

Register before April 1 for the Early Bird Rate of \$75

30th Annual Conference May 1-2, 2015

Open to everyone



With keynote speaker

Thomas Ryan, CSP

*Writer, poet, retreat leader
and interfaith advocate*

**The Franciscan
Spirituality Center
presents:**

Living your Life AS SPIRITUAL PRACTICE

You are invited to this special 30th anniversary conference. Father Tom will demonstrate how to integrate the mind, body and spirit—the sacred and the secular—drawing on ancient and new Eastern and Western traditions.

Friday, May 1 • Franciscan Spirituality Center • 920 Market St., La Crosse • 1-4:30 p.m.; social & book signing to follow

This milestone conference begins with a prayer service in the historic Mary of the Angels Chapel. Choose two of four featured workshops to attend.

Social and book signing with Thomas Ryan, CSP, to follow from 4:30 to 6 p.m.

Friday Workshops:

**Yoga for Christians:
Addressing the Fears,
Experiencing the Possibilities**
with Thomas Ryan, CSP

**We Can Be Spiritual
AND Religious**
*with April Ulring Larson,
ELCA bishop emeritus*



**When Outer Became Inner:
The Beginnings of
Contemplative
Consciousness**
with Tom Roberts



**Gospel
Spirituality in
Spiritual Direction**
with John McHugh



Saturday, May 2 • English Lutheran Church • 1509 King Street, La Crosse • 9 a.m.-3 p.m. (lunch included)

Spirituality is not a life outside of regular everyday existence—it can only be real if it is lived in the midst of the joys and pains of the here and now, says our keynote speaker Thomas Ryan, CSP.

Father Tom was awakened to this holistic approach to spirituality after a sabbatical to India and his study of world religions. Join us for an enlightening presentation as we explore:

• *Your Body and Your Spiritual Life: Friends or Foes* • *Friends and Mutual Support* • *Living with an Awakened Heart*

To register, please visit: www.FSCenter.org or call: 608-791-5295



**Franciscan
Spirituality Center**

CELEBRATING

30 years

of open doors to anyone seeking God, meaning and wholeness.