



**Franciscan  
Spirituality Center**

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

VOLUME 26 • NUMBER 1

JANUARY/FEBRUARY 2018

# At the Center

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# Deepening engagement

with listening expert Diane Millis

In a world in which we are so distracted, so inattentive and so overwhelmed with so much noise, we risk not only losing our connection with the Sacred but with each other, says Diane Millis, Ph.D., educator, leadership consultant and author.

But imagine what our relationships, our workplaces, our communities—really, every aspect of our lives—might look like if we practiced deep, heart-centered listening. It would be transformative, she says.

Diane will lead a weekend retreat, *Deepening Engagement: Essential Habits for Listening*, on February 2-3, at the Franciscan Spirituality Center. “It’s an opportunity to carve out the space and time to be still, and listen to the still, small voice within,” she says.

Throughout the retreat, Diane will provide different learning experiences and activities, including poetry reflection, photography, group discussions and intentional silence, designed to help everyone from parents to corporate leaders deepen their engagement with their true selves and with others.

“Listening to ourselves is the greatest gift we can give ourselves,” Diane says.

When we spend time in silence, through meditation or another contemplative practice, we can hear our interior voice, our inner wisdom. We tune into what’s going on within us. We notice what is captivating our attention. We also become aware of the patterns in our internal dialogue and can use those internal responses as a guide to listen more fully to others, without comment, interruption or judgment.

By listening deeply, with the “ear of our heart,” Diane says, we go beyond the active listening (parroting back what we’ve heard) that so many of us have been taught and invite genuine, authentic and transparent conversation. We give others the space to pause, listen within and speak from their heart.

How many of us have experienced how life-affirming it feels to be truly heard, as well as the sting of not being listened to? A favorite quote of Diane’s comes from the 20th century mystic Simone Weil: “Attention is the rarest and purest form of generosity.” By cultivating our ability to pay attention, we observe what brings our lives meaning, passion and purpose, and inspire others to do the same.

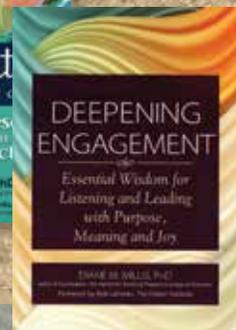
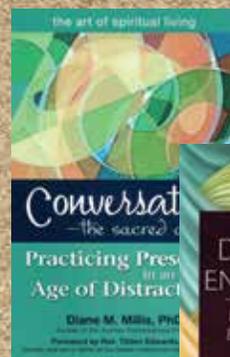
“Imagine if the gift of attention became the rule instead of the exception,” Diane says.



Presenter: Diane Millis

Ideal for business leaders, educators, counselors, health-care professionals, pastors, parents and everyone who wants to improve their listening skills.

Registration details are on page 7.



FEBRUARY 2-3, 2018

## Deepening Engagement: Essential Habits for Listening

**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.

# Holiday gift certificate sale

Give a gift that nurtures the soul this holiday season with a gift certificate to the Franciscan Spirituality Center. Friends, family and loved ones will find something to treasure at the FSC—whether it's an experience, a needed respite or retreat, a thought-provoking book or a Fair Trade handbag.

Or stock up for yourself! With our special holiday discount, your money goes further. Discounted gift certificates can be purchased during November and December 2017 for use in 2018. Gift certificates are good for one year from the time of purchase and can be used toward programs, retreats, hermitages and Sophia Bookstore items at the Franciscan Spirituality Center.

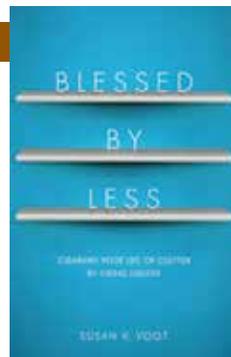
**\$25 gift certificate for only \$20**

**\$50 gift certificate for only \$40**

**\$100 gift certificate for only \$80**



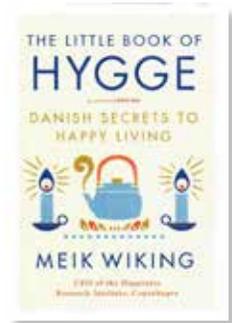
## AT THE SOPHIA BOOKSTORE



**'Tis the season for fresh starts. These books can help:**

*Blessed by Less: Clearing Your Life of Clutter by Living Lightly*  
by Susan V. Vogt

*The Little Book of Hygge: Danish Secrets to Happy Living*  
by Meik Wiking



## Sophia Bookstore

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



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

**We now offer the Urban.Energy locally made line of crystal and gemstone-infused anti-aging oils.**

**Come check them out!**

# You are welcome!



I keep encountering deep hospitality, and it comes in the form of tea.

