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The Journey Towards Wholeness

Have you ever agreed to do something, and when the time came to do it, you asked yourself, “Why in the world did I ever agree to do that?!?!”

I had that experience recently. I agreed to give a presentation on “The Spiritual Quest.” When I was younger, I could have done it. The words of my favorite song were, “To dream the impossible dream, to fight the unbeatable foe…this is my quest!”

It doesn't feel like a quest anymore. It feels more like a journey.


Yes. But what if you had to pick one word? A word that was clearly inclusive.

Our Board and staff picked “wholeness.”

I sent it by you in our spring newsletter and FSPA leadership this summer. The response was favorable. We are dedicated to anyone seeking wholeness. This is our mission.

However, this mission exists in the context of our identity and core values. Please see what you think of our Identity, Mission and Core Values statement on page 18.

This newsletter also contains our Annual Report on “The State of Our Numbers.” The most important number is 13,891, the number of participants in our programs this past fiscal year. 13,891 people blessed us with some part of their journeys towards wholeness.

We are dedicated to ANYONE seeking wholeness including those with limited financial resources. We give scholarships to absolutely anyone who asks for one. The past year’s total amounted to over $10,000.

If you become a donor, you will help us to carry on this good work in the future. You will help us grow in love.

And “anyone” includes young people. We started to reach out to teenagers with our youth essay contest. Now we will offer programs free to high school students and at greatly reduced costs for people under 30 years beginning with “Finding the Connections Between Faiths” in January and “Compassionate (Nonviolent) Communication” in February.

Please pass this information on to the young folks in the circle of your relationships.

While guests at FSC may begin with the inner journey, it cannot end there. The journey to wholeness necessarily involves going within, letting the air out of the balloon of the ego, and realizing that “it's not about me.” It is also about honoring the sacred journeys of the stranger among us and people in jail. Read about, and join us, in our ministry to the Hmong community and our brothers and sisters in jail.

Finally, we dedicate this annual report to Sr. Leona Brugman. Dear Sister Leona died June 26. For many years of volunteering, she kept the “State of Our Numbers” with absolute accuracy. Her journey toward wholeness is now complete in the God she served so well.

Vince
Peace Initiatives 2008

Bridging the Gap Between Faiths

In January 2008, the Ivy room at St. Rose nearly filled with the 90+ participants at the first “Bridging the Gap Between Faiths” event. Nine speakers represented eight different faith traditions: Buddhist, Christian, Hindu, Hmong, Ho Chunk, Jewish, Muslim, and Quaker. Each shared a story of their faith and how peace plays an integral role in their tradition. We continued with World Café conversations around questions on our definitions of peace and what we could do individually and collectively to help peace ripple out beyond us today.

“...a wonderful experience. I hope it is going to ‘grow’ and that there will be other similar programs.”

“...an enriching experience. The speakers were excellent.”

Pray, Walk, Eat, Interfaith Peace Walk

The Interfaith Peace Walk was held in the evening on May 9, 2008. The evening began with prayer in the Maria Angelorum Chapel. This was followed by a reflective walk to various sites on and around the Franciscan campuses in La Crosse. The stops included the St. Rose Fountain, Dancing Francis, Peace Pole, Peace and Harmony Sculpture, Clare of Assisi, the Labyrinth and the St. Clare Health Mission. A prayer for peace from a different faith tradition was offered at each site. Faiths represented were Muslim, Buddhist, Quaker, Jewish, Hindu, Hmong and Christian. Approximately 100 people attended the walk. The event concluded with a simple meal at the Center and stories of peace and hope with fellow peacemakers.

Spiritual Support for Veterans of Iraq and Afghanistan

The FSC offers spiritual support to Veterans returning from Iraq or Afghanistan and their families. We visited with the mental health director at Tomah VA Hospital and developed an information sheet describing our services of one-to-one meetings with trained spiritual companions. Several families have contacted the Center and we will continue to nurture this relationship with our veterans and their families.

Spiritual Leadership Retreats

Seeing a need for spiritual support for those in ministries, we offered two sessions in the spring of 2008, one to pastors and one to administrative assistants. These provided a safe place to dialogue about issues and experiences in pastoral ministry. From this we are seeing a need to develop online access to retreats. We hope to offer online retreat opportunities in 2009.
The former inmate in finding stability.

In La Crosse, which would team up an individual released from jail with about five community members who will assist the jail, to Madison to learn about a support program there. Now the group is exploring how to create Circles of Support AMOS, a year-old group working to generate social change through congregations.

