



**Franciscan**  
**Spirituality Center**

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

VOLUME 22 • NUMBER 5

SEPTEMBER/OCTOBER 2014

# At the Center

## In this Issue:

- *Enneagram Basics*
- *Journey Toward Wholeness*
- *Living Authentically*
- *God Delights in You*

# THE Enneagram

A PATH FOR TRANSFORMATION

*“If we observe ourselves truthfully and non-judgmentally, seeing the mechanisms of our personality in action, we can wake up, and our lives can be a miraculous unfolding of beauty and joy.”*

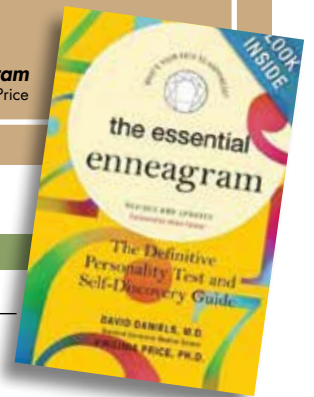
- Don Richard Riso



*This year, the Franciscan Spirituality Center is offering two unique weekend sessions for individuals interested in self-awareness. Each session will help you learn how to build better relationships and discover a deeper spiritual life.*

*The Enneagram is a system of personality typology that combines psychology and spirituality to achieve an understanding of oneself or others. It is an invaluable tool for understanding why we do the things we do and feel the way we feel.*

**The Essential Enneagram**  
by David Daniels & Virginia Price



OCTOBER 2014

## **Enneagram Basics**

**Dates:** October 3-4, 2014

Friday, 7-9 p.m. & Saturday, 9-4 p.m.

**Registration Deadline:** September 19



**Program Presenters:**

**Rosalie Hooper Thomas**, FSPA Affiliate



**Marci Madary**, FSPA Affiliate

MARCH 2015

## **Deepening Spiritual Presence with the Enneagram**

**Dates:** March 27-28, 2015

Friday, 7-9 p.m. & Saturday, 9-5 p.m.

**Presenter:** Leslie Hershberger

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



### Franciscan Spirituality Center

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

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

**Hospitality:** Welcome all with compassion, acceptance and celebration.

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

### What We Do

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

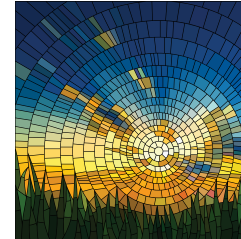
# At the Center

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Journey toward Wholeness

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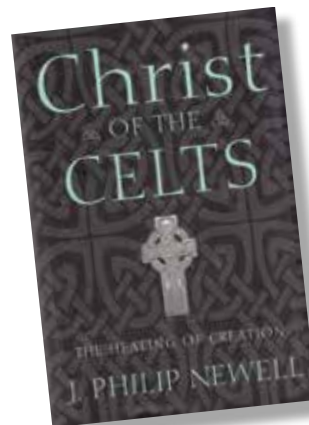
Come Away on a Peaceful Retreat



### News & Happenings

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## AT THE SOPHIA BOOKSTORE



Barb Kruse, FSC spiritual director, offers praise for these reads:

*Christ of the Celts:*  
*The Healing of Creation*  
by John Philip Newell



*Learning to Walk in the Dark*  
by Barbara Brown Taylor

Stop in and browse our giant  
Used Book Sale during the month of October.

Many gently used books for only \$1!

# 30 years of blessings



Fall is a special time for Franciscans. On September 4, we honor Rose of Viterbo, for whom both Viterbo University and St. Rose Convent are named. Then, on October 4, people around the world commemorate Francis of Assisi with pet blessings and the Transitus.

That month will be even more exciting as we celebrate the Franciscan Spirituality Center's anniversary. Thirty years ago, the Franciscan Sisters of Perpetual Adoration rededicated the tall brick annex at 920 Market Street, originally built for the education of young sisters, to FSC. After the sisters blessed its space and those who would come, its doors opened to all in October 1984. That first year, Center programs included a priest support group, a marriage retreat, an Enneagram workshop and yoga. Thirty years later, you will still find these programs at the Center, along with spiritual direction and many other opportunities.

We hope you will bless the Center and its milestone by coming for a visit, especially if you've not been to what some call La Crosse's best-kept secret. Enjoy a cup of coffee or tea in the Sophia Bookstore, try one of the contemplative experiences or small groups described in *Spiritual Living* (page 3), or indulge in a relaxing program or retreat.

You'll also find (page 11) information on renting our historic, beautiful rooms for group meetings and, new this October, a special staff development event for your small business or organization.

FSC spiritual direction is perpetually evolving, just recently so by Sister Rose Elsbernd joining us. Meet our new spiritual director on page 10.

