teardrop camper he helped create.



Meeting Rooms

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



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

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



Franciscan Spirituality Center

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Save the date for Sister Clare!

Clare D'Auria, OSF, will present *Amazing Grace: The Charism of Ongoing Conversion* on February 18-24, 2018. Anyone who has traveled through Italy as a pilgrim with Sister Clare knows what a knowledgeable and delightful teacher she is.

All are invited to join us for this special Lenten retreat, in which we will pray and reflect on our own experience of amazing grace – the unmistakable initial encounter with God that we name our moment of conversion. We'll consider how our embrace of the mystery of Incarnation can open up to limitless possibilities and embrace of our world, and how the practical implications of this relationship help us to choose an authentic response to the call and challenge of our Gospel way of life.



Clare A. D'Auria, OSF, is on staff at the Franciscan Spiritual Center in Aston, Pennsylvania. For half of her 50 years in ministry, she has served in retreat work, offering directed and conference retreats as well as numerous workshops in Franciscan spirituality throughout the United States. She also has served on the staff of Franciscan Pilgrimage Programs, leading pilgrims through the holy sites in both Assisi and Rome. Her other ministerial experience has included congregational and provincial leadership, secondary and collegiate education, and a variety of additional administrative roles both within and outside of her congregation.

COMING IN NOVEMBER/DECEMBER



Grief Circle

November 7-December 12 • with Audrey Lucier

Women & Resilience

November 10-11 • with Tom Roberts

The Enneagram in Spiritual Direction

November 17-18

with Audrey Lucier and Steve Spilde

Icon Writing: St. Simeon the Godbearer

December 3-9 • with Phil Zimmerman



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