In and out of jail. Since July we've also been working with others to create support systems for people as they transition from incarceration into the community. We studied frameworks that offer ways for deeper understanding of ourselves.

We reflected on forgiveness.

We dimmed the lights and sat in silence together. We sang a song about being made of music. And during the final class, loving, caring, and forgiving could feel God working in that church that morning, could see God through the face of Mark's father. Here was a church full of friends eager to comfort his family. I knew it was going to be tough for them.

I was astounded by those words. "I forgive him." Here was angry at Mark for taking his life. But there was his father, loving, caring, and forgiving. I could feel God working in that church that morning, could see God through the face of Mark's father. Here was a church full of friends eager to comfort his family. I knew it was going to be tough for them for the rest of their lives but also knew that God was going to be very present and helping them every step of the way.

From Payton Sterba's Essay - Finding God in a Friend

Jail Ministry
by Joe Orso

In a classroom in the La Crosse County Jail this fall, we sat in a half-circle with men in orange uniforms and explored the challenges of being separated from family. We studied frameworks that offer ways for deeper understanding of ourselves. We dimmed the lights and sat in silence together. We sang a song about being made of music. And during the final class, we reflected on forgiveness.

The ten-session course on personal exploration was an early step in the Center's efforts to be in relationship with people in and out of jail. Since July we've also been working with others to create support systems for people as they transition from incarceration into the community. The vehicle for this collaborative effort has been the Restorative Justice Task Force of AMOS, a year-old group working to generate social change through congregations.

In early October, we drove five other people, including a former inmate and representatives from AMOS, theYWCA and the jail, to Madison to learn about a support program there. Now the group is exploring how to create Circles of Support in La Crosse, which would team up an individual released from jail with about five community members who will assist the former inmate in finding stability.

The task force also is considering other ways to support inmates and advocate for treatment instead of prison. The

The Franciscan Spirituality Center would like to offer an opportunity for a cross-cultural friendship network between members of the Hmong community and friends of the Center.

This is your invitation to consider forming a Franciscan friendship with a Hmong brother or sister eager for connection and companionship.

To get started, you would attend a one-hour orientation session in mid-January on Hmong culture presented by Nhia Vang, Minority Affairs Specialist, at Western Technical College. Once paired with a Hmong companion, you would be asked to spend at minimum two hours per month sharing activities and mutual interests.

If interested in this special invitation, contact Linda Kerrigan or Barb Kruse at FSC, 608-791-5295.
Fiscal 2008 Activity Report

Will you study the numbers in our financial and activity report? Probably not. But I do ask you to look at one number. That is the number of guests. This year 13,891 people participated in programs sponsored or held at the Franciscan Spirituality Center. Typically each month more than 1,000 people were touched by our hospitality and felt the safety and peace of our sacred space.

We get hundreds of notes and comments of appreciation and thanks. A few are scattered throughout the newsletter. I would be grateful if you read them. I am grateful to those who wrote them.

Fiscal 2008 Activity Report

ToTal income  $ 720,889

Fiscal 2008 Activity Report

Donations July 1, 2007, through June 30, 2008

We offer our heartfelt appreciation to all those who donated to our endowment this year. These contributions insure the lasting viability of the Franciscan Spirituality Center. All donations to the endowment continue to be matched by a donor. We are DOUBLY BLESSED by your gifts! Listing the names of donors is one way we show appreciation to the many friends that support our work. We try hard to be accurate, but do make mistakes. If you notice one, please call us at (608) 791-5295.

SERAPHIM $1,500
Anonymous Donor
Liz and Chuck Becker
Edna and Ray Whalen

CHERUBIM $350-$1,499
Anonymous Donor
Anonymous Donor
Anonymous Donor
Sharon and Doug Bertscheller
Vince and Janice Hart
Hospital Sisters of St Francis
John and Dorothy Maley
Sisters of Mary
Steve and Suzanne Tanke
Jomary Tritonkos, OFS
Mary Jo and Shawn Werner
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Ardele Timms
Colleen Walsh
Theresa Washburn
Joan Weisnbeck, FSPA
Lynn Wingert