This fall, I had the opportunity to visit Morocco, a beautiful country in northwest Africa. As we moved around the country, our hosts welcomed us with glasses of hot, sweet mint tea. A highlight was being served this delicious tea in the Sahara Desert, in a Berber camp where we would sleep under the stars that night.

Moroccan mint tea is different than the chai tea I was served in India last winter, but the message was the same. As our Moroccan hosts kept saying, "You are welcome."

It's very important to those of us who work and volunteer at the Franciscan Spirituality Center that all are welcome. The people who come through our doors belong to different religious traditions, and many might identify as spiritual but not religious. Hospitality requires us to respect people and offer them a peaceful and safe environment in which to explore their spiritual questions.

For that reason, peace-making and hospitality are intimately connected.

In order for all to feel welcome to come to the FSC, we also strive to keep programs, retreats and spiritual direction affordable for all. So if you ever want to attend a program or meet with a spiritual director but are concerned about the cost, please ask. It's as simple as that.

We are able to do this because of donors who provide an annual gift or who belong to the *Spirited Friends* (see page 11). Our donors are partners in the peace-making and hospitality offered through the FSC.

Our third annual tea party will be Saturday, January 27, and the theme is *Tea & Hospitality*. A portion of the proceeds from this annual event goes to our scholarship fund. I'm excited about this year's tea party because we have two special guests who will tell us the story of tea in their native countries of India and China. And, of course, we will enjoy tea and many good things to eat! I hope to see you there.



Peace & all good,  
*Audrey Lucier*  
Audrey Lucier, FSC Director

## FRANCISCAN SPIRITUALITY CENTER

### Staff



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



Laurie Swan  
Office Manager



Stacey Kalas  
Communications &  
Marketing Coordinator



Kristy Walz  
Development Director



Zoua Vue  
Office Assistant



Aaron Lawrence  
Hospitality



Elizabeth Kapanke  
Receptionist & Hospitality

## ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

# Spiritual Direction

# Preparation PROGRAM

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

Since 1985, the staff at the Franciscan Spirituality Center has trained more than 400 people in the practice of spiritual direction. This innovative program provides a mix of workshops and real-life experiences to prepare individuals to move into their communities and jobs as trained spiritual directors. Our graduates describe the program as transformative, life-changing and highly supportive.

If you are interested in deepening your spiritual and prayer life, developing compassionate listening skills and learning to be present to others as they share their sacred stories and search for meaning in life, the Spiritual Direction Preparation Program may be for you.

The SDPP extends over three years, giving participants an opportunity to integrate theory and practice through workshops, monthly verbatims, quarterly meetings with supervisors, assigned readings, the writing of reflection papers and annual reviews.

*“The SDPP program became the safe place I didn’t even know I needed. To be invited to enter into a community that cultivates so much love and acceptance was one of the greatest gifts I could have imagined.*

*The FSC is a beautiful and inviting home away from home for all on the journey back to our real home.”*

– RaeAnn Thomas  
2017 SDPP graduate



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

Our next class begins in September 2018. If you are interested in learning more about the SDPP, please call 608-791-5295 or download a brochure at [www.FSCenter.org](http://www.FSCenter.org).



# 2018 Program & Retreat Offerings

**How to register:** Go online to [www.FSCenter.org](http://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.

## January 4

Thursday, 5:30-8 p.m.

**Presenter:** Deb Hansen

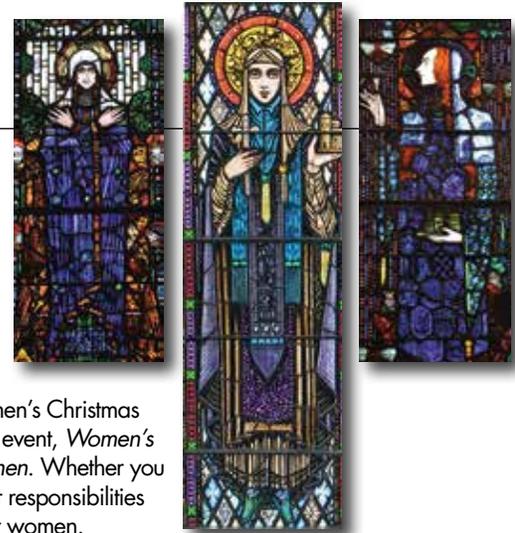
**Investment:** \$30, includes meal and Wise Women gifts

**Registration deadline:** December 21



### Women's Christmas: An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. Epiphany is also the day we celebrate the coming of the Wise Men to the infant Jesus.



At the FSC, we are celebrating the tradition of Women's Christmas and the Feast of the Epiphany with our own special event, *Women's Christmas: An Epiphany Celebration for Wise Women*. Whether you are Irish or not, you are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women.

