



**Franciscan
Spirituality Center**

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

VOLUME 24 • NUMBER 5

SEPTEMBER/OCTOBER 2016

At the Center

In this Issue:

- *Midlife: What Do I Do? Where Do I Go?*
- *Courage to Live: Healing from Grief*
- *Dreams: Touching the Sacred*
- *New yoga and tai chi classes*

COMING IN NOVEMBER

When life throws you a curveball...

November 11-13

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

Investment:

- Full: \$250, includes retreat, two nights' stay and all meals
- Commuter: \$150, includes retreat and lunch on Saturday

Register at www.FSCenter.org or 608-791-5295



How do we keep from striking out when life throws us the curveballs of unexpected and often devastating changes—divorce, illness, death or job loss? During this weekend retreat, we'll explore how to keep balanced and whole as we encounter these upheavals.

"We all carry with us a store of life's losses, hurts, betrayals and traumas," says Tom. "The impacts of these experiences are carried with us throughout our lives, often leaving us feeling confused, stuck and at wits' end."

As our emotional and physical health is worn down, we can feel like something is wrong with us. Often during these times, we struggle with our faith.

But resilience, balance and renewal occur when we soften our self-aversion and begin to see the possibilities within the chaos.

This retreat will provide a spacious and safe place to practice mindful and compassionate acceptance. We'll explore Christian contemplative, Taoist and Buddhist teachings as well as healing practices to deepen our spiritual journey.

ABOUT TOM ROBERTS:

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



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.



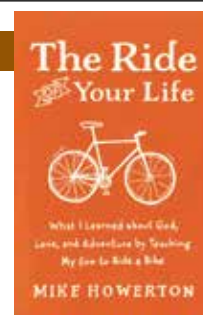
"The man who fears to be alone will never be anything but lonely, no matter how much he may surround himself with people. But the man who learns, in solitude and recollection, to be at peace with his own loneliness, and to prefer its reality to the illusion of merely natural companionship, comes to know the invisible companionship of God."

– Thomas Merton

AT THE SOPHIA BOOKSTORE

FSC staff members recommend these books:

The Ride of Your Life: What I Learned about God, Love and Adventure by Teaching My Son to Ride a Bike by Mike Howerton



The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing by Marie Kondo



Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel



The Artful Year: Celebrating the Seasons & Holidays with Crafts & Recipes by Jean Van't Hul



Sophia Bookstore

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

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

Please stop by to browse!

Welcome to a new year



For many people, September—not January—seems more like the start of a new year. In schools, teachers decorate classrooms and prepare to welcome a new class. Families shop for back-to-school items, and high school grads begin work or college. Parishes plan their liturgical celebrations for a church year that begins with Advent.

Many people feel a renewed burst of energy as they make their post-Labor Day plans. Temperatures are moderate, and the glorious colors dazzle the senses. It's a wonderful time for a day away or overnight stay in one of our hermitages on Solitude Ridge, just 15 minutes from the Franciscan Spirituality Center.

How will you live this coming “new” year differently? Do you have a desire to slow down and live more reflectively, to feel more present to life and all that it offers? This year, we invite you to explore contemplative living at the FSC.

Francis of Assisi lived a very active life, preaching the gospel, begging for his daily bread and traveling. He sustained himself spiritually by devoting ample time to contemplation. In our time, writes Margaret Brennan, IHM, “What does it mean to be actively contemplative in a world of change and challenge?”

To answer this, we invite you to join us for the small-group series *Contemplative Living*. Drop in monthly for contemplative experiences such as *Art as Prayer* or *The Sound of Bells*. Find healing and growth even in life's greatest challenges through FSC support groups such as *Grief Circle* and *Divorce Recovery*. Contemplate mystery by reflecting on your dreams and daydreams (see page 8).

Looking ahead, be sure to save April 28-30, 2017, when we welcome Jonathan Montaldo to La Crosse for an inspiring community presentation and retreat on the art of contemplative dialogue.

Finally, this fall brings a conclusion to a long political season. May we all be instruments of God's peace and hospitality as we prepare for our country's elections.

