



**Franciscan
Spirituality Center**

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

VOLUME 23 • NUMBER 5

SEPTEMBER/OCTOBER 2015

At the Center



In this Issue:

- *Perfectly Imperfect: Rewriting Our Stories with Compassion*
- *Drum Making and Ceremony*
- *Introduction to the Enneagram*
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- *In the Footsteps of Francis*



CELEBRATING

30 years

EXPLORING FRANCISCAN SPIRITUALITY

In the Footsteps of Francis

October 23-25, 2015

Immerse yourself in goodness

What is Franciscan spirituality and how does it apply to our lives today? Join us this fall for a virtual pilgrimage to Assisi, Italy—the spiritual home of St. Francis—where we will explore what it means to be Franciscan. Through prayer, discussion and reflection, we'll consider the goodness and interconnectedness of all of God's creation. We'll contemplate teachings and spiritual practices focused on gratitude, humility, simplicity, peacefulness, respect for nature and concern for the poor. And because Franciscan spirituality is rooted in joy, our weekend will include a scrumptious Italian meal and celebration. Please join us! Registration details on page 8.



“It is no use walking anywhere to preach unless our walking is our preaching.”

- Francis of Assisi



Audrey Quanrud, director of the Franciscan Spirituality Center, was greatly influenced by a pilgrimage to Assisi in the fall of 2013, where she walked and prayed in the footsteps of St. Francis and St. Clare. Audrey earned her Master of Theology from St. John's University in Collegeville, Minnesota, and is a prayer partner of the Franciscan Sisters of Perpetual Adoration.

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

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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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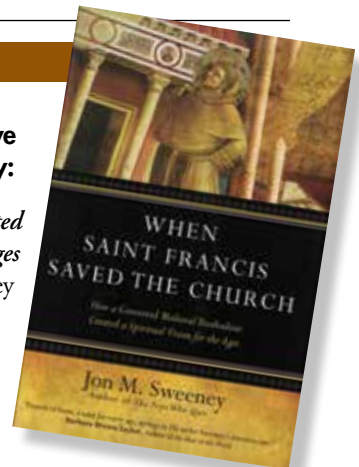


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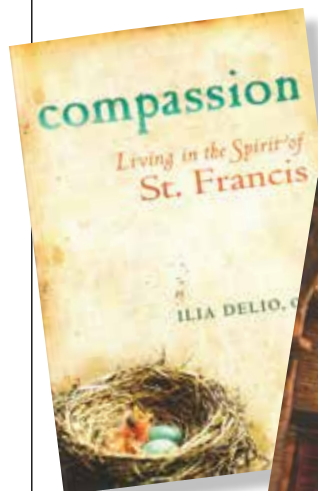
AT THE SOPHIA BOOKSTORE

In advance of St. Francis' Feast Day on October 4, we recommend these books about Franciscan spirituality:

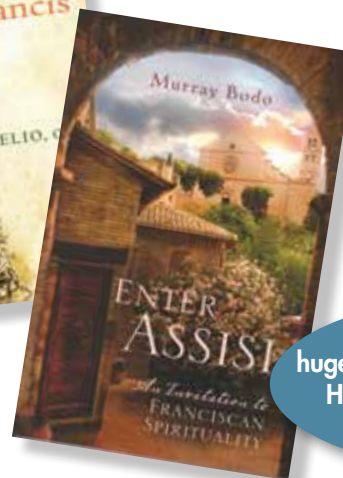
When Saint Francis Saved the Church: How a Converted Medieval Troubadour Created a Spiritual Vision for the Ages
by Jon M. Sweeney



Compassion: Living in the Spirit of St. Francis
by Ilia Delio, OSF



Enter Assisi: An Invitation to Franciscan Spirituality by Murray Bodo, OFM



Be sure to shop our huge used book sale starting in October. Hundreds of gently used books are priced at only \$1 each.