Finally, we're excited to introduce you to four people—gifted presenters who have a special connection with the Center—who are joining us as adjunct faculty:

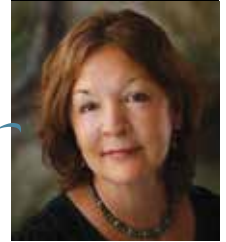
- *John McHugh* is a masterful storyteller who shares reflections of his life to help unlock the meaning of Scripture. He is also a presenter for FSC's Spiritual Direction Preparation Program.
- *Bernice Olson-Pollack* has led yoga classes at FSC for many years—rejuvenating spirits through movement, breath and meditation—and recently began offering Tai Chi as well.
- *Tom Roberts* is a Buddhist, therapist and teacher of compassion and meditation. He offers creative practices like Tibetan singing bowls, Zen Brush painting and photography.
- *Kristy Walz* is a third-year FSC presenter on topics such as *Intuition and Decision Making* and *The Courage to be Enough*, offering ideas for living as spiritual people in the everyday world.

We welcome them and hope to welcome you to the FSC during this 30th anniversary year.

Peace and all good,

**Audrey Quanrud,**  
FSC Director

**FRANCISCAN  
SPIRITUALITY  
CENTER**  
*Staff*



Audrey Quanrud  
FSC Director  
Program Coordinator



Barb Kruse  
Spiritual Director



Linda Kerrigan  
FSPA Affiliate  
Spiritual Director



Steve Spilde  
Spiritual Director



Marcia Bentley  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Laurie Swan  
Office Manager



Zoua Vue  
Receptionist & Hospitality



Darlene Wozney  
FSPA Affiliate  
Hospitality



Liz Brunner  
Hospitality Coordinator



Amy Taylor FSPA  
Retreat Coordinator



John McHugh  
Associate Staff Member



Bernice Olson-Pollack  
Associate Staff Member



Tom Roberts  
Associate Staff Member



Kristy Walz  
Associate Staff Member

MAKING A THOUGHTFUL  
COMMITMENT TO THE  
FRANCISCAN SPIRITUALITY CENTER

# Spirited Friends

A MONTHLY  
GIVING PROGRAM

## Q. Who are Spirited Friends?

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

## Q. How does this giving program work?

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

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

*Thank you  
for your ongoing support.*

### Planned Giving:

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

# Spiritual Living

The Franciscan Spirituality Center

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

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



**Centering Prayer** meets the first and third Tuesdays of the month (September 2 & 16 and October 7 & 21) at 5:30 p.m. Experience the stillness and silence of community prayer with others seeking solitude. All are welcome!

**Depressed Anonymous** is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. The group meets on Mondays from 5:30-6:30 p.m. Call

Vince at 608-386-7551 with questions. Freewill offering accepted.

**Conversations that Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. This group meets twice a month on either Tuesday or Wednesday from 7-9 p.m. Tuesday sessions begin on September 2 and Wednesday sessions begin on September 10. Call Vince at 608-386-7551 for more information.



**Drumming Circle** meets September 11 and October 9 from 5:30-6:30 p.m. The focus of this circle is prayer and ceremony. Interspersed with drumming, we share stories and reflections. Bring your favorite drum. Freewill offering accepted.



**Enneagram Study Group** is a group for those interested in using the Enneagram to explore their spiritual life and relationships with family, friends and co-workers. Meets on September 10 from 5:15-7 p.m. Freewill offering accepted.

**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 20 and October 18) from 9-11 a.m. Call Vince at 608-386-7551 for book information.

**Tibetan Singing Bowls** provide the background for deep relaxation and an expanded state of consciousness and meditation. Meets Tuesdays, September 9 and October 21, from 5:30-6:30 p.m. Sit in a chair, or if you prefer, bring a pillow for the floor. Freewill offering accepted.

**Imago Dei Women's Group** supports women survivors of sexual abuse and assault in their quest for healing and wholeness. Meets 7-8:30 p.m. on the third Wednesday of the month (September 17 and October 15) for conversation and support. Freewill offering accepted.

**Divorce Recovery** is a monthly gathering that offers support and healing for the wounds of separation and divorce (no matter how recent). Meets on the third Thursday of the month (September 18 and October 16) from 5:30-7 p.m. Freewill offering accepted.



N O W I N O U R 1 8 t h Y E A R



# Journey Toward Wholeness

## PILGRIMAGE OF PRAYER

Experience personal growth and renewal in a small community with others seeking spiritual enrichment. On this year's Journey we will visit four developments in Christian spirituality (Franciscan, Benedictine, Ignatian and Centering Prayer) to experience the gifts of prayer they offer us.

### PROGRAM FEE:

**Full:** \$750 includes bedroom, four weekend sessions and all meals.

**Commuter:** \$500 includes four weekend sessions and all meals.

**Fees are payable in installments.** If the investment is beyond your means, financial assistance is available. Contact Audrey Quanrud at 608-791-5264. Download an application at [FSCenter.org](http://FSCenter.org) or contact Audrey Quanrud at [aquanrud@fspa.org](mailto:aquanrud@fspa.org) for more information.