Peace and all good,

Audrey Lucier

Audrey Lucier
FSC Director

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

FRANCISCAN SPIRITUALITY CENTER

Staff



Steve Spilde
Associate Director &
Spiritual Director



Barb Kruse
Spiritual Director



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Marketing Coordinator



Kristy Walz
Development Director



Zoua Vue
Office Assistant



Elizabeth Kapanke
Receptionist & Hospitality



Theresa Burchell
Hospitality



NOW IN ITS 20th YEAR!

Journey TOWARD Wholeness

SPIRITUALITY FOR YOUR WHOLE LIFE

Journey Toward Wholeness is a one-year, small-group experience designed for men and women who are seeking spiritual enrichment, personal renewal and transformation.

A new *Journey* group forms each fall and meets on four weekends during the year. Each weekend retreat includes presentations, prayer, time for private reflection, stimulating conversations and spiritual companionship.

Journey is led by the retreat staff of the Franciscan Spirituality Center with special guest presenters. Come experience a holistic spirituality, one that integrates the head, heart and body.

Participants attend four weekend retreats
(Friday evening-Sunday noon)

October 7-9 & December 2-4, 2016
January 27-29 & March 17-19, 2017

INVESTMENT

- Experience a full retreat by staying overnight in the peace and quiet of the Franciscan Spirituality Center: \$750
- Commuter rate: \$500
- Registration includes a \$50 nonrefundable deposit.
- Fee may be paid in three installments. If the total investment is beyond your means, financial assistance is available.

HOW TO REGISTER

- Download an application from the *Journey Toward Wholeness* page at www.FSCenter.org, complete and return to the FSC with your \$50 deposit.
- Or request an application by calling the FSC at 608-791-5295 or emailing FSCenter@fspa.org.
- **Registration deadline is August 15, 2016.**

body, mind & spirit



Monday Yoga: Vinyasa Flow

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

Session 1: September 12, 19, 26; October 3, 10, 17

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

Instructor: Cheryl Neubauer

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



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

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

Golden Yoga

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

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

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

Instructor: Amber Moesch

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

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



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

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

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

Wednesday Yoga: Vinyasa Flow

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

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

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

Instructor: Bernice Olson-Pollack

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



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

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

Tai Chi 1

Noon-12:45 p.m.

Monday, September 12, 19, 26; October 3, 10, 17

Also offered:

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

Instructor: Bernice Olson-Pollack

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

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

Tai Chi 2

Monday, noon-12:45 p.m.

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

Instructor: Bernice Olson-Pollack

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

Note: Session 2 builds on the skills practiced in Session 1.

Spiritual Living

Spiritual Living programs at the FSC are open to everyone at any time and do not require registration; simply stop by the front desk to check in with the receptionist.

Divorce Recovery

September 1 and October 6 • Thursday, 5:30-6:30 p.m.

September 15 and October 20 • Thursday, 5:30-7 p.m.

Facilitators: Diane Withers and Mary Riedel

Investment: Freewill offering

We offer two opportunities each month for anyone in need of friendship, support and healing due to divorce or separation. All are welcome, no matter where you are in the process or how long ago you divorced. Gatherings are informal, and you will have a chance to share with others who are dealing with similar situations in a safe and peaceful environment. Feel free to come to all or as many meetings as you wish.

On the third Thursday of each month, Diane Withers facilitates the group. Each session will include a short presentation by a local guest speaker on topics such as finances, anger and loneliness, new relationships and the impact of divorce on family and friends. There also will be time for group discussion, private reflection and refreshments. On the first Thursday of the month, Mary Riedel facilitates this slightly shorter meeting for additional sharing and fresh insights, without guest speakers.

Drumming Circle

September 8 and October 13

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

Facilitator: Rosalie Hooper Thomas

Investment: Freewill offering



Drums draw individual energies into a powerful unified prayer. All are invited to this gathering the second Thursday of each month for drumming and reflection. Bring your favorite drum and join our circle. All types of drums are welcome.

The Sound of Bowls

September 13 and October 18 • Tuesday, 5:30-6:30 p.m.

Facilitator: Tom Roberts

Investment: Freewill offering



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

bowls creates a deep level of communication with our inner world that opens us to the Divine. Enjoy an evening of captivating renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer.