Browse our selection of books and gift items 8 a.m. - 5 p.m., Monday - Friday

Change is in the air



Audrey Quanrud
FSC Director

A friend and I were discussing the merits of year-around school. Nowadays, the summer break poses a child care problem for many families. We agreed that it was also hard for some kids to get back into their studies after the long summer break. But it's how we grew up.

It's funny how the rhythm of our childhood continues to influence our adult lives. I love summer, but as August winds down, I feel ready for a change. September brings the first crisp temperatures, vivid fall colors and energy for new endeavors. I may not literally be going back to school, but I still feel like it.

This fall marks the FSC's 31st year, and we are looking forward to it with anticipation. We'll be resuming some old favorites and introducing a few new practices for your spiritual toolbox. For example, Tom Roberts will be back with his Tibetan singing bowls for an hour of contemplative sounds and silence on the second Tuesday of each month. Wayne Manthey will be back to help you learn the sacred art of drum making. We are excited about two new groups that will be meeting monthly to explore spirituality through creative expression, *Art as Prayer* with Mary Thompson and *Sacred Places in Word and Art* (nature journaling) with Jan Wellik.

We welcome three new yoga instructors, Amber Moesch, Cheryl Neubauer and Michelle Hundt, to the FSC this fall. Yoga has long been offered at the FSC because spiritual wholeness includes knowing the body, as well as head and heart. The FSC is also a place where one can learn about the Enneagram, a wonderful tool for understanding oneself and others, and for spiritual growth. This September, we will offer an introduction to the Enneagram.

Fall also brings new responsibilities for FSC spiritual directors Steve Spilde and Marcia Bentley. Steve was named the new FSC associate director in July. Marcia became co-director (with Barb Kruse) of the Spiritual Direction Preparation Program after Linda Kerrigan's retirement this summer. Congratulations, Steve and Marcia!

As the days grow shorter and cooler, please accept our warm invitation to join us at the FSC for inspiration, renewal and community.

Peace and all good,

Audrey

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
Receptionist & Hospitality



Michelle Frazier, FSPA
Hospitality



Erin Flottmeyer
Bookkeeper & Receptionist

Embracing imperfection for spiritual growth

Take a look at the magazines at the checkout counter or browse the self-help section of any bookstore and you're sure to find plenty of ideas on how to be perfect.

Everyone wants to fix us, when really nothing is wrong, says Tom Roberts, who will present the weekend retreat *Perfectly Imperfect: Rewriting Our Stories with Compassion*, September 25-27 at the FSC.

So many of us struggle with this idea of not feeling good enough, which hinders our personal and spiritual growth, Tom says. By embracing our imperfections, we free ourselves from fears, doubts and self-doubt. Instead of holding ourselves hostage to our past mistakes and regrets, we can accept them with compassion and find healing.

And once we clear away the noise and examine the messages we've accepted by rote, we can rewrite our stories to more accurately reflect our true and Divine selves, he says.



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



September 25-27
Friday, 7 p.m. through Sunday, Noon

Perfectly Imperfect: Rewriting Our Stories with Compassion

For registration information,
please see page 7.

notebook, art supplies or a meaningful poem, photograph or song. You'll finish the retreat with a story based on who you are, not who you should have been or who people wanted you to be. Those who are comfortable will have an opportunity to share their "before" and "after" versions with the group.

"This retreat is for anyone who is on a journeying path - anyone who is interested in finding out and clearing obstacles to their own truth," Tom says.

This new retreat offering will provide a safe and creative space for meditation, contemplative work, discernment and deep, quiet listening. "We'll explore the stories we have developed that keep us from relating to our imperfections with patience and compassion," Tom says. "Then we'll explore different ways to rewrite those stories - either through writing, artwork, finding something in nature that speaks to that or through music."

To help craft your new story, you are invited to bring a journal,

TAKE THE NEXT STEP
AND BECOME A

Spirited Friends

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.

For a brochure and enrollment form, visit www.FSCenter.org and click on the *Become a Spirited Friend* button or call 608-791-5295.

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.

