



**Franciscan
Spirituality Center**

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

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JANUARY/FEBRUARY 2019

At the Center

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A Family Series Developing Mindfulness and Presence*
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- *Meditation and Mandalas*

WINTER TEA GARDEN:

Lessons FROM Narnia

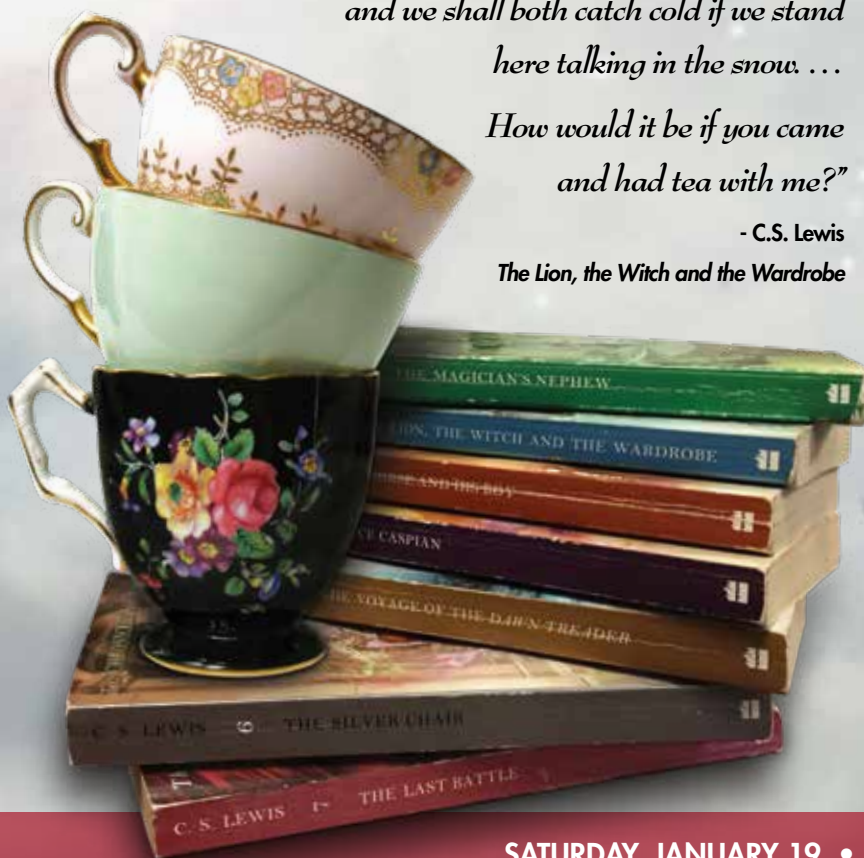
We invite you to come in from the cold and spend a winter afternoon in Narnia, the land from the beloved fantasy series *The Chronicles of Narnia*. You'll experience an atmosphere of warmth and hospitality as one of our honored guests as you sip tea and sample delectable treats featured in the books. Franciscan Spirituality Center staff members will share wisdom gleaned from these C.S. Lewis classics based on the themes of hope, courage, kindness and creativity.

*"It is winter in Narnia, and has been for ever so long,
and we shall both catch cold if we stand
here talking in the snow. . .*

*How would it be if you came
and had tea with me?"*

- C.S. Lewis

The Lion, the Witch and the Wardrobe



SATURDAY, JANUARY 19 • 2-4 P.M.

Tickets are \$45 each, and tables may be reserved in groups of six.
To register, please visit www.FSCenter.org or call 608-791-5295.

Come support the FSC!

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.

With some pain, a lot to gain



This new year brings the start of some exciting renovations in our home. A major remodeling of the St. Rose Convent will take place over the next two years, including the wing of the complex where the Franciscan Spirituality Center is located.

When the project is complete in 2021, the FSC will have more bedrooms for guests who are attending a program or making a retreat with us. We'll increase from 26 to 32 bedrooms, each with a private bath. Rooms will have a new, fresh look.

