



**Franciscan
Spirituality Center**

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

VOLUME 24 • NUMBER 1

JANUARY/FEBRUARY 2016

At the Center

In this Issue:

- *Women's Christmas: An Epiphany Celebration*
- *Life Lessons from a Teacup fundraiser*
- *10th annual Celebration of Married Life*
- *Mindfulness Practices for Stress Reduction*

Mark your calendars

**Brush
Meditation
Retreat**



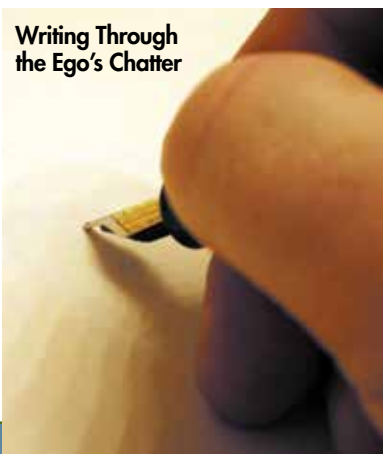
**Icon Writing:
The Myrrh-
Bearing Women**



**The Spirit
of Golf**



**Writing Through
the Ego's Chatter**



Serenity Retreat: Forgiveness & Healing

Friday, March 18-Saturday, March 19

This closed retreat is for those recovering from alcoholism or chemical dependency. Scholarships are available.

The Holiest Path Through the Holiest of Days: Triduum Retreat

Thursday, March 24-Saturday, March 26

Holy Week affords us the opportunity to not only witness, but to actually join, the journey of Jesus. James Marchionda, OP, leads this Triduum Retreat.

Silent Directed Retreat

Friday, April 15-Wednesday, April 20

A silent directed retreat is a gift of silence and solitude, rest and reflection. Each day you will meet with a spiritual director who will listen to you with compassion, understanding and encouragement as you connect with the Sacred and your own inner wisdom.

Beautiful Beaded Trees

Saturday, April 16

Enjoy the meditative process of creating a beautiful beaded tree under the direction of artist Kate Bausch. We'll paint the trunk and branches of our trees on hardboard and then choose from a collection of vintage and contemporary beads to glue on the board to complete our one-of-a-kind mixed media art piece.

Quiet Prayer: A Brush Meditation Retreat

Friday, April 22-Sunday, April 24

Brush painting is an expressive form of meditation that brings together mind, body and spirit. Experience an ancient contemplative practice that helps us access our deeper wisdom in a new way during this weekend retreat with Tom Roberts.

Icon Writing: The Myrrh-Bearing Women

Sunday, May 15-Saturday, May 21 (Advanced)

Noted iconographer Phil Zimmerman will guide you step-by-step through the painting of an icon in the Byzantine style. Each day starts with prayer and meditation.

Wheels of Time and Place

Thursday, June 9-Sunday, June 12

Explore the turning of seasons and the dimensions of time in this art journaling retreat focused on the wonders of nature. Artist Janet Moore and writer Jan Wellik will guide participants in making their own nature journals, with writing reflection and art journaling techniques, plus time for group and individual exploration.

The Spirit of Golf: A Retreat for Men

Friday, June 17-Saturday, June 18

Steve Spilde leads this retreat that combines generous amounts of golf with elements of reflection, presentation and group discussion. We will look at some of the many lessons golf has to teach us about spirituality and life.

Icon Writing: St. Irene of Chrysovalantou or St. Thérèse of Lisieux

Sunday, July 10-Saturday, July 16 (All Levels)

Phil Zimmerman returns to guide you step-by-step through the painting of an icon in the Byzantine style. Each day starts with prayer and meditation.

Yoga Retreat: Balancing Heaven and Earth Within

Thursday, July 21-Sunday, July 24

Slow down and become reacquainted with yourself by quieting your mind and body to better hear the Spirit. Heather Henry returns to the FSC for this popular retreat in which we will align with nature's rhythms to commune with the Divine through yoga.

The Soul's Story: Writing Through the Ego's Chatter

Friday, August 12-Sunday, August 14

Under the guidance of Theresa Washburn, learn how to slow down and wait for the soul to emerge in your writing. This retreat will be both playful and contemplative as we quiet the ego to hear the soul.

Practicing Mindfulness

Friday, August 26-Saturday, August 27

Stress defines our society. Greg Lovell will share mindfulness practices that can help us slow down and be more present in our lives.

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.