2016-19

Spiritual Direction

Preparation PROGRAM

Application deadline: June 30, 2016

I did not enroll in the SDPP to become a spiritual director. In fact, I had only a vague understanding of what spiritual direction was when I started this journey three years ago.

My mother gave me a recent edition of the FSC newsletter and asked me to order a book for her that was mentioned in one of the articles. As I paged through At the Center, I noticed some information about the next SDPP class that was forming. "Interesting," I thought. I had found references to spiritual direction in a variety of ways and was intrigued by what I had learned. I had never had a spiritual director and didn't really know much about spiritual direction other than the question, "What has God been up to in your life?" But here it was again, and this was even a class to become a spiritual director. Hmmm, what better way to find out what this is all about? So I completed and sent in my application. Little did I know that what was ahead would forever change my world.

Although I don't plan to start a formal spiritual direction practice, I have been able to practice the principles of spiritual direction through my work [director of budget and planning for the Missouri Department of Agriculture] and with my family, friends and community.

Perhaps one of the most telling observations of the benefits of my SDPP training came from my wife of 25 years, who says she has never seen me happier or more satisfied.



Robin Perso
Columbia, Missouri

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Marcia Bentley:
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**For more information,
visit www.FSCenter.org**

Congratulations!

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.

I had plenty of time to research programs over the years while I was still in the “considering this whole possibility” for spiritual direction training. When I finally decided to take the leap, I knew what felt most important to me. The length of the program, the instructional weekends that create space for internal work and the ongoing personal supervision were all factors in my choosing the SDPP over other programs.



**Terri Beck-Engel
Madison, Wisconsin**

As a trained social worker, I knew the value of a program that would provide solid skills, internships and supervision. I take very seriously the responsibility and gift of companioning others on their sacred journeys. The fact that SDPP was a three-year commitment stood out for me as an indication of an intentionality to provide sound training and time for personal growth. I also appreciated the opportunity to share and grow with other classmates. After spending several years together, we have formed lifelong bonds.

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.

When I applied for the program, I had recently ended a 10-year position as director of evangelism at an ELCA church due to increasing care needs of several family members. When a friend called to recommend the program, it was the final God nudge. The program's flexibility with both on-site study in La Crosse and coursework/internship work at home in Madison was perfect for my life situation.

Upon completion of the SDPP, I intend to begin a private practice in Madison offering individual spiritual direction and group direction collaborations. As a part-time artist, I look forward to incorporating art into my practice, and hope to offer directed retreat companioning.

The following people completed the Spiritual Direction Preparation Program in July 2015. This was the 12th class to complete this rigorous training program that teaches redemptive listening and compassionate communication.

Ruth Battaglia, CSA, Brillion, Wisconsin

Terri Beck-Engel, Madison, Wisconsin

Trish Clifford, Onalaska, Wisconsin

Rocky Danielson, Houston, Minnesota

Sheri Daylong, Marion, Iowa

Catherine DeKrey, Burnsville, Minnesota

Deborah Hansen, La Crosse, Wisconsin

Linda Hansmeier, Lisbon, Iowa

Sandy Koenig, Omaha, Nebraska

Debbie Landuyt, Huxley, Iowa

Maggie Langenfeld, Hastings, Minnesota

Jacqueline Leiter, OSB, St. Paul, Minnesota

Terry Mahler, Oostburg, Wisconsin

Mike Manternach, Manchester, Iowa

Jen Marschall, Lakeville, Minnesota

Karen Martens, Omaha, Nebraska

Anne Maule-Miller, Stillwater, Minnesota

Marge McCardle, Danbury, Wisconsin

Mark Mehlos, Merrill, Wisconsin

Donna Mitchell, New Albin, Iowa

Earl Mitchell, New Albin, Iowa

Kara Pagano, Belleville, Wisconsin

Robin Perso, Columbia, Missouri

Ashleigh Varley, Minneapolis, Minnesota

Kathleen Wallace, La Crosse, Wisconsin

Kristy Walz, Holmen, Wisconsin

Laura Zelten, OSF, Green Bay, Wisconsin



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.