We also will make changes to our front entrance to improve access for guests who have difficulty with our stairs. Accessibility will be improved elsewhere in the FSC, from restrooms to courtyard access. The courtyard is being renovated to provide a place of quiet beauty and contemplation for the resident Franciscan Sisters of Perpetual Adoration and FSC guests.

You will be able to access a new lower level in the FSC via new stairs in our reception area. The lower level will be remodeled for staff offices and spiritual direction. There also will be two new meeting rooms.

In 2019, the FSC will stop scheduling programs in some of the meeting rooms that were beyond the elevator at the end of the first floor hallway. Those rooms (Keller, Rose and conference rooms) will now become part of the convent.

We'll continue to use our main meeting rooms on the first floor: Emmaus, Grace Hall and San Damiano. Those rooms and the bookstore will not be affected by construction, although we will be updating furnishings and audiovisual technology in them.

We will have some limitations during construction, but they'll be temporary. We'll remain open throughout the renovations. Thanks in advance for your patience as we get through the remodeling. It will be worth it!

We are grateful that the Franciscan Sisters of Perpetual Adoration had the foresight to open a spirituality center in an unused wing of their home almost 35 years ago. With these renovations, they demonstrate their continued commitment to providing a place in the community where spiritual seekers can gather for community, inspiration and healing. No doubt the sisters would agree with author Margaret Wheatley: "We have to be together. We have to be in service to one another to discover our essential goodness."

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER



Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



Jean Pagliaro
Program & Retreat
Coordinator



Laurie Swan
Office Manager



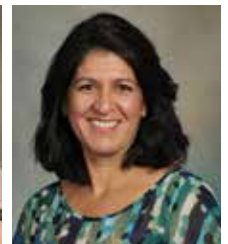
Rika Beckley
Development Director



Stacey Kalas
Communications &
Marketing Coordinator



Zoua Vue
Office Assistant



Elizabeth Kapanke
Bookkeeper & Hospitality

ASSOCIATE SPIRITUAL DIRECTORS



Vince Hatt



Barb Kruse

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

OVERCOMING CHALLENGES WITH

Grit & Grace

In celebration of International Women's Day, Women's History Month and all women who have faced obstacles and ordeals yet persevered, kept the faith and emerged more resilient, we have planned a special conference on Saturday, March 16, 2019, at Mary, Mother of the Church in La Crosse.

Keynote speaker will be **SARAH THEBARGE**, San Francisco-based author, physician assistant and inspirational speaker. Sarah spent years training to become a physician assistant, hoping to use her skills to help patients heal. Then, at age 27, when she was diagnosed with breast cancer, Sarah began her own personal journey of pursuing wellness for herself. She realized that wellness is an even higher ideal than healing, because it's possible to be healthy (disease-free) in your body but not well in your heart, mind and soul. And it's possible to be dealing with health issues and yet still find wellness deep inside. In this talk, Sarah will share helpful practices for becoming truly, deeply well in every area of your being.

"When we live our lives as wells, we tap into something deep inside of us that doesn't depend on external objects and doesn't go stagnant. When we live as wells, we breathe, and rest, and sink into stillness. We pause from our efforts to allow Love to fill us up again."

- SARAH THEBARGE

SAVE THE DATE

MARCH 16

Saturday, 8:30 a.m.-3 p.m.

Mary, Mother of the Church
2006 Weston Street
La Crosse

Investment: \$40
(lunch included)

Registration is now open at
www.FSCenter.org or
by calling 608-791-5295.

ABOUT OUR KEYNOTE SPEAKER: SARAH THEBARGE

Sarah studied medicine at Yale School of Medicine and journalism at Columbia University. She has practiced international medicine extensively and started a clinic in Kenya for children who lost their parents to AIDS.



Sarah's first book, *The Invisible Girls*, is a memoir that weaves her story of nearly dying of breast cancer in her 20s together with the story of a Somali refugee family she met on a train in Portland, Oregon, as she was recovering from her cancer treatments. Her latest book, *WELL*, details the time she spent practicing medicine at a hospital in Togo, West Africa, which the United Nations ranked the "least happy country in the world." In *WELL*, Sarah uses medicine as a metaphor for how each of us can help to heal our beautiful, broken world.