Beginning with a simple meal, we will reflect on and receive the gifts of three Irish saints: St. Gbannait and her healing honey, St. Ita and her three stones for dreams and vision, and St. Brigid and her fire of protection for the coming year.

## January 9 and February 14

9 a.m.-4 p.m.

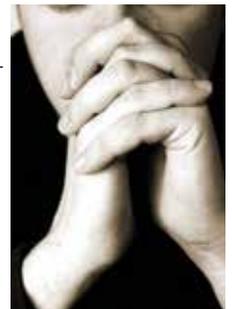
**Facilitators:** FSC spiritual directors

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

**Registration deadline:** January 2/February 7

### Franciscan Day of Solitude

Start the new year off with a day of solitude at the FSC that will give you permission to be quiet and still, reflecting on the upcoming months and the rest of the winter season. Our February Day of Solitude will take place on Ash Wednesday and can be a time to intentionally enter the season of Lent. Both Franciscan Days of Solitude will begin and end with prayer as a group. The remainder of your day is spent in solitude. You will have a private, comfortable room, a simple lunch and optional art materials for creative expression. Come to rest, reflect, pray and be renewed.



## January 13

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

**Presenter:** Kristy Walz

**Investment:** \$45, includes lunch

**Registration deadline:** December 29

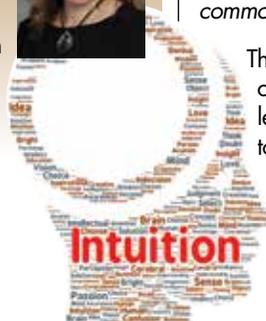


### Honoring Your Intuition

*"Intuition is not a startling gift that is the province of a few psychics. It is less about divining the future than it is about entering more authentically into the present. Intuition is always operative, so common that it often evades conscious recognition."* – Joan Borysenko, Ph.D.

This popular program is back for 2018! The start of a new year is a natural time to evaluate choices and decisions. In this, intuition can be our ally. We all have intuition, but how do we learn how to use it and trust it? During this program, you will learn some practical exercises to help you grow stronger in your intuitive skills.

**Kristy Walz** is a trained spiritual director, an independent consultant specializing in facilitation, strategic planning and leadership training, and the FSC's development director.



**January 12-14**

Friday, 3 p.m.-Sunday, noon

**Presenter:** Heather Henry

**Investment:**

- **Full:** \$155, includes retreat, all meals and bedroom
- **Commuter:** \$110, includes retreat and most meals

**Registration deadline:** December 29

**Returning to the Feminine: A Yoga Retreat for Women**

In this accelerated time and culture, we, as women, are asked to give more and more. We can forget ourselves without even being aware of it, until we are in a state of depletion, completely spent. This weekend retreat will offer respite, along with yogic and Ayurvedic practices, to restore balance and revitalize spirit. Come back to your Divine self while celebrating, aligning and strengthening your Shakti, the sacred feminine energy within us.

Dedicated to sharing grace and joy through yoga and Ayurveda, **Heather Henry** has been teaching heart-led yoga for 20 years. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to. Heather looks toward nature, as Divine expression, to connect with the rhythms that bring balance to our lives. Her practice facilitates women's yoga as well as Ayurvedic counseling.

**7 Questions with Heather Henry**

After Heather Henry's last yoga retreat at the FSC, one guest shared this feedback: "Heather gives love, power, joy and wisdom to her retreats. Her knowledge of her body and women's bodies is outstanding. You seldom meet someone who you fall in love with in four days. Namaste!"

We know you'll love being on retreat with Heather, too! We recently sat down with Heather to give you a better sense of her story.



**Here's what she had to share:**

**Question:** What do you like about yoga?

**Heather:** Yoga seeps into and affects every corner of one's life. What begins as a practice transforms into a lifestyle.

**Question:** How long have you been practicing yoga, and how did you get into it?

**Heather:** Thirty years ago I came across a book of asanas and found it quite intriguing. The postures brought my awareness into places in my body that I had been neglecting. The wonder grew from there.

**Question:** Was there a specific moment or event that inspired you to start teaching yoga?

**Heather:** Simply through the unfoldment of my experience, it became clear, in addition to health benefits, this was a beautiful, powerful way to share and promote love and peace.

**Question:** What can people expect during your yoga retreat?

**Heather:** Actually, I encourage people to come with no expectations—with open hearts and minds, willing to explore a new experience.

**Question:** You've described yoga as "offering a method to come back in tune with our true divine nature." Can you elaborate on that?

**Heather:** When we are able to calm and quiet our busy minds and bodies, all unimportance is able to fall away. When we give ourselves the space to let go of the continual distraction, we remember we are spiritual beings, miracles, children of God.

**Question:** To the person who has never tried yoga, what would you say?

**Heather:** Today is a perfect day to begin. There are so many styles and approaches available, there is something for everyone—extraordinary teachers and profound books to address each of our own unique needs.