Participants commit to attend four weekends:

October 10-12 & November 14-16, 2014

AND

January 16-18 & March 20-22, 2015

# Journey together with FSC toward wholeness in retreats

The Franciscan Spirituality Center is pleased to invite you on this spiritual journey toward joy, prayer and community, the honor and glory of God and silent listening. The experience is a four-weekend retreat—a pilgrimage of prayer—to explore your own spirituality in these contexts of Christianity.

## **Franciscan Spirituality: The Joy of the Gospel**

**Dates:** October 10-12, 2014

**Presenter:** Audrey Quanrud



Franciscan spirituality began in a moment of profound prayer, as Francis of Assisi knelt before the large icon cross in a small church called San Damiano. Prayer transformed Francis and his followers, creating in them an intense desire to imitate Jesus of the Gospels in humility, simplicity and, especially, in concern for the “least ones”

among us. Franciscan spirituality is rooted in joy and gratitude for the blessings of God and kinship with all of creation, which Francis expressed in the beautiful prayer poem, *Canticle of Creation*. We also will consider the contemplative way of praying recommended by Clare of Assisi.

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

## **Benedictine Spirituality: Prayer and Community**

**Dates:** November 14-16, 2014

**Presenters:** Carol Rennie, OSB, and Sam Rahberg



The *Rule of St. Benedict* has endured through the centuries, not only because it offers a vision of life rooted in Scripture and informed by practical experience, but because it relies on the foundations of flexibility and moderation. Today, we spiritual seekers continue to draw on the timeless wisdom of this ancient monastic way because it invites us to appreciate more deeply the lives we are already living. By engaging the spiritual practices of prayer and community, we can encounter our own experiences as windows into God’s presence.



Carol Rennie, OSB, is the former prioress of St. Paul’s Monastery in St. Paul, Minn., and is a retreat leader and spiritual director at the Benedictine Retreat Center in St. Paul. Sam Rahberg is the director of the Benedictine Center and an Oblate. Sister Carol and Sam both received their training as spiritual directors through the Franciscan Spirituality Center.

## **Ignatian Spirituality: All Things for the Honor & Glory of God**

**Dates:** January 16-18, 2015

**Presenter:** Catherine Michaud, CSJ



The spirituality of St. Ignatius of Loyola is often referred to as the first of the “modern” spiritualities. Earlier spiritual leaders saw the goal of the Christian life as a pursuit of perfection through a life of contemplation and sanctification. St. Ignatius refocuses that primary goal as the identification of the human will with God’s will. This focus results in a spirituality that takes seriously the tasks of daily life, one’s vocation and ministry, one’s prayer and relationships. During this weekend we will have an opportunity to experience what Ignatius teaches about “ordering one’s life to the service of God” and the spiritual practice of self-examination, the discernment of spirits.

Sister Catherine Michaud, CSJ, trained with the Jesuit community at Gonzaga University, Spokane, Wash., where she received a Master of Arts in Spirituality, and also at the Immaculate Heart Retreat Center (Spokane). She has been a professor of theology and Christian spirituality for more than 30 years, serving more than half that time at St. Catherine University in St. Paul, Minn., where she was director of the Master of Arts in Theology program. She is now engaged in research, writing and directing retreats, and serves as spiritual director with the Loyola Spirituality Center in St. Paul.

## **Centering Prayer: Silent Listening**

**Dates:** March 20-22, 2015

**Presenter:** Marcia Bentley



While Christian meditation has existed for centuries, Centering Prayer is an updated, modern form that began in a Trappist monastery in Massachusetts. Centering Prayer is a Christian prayer of silence, a surrendering of ourselves to God. While some Eastern forms of meditation deal with the disciplined focusing of one’s attention (on breath, for example), Centering Prayer is a prayer of intention—we give our consent to God’s presence and action within us. The intentional letting go of our emotional programs for happiness and our over-identification with various groups frees us to enter into a deeper relationship with God.

Marcia Bentley is a spiritual director at the FSC and is an enthusiastic practitioner of Centering Prayer. She credits Centering Prayer for contributing to the transformation in her own life from a fast-paced career in the computer field to a deeper, more fulfilling contemplative lifestyle today.

Visit [www.FSCCenter.org](http://www.FSCCenter.org) to register and for more information about the Journey program.



# 2014 Program & Retreat Offerings

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

## September 9 & October 21

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

**Investment:** Freewill offering

**Presenter:** Tom Roberts



## September 11-13

Thursday, 9 a.m. through Saturday, 9 p.m.