THIS EVENT IS
SPONSORED BY:



MAYO CLINIC
HEALTH SYSTEM

ADDITIONAL SPEAKERS:



ELIZABETH LEWIS calls herself an “accidental artist.” The Mequon, Wisconsin-based stress resilience teacher, motivational speaker and personal development/spiritual coach, teaches healing art programs and has exhibited her fiber and mixed media work throughout Wisconsin and nationally in museums, galleries and juried shows.

While the process of creating art has been transformative in her life, Elizabeth had been on a different career path before a car accident 32 years ago upended her life, resulting in temporary paralysis and a traumatic brain injury. Her medical team considered her 30 percent permanently disabled and unlikely to function beyond a sixth-grade level ever again.

Years of therapy and rehabilitation followed. While she calls brain trauma a “lifetime issue” and still cannot remember two years of her life, Elizabeth has found a gift and a sense of purpose where others might have been stuck in a cycle of pain, self-pity and anger.

“I never thought to say, ‘this isn’t fair’ or ask ‘why me?’” she wrote in a book about her experience. When asked how she could maintain such a positive attitude in the face of so much loss, she said, “Now, with some hindsight and distance, I realize I was so grateful to even be alive.”

She has since built a career of helping others feel the same sense of abundance and gratitude, and she attributes her Franciscan Catholic faith with helping her to see the big picture. “I know my work is what I am meant to be doing,” she said.

Before the accident, Elizabeth had been preparing to attend graduate school for creative writing. Additionally trained in music and costume design, the accident also robbed her of the ability to play the violin and piano. She had always enjoyed making clothes, but when that became a challenge during her recovery, her husband signed her up for a quilting class.

A love of fiber art emerged, as well as firsthand knowledge of the healing power of art. Many of her pieces incorporate painting and textiles. Through her workshops, she guides others in making grief masks, family mandalas, fabric-mâché soul bowls, essence trees and more for self-discovery and spiritual connection. The process of creating art can help people reduce stress, pain, anxiety and fear, she says. “It gets your brain out of the way. You can express something deeper than words.”

By sharing her story, Elizabeth hopes others will realize, “Wow, If she can do it, anyone can.”



When **MELINA GARCIA** of Brooklyn Center, Minnesota, met her now-husband 14 years ago, she felt as if her prayers had been answered. “We are each other’s BFF,” she said. “We laugh every day. We have so much fun together.”

But the couple’s commitment to one another and their trust in God has been tested in ways that your average married couple hasn’t had to face.

After relocating to Minnesota from Illinois for a fresh start, Melina joined a Mexican folklore dance group led by Severo. Theirs was an old-fashioned courtship, and Melina’s father, despite being aggressively treated for cancer, was able to walk her down the aisle in May 2008.

In 2013, Severo started what Melina refers to as “the terrifying experience” of applying for his permanent visa. “People don’t realize what is involved. Living in the shadows and living in fear, is a true thing,” said Melina, who is a first-year participant in the FSC’s Spiritual Direction Preparation Program. She hopes her story helps educate people about the divisive topic of immigration.

Severo, who came to the United States from Mexico in 1997 in search of a better life, had wanted to fix his status for some time. Melina, who was born in the U.S., was supportive but also felt overwhelmed and afraid. She feared that he would be exposed if the process didn’t turn out in their favor.

“Severo would automatically have to return to Mexico for 10 years before re-entry would even be considered, so as his spouse, I had to apply for a ‘hardship waiver’ to waive the 10-year requirement. If his waiver or visa were denied, obviously, I’d have to go with him,” Melina said. “We’d lose our home, our jobs, health care—that is how scary and serious it was. I really had to turn to God.”

Melina couldn’t believe that God’s will was to send them to Mexico, but learning to trust was at times a struggle, she concedes. It was also a test of her humility to accept so much help and support from others.