At the Center

VOLUME 24 • NUMBER 1

JANUARY/FEBRUARY 2016

Articles

- 2 Director's Column
- 3 Rebuild My Church
- 11 The Art of Sacred Listening
- 12 Help Fulfill Our Mission

January/February Offerings

- 4 Body, Mind & Spirit
- 5 Spiritual Living
- 6 Program & Retreat Offerings

News & Happenings

- 10 Spiritual Direction Preparation Program



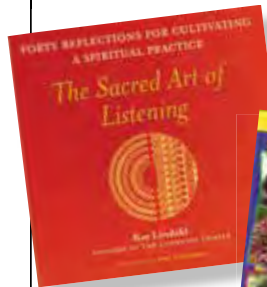
8
Life Lessons
from a Teacup

11
The Sacred
Art of Listening

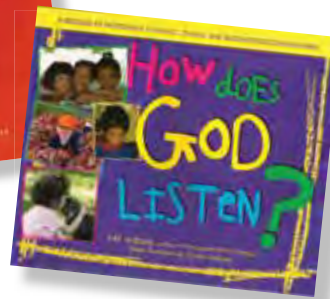


AT THE SOPHIA BOOKSTORE

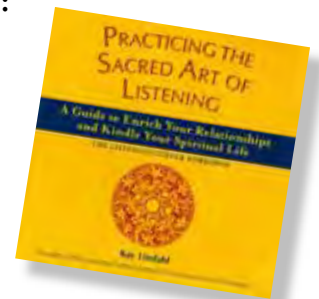
Find these great books by Kay Lindahl, founder of The Listening Center, in advance of her presentations here April 29-May 1:



The Sacred Art of Listening



How Does God Listen?



Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life

HOLIDAY GIFT CERTIFICATES FOR LESS

Give the gift of peace and prayer 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. And with our special holiday discount, your money goes further. This offer can be redeemed through December 2015. 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





Creating warm environments



After 30 years, it was time for a bit of a makeover. The entrance to the Franciscan Spirituality Center received a renovation this fall. To make the FSC more welcoming, we opened up a wall. Now we can see our guests, and they can see us, when they come through the door. We also installed a reception desk and made some other improvements to add beauty and light.

When you come to the FSC, we hope you will notice the final touch—*Welcoming Francis*. This painting was created for the FSC by Kate Bausch, an FSPA affiliate and artist from Darlington, Wisconsin. Kate and I spent some time talking about what it is we do here and how best to

communicate that in art. We both knew we wanted St. Francis of Assisi, for whom the FSC is named, in the picture.

Welcoming Francis appears to step out of the painting to greet you. Like the real Francis, he wears a patched garment. For Kate, the patches on the robe are a metaphor for all people on the spiritual journey.

“We come to Christ in different stages of wear and tear. Some of us, perhaps with doubts and lack of faith, are terribly worn pieces with patches on our patches. And some of us are fresh and brand new,” she

says. “I see Francis—and the Franciscan Spirituality Center—welcoming all of us without judgment on the condition of our fabric.”

You are invited to come as you are to the FSC—and you are always welcome.

Peace and all good,



Audrey Lucier

Audrey Lucier
FSC Director

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

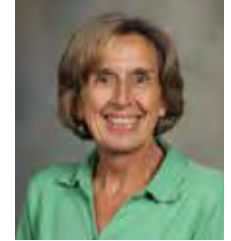


Kristy Walz

FRANCISCAN SPIRITUALITY CENTER Staff



Steve Spilde
Associate Director & Spiritual Director



Barb Kruse
Spiritual Director



Marcia Bentley
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deborah Hansen
Program & Retreat Coordinator



Stacey Kalas
Communications & Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Office Assistant



Michelle Frazier, FSPA
Hospitality



Elizabeth Kapanke
Bookkeeper & Receptionist

Rebuild My Church

Pope Francis & His Vision for Reform



Thomas Reese, SJ

Join us for a fascinating presentation on church reform

Thomas Reese, SJ, senior analyst for the *National Catholic Reporter* and former editor-in-chief of the weekly Catholic magazine *America*, will present *Rebuild My Church: Pope Francis and His Vision for Reform* at 9 a.m. Saturday, February 6, at the Franciscan Spirituality Center. In advance of his talk, we asked him the following questions:

FSC: *In 2014, you wrote: "Pope Francis has placed reform of the Vatican as a top priority of his papacy. Whether or not he will succeed remains to be seen." From what you've observed so far, do you think he can be successful in reforming the Vatican?*

Father Tom: He has already gone a long way toward reforming the finances of the Vatican. Although it cost a lot of money (forensic accountants and consulting firms are not cheap), it was not rocket science either. It simply means applying to the Vatican accepted bookkeeping and accounting practices that are common in government, nonprofits and business. There was agreement among experts about what needed to be done; it was simply a matter of overcoming inertia and opposition from some Vatican employees.

Reforming the Roman Curia, the part of the Vatican that helps the pope govern the church, is more difficult. The key question is what issues should be decided in Rome and what issues should be decided at the national or local level. These are prudential questions about which people can differ. Most people agree that too many decisions are referred to Rome, but how do you maintain unity in diversity in a 1.2 billion, multicultural church?