**Investment:**

- **Full:** \$200 (includes retreat, meals & bedroom)
- **Commuter:** \$150 (includes retreat & meals)
- **Evening Investment:** \$75 includes three evening sessions from 6:30-8:30 p.m.
- 20% discount for registering groups (6 or more)

**Registration Deadline:** August 11

- Please include a \$50 non-refundable deposit

**Retreat Directors:** James Marchionda, OP, & Amy Taylor, FSPA

## September 20

Saturday, 8:30 a.m.-4 p.m.

**Investment:** \$65 includes lunch

**Registration deadline:**  
September 5

**Presenter:** Janet Mallak, SSND



## The Sound of Bowls

Traditional historic Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. Individual bowls are rung, and its unique resonance will be allowed to drift into the depths of silence, inviting you to follow and connect to the importance of deep and quiet listening. You are invited to wear comfortable clothes, as you may sit or lay on the floor as is comfortable.

## Singing the Psalms: God's Inspired Gift

Generations of believers have prayed and sung the Psalms. During the day, Sister Amy will provide deeper reflection on the different types of Psalms, and in the evening, Father Jim will celebrate the Psalms through music. Come prepared to sing, pray and be deeply moved by the power and beauty of the Psalms. This retreat is open to those who want to connect music and their faith life. It is a great way for parish musicians, choir members and directors to deepen their spirituality as they regularly lead worship using these timeless and uplifting Psalms in their congregations.



**James Marchionda, OP**, is a member of the Chicago-based Province of St. Albert the Great. He offers preached retreats and parish missions for various groups throughout the year. He is a composer and has published his music through World Library Publications and Alliance Publications, Inc.

## God Delights in You

There is a quiet light that shines in every heart – God's delight. "God rejoices because of you and renews you in love" [Zephaniah 3:17]. Through all ages this message awakens one's yearning and questions for God. God's delight happens between one another, in unexpected circumstances, even in the midst of pain, doubt and sorrow. Through Scripture, reflection and laughter we will look for signs of God's delight in our lives and in our world.

**Sister Janet Mallak, SSND**, was on staff at the Franciscan Spirituality Center until being elected to leadership of her religious community, the School Sisters of Notre Dame, in 2009. Today, Sister Janet works in retreat ministry through her community, is a spiritual director and assists with the FSC's Spiritual Direction Preparation Program. She lives in Mankato, Minnesota.



*We yearn to say what we mean, to be boldly who we really are ... to live each day with growing integrity, to connect with the true self (where, by the way, we meet God) ..."*

~ Linda Douty



**October 3-4**

Friday, 7 a.m. through Saturday, 4 p.m.

**Investment:**

- **Full:** \$140 (includes bedroom, meals & retreat)
- **Commuter:** \$95 (includes lunch)

**Registration deadline:** September 19

**Presenters:** Rosalie Hooper Thomas & Marci Madary, FSPA Affiliates

**October 18**

Saturday, 8:30 a.m.-4 p.m.

**Investment:** \$65 (includes lunch)

**Registration deadline:** October 3

**Presenter:** Kristy Walz



**October 31-November 1**

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

**Investment:**

- **Full:** \$140 (includes bedroom, meals & retreat)
- **Commuter:** \$95 (includes lunch)
- **Materials:** 13" drum—\$100  
16" drum—\$125 (choose one)

**Registration deadline:** October 17 (limited to 15)

**Presenters:** Wayne Manthey & Rosalie Hooper Thomas

**November 21-22**

Friday, 7 p.m. through Saturday, 3 p.m.

**Investment:**

- **Full:** \$125 (includes retreat, meals & bedroom)
- **Commuter:** \$95 (includes retreat & lunch)

**Registration Deadline:** October 21

- Please include a \$50 non-refundable deposit



**Retreat Director:**  
Joan Weisenbeck, FSPA

**Enneagram Basics**

**E** enneagram Basics is for those new to the Enneagram or for those who would like a review of the basic concepts of the Enneagram (basic knowledge of the Enneagram is necessary for the March 2015 program with Leslie Hershberger). In addition to an introduction to the Enneagram, we will hear from a panel of individuals representing different personality types. They will share the discoveries they've made about their Enneagram personality type and how it affects their lives.



**Living Authentically**

**W**hen we become aware of the gap between our true values and beliefs and the life we are leading, we are wrestling with how to live authentically. We may have felt pressure to be like someone else, to hide our inner being, to be what people want or expect us to be, rather than to be our authentic self. Self-awareness is the first step in claiming and honoring your authentic self. In this program, you will learn how to create your personal compass for living consistently according to your values.

**Kristy Walz** works with businesses and organizations as a consultant and speaker. Her clients include hospitals, colleges, credit unions, government and businesses. Kristy is in her final year of training as a spiritual director in the FSC's Spiritual Direction Preparation Program.