The process involved stacks of paperwork in which she had to document, among many other things, her family medical history and the couple’s complete financial history, collect letters of recommendation and explain what her husband meant to her and how she would be affected if his visa or the hardship waiver were denied. “I felt like an attorney, preparing my case to keep an innocent man off Death Row,” she said.

After two years, thousands of dollars, countless hours of prayers and a stressful week in violence-plagued Juarez, Mexico, permission to stay in the country was finally granted. This past summer, after a three-year waiting period, Severo became eligible to pursue citizenship. It’ll take more time and more money, but they are prepared to take the next steps together in this journey.



It’s tempting to connect the dots between **TARA SHILTS’** personal life and her professional ministry.

This Onalaska mother of two is a hospital chaplain who recently starting working with pediatric and inpatient behavioral health patients. It is a deeply spiritual ministry, Tara says, and she’s grateful to be involved in the healing of people.

But she’s also spent several years on the other side, as the mother of a patient. One of her young daughters has significant mental health challenges related to early childhood epilepsy. Working at a hospital doesn’t make the struggle at home any easier. Finding the right resources and navigating the health care system is still frustrating and time-consuming. And, as anyone who has an ill family member can tell you, the whole family is affected.

“Part of the grit comes in learning how to communicate with my husband,” Tara said. “We have to be a team.”

Her goal in sharing her story is to normalize others’ experiences. “I hope people feel less alone and energized for their own battles,” she said, adding that we are all “looking for those moments when grace breaks through.”

A chaplain’s job is to connect people to their own faith. Tara has relied on her own “incredible church community” and belief in “the wholeness to come—that one day we all will be whole and well” to sustain her through the tough times. She also tries to carve out opportunities for self-care, whether that is her book club, yoga, time outdoors or writing sermons, a favorite activity that she concedes might not be on everyone’s list.

When the lines between home and work blur, Tara draws on her ability to empathize and listen without judgment.

“God has given me the life experience to share my gifts for this ministry and, in turn, this ministry has helped me with my daughter,” she said. “It gives me hope.”



2019 Program & Retreat Offerings

January 3

Thursday, 5:30-8 p.m.

Presenter: Deb Hansen

Investment: \$35,
includes meal and Wise
Women gifts

Registration deadline:
December 20



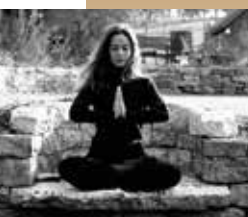
FOURTH ANNUAL EVENT

Women's Christmas: An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, the celebration of the coming of the Wise Men to the Infant Jesus, 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.

At the FSC, we bring together the tradition of Women's Christmas and the Feast of the Epiphany in *Women's Christmas: An Epiphany Celebration for Wise Women*. Whether you claim an Irish heritage or not, you are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women. Beginning with a simple meal, we will reflect on the Celtic seasons of *Lughnasadh* (harvest), *Samhain* (renewal), *Imbolc* (awakening) and *Beltane* (vitality). As we celebrate, we will share with each other our unique wisdom and our wise women gifts of harvest knots, anointing oil, seeds and shawls.

January 4-6



Friday, 3 p.m.–Sunday, noon

Presenter: Heather Henry

Investment:

- **Full:** \$240, includes two nights' stay and all meals
- **Commuter:** \$140, includes most meals

Registration deadline: December 21

Quieting: A New Year, New Moon Yoga Experience for Women

The holidays have hushed, and the twinkling lights have dimmed. It's time to align intentions for the upcoming year—to get quiet, reflect and be grateful for the time gone past and clarify how you would like to create that which lies ahead. This yoga retreat is for women looking to take responsibility for and design their lives, inhabit their whole body and release what no longer serves. Working with nature's rhythms, we will use gentle yoga and Ayurvedic practices to fortify Shakti (sacred feminine energy) and weave our intentions into the exquisite experience of our lives.