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Mary Angels
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Cyrilla Barr
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Lou Anna Burckle and Joe Fagan
Kathryn Bushar
Graham and Karen Cameron
Deb Congdon
Bert Daughtery, FSPA
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Frederick P. Ellis
Donna M. Ellis
Alise Fenney
Cheryl Fellstat
Marlaine Polz
Charles Forer
Bogie Forou
OFSP
Vicki Frazell
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Jeanette and Al Graf
Todd Graff
Wendelis Greenharter
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Janet Helgren
Shirley Hogin
Katheryn M. House
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Peggy and Brian Kober
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Lacelle Wilcox
Cathy Winik
Darlene Witzney

Please Remember the Franciscan Spirituality Center in Your Will

FSC is part of the FSPA, a 501(c)(3) non-profit organization. Our tax ID# 39-0806386

7 At the Center

At the Center
ON GOING PROGRAMS AND GROUPS

DEPRESSED ANONYMOUS
Every Monday evening throughout the year  5:30 – 6:30 pm
A 12-step group where people dealing with depression can generate positive energies, form networks of friendship and support, and give each other strength to live each day with hope. For more information, call Vince at (608) 791-5298. Newcomers always welcome!

ENNEAGRAM STUDY GROUP
Wednesday evenings throughout the year  5:15 - 7:00 pm
This is a chance to share experiences and learn how the Enneagram can enhance your spiritual journey as well as improve your relationships with family, friends and co-workers. For more information, call Eric Wheeler (608) 785-7383 or John Hempstead (608) 784-8763.

SUNDAY MORNING MEN’S GROUP
Saturday, December 13  9:00 – 11:00 am

WOMEN’S WRITING GROUP
Every other Tuesday  12:00 – 1:30 pm
Women meet to support each other in the writer’s journey, practice and learn new writing techniques, and critique each other’s work in a safe and supportive atmosphere. Call Theresa at (608) 637-7264 or e-mail twaburns@frontiernet.net.

PAX CHRISTI ORGANIZATIONAL MEETINGS
Tuesdays, November 18 and December 16  5:15 – 6:45 pm
No fee
Pax Christi (Peace of Christ) is an international organization of local groups promoting peacemaking based on the pastoral cycle of prayer, study and action. From their discernment of the signs of the times, Pax Christi groups initiate action—as a community—in a concrete effort to effect change.
When John Dear, SJ, presented “Walking the Road to Peace” for our summer program, he encouraged participants to join a Pax Christi group.

THE ADVENT AT-HOME RETREAT
Monday, December 1, 7:00 pm – Monday, December 15, 7:00 pm
Investment: $25
What’s on your holiday shopping list? How about including a gift for yourself—one you don’t have to shop for or wrap. The At-Home Retreat is truly a spiritual gift you can give yourself as a way to celebrate the Advent season in preparation for the true meaning of Christmas.
This retreat is spread out over a period of two weeks and is made mostly at home in the midst of everyday life. Its convenient format appeals to people with jobs and families, stay-at-home moms or dads, retired persons, individuals in transition and anyone seeking spiritual enrichment. It offers participants the opportunity to dip a little deeper into the meaning of life by committing 30 minutes of personal prayer each day and by having one-on-one conversations with a spiritual guide.
Over a two-week period, you will meet with other retreatants in an opening and closing prayer session and with a guide on four occasions at a mutually convenient time. The retreat begins at 7:00 pm on the opening evening and ends with a group session two weeks later. Orientation, prayer helps, suggestions, and guidance are offered on the first evening and as needed throughout the retreat. Call 608-791-5295 for a registration form or Linda Kerrigan 608-791-5276 for more details. Register at least one week before the beginning date.
At the end of the retreat, participants will be invited to make a donation to the At-Home Retreat Endowment Fund.

DAYTIME ADVENT PRAYER
Three Wednesday mornings December 3 - 17
11:00 – 11:45 am with Joan Weisenbeck, FSPA
Investment: Free will donation
Advent is about making connections with the heart of the mystery of Christmas in the midst of busy seasonal preparations. These daytime Advent prayers will invite us to make an effort to celebrate the season of Advent, bringing our awareness to another level of meaning to what we ordinarily do during this season. Come to rest awhile and pray with others. Come for one or more prayer times.
December 3
Inviting the Light into the Darkness
The Advent journey begins in the darkness of winter. Does the dark hinder us from seeing the gifts present in this season of waiting? When we open ourselves to the shadows of unknowing, when we open ourselves to God, we are met by One who will be our companion in the mystery and the darkness of Advent.
December 10
Cradling our Longings
During Advent we are in the “waiting room of our hearts.” When the Divine One stands at our door, will we be ready to provide welcome and hospitality? For whom and for what do we long in this Advent Season? God is ready to move into some unwanted darkened corner of our hearts and to cradle us to the rhythm of His love. Are we ready?
December 17
Peaceful Birthing
God is always needing to be born into a world waiting for hope and peace. “What good is it to me for the Creator to give birth to the Son, if I do not also give birth to Him in my time and my culture?” (Meister Eckhart) The celebration of Christmas invites us to give birth. We give birth when we create with our hands, offer hospitality, work for justice, teach a child. O Come, O Come, Emmanuel.