**Drum Making and Ceremony**

**D**rum maker **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.

*Wayne Manthey prepares a hide at the FSC in 2007.*



**Facilitation Methods for Group Spiritual Direction**

**G**od gifts each person with the presence of each other in group spiritual direction. Together we become aware of God's presence in all our hearts as we hear and share our stories. As a group, we become conscious of the Divine and expand our understanding of God working within us. In this retreat, we will review and discuss a variety of models for leading small-group direction with an emphasis on silence, contemplation, deep listening and sharing. Participants in this retreat will have the opportunity to experience group spiritual direction.

This retreat is ideal for graduates of FSC's Spiritual Direction Preparation Program or for spiritual directors who desire to companion others in group spiritual direction. This is also helpful for anyone interested in becoming part of a group.

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

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

# Team-building Retreat

October 23, 2014

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

**Investment:** \$25 per person

**Registration deadline:** October 8

**Presenter:** Mike Hesch

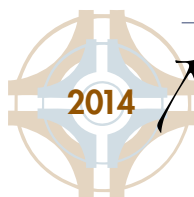


## Retreat Day for Nonprofits and Small Businesses

Looking for an enjoyable and affordable team-building experience for your staff? Bring them to our special offering for nonprofits and small businesses. The day includes a True Colors® workshop and book, refreshments and lunch, and a tour of historic Mary of the Angels Chapel in St. Rose Convent. Enjoy a relaxing day together in the peaceful environment of the Franciscan Spirituality Center with groups from other local organizations and small businesses.

*The True Colors® Workshop:* Psychologists and philosophers throughout the ages have explored human behavior and reflected on personality differences. These enlightened insights have usually been difficult to understand and apply in our daily lives. True Colors is a highly interactive, dynamic and entertaining program designed to help users quickly and accurately identify their own temperament and that of their clients, co-workers and family members. Drawing on the information learned, individuals will reach new levels of effective interaction both in personal and professional lives.

**Mike Hesch** has a bachelor's degree in Community Health Education from the University of Wisconsin-La Crosse and a Master of Arts degree in Servant-Leadership from Viterbo University, La Crosse. He has worked for Mayo Clinic Health System-Franciscan Healthcare La Crosse (and its patients) since 1999 in various capacities, most recently in a leadership role for Organizational Learning and Development and Human Resources. Additionally, Mike is an adjunct faculty member at Viterbo and is an active speaker/group facilitator in the areas of servant leadership, leadership development, communication, teambuilding and coaching. He is married with two children and a couple of canine companions.



## New Group Offerings

### Beginning September 18

Thursdays, 5:30-7 p.m.

**Investment:** Freewill offering

**Facilitator:** Diane Withers, FSPA Affiliate

**September 18:** *What has happened?*

**October 16:** *What have I lost?*

**November 20:** *How do I manage my anger?*

**December 18:** *How do I cope with loneliness?*

### Divorce Recovery

This monthly gathering offers friendship, support and healing for the wounds of separation and divorce. Whether you are just beginning this new journey of singleness, or have been on it for some time, you are invited to come hear words of wisdom, share with others who understand, and experience fresh insights and healing.

Each session will include a short presentation by a guest speaker or a member of the group, discussion with two or three others on the topic, sharing of responses and questions, as well as casual conversation and refreshments to conclude the evening.

### Additional topics in this series in 2015...

**January 15:** *Where can I find the help I need?*

**February 19:** *How do I help my children through this?*

**March 19:** *When am I ready for a new relationship?*

**April 16:** *How do I forgive?*

**May 21:** *How will I live my new life?*

### September 17 & October 15

Wednesdays, 7-8:30 p.m.

**Investment:** Freewill offering

### Imago Dei Women's Group

Sexual abuse that is ignored often resurfaces later. It can interfere with relationships, school and work and rob women of their potential. Imago Dei Women's Group supports women survivors of sexual abuse and assault in their quest for healing, peace and wholeness. The group is facilitated by two women, an FSC spiritual director and a woman who was in an abusive relationship during her teen years. The group meets monthly on the third Wednesday for conversation and support. It is not professional therapy or counseling. This is a safe place where you will experience compassionate, nonjudgmental listening.

Registration is not required for these groups. For more information, please call us at 608-791-5295.

# body, mind & spirit



## Tai Chi - Level I

**Free Introductory Class! Monday, August 25, 2014**

**Session One:** Mondays, September 8, 15, 22 & 29; October 6 & 13

**Session Two:** Mondays, October 20, 27; November 3, 10, 17 & 24

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

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

**Presenter:** Bernice Olson-Pollack

Tai Chi is an internal style of Chinese martial arts. It places emphasis on the steadiness of the breath and body with quiet concentration. This discipline consists of graceful and circular movements that are performed with a relaxed and slow tempo. Tai Chi strengthens and mobilizes joints and muscles to improve a sense of balance—both physically and mentally.