Please note: This group typically meets the second Tuesday of the month, but October's gathering is on the third Tuesday.

Grief Circle

September 13, 20, 27; October 4, 11, 18 • Tuesday, 6:30-8 p.m.

Facilitators: Audrey Lucier and Grace Nicholson-Maly

Investment: Freewill offering



This new group is for those who are grieving the death of someone they loved. It is a safe place to share your thoughts, feelings and concerns about what is happening to you. It is a place where you can talk about your loss with other people who understand, because they are also grieving.

Sometimes friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing. Your bereavement does not need to be recent to attend.

Please note: The group is facilitated by Audrey Lucier, director of the FSC, and Grace Nicholson-Maly, a retired hospital chaplain.

Pregnancy and Infant Loss Support Group

September 14 and October 12

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

Facilitator: Emily Mortenson

Investment: Freewill offering

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

The grief arising from pregnancy or infant loss is often not understood or recognized by others, who may not realize that it is the bond you have formed with your baby that determines the depth of your grief, not the length of the pregnancy or how many days the baby lived. Other issues might include the stress of coping with birth and death at the same time, infertility, previous losses and grieving differences between partners.

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



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



2016 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 14 & 28, October 12 & 26

Wednesday, 6:30-8 p.m.

Facilitators: Audrey Lucier and Deb Hansen

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

Registration deadline: August 26



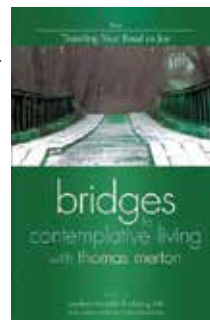
Contemplative Living

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

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

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

Mark your calendar: *The Bridges to Contemplative Learning* series was created by **Jonathan Montaldo**, an internationally recognized writer, editor, retreat and conference presenter who will visit the Franciscan Spirituality Center for a community presentation and retreat April 28-30, 2017.



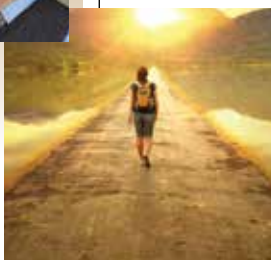
September 16-18

Friday, 9 a.m.-Sunday, 4 p.m.

Presenter: Steve Spilde

Investment: \$325, includes retreat, two nights' lodging and all meals. There is no commuter option.

Limited to 9 participants.



The Soul of a Pilgrim: A Walking Retreat

Have you ever been interested in "walking the Camino," the sacred yet arduous 500-mile pilgrimage trek across Spain to the site where the apostle St. James is buried? Do you feel more connected to God when you are outdoors and moving? Do you enjoy a physical challenge and a sense of accomplishment? This three-day pilgrimage on one of the scenic bike trails of western Wisconsin is especially designed to offer a sense of that experience for spiritual travelers closer to home.

Please note: The retreat will include significant walking—about 10 miles each day. Participants must be in excellent health to participate. Preparing for the retreat with physical training is highly recommended.

Steve Spilde is the associate director of the FSC and a spiritual director. He enjoys the natural beauty of the Coulee Region and hopes to make the Camino de Santiago pilgrimage one day.

September 19 and October 17

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

Instructor: Mary Thompson

Investment: \$10 (bring your own supplies) \$12 (use our supplies)

Registration deadline: September 18 and October 17



Art as Prayer

In this monthly art-as-a-spiritual-practice group, no artistic experience is required—only the desire to play and to practice listening to your heart. Art as a creative process offers the opportunity for spiritual growth, transformation and healing. Attend as you are able; each session is a new experience.

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

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

September 20

Tuesday, 5:30–7:30 p.m.

Facilitators: FSC staff

Investment: \$10

Registration deadline:
September 16



LIVE Richard Rohr Webcast with William Paul Young

Gather with others to watch and discuss the dialogue between Richard Rohr and his special guest, William Paul Young, via a webcast at the Franciscan Spirituality Center. Young is well known for his best-selling novel, *The Shack*, which was originally intended only for his children and closest friends. He wrote the manuscript to explain his perspectives on God and the inner healing he received as an adult. Eventually, Young self-published *The Shack*, which went on to top the New York Times Bestseller List for fiction. Father Rohr has invited Young to write the introduction to his new book, *The Divine Dance*, which is due out in October. Both *The Shack* and *The Divine Dance* deal with the Trinitarian nature of God, albeit in very different ways.