September 12 & October 10

9 a.m.-Noon,
Second Saturday of the month

Presenters: Jan Wellik &
Deborah Hansen

Investment: \$25 each session
Includes supplies, yours to keep

Registration deadline:
September 4 & October 2



Sacred Places in Word and Art

This group meets the second Saturday of each month to explore the sacred in nature and within us through creative expression. We'll start by making a nature journal that will be added to each session. Each month will have a special theme and include a visit to a local site for writing and simple artistic practices. Artistic expression helps connect the outer seasons of the landscape to the inner seasons of our soul. You do not need to attend every month. Please dress according to the weather.

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.

September 12: *Flowing Rhythm of Life* (watercolor pencils at the Mississippi River); register by September 4
October 10: *Letting Go* (pastels at Solitude Ridge); register by October 2

September 16: Part I & September 23: Part II

Wednesdays, 6-8 p.m.

Presenters: Richard Rohr, OFM, Shane Claiborne
& Ilia Delio, OSF [Facilitated by FSC Staff]

Investment: \$15 each session, \$25 both sessions

Registration deadline: September 9

Richard Rohr Webinar: The Francis Factor

This fall's Rohr webinar is from the conference *The Francis Factor: How Saint Francis and Pope Francis are Changing the World*, held August 30-September 1 in New Mexico. We will view and discuss presentations at the conference by Father Rohr, author and founder of the Center for Action and Contemplation; Ilia Delio, Franciscan author and speaker; and Shane Claiborne, activist and leading figure in the New Monasticism movement. These three followers of Francis will explore the cosmic and alternative Franciscan path. Both St. Francis and Pope Francis walk in the steps of Jesus, the ultimate radical, who changed people's hearts through simple words and actions of love.

September 18-19

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

Presenters: Kristy Walz & Deborah Hansen

Investment:

- **Full:** \$135, includes program, Saturday breakfast and lunch, and one night's stay
- **Commuter:** \$95, includes program and Saturday lunch

Registration deadline: September 3

Prayerful Decision-Making Practices

A wise saint once said, "Prayers are talking to God, and intuition is God talking to you." But how do we listen through our intuition? This program introduces you to three practices of prayerful decision-making using your intuition. You will record a dream and learn how to discern its wisdom, walk a labyrinth to ponder the Sacred voice within and rest in nature to know God through your senses.

Kristy Walz has led several programs on intuition and decision-making for the FSC, and recently completed the FSC's Spiritual Direction Preparation Program. She works with businesses and organizations as a consultant and speaker.



September 21 & October 19

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

Instructor: Mary Thompson, FSPA affiliate

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

Registration deadline:
September 14 & October 2



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.

September 25-26

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

Presenters: Steve Spilde, Audrey Quanrud & Rosalie Hooper Thomas

Investment: \$95, includes lunch on Saturday
(Optional: Stay overnight with us for just \$42)

Registration deadline: September 11

Introduction to the Enneagram

It can come as a shock when we realize others don't necessarily see life in the same way we do. Whether we bump up against this fact as a parent, spouse or co-worker, we have two options. We can try to force the other person to our point of view, but a more successful approach is to try to understand their perspective. The Enneagram is one of several approaches to explain and better understand nine basic personality differences that people have observed since ancient times. These differences not only influence our relationships and vocations, they also shape our spirituality. In this program, we will provide an introduction to the Enneagram for those who are new to it or would like a refresher on its uses.



Audrey Quanrud and **Steve Spilde** are on staff at the Franciscan Spirituality Center. **Rosalie Hooper Thomas** is a spiritual director and former FSC program coordinator. All three have trained in the Enneagram and look forward to helping others discover their personality type.