FSC: *What ways, if any, has the pope already started to reform the church?*

Father Tom: Reforming an institution is not just about changing policies and procedures and moving boxes around on the organizational chart; it requires a change in the culture of the institution. This is true of a police force, a school or the Vatican. Pope Francis is attacking the current culture of the Vatican by denouncing clericalism and careerism and by modeling what it means to be a servant leader.

FSC: *What do you see as the biggest challenges facing the Catholic Church? What reforms do you think should be a priority?*

Father Tom: Our priority should always be to live the Gospel, to love God with our whole heart and our neighbor as ourselves. But with regards to the Roman Curia, the most important reform would be to convert it from a 17th century court to a civil/ecclesial service. This means the pope must stop making curial officials bishops or cardinals. They should be staff to the pope and the college of bishops, not members of the college of bishops. They should not act as if they have the power to boss bishops around.



FSC: *Has the recent synod on the family changed your opinion on the direction the church might be headed? In your blog, you concluded that you were "hopeful." What do you hope to see happen next?*

Father Tom: The synod has made me hopeful because Pope Francis has encouraged open and free debate in the church, which we have not had since the Second Vatican Council. What was missing from the synod was theological experts (both men and women) who could have helped the bishops understand new ways of thinking and acting as Christians in the 21st century.

FSC: *Pope Francis seems to have "rock star" status. In your opinion, what is it about this pope that generates so much excitement and curiosity?*

Father Tom: The pope is not like the usual celebrity we see every day. He is not selling himself, he is preaching Jesus. He is a humble celebrity who lives what he preaches. It is this authenticity that people find so attractive. He is the real deal.

FSC: *Specific to your talk at the FSC, what message do you hope people take away from your presentation?*

Father Tom: Living the Gospel is what Christianity is about, but institutional structures can help or hinder that.

Saturday, February 6, 2016
TO REGISTER FOR THIS TALK, PLEASE SEE PAGE 3

body, mind & spirit



Did you know there are dozens of different yoga practices? At the FSC, we now offer three practices: **Golden**, a safe approach to traditional poses using a chair; **Hatha**, designed to open up and balance energy flow through poses using props; and **Vinyasa**, a flowing sequence of poses coordinated with breath.

Vinyasa Yoga

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

Session 1: January 4, 11, 18, 25; February 1, 8

Session 2: February 15, 22, 29; March 7, 14, 21

Instructor: Cheryl Neubauer

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



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

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

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.

Hatha Yoga

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

Session 1: January 6, 13, 20, 27; February 3, 10

Session 2: February 17, 24; March 2, 9, 16, 23

Instructor: Michelle Hundt

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



Hatha yoga is designed to open the many channels of the body through postures or asanas. These postures create strength, balance, flexibility and coordination. They open the many channels of the body, allowing our energy to flow freely. The asanas also still our mind, allowing us to hear our inner voice—the voice that is loving and seeks wholeness. We will be using yoga props in this class to help get into the poses. Please bring a yoga strap, mat and a set of yoga blocks. Yoga blankets will be provided.

Michelle Hundt has been a yoga practitioner for 16 years and continues her study of it. She began teaching yoga in 2013 through a community program. Previously, she worked as an ultrasound technician. Michelle likes being on the preventative side of health care by teaching people to know and care for their bodies through the healing art of yoga.

Golden Yoga

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

Session 1: January 5, 12, 19, 26; February 2, 9

Session 2: February 16, 23; March 1, 8, 15, 22

Instructor: Amber Moesch

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

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



Golden Yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so

Tai Chi

February 15, 22, 29; March 7, 14, 21

Time: Mondays, noon-12:45 p.m.

Instructor: Bernice Olson-Pollack

Investment: 45-minute class

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



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 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.

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

Spiritual Living

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

Centering Prayer

Every Tuesday, 5:30-6:15 p.m.

Facilitators: Barb Kruse and Marcia Bentley

Centering Prayer is a Christian prayer of silence in which we consent to the presence and action of God within. It is a surrendering—a temporary letting go of external noise and internal thoughts. While Christian meditation has existed for centuries, Centering Prayer is an updated, modern form that began in a Trappist monastery in Massachusetts. All are welcome as we experience the stillness of community prayer with one another and seek a deeper part of ourselves. If you are new to this practice, we will happily guide you.



The Sound of Bowls

January 12 and February 9
Tuesdays, 5:30-6:30 p.m.

Facilitator: Tom Roberts

Investment: Freewill offering

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



Drumming Circle

January 14 and February 11
Thursdays, 5:30-6:30 p.m.

Facilitator: Rosalie Hooper Thomas

Investment: Freewill offering

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

Rohr Discussion Group

January 11 and February 8 • Mondays, 5:30-6:30 p.m.

Facilitator: Greg Lovell

Investment: Freewill offering



Richard Rohr, OFM, is a Franciscan priest, author and speaker. His many books include *Falling Upward: A Spirituality for the Two Halves of Life*, *Everything Belongs: The Gift of Contemplative Prayer* and *From Wild Man to Wise Man: Reflections on Male Spirituality*.