William Paul Young is a Canadian author who currently resides in Oregon. The son of missionary parents, he spent his first years living among a primitive New Guinea tribe. Young's other books include *Cross Roads* and *Eve*. **Richard Rohr** is a Franciscan priest and founder of the Center for Action and Contemplation in New Mexico. His teaching is grounded in the Christian contemplative tradition. He is the author of numerous books, including *Everything Belongs* and *Eager to Love*.

Please note: This webcast will be shown at the Franciscan Spirituality Center. We do not offer an option for viewing remotely. This program is for those who can physically be at the FSC in La Crosse, where we will watch it as a group and discuss.

September 20 and October 18

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

Presenter: Greg Lovell

Investment: \$10 each

Themes:

- **September 20:** *Mindfulness Basics and Breath Meditation*
- **October 18:** *Mindfulness Basics and Breath Meditation II*



Mindfulness Practices for Stress Reduction

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Meeting monthly on the 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, but it is not necessary.



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 22

Thursday, 4:30–6:30 p.m.
(Please plan to arrive by 6 p.m. to allow yourself enough time.)

Facilitator: FSC staff

Investment: Freewill offering

Theme: *Facing Our Shadow*

Labyrinth Walk

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



The theme for this walk is *Facing Our Shadow*. A resource for your private reflection and brief instruction to walking a labyrinth will be provided for those who would like one.



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



2016 Program & Retreat Offerings *continued.*

September 23-25

Friday, 7 p.m.–Sunday, noon

Presenter: Janet Mallak, SSND

Investment:

- **Full:** \$250, includes retreat, two nights' stay and all meals
- **Commuter:** \$150, includes retreat and lunch on Saturday

Registration deadline: August 26



Dreams: Touching the Sacred

"When you dream, step across the boundaries of your life."

Dreams weave into our lives during the day and in the night. Each dream—whether a dream in sleep or a daydream—beckons us to touch the yearning and sacredness of our lives. Come dream during a weekend of poetry and art, stories and conversations. We will learn various ways to live into our dreams, opening us up to share our gifts with the world.

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



October 14-16

Friday, 7 p.m.–Sunday, 11:30 a.m.

Presenter: Tom Roberts

Investment:

- **Full:** \$250, includes retreat, two nights' stay and all meals
- **Commuter:** \$150, includes retreat and lunch on Saturday

Registration deadline: September 16



Midlife: What Do I Do? Where Do I Go?

Much is written about the midlife time in our lives, yet we remain confused and perhaps a bit fearful about what this time means for us. Roles are changing, children are leaving, and often we are facing health concerns and financial uncertainties. Navigating this time in life can feel like driving through fog; you feel an urgency to hurry up and get to where you think you have to go, but you are not able to see clearly ahead. This retreat will be opportunity to explore your midlife qualms, uncertainties and indecision as an integral part of your spiritual journey. We will look at the natural life shift from quantity to quality, from doing to being, from an expected life to a more genuine and authentic life.

It's your turn now. What have you put off? What didn't you have time for before? What will give your life a greater sense of depth and meaning? As you explore these questions, you'll discover ways to embrace yourself and your life with more patience, openness and compassion.

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



October 28-29

Friday, 7 p.m.–Saturday, 7 p.m.

Presenter: Steve Spilde

Investment:

- **Full:** \$155, includes retreat, one night's stay and all meals.
- **Commuter:** \$115, includes retreat, lunch and dinner on Saturday.

Registration deadline: October 14



Courage to Live: Healing from Grief

Healing from grief is not a journey that is complete in a few months or a couple of years. We continue to heal even decades after the significant losses in our lives. Much of our healing happens as we are given space to tell our stories in settings of empathy and understanding.