For More Information
Call 608-791-5295 or e-mail fscenter@fspa.org or
You can visit our website
www.franciscanspiritualitycenter.org

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Volunteer Profiles

Edna Smetana

I became acquainted with the Spirituality Center through St. Rose Convent where I have been a prayer partner for many years. The very interesting and informative programs that the Center offers spiked my attention and I have been a familiar face as an attendee ever since.

Because of my being a regular at the Center, they asked if I would be interested in becoming a volunteer. I really love being a part of this facility with such a great staff. The rewards for volunteering are so beneficial and even healing, that my life would be less fulfilled without all I have received from being connected with the Spirituality Center.

I have been married 54 years and am a mother of ten, a grandmother of 19, and a great-grandmother of four. I love to travel, exercise, attend concerts, play cards and meet people.

Lyell Montgomery

Lyell is a human resource consultant and outplacement services provider to businesses and individuals in the tri-state area. Through his consulting practice, Lyell spreads the message of Servant Leadership as an effective leadership philosophy for organizations and individuals. He has over 27 years of human resource experience. Lyell is a partner in PeopleFirst HR Solutions.

Lyell comments, “In La Crosse, the Spirituality Center is the premier venue for meetings and training. I have conducted training sessions and hosted meetings at the Center for several years and have always been treated courteously and professionally. This is the kind of facility and people I want to be associated with and that is why I volunteer. As a volunteer at the Center, I strive to treat people as I have been treated.”

Lyell has been involved in numerous community organizations including: member of the Society of Human Resource Management, member of the La Crosse Chamber of Commerce, Intercultural Network Committee, past member of the La Crosse County Board, past president of the Onalaska Rotary Club, past chairman of the La Crosse United Way Planning Committee, past member of the La Crosse Boys and Girls Club Board of Directors and past secretary of the Hixon Forest Nature Center.

COMING IN JANUARY

PEACE IN 2009: FINDING THE CONNECTIONS BETWEEN FAITHS

Friday, January 9 (7:00 - 9:00 pm) and Saturday, January 10 (9:00 am - 3:00 pm)
Investment: $20 includes Saturday lunch. $10 for those under 30 years old. Free for high school students. Limited bedrooms available at $33/night.

Presenters who are Buddhist, Christian, Hindu, Hmong, Ho-Chung, Jewish and Muslim will describe how the teachings of their religion give them personal support in bringing peace into their own lives and extending it out into the world. They will each offer a prayer for peace from their tradition. Following the presentations there will be an introduction to compassionate or nonviolent communication. This way of communication helps us to see our common humanity and live more peacefully.

All attending will be invited into the process of reflection and discussion.

VINAYA YOGA

Three sessions of six Mondays
January 12 - February 16, February 23 - March 30, April 6 - May 11
(5:30 pm - 6:30 pm)
Instructor: Bernice Olson-Pollack
Investment: 6 sessions for $40; $10 reserves place.

“Vinayaa” is a form of Hatha yoga that brings together a series of flowing movements that are bonded with mindful breathing. The practice of “flow” yoga promotes:
- Greater balance
- Joint mobility
- Flexibility
- Mental focus
- Enhanced body awareness

Novice participants are welcome. Please wear loose, comfortable clothing. Class size is limited to 20 people.

THE NIA TECHNIQUE...THROUGH MOVEMENT WE FIND HEALTH!

Eight Tuesdays, January 13 – March 3 and/or Eight Thursdays, January 15 – March 5
(5:30 pm - 6:30 pm)
Instructors: Lisa Raake
Investment: $55 for one session or $90 for both Tuesday and Thursday.

Nia is a body-mind-spirit fitness and lifestyle practice that blends martial, dance and healing arts. Through expressive movement—The Body’s Way—Nia empowers people to achieve physical, mental, emotional and spiritual well-being.