**Question:** What, if anything else, is part of your (physical and spiritual) fitness routine?

**Heather:** The practice of yoga becomes woven into the fabric of life. I find it enhanced with Ayurvedic self-care and illuminated with devotion.

**NOW OFFERED AFTERNOONS AND EVENINGS!**

**Art as Prayer**

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

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



**January 15 and February 19**

Third Monday of the month  
Choose 2-3:30 p.m. OR 6-7:30 p.m.

**Instructor:** Mary Thompson

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

**Registration deadline:** January 12/February 16

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

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

# 2018 Program & Retreat Offerings *continued.*

## January 16 and February 20

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

**Presenter:** Greg Lovell

**Investment:** \$10 per session

**Registration deadline:**  
January 15/February 19



### Mindfulness Practices for Stress Reduction

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

**Greg Lovell** is a behavioral interventionist at Holmen Middle School. He has studied mindfulness, emotion management and how the human brain works for more than a decade.

January theme: Mantra meditation

February theme: Letting go of thoughts meditation



## January 19

Friday, 6:30-9:30 p.m.

**Facilitator:** FSC staff

**Suggested donation:** \$10 per person

Refreshments included.

**Registration deadline:** January 12



### Movie Night and Discussion: Rob Bell's Everything is Spiritual

Faith or reason? Religion or spirituality? God or science? We live in a dualistic world where we are told we must choose one side versus another. But what if reality is not "either-or" but rather "both-and"?

In the film, *Everything is Spiritual*, author, speaker and former megachurch pastor

**Rob Bell** explores the possibilities of a faith that embraces science. Drawing on the evolutionary theology of the early 20th century French philosopher, Jesuit priest and paleontologist Pierre Teilhard de Chardin, Bell argues that ever since the Big Bang, matter has been developing more complexity, depth and unity. This is both a challenge and a source of hope for humans living in a nuclear age. Coming together in love and unity is the very pattern of God since the beginning of the universe. Please join us for a thought-provoking evening!

## January 20

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

**Presenter:** Tom Roberts

**Investment:** \$45, includes lunch

**Registration deadline:** January 6

### The Sound and the Silence: A Singing Bowls Retreat

Sound has been used as a tool for healing in various cultures for thousands of years. Whether through the use of mantras, singing bowls, drumming or chanting, these various techniques all have the same intention: to move us from a place of imbalance to a place of balance. Sound has the ability to positively affect our whole being.

Our entire body acts as memory storage, much like a tree has rings that record its history. Sound vibrations can help soften blocked energy and even release it so our body-mind becomes more balanced, creative and fluid. Explore how various tonal vibrations will help open your spiritual growth to deeper levels of integration, meaning and healing during this new retreat.



## January 27

Saturday, 2-4 p.m.

**Presenters:** FSC staff, Puja Mehta and Kelly Deng

**Investment:** \$45 per person  
(tables may be reserved in groups of six)

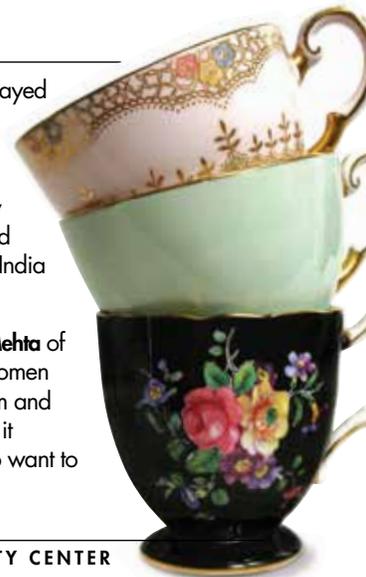
**Registration deadline:**  
January 12



### Tea & Hospitality

For thousands of years, in various cultures around the world, tea has played a central role in hospitality. To serve someone tea is to show kindness, generosity, concern for another's comfort and nourishment. Important business, heartfelt get-togethers and delicate discussions often happen over a cup (or several cups!) of tea. We'd love to extend this hospitality to you. Please be our guest for an afternoon of tea and stories. This third annual event takes on an international flavor as we celebrate tea from India and China, the gift of hospitality, and new and seasoned friendships.

Our special guest presenters this year are local business owners **Puja Mehta** of Indian Meal Kit and **Kelly Deng** of Dim Sum Tea Shop, two delightful women who are passionate about tea. This annual tea party is not only a warm and cheerful way to break up the winter months but an opportunity to "pay it forward." Proceeds benefit our scholarship funds, ensuring that all who want to attend our programs and retreats can do so.