At this retreat, three presenters will share the lessons of healing they have acquired as they have experienced a variety of losses: a child, a spouse, a friend, a parent, a sibling. The retreat is designed to make it easier for participants to share the details of their own story by inviting reaction to the presentations—how the participant's own experience is either similar or different from the presenters. Participants will have the opportunity to learn new skills of healing and share their own experience of grief in the safety of supportive small groups.

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





Welcome, Melinda

We're very excited to announce that Melinda Pupillo will start her full-time job as program and retreat coordinator here at the Franciscan Spirituality Center starting September 6.

FSC staff and friends have gotten to know Pastor Melinda over the past decade, and we're looking forward to the passion, energy and ideas she will bring to our team.

Melinda comes to us from English Lutheran Church (ELCA) in La Crosse, where she began her call as associate pastor in 2005. She received her Master of Divinity from the Lutheran School of Theology at Chicago that same year. Prior to attending seminary, Melinda served as a Family Life minister in Salem, Oregon. She has worked with churches in Central and South America, and earned her B.A. in Spanish and Theology from Valparaiso University in Indiana.

Of her new role, she says: "I have experienced FSC as a welcoming and safe space to be fully myself. Surrounded by beauty and professional, caring staff who model the Gospel, I hope to support the good work that is already in place. My particular gift is a desire

to try new things and to be creative in relationship-building. We cannot have a strong center without strong relationships within the community we serve. I look forward to deepening established friendships and building some new ones."

Melinda has been in spiritual direction at the FSC since arriving in La Crosse in 2005. She is also a frequent participant in our retreat offerings and enjoys staying at the hermitages on St. Joseph Ridge. We've also enjoyed the opportunity to work with Melinda on programming to support English Lutheran staff. "I cannot say enough about the marvelous ministry that FSC does in and through this community," Melinda says. "It also hosts one of my absolute favorite bookstores!"

Since moving to La Crosse, Melinda has met and married the love of her life, Greg Pupillo, who is a physician for Mayo Health Systems. She and Greg live with his two cool sons and a furry dog, Luli. Melinda says she is thrilled to be making her home in La Crosse, surrounded by the bluffs of the Mississippi River. You will find her out hiking, kayaking or skiing every chance she gets.

Please extend a warm welcome to Melinda this September and beyond!

A Campaign to Change Direction Event

Soup & Cinema

September 26

Monday, 5-8:30 p.m.

Presenter: FSPA and Affiliates, Franciscan Spirituality Center

Investment: Freewill donations appreciated

Registration deadline: September 16 (space is limited)

Join us for a movie and discussion over a simple supper of soup, salad and bread. We will watch *Hello, My Name is Doris*, a 2016 movie starring Sally Field, who plays a 60-ish office worker who dresses and acts in ways that set her apart from her family and younger co-workers. She has led a sheltered life living with her mother amid piles of hoarded clutter, but her life begins to change when her mother dies and she develops a crush on a much younger man. According to the movie review site RogerEbert.com, "We laugh at her foibles, applaud her small victories, agonize over her questionable choices, share her growth pains and allow her to tug on our heartstrings."

The Campaign to Change Direction is a national effort to raise awareness and reduce the stigma about mental health. The FSPA are local partners in Change Direction—La Crosse Area and 7 Rivers Region, which seeks to encourage everyone to recognize the five signs of emotional suffering and the importance of caring for one's emotional well-being. The issues raised in *Hello, My Name is Doris* offer us an opportunity to reflect on the people we know and how best to help them.