This is an open, informal group for anyone interested in Father Rohr's books and videos. We'll examine how the ideas he presents can apply to our daily lives and nurture our spiritual growth. Meetings are the second Monday of the month.

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

Imago Dei Women's Group

January 20 and February 17 • Wednesdays, 7-8:30 p.m.

Sexual abuse trauma can have long-term effects, such as anxiety, fear or post-traumatic stress disorder. It can interfere with relationships, school and work, and rob survivors of their potential. This group for female survivors of sexual abuse supports women in their quest for healing, peace and wholeness. Imago Dei refers to the inherent goodness and dignity of every woman, no matter what has happened. Imago Dei is facilitated by two survivors of sexual abuse. It is not professional therapy or counseling, but rather a safe place to speak and be heard, whether the abuse occurred recently or many years ago.

Divorce Recovery

January 21 and February 18 • Thursdays, 5:30-7 p.m.

Facilitator: Diane Withers, FSPA affiliate

Investment: Freewill offering

This is an open group that meets the third Thursday of the month for friendship, support and healing. The group welcomes people who are considering separation or divorce, as well as those who are just beginning the process or have been on the journey for some time. At each meeting, people who have divorced (or are in process) share a brief message on topics such as finances, anger and loneliness, new relationships, and the impact of divorce on family and friends. The group offers a safe space to share concerns with others who understand, leading to fresh insights and healing. Feel free to come to all or as many meetings as you wish.

GROUPS THAT MEET AT THE FSC

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. Meets biweekly (alternating Tuesday and Wednesday evenings) from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Freewill offerings are appreciated. Suggested offering: \$5.

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

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (January 16 and February 20) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

Mindful Meditation allows you to find support, energy and discipline for your meditation practice in a group setting. The group starts with 20 minutes of sitting in silence, followed by five minutes of walking meditation, and then another 20 minutes of sitting. The session concludes with a short reading and time for sharing. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if needed. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email smorrissey@fspa.org with questions. This group joins The Sound of Bowls on the second Tuesday of each month.



2016 Program & Retreat Offerings

How to register: Go online to www.FSCenter.org. Payment for most events is due at the time of registration.

To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295. **Deposits:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. **Refund policy:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable. **Financial assistance:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving everyone on their spiritual journey and will hold your request in confidence.

January 9

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

Presenter: Kristy Walz

Investment: \$45, includes lunch

Registration deadline:
December 28



Honoring Your Intuition

The start of a new year is a natural time to evaluate choices and decisions. In this, intuition can be our ally. Intuition is our sixth sense, a gut instinct about what to do. 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.

“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

– Albert Einstein

Kristy Walz is a spiritual director and an independent consultant specializing in facilitation, strategic planning and leadership training. Her programs at the FSC blend her business background with a passion for spiritual growth and development.

January 9 & February 13

Saturday, 9 a.m.-noon

Instructors: Jan Wellik & Deborah Hansen

Investment: \$25 each session includes supplies (yours to keep)

Registration deadline:
December 28/February 8

January theme: Resting (charcoal pencils; meet at the FSC)

February theme: Practicing Imperfection (photography at the FSC)



Sacred Spaces in Word and Art

Artistic expression helps connect the outer seasons of the landscape to the inner seasons of soul. This group meets the second Saturday of each month at various local sites to explore the sacred in nature and within us through creative expression. Each session centers on a theme that is expressed through writing and simple artistic practices in a nature journal created especially for the day. **Note:** For the February gathering, a cellphone camera or digital camera is needed.

Jan Wellik finds being in nature inspires creativity and peace within her soul. She teaches writing at Viterbo University and UW-La Crosse, and has led nature writing retreats since 2004. **Deborah Hansen** has a deep love of creative expression, which she brings to the programs and retreats she coordinates for the FSC.



January 5

Tuesday, 5:30-8:30 p.m.

Presenters: Richard Rohr, OFM, & Russ Hudson

Facilitators: FSC staff

Investment: \$10

Registration deadline:
December 29



Richard Rohr Webinar: Mercy and the Enneagram

The Enneagram is an ancient tool for understanding personality. It can help us recognize our habitual, mostly unconscious, patterns of instinct, thought and feeling. Enneagram teacher Russ Hudson reveals the challenges and strengths of each Enneagram number and invites us on an integrative path toward maturity. At each step of the way, mercy meets us. With love and grace we are able to see through our harsh judgments of ourselves and others, and learn to compassionately hold the truth of who we are and where we are in our inner journey. Father Richard Rohr will offer an introduction and closing statement, sharing his own insights on the ancient, timeless wisdom of the Enneagram. This webinar is for anyone who seeks greater awareness of self and others, whether new to or familiar with the Enneagram.