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

**February 2-3**

Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** Diane Millis



**Investment:**

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

**Registration deadline:**

January 19



**Deepening Engagement: Essential Habits for Listening**

Devastating news fills our screens, too many demands fill our days, and differences of beliefs and values fill our relationships. How can we increase our capacity to listen deeply – to discern what matters to us most as a community, a family, a person? This retreat is designed for all those who yearn to deepen their engagement with what is most genuine in themselves, their relationships and their communities. During our time together, participants will learn different approaches for listening deeply to themselves and to one another.

**Diane M. Millis, Ph.D.**, is an educator, spiritual director and author of *Deepening Engagement: Essential Wisdom for Listening and Leading with Purpose, Meaning and Joy and Conversation—the Sacred Art: Practicing Presence in an Age of Distraction*. Diane has taught at a number of schools, including the University of Minnesota, the College of Saint Benedict/Saint John’s University and Saint Catherine University.

She currently teaches at United Theological Seminary of the Twin Cities. She is the founder of the Journey Conversations Project, an educational initiative for people of all faiths to cultivate their capacity for dialogue, deep listening and discernment. Diane facilitates retreats for educational, health care, religious and corporate communities throughout the United States and Canada. To learn more about Diane’s ministry, visit [www.dianemillis.com](http://www.dianemillis.com).

**February 10**

Saturday, 2-6 p.m.

**Facilitators:** Matt and Jean Pagliaro

**Investment:** \$50 per couple

**Registration deadline:** January 27

**Celebrating Intentionality in Your Marriage**

Life and daily demands on time, money and family needs often outdo the need to spend intentional time with your spouse. One way to be more intentional in your marriage is to have date nights. Date nights can be a simple yet meaningful way to regularly connect with your partner. Please join us for an afternoon to celebrate your love and explore some fun, affordable and easy ways to incorporate regular date nights into your marriage. We will close our time together with a mini date night—a cocktail party.



**February 14-March 14**, Wednesdays, 1-3 p.m.  
**February 15-March 15**, Thursdays, 6-8 p.m.

Choose either Wednesday or Thursday

**Facilitators:** FSC staff

**Investment:** \$65 for five-week series, includes book for discussion

**Registration deadline:** February 1

**Lenten Transformation Group**

The Lenten Transformation Group is first and foremost a listening group, providing the opportunity to be heard as we describe the milestones, detours and questions of our own spiritual journeys. The group supports us as we seek God in our lives. We grow in self-compassion as we have an opportunity to tell our personal stories in a supportive and grace-filled environment. We are encouraged to go deeper as we listen to the stories of others. We also are invited to create a space for silence and reflection. This is a good opportunity to experience the process of group spiritual direction.

**Note:** Individuals interested in participating should contact Rose Elsbernd, FSPA (608-791-5268) or Steve Spilde (608-791-5297).

**February 16-17**

Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** Tom Roberts



**Investment:**

- **Full:** \$140, includes retreat, all meals and bedroom
- **Commuter:** \$95, includes retreat and lunch on Saturday

**Registration deadline:** February 2

**Regaining Balance in the Midst of Chaos**

The word *chaos* derives from a Greek word meaning *chasm*. Too often we create a chasm between what we carry around, hidden from the world, and the “face” we try to show others. The fact is, we all carry with us a store of life’s hurts, betrayals and traumas. How much do our scars define how we live and, ultimately, the quality of our lives? When we close the doors to our inner world of hurts, we can become stuck and miss powerful spiritual and healing opportunities. Deep healing occurs only when we soften our self-aversion and begin to accept and relate wisely with deep compassion to that part of ourselves that needs healing.

This retreat will provide a spacious and safe place to work on bringing mindful and compassionate acceptance to these difficulties, bringing about a depth of healing that is often overlooked. This wisdom healing is integral to deepening our spiritual path.



# 2018 Program & Retreat Offerings *continued.*

## February 18-24

Sunday, 6:30 p.m.; Monday-Thursday, 9 a.m. and 3 p.m.; Friday, 9 a.m.; Saturday, 9 a.m.

**Presenter:** Clare D'Auria, OSF



**Investment:**

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

**Registration deadline:** February 4

## February 23-24

Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** Sharon Lukert



**Investment:**

- **Full:** \$140, includes retreat, all meals and bedroom
- **Commuter:** \$95, includes retreat and lunch on Saturday

**Registration deadline:** February 9

## February 23-25

Friday, 7 p.m.–Sunday, noon

**Presenters:** FSC spiritual directors

**Investment:** \$175, includes retreat, spiritual direction, all meals and bedroom.

**Note:** No commuter option for this retreat.

**Registration deadline:** February 9

## Amazing Grace: The Charism of Ongoing Conversion

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

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

## Living Fully: What Mortality Can Teach Us

What lessons can we learn about living a full and happy life by reflecting on illness, aging and death? We will delve into the impacts of modern living on how we age and die; explore open questions raised by our very mortality; and provide guided meditations to prepare for life's transitions large and small. This workshop is based on the book *Being Mortal* by Atul Gawande and teachings by Pema Chödrön on death and dying.