Groups That Meet at the FSC

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

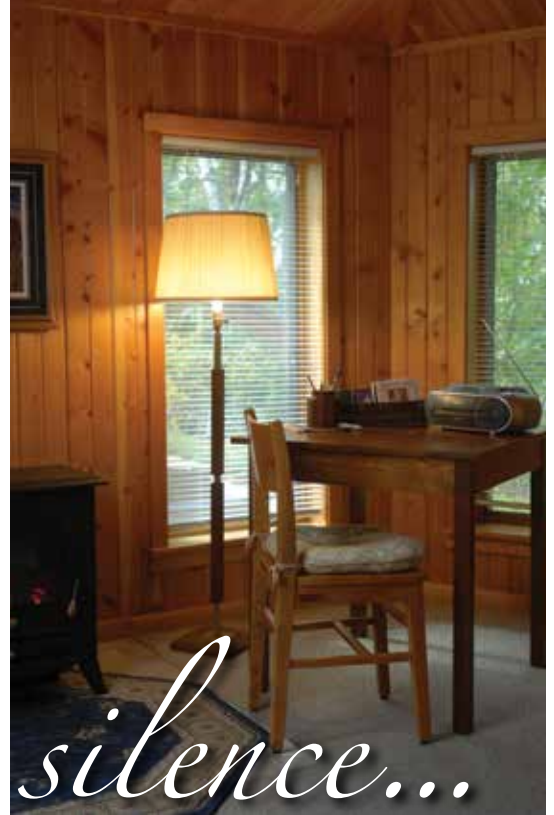
Depressed Anonymous is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets on Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (September 17 and October 15) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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



stillness...



silence...



simplicity...



Often the journey inward calls us to venture outdoors.

For those looking for solitude, peace and rest in the beauty of nature, the Franciscan Spirituality Center offers three hermitages just a short drive east of La Crosse.

These charming cottages feature enough modern conveniences to make your stay comfortable, yet sit on the edge of woodland so you feel as if you are away from it all. Located on Solitude Ridge in St. Joseph, Wisconsin, the hermitages are ideal for prayer, writing, sketching, hiking or just being.

Fall is an especially nice time to experience the colors, warmth and serenity of these sacred spaces.

Feel free to customize your experience as you see fit. Reservations are \$50 per night, with discounts for extended stays, and you can opt to meet with a spiritual director while there. Use of a hermitage for the day only is \$25.



For more information, please visit www.FSCenter.org or call 608-791-5295. Hermitages are intended for solo use. Couples may reserve neighboring hermitages.

Welcome to our newest board members

The Franciscan Spirituality Center is pleased to welcome three new members to its Board of Directors: Lyell Montgomery, Jerilyn Dinsmoor and Sarah Hennessey, FSPA.

Lyell Montgomery has been a longtime volunteer and friend to the FSC, and we're thrilled to benefit from his leadership expertise and willingness to pitch in. Lyell is a managing partner at PeopleFirst HR Solutions, a human resource consulting firm headquartered in La Crosse, with affiliated offices in Eau Claire, Stevens Point, Milwaukee, Minneapolis and Winona. He specializes in career transition/coaching and leadership development training.

Lyell frequently makes use of the FSC's meeting rooms when he facilitates leadership training, but he's just as likely to be found helping out at the front desk or attending one of our programs. "One in particular that I look forward to every year is John McHugh's Lenten Gospels series," he said.

Lyell is also an avid tennis fan and coaches the Aquinas High School girls tennis team.

"The Center has a calmness that makes you feel welcome and comfortable," Lyell said of his decision to join the board. "This is an opportunity for me to serve an organization I believe in."

Self-described "theology nerd" **Jerilyn Dinsmoor** is another longtime FSC friend. She took part in our *Journey Toward Wholeness* program, followed by the three-year Spiritual Direction Preparation Program. She has attended a variety of workshops and retreats at the FSC over the years, and also led a well-received program on creativity and spirituality for us.

Jerilyn is the executive director of La Crosse Promise, an organization linking education with neighborhood revitalization. Prior to that, she served in a professional capacity in arts, humanities and religious settings. She also was an adjunct instructor at Viterbo University, teaching *Diversity in Popular Culture* and *Creativity and the Common Good*. In addition to church activities, she serves as a spiritual director on a part-time basis.

Having been raised in a conservative, fundamentalist church, Jerilyn said she found the Franciscan tradition to be a breath of fresh air. "The FSC provides a safe and loving place for exploring the variety of ways that God chooses to engage us. While I feel it is important to regularly participate in a traditional church setting, it is nice to have another resource available to help restore my soul," she said.

Of her decision to join the board, she added: "The FSC played an instrumental role in my growth. For many years, I was provided with partial scholarships for their programs. I am now in a position where I can give back. As a servant leader, I try to discern where my gifts might meet the world's needs. It just feels like the right time to do this."