Russ Hudson is co-founder of The Enneagram Institute. He has co-authored numerous books, including *The Wisdom of the Enneagram*, *Understanding the Enneagram* and *Personality Types*. **Richard Rohr, OFM**, is a Franciscan priest and the founder of the Center for Action and Contemplation in New Mexico.

January 6

Wednesday, 5:30-8 p.m.

Presenter: Deborah Hansen

Investment: \$25 (includes meal and Wise Women gifts)

Registration deadline: December 18

Women's Christmas: An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On January 6, 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. January 6 is also the Feast of the Epiphany, the day we celebrate the coming of the Wise Men to the infant Jesus. At the FSC, we are bringing together these traditions for a special celebration just for women. Come, leave your responsibilities behind for a few hours and be blessed. Beginning with a simple meal, we will reflect on three gifts that Wise Women give to each other: water—to symbolize a healing received in the past year; fire—to guide us in a vision for the coming year; and shawls—to embrace us with each other's blessing.



January 16

Saturday, 9 a.m.-noon

Presenter: Sharon Lukert

Investment: \$25

Registration deadline: January 8



Sitting Kindly with Ourselves

Meditation is a means of experiencing calm and developing mindfulness. Often, we think we are too busy or too messed up to meditate; yet in actuality, it's our self-defeating habits and self-denigration that keep us from the calm and mindfulness we long for. Based on Pema Chödrön's book *When Things Fall Apart*, this workshop introduces the Buddhist intentions of meditation: getting to know oneself with kindness and then extending kindness to others. With an attitude of open acceptance and humor for our shortcomings, we will engage in dialogue, sit with ourselves kindly with a guided meditation and explore a meditation practice called Compassionate Abiding.

Sharon Lukert is a staff chaplain 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

January 18 & February 15

Monday, 6-7:30 p.m.

Instructor: Mary Thompson, FSPA affiliate

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

Registration deadline: January 11/February 8 Limited to 20 participants.



Art as Prayer

In this monthly art-as-a-spiritual-practice group, no artistic experience is required—only the desire to play and to practice listening to your heart. Art as a creative process offers the opportunity for spiritual growth, transformation and healing. The creative process is not only personally satisfying; it also fosters a sense of unity with others and with all of creation. We will use watercolors to explore the connection between artistic expression and your spirit. Attend as you are able; each session is a new experience.

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

January 19

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

Presenter: Greg Lovell

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

- February 16:** *Body scan for relaxation*
- March 15:** *Letting go of thoughts meditation*
- April 19:** *Walking meditation*
- May 17:** *Emotions meditation*
- June 21:** *Compassion meditation*



Mindfulness Practices for Stress Reduction

Life seems to move too quickly at times, and we become overwhelmed in mind and body. Meeting monthly on the third Tuesday, 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 can register for all six sessions or come as you can.

Greg Lovell is a former classroom teacher who currently works as a behavioral interventionist at Holmen Middle School, Holmen, Wisconsin. He has studied mindfulness, emotion management and how the human brain works for more than a decade.



2016 Program & Retreat Offerings *continued.*

January 23

Saturday, 2-4 p.m.

Presenter: Carol Weisz

Investment: \$40 (includes \$15 donation to the FSC's scholarship fund)

Registration deadline: January 8



Life Lessons from a Teacup

You are cordially invited to an enchanting afternoon of tea, sweets and inspiration as Carol Weisz reflects on gratitude, uniqueness, our sacred stories and the beautiful gift of sharing a cup of tea with kindred spirits. Our first-ever event designed to raise money for our scholarship funds, this is a wonderful opportunity to “pay it forward” by ensuring all who desire to attend our programs and retreats can do so. Although we will have lovely tea cups to sip from at the event, please feel free to bring along your favorite tea cup and share its story.

Carol Weisz is a spiritual director and an alumna of Saint Mary's University in Winona. Many times in both her professional and personal life, she has been blessed to be with others as they have dealt with illness and caregiving. Carol has found that sharing stories over a cup of tea has deepened her own spiritual growth.



January 29-31

Friday, 7 p.m.-Sunday, noon

Presenters: Rocky Danielson and Deborah Hansen

Investment:

- **Full:** \$185, includes retreat, supplies, all meals, and two nights' stay
- **Commuter:** \$135, includes retreat, supplies, lunch on Saturday



Sacred Weavings of Our Lives

Weavings can reflect our lives, having holes and threads of texture, color and sparkle. Come join us as we experience texture, technique and the energy of creation while in community. As we weave, we will contemplate and connect our lives, our loves and sacred spirit. All materials will be provided, but you are welcome to bring threads, yarns, beads or items of nature that you treasure to add to your creation—a weaving that you will take home that tells your sacred life story. No experience is necessary, just the desire to connect hands and spirit.



Rocky Danielson is an artist of many mediums who enjoys empowering others through creativity. She and her husband live on a small farm in southeastern Minnesota, where Rocky enjoys gardening, nature and taking care of their animals in a natural and sacred way. She is also a recent graduate of the FSC's Spiritual Direction Preparation Program and has a passion for listening and being available for people.