**Sharon Lukert** is a staff chaplain and ACPE Candidate Educator at Gundersen Health System. She has been a practicing Buddhist within a Tibetan lineage for more than 20 years and has studied under Pema Chödrön. Sharon is also a meditation instructor and has facilitated workshops and study groups focused on Buddhism, meditation, death and dying education, and bereavement support.

## Lenten Weekend of Solitude

Lent is a time to reflect on your spiritual journey. A Weekend of Solitude allows you the opportunity to deepen your connection to the Sacred and to yourself through solitude and silence. Each day, you will meet with a spiritual director who will listen to you and your unfolding story. During the rest of your day, you will enjoy a private bedroom, delicious meals and quiet spaces for reflection through reading, journaling, creative expression or simply relaxing.



## Welcome, Jean

Please help us extend a warm Franciscan welcome to our new program and retreat coordinator, **Jean Pagliaro**. Jean joined our staff in September and got to work right away, helping to put together the fabulous offerings you see in this issue.

Jean has a Bachelor of the Arts degree in social work and a Master of Divinity degree. She has lived in the La Crosse area for the past decade and is grateful to be able to raise her family in this beautiful part of the country. She and her husband, Matt, have two children and a very mischievous chocolate lab named Gander. Jean enjoys spending time on the river, reading and playing ping pong when she gets the opportunity.

Jean says she was drawn to the FSC because of the “wonderful reputation the FSPA and the FSC hold in the community. It is an organization I am honored to help promote.”

All of us here at the FSC are very excited about the creativity and organizational skills Jean brings to this position. For her part, Jean says she is “most excited about seeing how programs and retreats come together, as well as working with the presenters to ensure experiences are meaningful for everyone who walks through the doors.”



# body, mind & spirit



## NEW! Yoga Fusion

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

**Session 1:** January 8, 15, 22, 29; February 5, 12

**Session 2:** February 19, 26; March 5, 12, 19, 26

**Instructor:** Cheryl Neubauer

**Investment:** \$48 for six classes or \$10 drop-in



Yoga Fusion is a complete program for both mind and body conditioning. By blending the best of yoga, Pilates, fitness and barre, fusion workouts provide the yin and yang of mind and body training, offering both physical and mental challenges balanced with a sense of calming and restoration. This nonimpact program will define, strengthen, restore and nurture your body and soul.

**Cheryl Neubauer** has been a certified yoga instructor for many years, teaching in various community settings in the La Crosse area. She also teaches Pilates and strength training, and has 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.

## Tuesday Golden Yoga

11:15 a.m.-noon OR 11:15 a.m.-12:15 p.m.

**Session 1:** January 9, 16, 23, 30; February 6, 13

**Session 2:** February 20, 27; March 6, 13, 20, 27

**Instructor:** Amber Moesch

**Investment:** 45-minute class: \$36 for six classes or \$8 drop-in

1-hour class: \$48 for six 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. Please bring a mat.

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

## Thursday Golden Yoga

11:15 a.m.-noon OR 11:15 a.m.-12:15 p.m.

**Session 1:** January 11, 18, 25; February 1, 8, 15

**Session 2:** February 22; March 1, 8, 15, 22, 29

**Instructor:** Amber Moesch

**Investment:** 45-minute class: \$36 for six classes or \$8 drop-in

1-hour class: \$48 for six classes or \$10 drop-in



For a class description, please refer to Tuesday's Golden Yoga.

## Vinyasa Flow Yoga

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

**Session 1:** January 3, 10, 17, 24, 31; February 7

**Session 2:** February 14, 21, 28; March 7, 14, 21

**Instructor:** Bernice Olson-Pollack

**Investment:** \$48 for six classes or \$10 drop-in



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

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

## Tai Chi

Monday, noon-12:45 p.m.

**Session 1:** January 8, 15, 22, 29; February 5, 12

**Session 2:** February 19, 26; March 5, 12, 19, 26

**Instructor:** Bernice Olson-Pollack

**Investment:** \$36 for six 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.



Laurel Grey



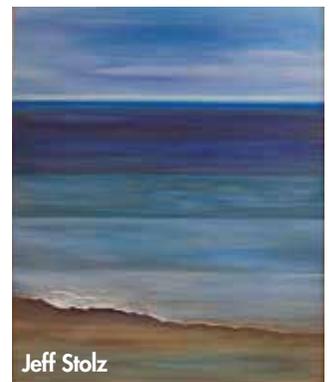
Kori Brudos



Marcia Newquist



Mary Lou Ferguson



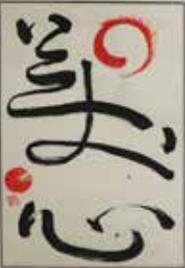
Jeff Stolz



Jamie Heiden



Bob Witte



Tom Roberts



Rose Dymetryszyn



Toril Booker-Fisher



Mary Thompson



Lynne Burgess



Jane Fotopoulos



Joyce Diveley



Quenten Brown



Stacie Kohler



Terri Beck-Engel



Karen Dunn



Susan Stoffel

### ART DASHERS, ON YOUR MARKS...

# Ready, Set, Gogh!

Our 2nd annual Art Dash will be Thursday, March 22, 2018, and because it's shaping up to be an even bigger and better event than last spring's, we've moved it to the Radisson Center for more space.