September 25-27

Friday, 7 p.m. - Sunday, Noon

Retreat leader: Tom Roberts

Investment:

- **Full:** \$175, includes retreat, all meals and two nights' stay
- **Commuter:** \$125, includes retreat and Saturday lunch

Registration deadline: September 11



Perfectly Imperfect: Rewriting Our Stories with Compassion

Progress in our spiritual journey is not about achieving perfection. Rather, it invites us to inquire openly and with compassion about how the Divine is expressed in our everyday lives. Our imperfections are actually what we need to embrace in order to become free from old fears and self-doubt. During this retreat, we will explore the stories we have developed that keep us from relating to our imperfections with patience and compassion. We will use a creative process of rewriting our stories (with words or art) to discover Divine strength in the dark and difficult places. If you wish, bring a poem, photograph or song that is meaningful to you for use in your story.

For more information about this retreat and Tom Roberts, please see page 3.

October 8

Thursday, 6-9 p.m.

Instructor: Emily Alvarez from All Glazed Up!

Investment: \$45, includes all painting supplies & refreshments

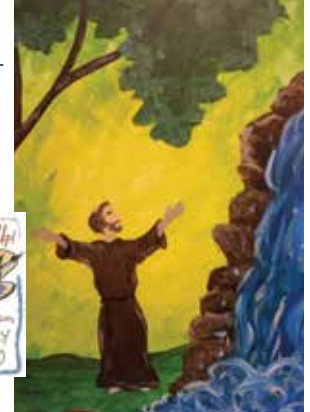
Registration deadline: September 24

Limited to 25 participants



Sip & Paint: St. Francis of Assisi

Celebrate the Feast of St. Francis at the FSC. We are teaming up with local art studio All Glazed Up! for another fun and inspirational evening of painting and sipping. Sip & Paint is an instructor-led, canvas painting class, and *no experience is required*. We'll begin at 6 p.m. with refreshments and a brief introduction to St. Francis, whose feast day is October 4. Then Emily will lead you through the steps to creating your very own St. Francis masterpiece, ready to take home and display. Wine, snacks and all supplies are included.



October 9-10

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

Presenters: Wayne Manthey & Rosalie Hooper Thomas

Investment:

- **Full:** \$140 (includes retreat, all meals and one night's stay)
- **Commuter:** \$95 (includes lunch)
- **Materials (choose one):** 13-inch drum - \$100 or 16-inch drum - \$125

Registration deadline: September 25

Limited to 15 participants



Drum Making and Ceremony

The beat of the drum brings an awareness of the sacred and powerful beat of all of 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. Finally, we will participate in a drumming circle and learn about ceremony.



Program & Retreat Offerings continued on page 8.

October 23-25

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

Retreat Leader: Audrey Quanrud

Investment:

- **Full:** \$175, includes retreat, all meals, and two nights' stay
- **Commuter:** \$125, includes retreat, Saturday lunch/dinner, Sunday breakfast

Registration deadline: October 9



In the Footsteps of Francis: Exploring Franciscan Spirituality

The universal appeal of Pope Francis has made people curious about his namesake, Francis of Assisi. Franciscan spirituality is evident in the current pope's statements and actions. During this retreat, we will go on a virtual pilgrimage to Assisi to learn more about Franciscan spirituality. Franciscan spirituality is rooted in joy and gratitude for the blessings of God, kinship with all of creation, and a desire to imitate Jesus of the Gospels in humility, simplicity and concern for the "least ones" among us. We will explore what this means in our world today through prayer, reflection and discussion. On Saturday evening, we will enjoy a uniquely Franciscan meal and celebration.

October 30-November 1

Friday, 7 p.m. - Sunday, 11:30 a.m.

Retreat Leaders: FSC staff and guest presenters

Investment:

- **Full:** \$175, includes retreat, all meals, and two nights' stay
- **Commuter:** \$125, includes lunch

Registration deadline: October 1

A Retreat of Hope

Living with someone who is an alcoholic or addict can lead to loneliness and frustration. We might think our situation is hopeless—that there is no way out. In this retreat, we'll seek hope by changing our own attitudes and responses. We'll grow in understanding the importance of developing healthy, supportive relationships. We'll explore the serenity of trusting our Higher Power to guide us as we move along this journey of self-discovery.