## Tai Chi - Level II

**Free Introductory Class! Thursday, August 28**

**Session One:** Thursdays, September 11, 18 & 25; October 2, 9 & 16

**Session Two:** Thursdays, October 23 & 30; November 6, 13 & 20;  
and December 4

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

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

**Presenter:** Bernice Olson-Pollack



## Vinyasa Yoga

**Session One:** Mondays, September 8, 15, 22 & 29; October 6 & 13

Wednesdays, September 10, 17 & 24; October 1, 8 & 15

**Session Two:** Mondays, October 20 & 27; November 3, 10, 17 & 24

Wednesdays, October 22 & 29; November 5, 12, 19 & 26

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

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

**Presenter:** Bernice Olson-Pollack

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

## Golden Yoga

**Session One:** Tuesdays, September 9, 16, 23 & 30; October 7 & 14

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

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

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

**Presenter:** Bernice Olson-Pollack

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



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

Have a desire to explore Tai Chi? Please join us in August for a free class (both Level I and Level II) and experience it for yourself!

# A compassionate welcome

Sister Rose Elsbernd, FSPA, recently joined the FSC staff as a spiritual director. She comes with many years of experience, both in compassionate listening and in retreat ministry.

To companion another person in spiritual direction, according to Sister Rose, is a “sacred responsibility.” She explains, “This ministry calls me to a deeper sense of the presence of God in every person and aspect of life.”

In considering whether to meet with a spiritual director, Sister Rose says trust is an important part of the decision. “I am a safe person who honors the integrity of each person with respect and acceptance. I hope to bring a listening presence to others so they know of a God who is compassionate, loving and caring, and who hurts when they hurt.”

Sister Rose recently ended a term as a mission councilor on the leadership team for the Franciscan Sisters of Perpetual Adoration. Her duties included working with the staff and board of the FSC as an advisor. Prior to her leadership role, she was the director of Villa Maria Retreat and Conference Center in Frontenac, Minnesota. Certified in spiritual direction and retreat ministry, Sister Rose has a bachelor’s degree in elementary education from Viterbo University, La Crosse, Wisconsin, and master’s degrees in religious education from the University of Washington, Seattle, and counseling and allied services from the University of Oklahoma, Tulsa.

In her new role she says “I hope to continue to affirm and add to the great ministry of the FSC.” And in this new ministry for her, Sister Rose enjoys serving as spiritual director when people schedule a retreat over several days at the Center or a hermitage on Solitude Ridge (see *Come Away*, page 12). She is also available for single appointments and may be reached at 608-791-5268.



“*This ministry calls me to a deeper sense of the presence of God in every person and aspect of life.*”

~ Sister Rose Elsbernd, FSPA

## COMPASSIONATE LISTENING

# Got Questions?

*Are you questioning, seeking, exploring, looking for an experience with others likewise eager to reflect?*

*Do you have a longing to grow spiritually? To probe the deep questions about purpose and meaning of life? To gain understanding about your relationship with God?*

*Have you considered Group Spiritual Direction? If you are thinking about it, here’s what a spiritual direction group IS and IS NOT:*

- It is all about self-discovering ways to deepen personal understanding and faith/spiritual development; embracing life questions/everyday experiences of transition, relationships, decision-making, conflicts, challenges and feelings.
- It occurs in a monthly-meeting group of five to six companion seekers offering, without judgment, acceptance and supportive listening.
- It is a facilitated process of seeking God together.
- It is not about counseling, group therapy, Bible study or theology. Group members do not offer advice or problem solving.

Sound intriguing? Groups are forming now for September-May 2015 sessions. Call 608-791-5295 to learn more about the program through our spiritual directors/group facilitators and to reserve your experience group today.

## Our Spiritual Directors



**Linda Kerrigan, FSPA Affiliate**  
lkerrigan@fspa.org  
608-791-5276



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



**Marcia Bentley**  
mbentley@fspa.org  
608-791-5485



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



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

# A place to meet

The right environment can add to the impact of your meeting or event. At the Franciscan Spirituality Center, you will find exactly what you're looking for:

- Beautiful meeting rooms
- Comfortable chairs, round or oblong tables
- Privacy and quiet
- Up-to-date technology
- Refreshments and meal options
- Guest bedrooms
- Franciscan hospitality.

## New rates:

In addition to full and half-day rates, four meeting rooms are now available for a very economical 2-hour rate. Choose between a room with a conference table that seats 10-12 people or a meeting room that can be set according to your needs for up to 30 people.

Save further when you contract annually to rent one of these four rooms for your monthly meeting. Groups who contract to meet monthly at the FSC receive 25 percent off our already low half-day rate, free coffee and use of our reserved parking spaces.

For our larger meeting rooms (50-90 people), full and half-day rates are available. Rates are available by visiting [www.FSCenter.org](http://www.FSCenter.org) and selecting the "Meeting Rooms" tab.

## Catering to your needs:

All FSC meeting rooms have wireless Internet connection. Equipment available at no charge includes a flat-screen TV (with Apple), audio system with wireless microphones, flipcharts and podiums. Three meeting rooms are wired for sound, and Skype is available with individual microphones.