This important fundraiser for the Franciscan Spirituality Center celebrates beauty, creativity and community, as we bring together art patrons and local artists for a fun and fast-paced evening of food and fine art.

**How it works:** Everyone who buys a \$100 ticket will go home with a piece of original art, but *which* piece is up for grabs. Each Dash ticket holder will be assigned a number. After a social hour and preview of the art, numbers will be drawn in random order. When their number is called, ticket holders will dash to the art item of their choice. If that item is still available, they may select it. If it already has been chosen, they'll have to dash to another piece they like and so on until all of the artwork is claimed.



Allen V. Jacobs



Ashton Hall



Howard Von Ruden



Bob Witte



Ellen Kolbo-McDonah



Jamie Heiden



Kay Campbell



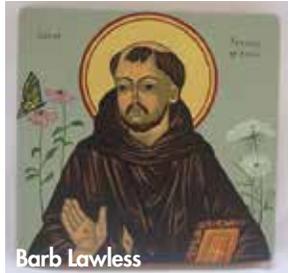
Sandy Andersen



Larry Durfey



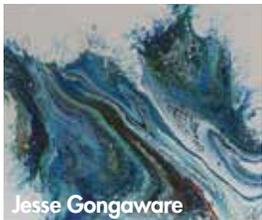
Mary Lou Ferguson



Barb Lawless



Joan Gundersen



Jesse Gongaware



Landon Sheely



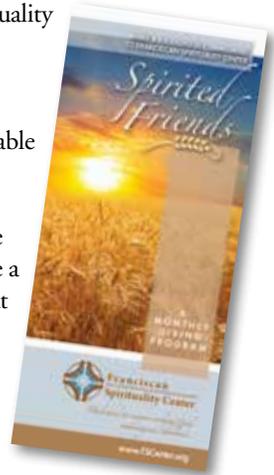
Burt Hammons

*Pictured is just a sampling of the actual artwork that you can dash for at the event.*

MAKE A COMMITMENT TODAY

# Spirited Friends

The Franciscan Spirituality Center relies on donations to keep our programs, retreats and spiritual direction affordable and accessible to all who seek support. Whether you've contributed in the past or are ready to make a first-time gift, we ask that you consider making a monthly commitment. Year-round, consistent support is vital to sustaining our ministry.



*Spirited Friends* is a monthly giving program that fits your budget. You decide the amount of your gift and authorize your bank to transfer that amount from your checking account directly to FSPA for the Franciscan Spirituality Center. It's that easy! Not only is it convenient and safe, but your donation goes further by reducing administrative, postage and paper costs.

You can designate your gift to one of three scholarship funds or to our general donation fund. Either way, know that you are helping others on their path to connecting with God, meaning and wholeness. Thank you for your generosity.

For a brochure and enrollment form, visit [www.FSCenter.org](http://www.FSCenter.org) and click on the *Become a Spirited Friend* button or call 608-791-5295.

### Planned Giving:

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

**MARCH 22, 2018 • 5:30 P.M. SOCIAL • 7 P.M. ART DASH BEGINS**

Where else can you get a piece of locally produced, quality art for a mere \$100 donation? Spouses and friends can buy a Spectator ticket for \$50 and watch the fun (plus be entered into a prize drawing). All ticket holders will enjoy delicious appetizers and desserts, and have a chance to mingle with the artists and other guests.

**Tickets are on sale now.  
Call 608-791-5295  
to buy yours today!**



Steve Staats

# Spiritual Living

## The Sound of Bowls

January 9 & February 13  
Tuesday, 5:30-6:30 p.m.

**Facilitator:** Tom Roberts

**Investment:** Freewill offering

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



## Pregnancy and Infant Loss Support Group

January 10 & February 14  
Wednesday, 5:30-6:30 p.m.

**Facilitators:** Emily and Sean Mortenson

**Investment:** Freewill offering

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

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



- *No advance registration necessary*
- *Free to attend*

## Drumming Circle

January 11 & February 8  
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.



## Lenten Labyrinth Walk: Love From the Ashes

February 15 • Thursday, 4-7 p.m.