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

January 4-5

Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Deb Hansen
and Steve Spilde

Investment:

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



Japanese Bowls: Embracing Our Imperfections With Grace and Courage

The Japanese art of Kintsugi takes broken pottery and repairs the cracks with gold. These restored bowls, formerly considered worthless, become treasured items of great worth and beauty. We will use this art as a symbol of the spiritual life. Our wounds and failures can easily harden into shame and regret. Yet, if we look at our lives through the eyes of grace and compassion, our painful experiences can be transformed into great sources of inspiration, beauty and wisdom. This retreat will draw on the wisdom of author and research professor Brené Brown and be a mixture of creative expression, presentation, individual reflection and small-group processing.

Deb Hansen is a spiritual director on staff at the FSC. **Steve Spilde** is associate director at the FSC and a Certified Daring Way Facilitator candidate in the work of Brené Brown.



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

January 7–March 4

Mondays, 5-7:30 p.m.; dinner and child care provided

Presenters: Trish Johnson and Sensei Paul Kisho Stern

Investment: \$100 per family (scholarships available)

Registration deadline: December 26

**NEW FAMILY SERIES*****Living Calm in the Chaos: A Family Series Developing Mindfulness and Presence***

How do we function and even thrive when life is hectic, unpredictable and chaotic? As parents, how do we help nurture and cultivate a family culture that embraces life in all its busyness and stress while remaining open to the joy and presence of everyday living? This new program meets on Monday evenings for nine weeks and is designed to bring families closer together, reduce stress and develop self-awareness, resiliency and gratitude.

Using age-appropriate curriculum, adults and children will learn through experiential practices based in mindfulness; for example, mindful breathing, qi gong, yoga, walking the labyrinth and body scanning. We will discuss various ways of expressing ourselves, managing our personal and family lives, and being present to each other. This program is designed for youths ages 7-12 and their families. Child care will be provided for those who do not meet the age requirement for the program.

Trish Johnson began her work with meditation, mindfulness and embodiment practices almost 20 years ago. She has been a mindfulness meditation instructor for seven years and works with children and adults throughout the community and in schools. She completed a two-year mindfulness teaching program with Mindful Schools in 2017, is a certified yoga teacher and completed a 30-hour trauma informed yoga training in 2018. Trish is a founder, director and instructor at Manitou Center in Winona, Minnesota.

Sensei Paul Kisho Stern is a founder and instructor at Manitou Center who offers holistic, integrated practices that promote sustainable, generative human development and embrace compassionate living. He is a Zen priest and 84th generation dharma successor, a licensed martial arts (Chinese kung fu and tai chi) and qi gong instructor, a behavioral specialist and an organizational planner and leadership strategist.

January 9, 16, 23, 30

Wednesday, 10-11:45 a.m.

Presenters: Rose Elsbernd, FSPA, and Katherine Krage

Investment: suggested donation of \$40 for entire four-week series

Registration deadline: December 28

FOUR-WEEK SERIES***Wisdom of Years***

Do we see aging as a gift? What is the wisdom that we now hold? Beginning with a brief introduction of each week's theme, you will be drawn into identifying and celebrating your life's journey. Gathering times will provide opportunities for a guided reflection and informal, small-group sharing. We can gain mutual encouragement and appreciation from each other as we celebrate our wisdom gained through life. Themes include:

- How do I want to be remembered?
- Regrets/seeking or granting forgiveness
- Aging and spirituality
- Gratitude

Sister Rose Elsbernd and **Katherine Krage** are spiritual directors.



Spiritual Living

These programs are open to men and women on a drop-in basis and are offered free of charge (although donations are greatly appreciated).

No advance registration is necessary; simply stop by the front desk and let us know you are here.

***Meditation for Emotional Health***

January 3 & February 7
Thursday, 6-7 p.m.

Facilitator: Laura Mausolf

This group meets on the first Thursday of the month to offer meditation as a coping skill for those experiencing anxiety or depression. Practicing coping skills such as meditation can change the way we interact with the world and with ourselves. Each evening will include a brief discussion time followed by a meditative practice.

The Sound of Bowls

January 8 & February 12
Tuesday, 5:30-6:30 p.m.