Our hospitality staff also will work with you to arrange your group's food and beverage needs. In addition to our famous coffee, tea and other beverages, we are able to serve you everything from snacks to a full meal.

## Retreats for churches and other organizations:

The FSC is an ideal place to bring church councils, prayer groups, staff and other groups for a day or overnight retreat. The FSC can accommodate up to 30 overnight guests.

During your retreat you may wish to spend time in the quiet beauty of St. Rose Convent's Adoration Chapel or to attend Mass in Mary of the Angels Chapel. FSC staff are also available for facilitation, prayer and presentations during your retreat.



We invite you to call us at 608-791-5295 for a tour of the Center and to discuss your group's needs. Come experience Franciscan hospitality in the heart of La Crosse, Wisconsin!

## Join our volunteer team

Thanks to more than 30 volunteers who provide the hospitality that makes FSC a very special place. They provide refreshment setup, work at the front desk, greet visitors and help with special events.

We always welcome new volunteers and now are in need of more people on our team. Do you have a little time or interest to join us?

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

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

## FRANCISCAN SPIRITUALITY CENTER

### Board of Directors

Dorothy Lenard, Chairperson

Hannah Hoaglund, Vice Chairperson

Joan Weisenbeck, FSPA, Secretary/Treasurer

Emilio Alvarez Laurice Heybl, FSPA

Sharon Berger, FSPA John McHugh

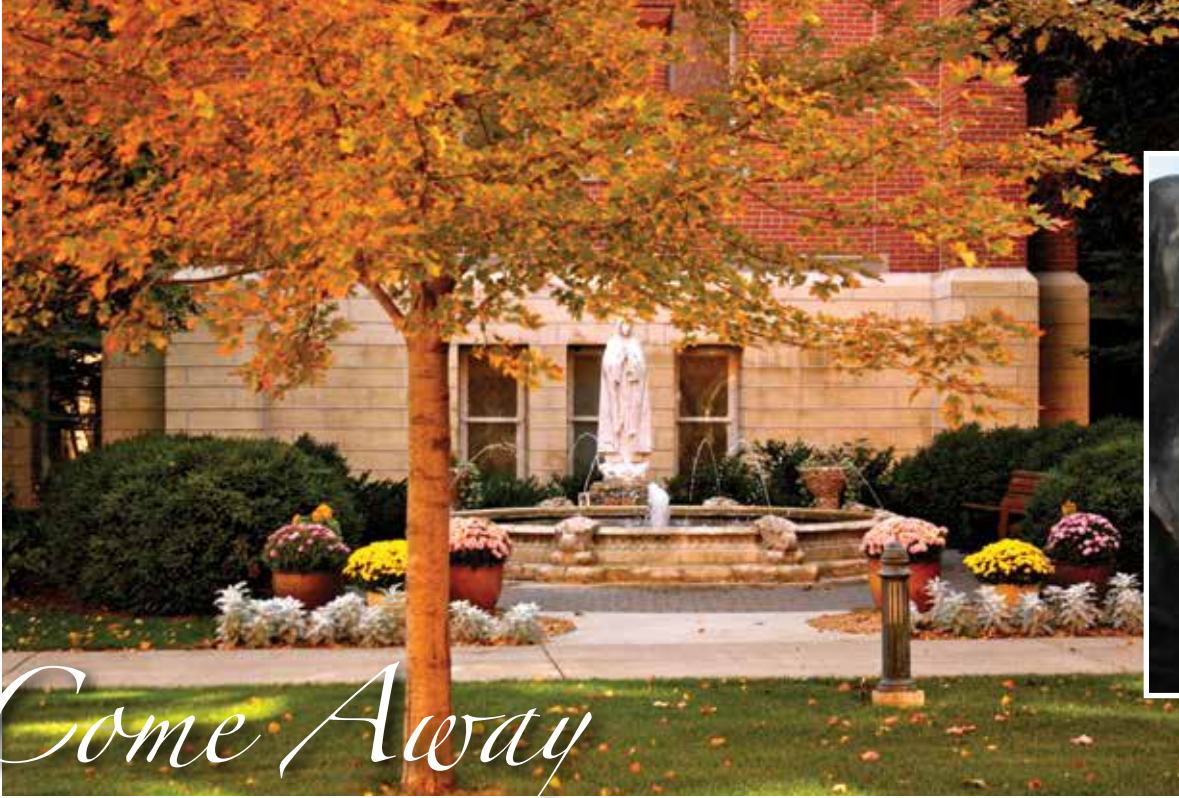
Karen Dunn Ellen Rasmussen

Ken Ford Patricia Boge

Mike Hesch Mike Woods

Tony Yang





# Come Away

Fall is an ideal time to step aside from everyday concerns to care for your soul. Many choose to do this on a regular basis at the Franciscan Spirituality Center. You can experience a private retreat with us at any time convenient to you.