Deborah Hansen is the FSC program and retreat coordinator. Also a graduate of the SDPP program, Deb loves to weave and enjoys expressing her spirituality through creativity.

February 6

Saturday, 9-11 a.m.

Presenter: Thomas Reese, SJ

Investment: \$25

Registration deadline: January 22



Rebuild My Church: Pope Francis and His Vision for Reform

Father Tom Reese gained fame as the progressive editor-in-chief of *America*, a national Catholic weekly magazine, from 1998-2005. In his current role as senior analyst for the *National Catholic Reporter*, he is often interviewed by the national media about Pope Francis and developments in the Catholic Church, such as the October Synod on the Family. Like Pope Francis, Father Reese is a member of the Jesuit order, giving him insight into Pope Francis' leadership style and approach to decision-making. Don't miss this special opportunity to hear Father Reese right here in La Crosse!

February 13

Saturday, 1-6 p.m.

Presenters: FSC staff with special guests

Investment: \$50/couple, includes social

February 16 or February 17

Tuesday, 6-7 p.m. OR
Wednesday, noon-1 p.m.

Presenter: Deborah Hansen

Investment: \$15

Registration deadline: February 9



February 11, 18 & 25; March 3, 10 & 17

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

Presenter: John McHugh

Investment: \$10 each/\$50 all six

Registration deadline: January 28



February 26-28

Friday, 7 p.m.-Sunday, noon

Presenters: FSC spiritual directors

Investment: \$175, includes retreat, spiritual direction, all meals, and two nights' stay
This retreat does not have a commuter option.

Registration deadline: February 5
Limited to 12 participants.

March 6-12

Sunday, 6:30 p.m.-Saturday, noon

Presenter: Ann Willits, OP

Investment:

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

Registration deadline: February 8



Be Mine: A Celebration of Married Life

It's our 10th annual celebration of married life. Say *Be Mine* with an afternoon of celebrating, sharing and deepening your love. You will hear two couples at different life stages reflect on their marriages, meet other couples and get to know your spouse even better. We will end our afternoon with a social and hors d'oeuvres. Register early, as this popular event fills quickly. It makes a great gift!



Living Laudato Si

Laudato Si is Pope Francis' "dialogue with all people about our common home." It is a letter from Pope Francis to "every person living on this planet." With hope and resolve, he extends a call to examine our place in creation and the future of this home we share. Join us for a simple meal—supper on Tuesday or lunch on Wednesday—to enter into a practical dialogue with the encyclical by asking: How can we live out the compassion and concerns of *Laudato Si* in our everyday lives? We will look at simple, transformative practices for Lent and beyond.

Lenten Gospels

What does the story of Jesus' temptation in the desert mean for my spiritual journey? How does the Transfiguration of Jesus apply to my life? How is God speaking to me through the Parable of the Prodigal Son? Join John McHugh as he explains the stories found in the six Gospel passages of Lent. Each night of the series is new and unique, so participants can attend the sessions that fit their schedule.

John McHugh is the manager of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He holds degrees from the University of Saint Thomas in Saint Paul, Minnesota, and the Gregorian University in Rome. John is a member of the Franciscan Spirituality Center board.

Silent Directed Weekend Retreat

This weekend is an invitation to step out of our noisy, busy world into stillness and contemplation. This shorter weekend retreat is ideal for those who have not made a silent retreat before, or whose schedules make a longer retreat difficult to do. You will have a private, comfortable bedroom and all meals, access to quiet spaces for reflection and a daily meeting with a spiritual director. A silent retreat is a wonderful way to rejuvenate your spirit and prepare for new growth and the Easter that is coming.



What Does it Mean to Belong to God?

Knowing that we belong to God, that we are loved and valued just for who we are, is one of our deepest life needs. This belonging should be a given in life. Yet, it is often a grace that we take for granted, ignore or find impossible to accept. When we are intentional about reflecting on belonging to God, being one with God, we discover both belonging and speechless gratitude. This preached retreat offers time to simply be still, to let God speak and to reflect on belonging by asking, "What does it mean to belong to God?" Sister Ann's morning and afternoon presentations will help us explore belonging, gratitude and what God asks of us in life. The rest of the day will be spent experiencing our belonging by listening to God in silence through reading, reflecting and journaling. Sister Ann also will be available to meet individually with retreatants in the afternoons.

2016-19

Spiritual Direction

Preparation PROGRAM

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

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

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

Our next class will begin in September 2016. If you are interested in learning more about the SDPP, please call 608-791-5295 or download a brochure at www.FSCenter.org. Applications will be accepted until June 30, 2016, or until the program fills.

“The SDPP is much more than a skill-building program. It is a transformative opportunity to grow in true self and in God. The SDPP staff truly foster a spirituality of Franciscan welcome and affirmation in which to grow.”