**Investment:** Freewill offering

As we begin the Lenten season, people of all faith traditions and spiritual backgrounds are invited to walk our indoor canvas labyrinth.



A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic

of a pilgrimage and can help bring about clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the Chartres Cathedral labyrinth in France, which dates back to the 1200s.

The Ash Wednesday ritual that marks the beginning of Lent in many Christian churches reminds us that loss is part of life. Our journey may include the death of a loved one or the end of a significant relationship. Feelings of loss also can come with changes in our roles, identity, health or belief and trust in a loving and just world. Yet, like a phoenix, new life and love can arise from the ashes. We invite you to come walk the labyrinth and contemplate this mystery.

## Groups That Meet at the FSC

**Conversations That Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group will meet the first and third Wednesdays from 6-8 p.m., and the Tuesday group will meet the second and fourth Tuesdays from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Suggested offering: \$5.

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality, on the third Saturday of the month (January 20 & February 17) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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

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

## 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. Payment is required at 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](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 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](mailto:lswan@fspa.org), or visit us online at [www.FSCenter.org](http://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](mailto:FSCenter@fspa.org)  
On the web: [www.FSCenter.org](http://www.FSCenter.org)

## SAVE THE DATE: MARCH 9-10

# Where are you now?

## A Retreat for the Grieving Heart with Anne Johnson

Finding one's way back to life after the death of a loved one is a sacred and intensely personal journey. This retreat provides time and space for us to be gently present with our grief alongside others walking the same path. By sharing our stories and contemplating together the unanswerable questions born out of the death of our beloved spouse, parent, child or friend, may we experience the profound mystery of being inspired by our own broken hearts.

Watch for registration details in the next *At the Center* and online at [www.FSCenter.org](http://www.FSCenter.org).



### FRANCISCAN SPIRITUALITY CENTER

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# Why Retreat? By Steve Spilde

*When my loved ones or friends are in pain, I try to be the sort of person who:* Loves them ... supports them ... comforts them ... listens to their stories ... works to help them find healing. These are simply the actions of a good person.

If I know how to do this for others, it is obvious that I would try to be equally kind to myself. But I know this isn't true. And it isn't true for most of the people I know. We rarely treat ourselves with the same level of care, concern and compassion that we try to show to those around us.

Taking time for retreat is an intentional way for me to practice self-care. Whether I set aside a weekend at the FSC or take time at the hermitages on St. Joseph Ridge, it is a chance for me to treat myself as a friend.

*When I am on retreat, I take time to pay attention to:* My hopes and dreams ... the stories of my life ... the places in my life where I am hurting.

As I identify places of pain, I make plans to find health, healing and wholeness. I pay attention to the voice of God in my life. I try to notice where God is giving me an invitation to grow.

Meeting with a spiritual director is very helpful in this process. A trained spiritual director can give me feedback on what is coming up for me and invite me to notice details I might miss. Spiritual directors are companions on the journey. They remind me to be a friend to myself.

To meet with a spiritual director or plan a private retreat at the FSC, please call 608-791-5295.





## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

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SATURDAY, APRIL 28 • 9AM-3:30PM

### Francis and Clare of Assisi: A Spirituality of Poverty and Joy



As a Secular Franciscan, author Susan Pitchford follows a Franciscan way of life as a wife, Protestant, teacher and sociologist. It's a spirituality that speaks to people of all beliefs and none, Susan says. How does Franciscan spirituality speak to divisions in our society today, our relationship to creation and to suffering? If you've ever wondered what marks a spirituality as "Franciscan," plan to join us for this special retreat day, brought to you by the Franciscan Spirituality Center and the Affiliates of the Franciscan Sisters of Perpetual Adoration.

**Susan Pitchford** is a sociologist at the University of Washington in Seattle and a professed member of the Third Order, Society of Saint Francis. She is the author of *Following Francis: The Franciscan Way for Everyone*; *God in the Dark: Suffering and Desire in the Spiritual Life*; *The Sacred Gaze: Contemplation and the Healing of the Self*; and *Identity Tourism: Imaging and Imagining the Nation*.

She is a frequent conference and retreat speaker, and loves nothing more than exploring with others how to go deeper in the life of faith.

**Register now:** \$65 per person, includes lunch



Franciscan  
Spirituality Center



COMING IN MARCH/APRIL



#### *Beautiful Beaded Trees*

March 10 • with Kate Bausch

#### *Tough Grace: Mental Illness as a Spiritual Path*

March 17 • with Alice Holstein

#### *Surrender and Live: A Serenity Retreat*

March 23-24 • with Tom DeZell

#### *Justice and Peace Stations of the Cross*

March 30 • Open to all

#### *Kintsugi: Embracing Our Imperfections with Grace and Courage*

April 6-7 • with Steve Spilde and Deb Hansen

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