Within a private retreat you have time and quiet to rest and think. You can also choose a directed retreat and meet with a spiritual director once a day. The spiritual director listens carefully to your spiritual goals and may make suggestions for your prayer and reflection.



We offer spacious, private bedrooms with a desk and comfortable chair. Full meals are available.

For a more secluded retreat, consider staying at one of our hermitages at Solitude Ridge. These cozy cottages are just 15 minutes from the

Depending upon the schedule, drop in on a yoga or Tai Chi class, join a drumming circle, meditate with Tibetan singing bowls or attend Centering Prayer.

Other options while on retreat at the FSC include praying in Mary of the Angels Chapel, walking a labyrinth, browsing the Sophia Bookstore or our guest library, enjoying the solitude in Clare's Upper Room, or sitting by the fountain in the courtyard.

FSC in St. Joseph, Wis. They have all the modern conveniences; you cook your own meals. Our spiritual directors will also meet with you there.

- Private Center Retreat:**  
(no spiritual direction)
  - \$42/night
  - \$40/night (6 nights or more)
  - Add meals: \$21/day
- Directed Center Retreat**  
(includes spiritual direction)
  - \$80/night (4 nights or less)
  - \$75/night (5 nights)
  - \$70/night (6 nights or more)
  - Add meals: \$21/day
- Private Hermitage Retreat**  
(no spiritual direction)
  - \$50/night
  - \$48/night (6 nights or more)
- Directed Hermitage Retreat**  
(spiritual director comes there)
  - \$95/night (4 nights or less)
  - \$92/night (5 nights)
  - \$90/night (6 nights or more)

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



## IMPORTANT INFORMATION:

### Registration Process

Please visit the Franciscan Spirituality Center's website at [www.FSCenter.org](http://www.FSCenter.org) to register for each session. We accept PayPal for all online registrations and require payment in full at the time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or by email at [FSCenter@fspa.org](mailto:FSCenter@fspa.org). We accept credit cards, personal checks and cash for all registrations not completed online. Payment must be made in full prior to the start of the program to be a confirmed participant.

### Refund Policy

Some of our events require a non-refundable registration fee; the balance will be refunded to you if you cancel prior to the event start time.

### Registration Deadlines

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

### Scholarship Information

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

## MEETING ROOMS

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

We offer five meeting rooms to accommodate groups from 2-72 participants. Each room is bright, attractive,

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

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



## GOD'S INSPIRED GIFT

# Singing THE Psalms

September 11-13, 2014

Experience the Psalms with Father Jim

Begins at 9 a.m. on Thursday  
Concludes at 9 p.m. on Saturday  
Registration Deadline: August 11

## Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure waiting for your discovery. Full of books, scarves and interesting gifts, it is a wonderful, quiet place to sit and enjoy the quiet hum of life and energy within. The room has three tables, free wi-fi and complimentary coffee.

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

*Please stop by to browse!*



## Solitude Ridge Hermitages

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

Telephone: 608-791-5295

## Where to find us

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



Franciscan  
Spirituality Center



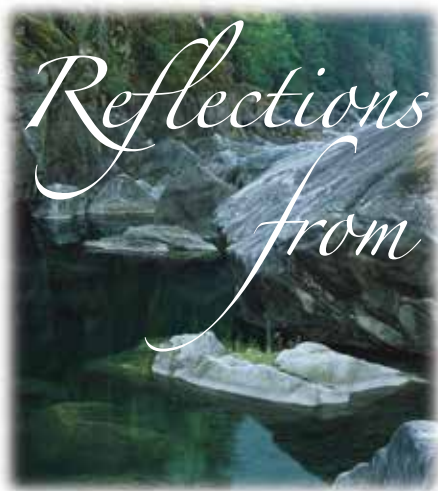
Telephone: 608-791-5295 • Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org) • On the web: [www.FSCenter.org](http://www.FSCenter.org)



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

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## Reflections from the Center

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

*Boundary Waters*: "At this moment though, by the water's edge, I enjoy not knowing; for it means that there is yet mystery to this night." Another shared personal prose: "One woman drove by the statue and, thinking it was an actual homeless man, called the cops on Jesus." To receive reflections visit [fscenter.org](http://fscenter.org) and select the "Join Our Email List" tab, or email a request to [fscenter@fspa.org](mailto:fscenter@fspa.org). You also will find them at [www.atthecenterreflections.blogspot.com](http://www.atthecenterreflections.blogspot.com). Enjoy!

### COMING SOON IN NOVEMBER & DECEMBER



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

**November 1** with Steve Splide

#### ***Facilitation Methods for Group Spiritual Direction***

**November 21-22** with Joan Weisenbeck, FSPA

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

**December 5-7** with Tom Roberts

Follow us on :    