Terri Beck-Engel
July 2015 SDPP graduate

CO-DIRECTORS:

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



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



For more information and to watch a video about the SDPP, visit www.FSCenter.org

The Sacred Art of Listening

DEFINITION OF THE SACRED ART OF LISTENING

1. It is the art of becoming a listening presence.
2. It's a way of being that opens us up so we can listen to people from diverse cultures, religions, belief systems and points of view, those not like us.
3. It's about being a presence for understanding rather than for judging.
4. It's about being open, curious and attentive to others in a way that at the end of the conversation they have fully expressed themselves and feel more alive. When we understand the power of sacred listening, we become aware that it is a key to communication in our global community.

Source: Kay Lindahl, www.sacredlistening.com

We've all had the experience of someone hearing our words—maybe that person was even able to parrot the words back to us—but not really listening.

When we've not been listened to, we can feel like a fountain that has dried up, says Kay Lindahl, author and founder of The Listening Center in Long Beach, California. But when we have been listened to, we are filled up. Our ideas come to life and grow, and our true self emerges, she says. In our fast-paced, increasingly polarized world, there is a real hunger to be listened to.

One of the greatest gifts we can give to each other is to really listen, Kay says. There is a grace and a sense of wholeness when we are listened to, and the experience benefits both the person being listened to and the listener, because we feel more connected to each other.

Kay describes listening as a creative force that transforms relationships. We don't have to agree with or believe what the other person says, but once we've let go of our agenda and are fully present, we can understand the other person. This leads to mutual respect, dialogue and peace. It's a ministry of hospitality when we are open and waiting for others to speak what is in their heart, she says. "Speaking from the heart takes courage—to risk and be vulnerable with another. Connecting with someone at the heart level is a sacred experience."

Kay will present *The Sacred Art of Listening* April 29-May 1 at the Franciscan Spirituality Center. The weekend will include a Friday morning presentation that is open to the public and a retreat from Friday night through Sunday afternoon for more in-depth training on the topic.

Ideal for anyone working in business, ministry, health care or education, the Friday morning talk will include a variety of practices to "exercise our listening muscles." Daily practices include cultivating silence, slowing down for reflection and learning to be present. In addition to honing our skills for listening to each other, we will practice listening to ourselves. Once we get to know and trust our inner voice and wisdom, we are better able to recognize when we need to speak and when we need to listen, Kay says.

The weekend retreat will include more deep-listening practices, including Centering Prayer and Taize, integration of the listening exercises and small-group work. Spiritual directors are especially encouraged to sign up for the experience.

Kay started exploring the sacred nature of listening nearly 25 years ago and describes her journey as an ongoing process. She has created workshops and retreats for national and international audiences, and presents programs on listening and diversity for several major corporations. She is an ordained interfaith minister and is recognized as an inspiring teacher and spiritual guide to people of all religious backgrounds.

Since studying the art of listening, Kay says she has become much more centered, peaceful, compassionate and grateful. "Life is exciting. I can barely wait to see what unfolds next."



Registration information:

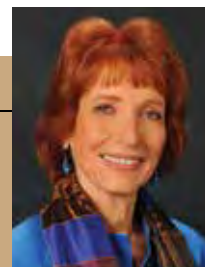
April 29
Friday, 9 a.m.-noon
The Sacred Art of Listening:
Community Presentation

Investment: \$35

April 29-May 1
Friday, 5:30 p.m. - Sunday, noon
The Sacred Art of Listening Retreat

Investment:

- **Full: \$190, includes retreat, all meals and two nights' stay**
- **Commuter: \$140, includes retreat, Friday supper and Saturday lunch**




Help fulfill our mission

Each year, the Franciscan Spirituality Center gives thousands of dollars in financial aid to people who want to attend our programs and retreats or meet with a spiritual director. Because we honor and respect everyone in their search for God, meaning and wholeness, we will not turn away anyone because of inability to pay.

We also offer several healing ministries at no cost to participants. In doing this, we honor our core values of sacredness, respect, community, hospitality and professionalism.

The Franciscan Spirituality Center is a place where everyone can feel welcome, safe and accepted. It's a place for spiritual growth, enrichment, friendship and peace. It's a place to be heard without judgment, a place to express yourself creatively and a place to nourish your soul.

In order to continue our valuable mission of responding to an ever-growing spiritual hunger in the community, we need your help. Won't you please consider a year-end gift to keep our services accessible to all?



3 easy ways to contribute:

1. Visit our website, www.FSCCenter.org, and click on the blue DONATE button to make a secure, online contribution.
2. Mail or drop off a check to:
Franciscan Spirituality Center, 920 Market Street, La Crosse, WI 54601
3. Join our monthly giving program, Spirited Friends. It's easy and convenient: Simply decide on a monthly gift that fits your budget and authorize your bank to transfer the amount from your checking account directly to FSPA for the FSC. You can download a brochure and enrollment form at www.FSCCenter.org (click on the blue BE A SPIRITED FRIEND button) or we'd be happy to mail you one upon request. Please call 608-791-5295 for more information.