Jerilyn earned her master's degree in theology in 2012, having commuted weekly to a seminary in the Twin Cities for four years. She gratefully acknowledged the support of her husband and two teenage sons during this time, and hopes to someday turn her thesis, on creativity and spirituality, into a book.



Lyell Montgomery



Jerilyn Dinsmoor



Sarah Hennessey, FSPA

As a sponsored ministry of the Franciscan Sisters of Perpetual Adoration, we are grateful for the presence and wisdom of FSPAs on our board. Our newest member, **Sister Sarah Hennessey**, loves challenges, diversity and meeting people exactly where they are at. To our board, she brings an inquisitive mind and a passion for exploring sustainable, creative ways to extend FSPA presence into the community.

"As a newer FSPA deeply invested in our communal future, I do not think we can take any of our spirituality centers for granted. If we desire hubs of spiritual activism and refuge in our ever-growing secularized and polarized society, we must actively nurture that dream," she said.

Sister Sarah's first experience with the Franciscan Spirituality Center was in 2000, before she was a FSPA or even a Catholic, when she stayed here during a live-in event for FSPA affiliates. Today, through the FSC, she receives spiritual direction, participates in a variety of programs, collaborates with staff members on projects and is enrolled in our Spiritual Direction Preparation Program.

"I am invigorated by the deep sense of home you feel when you walk in the FSC door," she said. "I consider my fellow spiritual questers in SDPP, available support groups and in the other various programs to be in some way as much my 'community' as my FSPA sisters."

Sister Sarah would be the first to say her vision has never stayed neatly in any box: "As a Quaker raised in the South in a large military town while my father taught at a historically black university, my sense of community is large. My idea of spirituality includes contemplation and adoration, justice and racism work, mental health awareness and music."

Her volunteer experiences include teaching at a Navajo high school, translating Spanish at a free medical clinic, serving as a health educator in farm labor camps, tending a daylily farm and leading junior high inner-city immersion experiences. As a FSPA for 14 years now, Sister Sarah currently serves as the perpetual adoration coordinator, leads St. Rose chapel tours and assists weekly at the Franciscan Hospitality House.

A Silent Directed Weekend is a gift to yourself

So often we hear that people would like to get away for an extended retreat but just can't work it into their schedule. Or they are intrigued by the idea of a silent retreat but need an introduction to the process.

The FSC offers several Silent Directed Weekends throughout the year. We invite you to take a break from the busyness of life and routines to enter into deep silence. In our peaceful, welcoming environment, you will find an opportunity for rest, reflection and discovery. Each day, you'll meet with a trained spiritual director who will listen to you with compassion and understanding, and encourage you to connect with the Sacred and your own inner wisdom.

MARK YOUR CALENDAR

Silent Directed Weekends will be offered:

- December 9-11, 2016
- April 21-23, 2017
- September 22-24, 2017
- December 8-10, 2017

A longer, six-day Silent Directed Retreat is planned June 2-7, 2017.

FSC Spiritual Directors



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

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



Steve Spilde
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608-791-5297

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



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

What is a typical day like?

Meals and your daily visit with your spiritual director are the only "typical" parts of your day. The rest of your day is determined by your unique, individual needs. Retreatants often spend time reading, journaling, walking and engaging in yoga, meditation or artistic expression. Our need for rest is more apparent when we slow down, so feel free to indulge in a nap or two while you are here.

Can I talk at all?

A Silent Directed Weekend is silent so that you can listen. The quiet helps you listen to your longings, needs and inner wisdom—words within yourself that you normally can't hear over the constant noise that surrounds everyday life. Honor yourself by setting aside your cellphone and emails during this special time. Allow your inner voice to be heard through journaling, artistic expression and the daily meeting with your spiritual director.

Do I need to have a religious background?

Not at all! Everyone, no matter where they are on their spiritual journey, is welcome. The spiritual directors on staff at the FSC are trained to work with people from varied religious and spiritual backgrounds, as well as those who are not affiliated with any tradition.

I've never met with a spiritual director before. What do we talk about?

Spiritual direction is listening to God's movement in your life. The story of your life journey can be a place to start. If you are at a crossroads or questioning long-held beliefs, this can be another place to begin. Your spiritual director is trained to be your companion during the retreat. He or she will listen, ask questions and guide you as you discover the possible meanings behind your words in a confidential, non-judgmental setting.