Life, lived in a body the Nia way, is life lived in relationship to the sacred geometry of life. Our philosophy, “Through Movement We Find Health,” means we believe in the power of self-discovery through movement. In practicing Nia, you fall in love with being and moving in your body—you experience the power of Self-Healing. Come experience the Joy of Movement...come discover Nia!

Wear loose, comfortable clothing. Limited to 20.

CHAKRA YOGA

Three sessions of six Wednesdays
January 14 - February 18, February 25 - April 1, April 8 – May 13
(5:30 pm - 6:30 pm)
Instructor: Bernice Olson-Pollack
Investment: 6 sessions for $40; $10 reserves place.

The chakra system is where the innermost potential for personal development occurs. It refers to seven main energy centers within the body that are aligned with the spine. The practice of chakra yoga brings together the physical, emotional, mental and energetic parts within your “Self.”

Novice participants are welcome. Please bring a cushioned yoga mat and wear loose, comfortable clothing. Class size is limited to 20 people.

WOMEN DISCIPLES SERIES (continued)

Three Wednesday evenings January 14, 21, 28
(6:30 - 8:00 pm)
Presenter: Joan Weisenbeck, FSPA
Investment: $5 per session or $20 for the series.

We will continue to discover the “buried treasures” in the Christian Scriptures as we ponder the lives and leadership of women who spread the message of Jesus. We will become acquainted with Peter’s wife, Salome, Joanna, and several women called Mary.

To register
Call 608-791-5295 or e-mail fscenter@fspa.org or www.franciscanspiritualitycenter.org
**Compassionate Communication**

*by Barb Kruse*

“A word is dead when it is said, some say. I say it just begins to live that day.”

* - Emily Dickinson

The words of Emily Dickinson take on greater meaning for me as I begin study nonviolent communication. The work of Dr. Marshall Rosenberg has been the source of my learning about nonviolent communication and I share his principles in this article. Dr. Rosenberg is a clinical psychologist and the founder and director of educational services for the Center for Nonviolent Communication (NVC), an international non-profit organization that offers workshops and training throughout the world.

NVC offers a way of communication focused on the belief that it is our nature to enjoy giving and receiving in a compassionate manner, and that language and our use of words play a crucial role in whether or not we can stay connected to our compassionate nature. Through his work, Dr. Rosenberg has "identified a specific approach to communicating (speaking and listening) that leads us to give from the heart, connecting us with ourselves and with each other in a way that allows our natural compassion to flourish." Compassionate communication is another name for Nonviolent Communication and the way I refer to this type of communication in this particular article.

There are four components to the process of Compassionate Communication:

<table>
<thead>
<tr>
<th>Observation</th>
<th>Feelings</th>
<th>Needs</th>
</tr>
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<tbody>
<tr>
<td>Observations</td>
<td>How do we feel in relation to what we are observing? Are we scared, angry, hurt, happy, irritated etc.?</td>
<td>Needs are deeply held values and don't require a specific person doing a specific thing. Rather a need is something that, when met, makes life wonderful. When needs go unmet or when we disconnect from them, i.e. feelings of sadness, anger, guilt, or shame, this can lead to different forms of violence. Rosenberg would call these tragic expressions of our unmet needs. The more directly we can connect our feelings to our needs, the easier it is for others to respond compassionately to our needs.</td>
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The Request

The last component of Compassionate Communication is the request. These are the concrete actions we request in order to enrich our lives. The request is the bridge to the other person. It is action based and is connecting.

Brian responded, “Because I am sad.”

“Why?” asked Joe.

“Because I am sad.”

Joe responded, “I'm really sorry that you miss your mom, Brian.”

Joe then said, “Could you hold me?”

Brian said, “No.”

This example illustrates the four components outlined above. First, there was an observation by Brian about his behavior, “kicking and screaming all day.” Next he connected with his feeling, “sad,” and then his need, “Mom” (security, comfort, familiarity, love). Lastly, Brian made a request for a hug. This was the bridge to Joe, the connection, Joe said that exchange with Brian tore his heart in half. The compassionate response came from Joe who wrapped his arms around Brian and held him.

Applying compassionate communication in everyday life takes time and energy. Instead of our habitual, automatic responses, our words become conscious responses based on our perceptions, feelings and wants. The dialogue that goes on within ourselves and then extends out into our external conversations can create an opportunity for an empathic, compassionate connection with another. People use compassionate communication to help them respond compassionately to themselves. Some use it to create a greater depth in their personal relationships or to build effective relationships at work or in their community.