Golden Yoga

Session One: September 8, 15, 22, 29 and October 6, 13

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 with 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 One: September 9, 16, 23, 30; October 7, 14

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 One: September 14, 21, 28, October 5, 12, 19

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.



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

September 8 and October 13
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 is comfortable.

Drumming Circle

September 10 and October 8
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

September 14 and October 12 • 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

September 16 and October 21 • 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

September 17 and October 15 • 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 (September 19 and October 17) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

Mindful Meditation allows you to find support, energy and discipline for your meditation practice in a group setting. 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.

Meet our spiritual directors

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

Marcia Bentley enjoys the one-on-one experience of exploring people's lives through her work as a spiritual director. She believes that the Divine speaks to us through the people and events in our everyday living, and it is a unique and personal relationship for each of us. "Journeying with people as they begin to stop, listen and recognize God speaking in their lives is an amazing privilege," she says. Marcia's journey to spiritual direction came through her own lifelong spiritual search from Christianity to exploring Eastern and Native American traditions, and then back home again to the Catholic faith. She now better understands the Dalai Lama's advice that we "dig one well, and dig it deep." Marcia enjoys practicing various forms of meditation, especially Centering Prayer, and studying the lives of the mystics. She believes we are all mystics if we just pay attention, and she welcomes people of all faith traditions or none at all.



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

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



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

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



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

Steve Spilde served as a pastor in the Lutheran Church (ELCA) and then spent several years caring for his special-needs daughter. He became a spiritual director because he enjoys helping people through life transitions, either individually or by working in groups. Steve has led retreats around the subjects of self-acceptance, shame and replacing the negative messages we tell ourselves. One of his favorite Bible stories is the baptism of Jesus. "It is a model for us all," he says. "We can do great things once we have heard this message clearly: 'You are my beloved. With you, I am well pleased.'"



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

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

Enjoy the collective wisdom of group spiritual direction

If you are interested in spiritual direction that takes place in a group setting, the FSC has limited openings in its men's, women's, clergy and mixed groups. If you are looking for an experience of deep, intentional listening, support and encouragement with others seeking God's presence, give us a call at 608-791-5295 to learn more. Groups meet monthly from fall through spring. All are welcome.

5 reasons to volunteer at the FSC

1. The FSC is a great place to make new friends and enjoy the peaceful environment.
2. Volunteering is convenient; shifts are as little as one hour, primarily evenings and weekends.
3. Volunteering is easy; no special skills are needed.
4. Volunteers receive 20 percent off all FSC programs and retreats.
5. Volunteers are recognized with an annual appreciation party.

Interested? Please contact Marcia Bentley at 608-791-5603 or by email at mbentley@fspa.org



A place to unplug

As the leaves start their spectacular color parade and the air takes on a slight chill, why not head out to one of our three Solitude Ridge hermitages for a few days of serenity and silence? Tucked away on the edge of woodland in scenic St. Joseph, Wisconsin, these cozy cottages are just a short drive from La Crosse and offer time away from the routine, noise and busyness of life.

Whether you are interested in making a private retreat, seek a fresh prayer experience or simply want to spend time in a restorative, rural setting, a hermitage experience is an opportunity to reflect on the beauty and sacredness of God's creation.



Each hermitage is equipped with electricity, electric heat and fireplace, water, bathroom, shower, stove, refrigerator, microwave, CD/tape player and phone for emergency. Furnishings include a twin bed, an easy chair, and a small table and chair. Towels and bed linens are provided. Guests are asked to bring their own toiletries, and provide and prepare their own food.

We suggest guests pack comfortable shoes or boots so they can take advantage of the on-site walking trails. Journals and sketchbooks are a good idea, too, as inspiration is likely to strike during a stay on Solitude Ridge.