What should I bring?

Think about how you would like to spend the time. You may want to bring a journal, Bible, books, reflective music, yoga mat, camera, knitting or favorite art materials. We have an excellent bookstore and lending library available

to you, as well as a variety of art materials on hand. We supply bed linens and towels; please pack personal toiletries.

Can I attend as a commuter?

To get the most of the experience, we ask that you commit to staying at the FSC during the entire retreat. We think you'll agree that it makes for a more meaningful retreat. We understand that getting away for a longer period of time is challenging, which is why we created these shorter weekend retreats.

Can I get a single room?

Can I stay in the hermitages?

All rooms are private, many with a private bath. We do not reserve the hermitages for the Silent Directed Weekends. Even though you are in silence during the retreat, you are part of a community. If a hermitage stay interests you, consider scheduling a custom retreat experience.

What are the meals like?

Enjoy delicious, home-cooked meals prepared on site. Many of our vegetables and fruits are organically grown on nearby land owned and tended to by the Franciscan Sisters of Perpetual Adoration. While we cannot accommodate all dietary restrictions, we're happy to work with you on options if given ample advance notice.

I can't afford this right now.

Do you offer financial assistance?

Yes! In the spirit of St. Francis and St. Clare, we do not turn anyone away for inability to pay. Please call our office manager, Laurie Swan, at 608-791-5279 to confidentially discuss payment options and discounts.

Are there recreational opportunities?

La Crosse is home to some of the Midwest's most beautiful bluffs and valleys. The FSC is conveniently located near the Mississippi River and several trails for hiking, running, bicycling or cross-country skiing, depending on the time of year. You'll have access to the historic Mary of the Angels Chapel and an outdoor labyrinth. Information about all these possibilities will be in your welcome folder when you arrive.

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

CONTINUING EDUCATION

Biblical Spirituality for Spiritual Directors



Spots are already filling for this November 18-19 retreat with John McHugh. This is not a repeat but rather an extension of the weekend in biblical spirituality that John leads for the FSC's Spiritual Direction Preparation Program. This exciting new opportunity is ideal for spiritual directors who want to deepen their use of Scripture in spiritual direction sessions.

John is a masterful storyteller who brings fresh insights and a rich knowledge of biblical history and context to his presentations. Enjoy an enriching experience and the opportunity to reconnect with other spiritual directors in a peaceful and comfortable setting. Your investment is just \$140 for the full retreat (includes one night's stay, breakfast and lunch on Saturday) or \$95 for commuters (includes lunch on Saturday). Register online at www.FSCenter.org or call 608-791-5295 today!

FRANCISCAN SPIRITUALITY CENTER

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Sarah Hennessey, FSPA
Mike Hesck
Mariellen Janiszewski
Michael Krueger
Lyell Montgomery



Meeting Rooms

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

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



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



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

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SAVE THE DATE

Tea & Poetry: A Fundraiser for the FSC

We had so much fun at our *Life Lessons from a Teacup* event that we've decided to make it an annual tradition. Please plan on joining us Saturday, January 21, 2017, for an enchanting afternoon of tea, poetry, sweets and camaraderie.

Our special guest presenter will be Marci Madary, poet, social justice advocate and FSPA affiliate. Marci, a longtime friend of the Franciscan Spirituality Center, will lead us in a reading of favorite poems as we enjoy several cups of tea, delicious scones and other treats. Expect lots of laughter and a lively discussion.

And the best part is, proceeds from the event will benefit our scholarship funds, making access to FSC programs and spiritual direction available to all who ask.



There is a great deal of poetry and fine sentiment in a chest of tea.

– Ralph Waldo Emerson

Watch for more details at www.FSCenter.org.

COMING IN NOVEMBER & DECEMBER



When Life Throws You a Curveball

November 11-13 • with Tom Roberts

Biblical Spirituality for Spiritual Directors

November 18-19 • with John McHugh

Holiday Freedom

November 19 • with Steve Spilde

Family Advent Celebration

December 3 • with FSC Staff

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