*Thank you. Peace & all good,
Your friends at the FSC*

New year, new direction?

The new year is a natural time to examine our goals, dreams and hopes for the future. It also can be a time for making changes in our lives. If you are exploring the deep questions of purpose and meaning in your life, you may want to talk to a spiritual director. The FSC's trained spiritual directors will listen patiently, nonjudgmentally and confidentially as you tell your sacred stories. As trusted companions, they will journey with you as you discover your inner wisdom and peace. To find out if spiritual direction is right for you, simply call one of our directors to set up an initial meeting. You are not obligated to attend any certain number of sessions; your unique needs and schedule will determine how you proceed.

If you would like to learn more about individual or group spiritual direction, contact one of the spiritual directors on staff at the FSC.

FSC Spiritual Directors



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



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



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



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

IMPORTANT INFORMATION:

Registration Process

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

Refund Policy

Some of our programs require deposits. If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

Registration Deadlines

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

Scholarship Information

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

Where to find us



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



**Franciscan
Spirituality Center**



Telephone: 608-791-5295
Email: FSCenter@fspa.org
On the web: www.FSCenter.org

FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Karen Dunn, Chairperson
Dorothy Lenard, Vice Chairperson
Joan Weisenbeck, FSPA, Secretary/Treasurer
Ex. Helen Elsbernd, FSPA, FSPA liaison

Emilio Alvarez
Sharon Berger, FSPA
Patricia Boge
Ken Ford
Dan Henderson

Mike Hesch
Laurice Heybl, FSPA
Michael Krueger
Mariellen Janiszewski
John McHugh
Kristy Walz



FSC Volunteer Opportunities

Volunteers provide the hospitality and office support that makes the FSC such a special, peaceful place. You'll find our volunteers in the kitchen, setting out refreshments, making coffee or cleaning dishes, or at the front desk, answering phones, greeting visitors and supporting our marketing efforts.

We are always looking to add to our volunteer team. Do you have an hour or two to spare each week or even once a month? Shifts are primarily evenings and weekends, and no special skills are needed.

We're happy to show you what's involved. As a thank you, our volunteers receive 20 percent off all FSC programs and retreats. They are also recognized with an annual appreciation party.

Sound good? Please contact Marcia Bentley at mbentley@fspa.org or 608-791-5603 to get started.

Sophia Bookstore

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

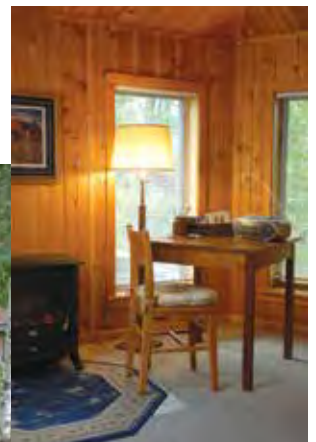
Open Monday-Friday from 8 a.m.-5 p.m.

Please stop by to browse!



Solitude Ridge Hermitages

Three individual hermitages are built on the edge of 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 • Email: FSCenter@fspa.org



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

Non-Profit Organization
U.S. Postage
PAID
La Crosse, WI
Permit No. 535



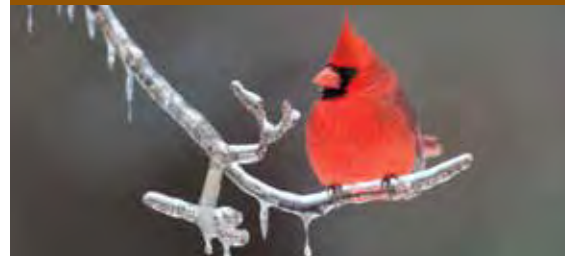
Meeting Rooms

The Franciscan Spirituality Center offers a wide variety of rooms to fit the needs of your group for conferences, meetings and training sessions. We offer eight meeting rooms that accommodate two to 90 participants. Each room is bright, attractive, comfortable, quiet and can be tailored to meet the needs of your group. In addition, we provide free WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering are also available.

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



COMING SOON IN MARCH & APRIL



Lenten Retreat: What Does it Mean to Belong to God?
March 6-March 12 • with Ann Willits, OP

Serenity Retreat: Forgiveness & Healing
March 18-19

The Holiest Path Through the Holiest of Days: Triduum Retreat
March 24-26 • with James Marchionda, OP

A Day for You & Your Staff
April 7 • with Mike Hesch

Silent Directed Retreat
April 15-20 • with FSC staff

Quiet Prayer: A Brush Meditation Retreat
April 22-24 • with Tom Roberts

The Sacred Art of Listening
April 29-May 1 • with Kay Lindahl

Follow us on :    