Still a rookie in the language of compassionate communication, I am able to find opportunities to consciously connect my feelings to my needs and carry that connection into a conversation. It requires reflective thought, but has made a difference in what words I choose to give life to, as I strive to connect with myself and others with compassion and empathy.
COMING IN FEBRUARY

WOMEN’S ENRICHMENT SERIES: THE SPIRITUALITY OF HOPE

Tuesday, February 3, March 3, April 7, May 5 (6:30 – 8:00 pm)
Presenter: Janet Matlok, fspa.
Registration required: limit 40 persons.
Investment: $10/session.

TWELVE-STEP RETREAT:
Finding a New Freedom for Recovering Alcoholics and Addicts
Saturday, February 7 (10:00 AM – 4:00 pm)
Investment: $65, includes lunch.
Facilitator: Staff of FSC
Through the Serenity Prayer, we will unlock the promise of this new freedom. Themes will be focusing on the image of one’s Higher Power, acceptance of what is, courage to change, and discovering the wisdom within. Together we will celebrate a “new freedom and a new happiness.”

The Norman L. Gillette, Sr., Scholarship is available to financially assist those who are in recovery from alcohol or chemical dependency.

USING THE ENNEAGRAM TO UNDERSTAND EACH OTHER
Saturday, February 7 (9:00 AM – noon)
Investment: $15/person, $25/couple.

Three married couples will share how understanding the Enneagram has not only helped them work through conflict but laugh at their differences.

If you would like to improve a relationship with a significant other, join us for this fascinating conversation.

Even if your significant other does not attend, knowledge of your Enneagram number and how you relate with others can improve your relationship with a spouse, significant other, co-worker, family and friends.

MARRIED COUPLE RETREAT
Saturday, February 14 (3:00 – 8:00 pm)
Facilitator: Linda Kernigan
Investment: $50/couple, includes meal.

Make Valentine’s Day ‘09 a truly special occasion for you and your spouse by attending our 3rd annual Married Couples Retreat—designed for just the two of you to celebrate your lives together.

Highlights include a catered meal, 1-1/group reflection and story sharing by presenter couples.

Register early as this event is limited to the first 16 couples.

RECLAIM YOUR INTUITION
Saturday, February 21 (9:30 AM – 3:30 PM)
Investment: $65, includes lunch.
Presenter: Jean Kasperbauer, fspa.

For anyone interested in accessing intuition for self-care and personal growth.

No background required. Experienced are also welcome. This experiential and interactive workshop will explore past experiences where intuition may have been inhibited. You will be taught a five-step method so you can access your own intuitive information.

You will discover ways to remove blocks that inhibit fuller exercise of intuition in your daily living.

You will learn about the potential you have to read your own psychic energy, including a brief reference to auras and the chakra system.

You will leave with suggestions for fostering your intuition at home.

Jean Kasperbauer, fspa, is a spiritual director. She received her training through the Franciscan Spirituality Center, La Crosse, WI. Her education includes Masters Degrees in Chemistry and in Pastoral Counseling. She spent 25 years as a pastoral minister in Catholic parishes and is now a practitioner of Intuitive Southwork.

Please note: We now accept Mastercard and Visa for our programs and for our bookstore.

Tofind out more about our programs, meeting rooms, hermitages and spiritual direction, call (608) 791-5295, e-mail fscenter@fspa.org or www.franciscanspiritualitycenter.org

General Information

No one should stay away because of inability to pay. The Center will accept a donation within your means should you be unable to make the suggested fee. Others may wish to give beyond the suggested fee in both cases. We gratefully accept whatever is given.

Receive a 20% discount for both you and an entourage to attend a program with someone else. Discount does not apply to week-long retreats, Reiki training or FSL programming.

To register call (608) 791-5295 or e-mail fscenter@fspa.org or online www.franciscanspiritualitycenter.org

Free for high school students.

Facilitator: Wade Britzius
Investment: $65, includes lunch.
$10 for those under 30 years old.

Forgive, Because it Feels So Good!
Friday, February 20 (7:30 – 9:00 PM) and Saturday, February 21 (9:00 AM – 4:00 PM)
Presenter: Vince Hatt
Investment: $95, limited bedrooms available at $33/night.
$20 for those under 30 years old.