COME STAY WITH US

Hermitage stays can be as short as one night or extend past a week. The cost is \$50 per night, with discounts available for lengthier stays. Spiritual direction also is available for an additional fee.

Rate sheets can be downloaded from our website:
www.FSCenter.org
 or call 608-791-5295 for more information.

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





Rooms

endless possibilities



CONFERENCE ROOM 143



SAN DAMIANO



ROSE ROOM



ASSISI



CONFERENCE ROOM 138



EMMAUS



KELLER



GRACE HALL

Book one of our eight meeting rooms for your next event and experience Franciscan hospitality second to none. The historic charm and exquisite woodwork found throughout our building makes the FSC a distinctive venue for your business meeting, support group, book/craft club or training session. Each of our rooms is bright, quiet and comfortable.

We offer professional seating and flexible layout options, and we're able to easily accommodate groups ranging from 2 to 90. Enjoy up-to-date technology and a wide range of audio/video equipment provided at no extra charge. You are welcome to bring in your own refreshments or take advantage of our delicious, in-house catering and environmentally friendly service. In addition to full- and half-day rates, four meeting rooms are available for a very economical two-hour rate.

Best of all, groups that contract to meet monthly receive 25 percent off our already low half-day rate, free coffee and the use of our reserved parking spaces.

For more information, visit www.FSCenter.org or call 608-791-5295.
We're looking forward to working with you!

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 by email at 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 cancelled due to insufficient enrollment, an issue that inconveniences participants and presenters.

Scholarship Information

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

NEW FSC BOARD MEMBER

A warm welcome to the FSC board

The latest addition to the Franciscan Spirituality Center Board of Directors is an enthusiastic supporter of our mission, a frequent presenter as well as participant of our programs and, simply, a joyful presence. Welcome, Kristy Walz!

Kristy is the CEO (Chief Everything Officer) of Confluence Consulting. In addition to her responsibilities with Confluence Consulting, Kristy is a freelance writer, serves as adjunct faculty for campuses within the Minnesota State Colleges and Universities System, and is an adjunct presenter for the FSC.

In addition to leading several popular programs on intuition and living authentically, Kristy has been involved with our Spiritual Living offerings and was one of the speakers at our 29th Annual Conference. She is among the July graduates of our Spiritual Direction Preparation Program and has a special interest in retreat direction for those who are unaffiliated with a church or might consider themselves "spiritual but not religious."

Kristy says her favorite thing about the FSC is the sense of community she feels here. "I joined the board because I believe the FSC is an important part of the La Crosse area community and I want to do my part in helping it thrive," she says.

This winter, Kristy will celebrate 12 years of marriage with her husband, Patrick. Their family includes their 8-year-old daughter, Julia, and their Catahoula Leopard rescue dog, Walter. For fun, Kristy enjoys gardening, reading, traveling and hiking in the woods. She also just learned how to knit, but she describes that hobby as equally relaxing and maddening.



Always willing to lend a hand, Kristy helped with registration during the 30th Annual Conference. She drew quite a crowd when she presented at our conference the year before.



FRANCISCAN SPIRITUALITY CENTER

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Sophia Bookstore

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

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





**Franciscan
Spirituality Center**

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SAVE THE DATE


Mark your calendars for an enlightening presentation by

Jesuit Father Thomas J. Reese

Saturday, February 6, 2016

at Franciscan Spirituality Center

Speaking from his unique position as senior analyst at National Catholic Reporter, Father Reese will share insights about Pope Francis and Catholic Church reform.



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

COMING SOON IN NOVEMBER & DECEMBER



Sticks and Stones: Recovering from Shaming Messages

November 13-15: with Steve Spilde

Awakening to Dreams: A Retreat for Spiritual Directors

November 20-21: with Joann Gehling, FSPA

All-Ages Advent Celebration

December 5: with Deborah Hansen

Waiting and Hoping:

**Advent Morning of Reflection, December, or
Advent Evening of Reflection, December 3:** with Audrey Quanrud