As the Rolling Stones sing, “You Don’t Always Get What You Want.” Even those who love us fail, misunderstand or betray us sometimes. When we don’t get what we want, it hurts. And if it is extremely important, it can hurt big time. If we want to feel good again, we need to go through the process of forgiveness.

Many stay sad, hurt or bitter because they don’t understand the process of forgiveness nor the strategies that lead to forgiveness.

Join us to learn the process and practice the strategies that lead to forgiveness.

Forgiveness is the wisdom within. Together we will celebrate a “new freedom and a new happiness.”

The process of forgiveness nor the strategies that lead to forgiveness.

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**Summer Program 2008**

As usual we sat in rapt attention to the keynote speaker, this year—Father John Dear. His stories filled our minds and hearts and stretched us to find a place of peace in our body. He begged us to move out of that place through peaceful actions and to push ourselves into public activities which promote nonviolence, and peace in our world.

**Awakening the Soul of Writer**

**March 20 and 21, 2008**

If you love to write, journal or simply dream of telling your story, join us in March of 2009 for an event dedicated to writing the meaningful pieces of our lives or the lives of characters we create. Friday, March 20, we offer a host of interesting workshops, and on Saturday, March 21, we will have the opportunity to listen to the wisdom of bestselling author Kathleen Norris. Look for a detailed brochure in January 2009.

**Attention Graduates of the Spiritual Direction Program**

There is a reunion for all SDPP graduates. **Mark your calendar for June 20, 2009.** We will gather at 4:00 for a social, sharing stories and more. Dinner will follow.

June 19 - 20, 2009, is the annual Summer Program of the Center featuring Marcus Borg. As your schedule allows, you are invited to attend both events and/or the alumni gathering. Watch for more details in the next newsletter.

**Third New Orleans Service Trip Highlights**

**May 10–18, 2008, marked the dates for FSC’s third service trip to New Orleans**

Many thanks to Enterprise Rent-A-Car as they provided vehicles for the trip at a reduced rate.

The group of eight volunteers worked on two houses while in New Orleans. One house was nearly finished and was almost ready to be moved into after the week of work. The second house needed more time. In that week, volunteers framed the interior leaving the house ready for the next phase. A volunteer coordinator from Catholic Charities accompanied each work group during our week in New Orleans.

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**Franciscan Spirituality Center Staff**

Karen Donaldson - Hospitality
Jenny Elke-Walter - Office Manager
Mary Kathryn Fogarty, FSFA - Spiritual Director
Vince Hatt - Director
Rosalie Hooper Thomas - Program Coordinator and Facilitation
Linda Kerrigan, FSFA - Associate Director
Barb Kruse - Hospitality and Spiritual Director
Janet Mallak, SND - Associate Director
Joe Orso - Jail and Environmental Ministry
Judy Thesing - Receptionist and Hospitality
Joan Weisenbeck, FSFA - Retreats and Spiritual Director
Darlene Wozney, FSFA - Receptionist and Hospitality
Design, layout, writing and editing of *At the Center* by Theresa Washburn

**Identity**

Franciscan Spirituality Center is a Gospel-driven, interfaith community founded and sponsored by the Franciscan Sisters of Perpetual Adoration.

**Vision**

The Franciscan Spirituality Center is dedicated to anyone seeking 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 staff at the Center offers spiritual direction, individually directed and group retreats, and day-long programs. Some staff members are available for offsite workshops, presentations, and programs that fit anyone seeking wholeness. Topics include those listed in each publication of “At the Center.”

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Identification and links to external resources:
**Book Reviews**

As the days grow darker and the land hard with frost, the Advent Season—which begins this year on November 30—invites us to reflect on hope and the promise that the Light of Christ will overcome the darkness.

If you are looking for daily reflections and prayers for your personal Advent journey, the Sophia Bookstore has Advent booklets for your consideration.

*Advent and Christmas – Wisdom of St. Francis of Assisi*

Compiled by John V. Kruse

*Preparing for Christmas*

by Richard Rohr

*Leadership and Self Deception: Getting out of the Box*

by The Arbinger Institute

For too long, the issue of self-deception has been the realm of deep-thinking philosophers, academics, and scholars working on the central questions of the human sciences. The public remains generally unaware of the issue. That would be fine except that self-deception is so pervasive it touches every aspect of life. “Touches” is perhaps too gentle a word to describe its influence. Self-deception actually determines one’s experience in every aspect of life. The extent to which it does that, and in particular the extent to which it is the central issue in leadership, is the subject of this book.