Facilitator: Tom Roberts

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





2019 Program & Retreat Offerings *continued.*

January 12

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

Presenter: Kristy Walz

Investment: \$45,
includes lunch

Registration deadline: December 29

*"If prayer is you talking to God, then
intuition is God talking to you."*

- Wayne Dyer



Honoring Your Intuition

Intuition is a gift we all have. If you can learn to trust your intuition, you can use it to help make decisions. We offer this popular program at the beginning of the year because we know it's a natural time to evaluate choices and make changes in your life. During this experiential workshop, we'll explore how to find a place of stillness and tap into your inner voice. You'll learn the tools and practices that allow you to deepen your trust of intuition and discern the source of those gut instincts and hints. Our day will include small- and large-group discussion, quiet time and reflective writing. Bring an open mind, and you are sure to leave with new insights!

Kristy Walz is a spiritual director and independent consultant specializing in facilitation, strategic planning and leadership training.

SIX-WEEK WINTER RETREAT

Making Friends With Yourself: A Buddhist Perspective by Pema Chödrön

Basic Buddhist understanding is rich in the examination of the development and function of a sense of self that leads to suffering. Curiously, through befriending ourselves, we begin to free ourselves from suffering. In her down-to-earth way, Buddhist teacher and author Pema Chödrön makes these traditional Buddhist understandings accessible. These teachings include the development of self, how it can function in maladaptive ways that cause us pain and the freedom from those habits that can be attained, leading to greater happiness and peace.

This is a six-week retreat, beginning with a full day and then five half-day sessions. Each week will include instructed meditation, video teachings by Pema Chödrön and time for reflection and group discussion. You are invited to attend the full-day retreat separately if you are unsure or unable to attend the entire program.

Ann Tyndall has just retired from full-time hospital chaplaincy at Gundersen Health System. She has practiced Buddhism in the Shambhala lineage since 2002 and is accredited as a meditation instructor in that tradition. Earlier in her life, she served as an ordained Unitarian Universalist minister and so is adept at translating between Buddhism and liberal Christianity and humanism.

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 12-February 16

Saturday, times
vary by date

- **January 12** –
9 a.m.-4 p.m.
(lunch included)

- **January 19, 26;**

February 2, 9 – 8:30 a.m.-12:30 p.m.
(lunch not included)

- **February 16** – 8:30 a.m.-12:30 p.m.
(lunch will be included on this day)

Presenters: Sharon Lukert and Ann Tyndall

Investment:

- **Full series:** \$340
- **January 12 only:** \$95

Registration deadline: December 29



January 16 and February 12

Choose Wednesday or Tuesday, 9 a.m.-4 p.m.

Facilitator: Deb Hansen

Investment: \$35, includes
optional spiritual direction
session

Registration deadline:

January 9/February 5



Franciscan Day of Solitude

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God. Choose either day that works for you. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room and a simple meal. Options include attending liturgy or praying in the chapel, using our art room and meeting with a spiritual director.



REGISTER

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 all on their spiritual journey and will hold your request in confidence.

January 21 and February 18

Monday, 6-7:30 p.m.

Instructor: Mary Thompson**Investment:** \$12 each evening**Registration deadline:**

January 18/February 15

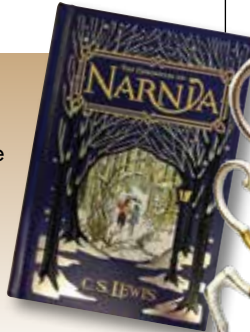
Supplies needed: watercolors (pan set), brushes (8" round watercolor, 1" flat wash brushes), kneaded eraser.**Watercolor paper is provided.****Art as Prayer**

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

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

**January 19**

Saturday, 2-4 p.m.

Note: All net profits from this event benefit our three scholarship funds.**Investment:** \$45 per person (tables may be reserved in groups of six)**Registration deadline:** January 7**Winter Tea Garden: Lessons From Narnia**

We invite you to come in from the cold and spend a winter afternoon in Narnia, the land from the beloved fantasy series *The Chronicles of Narnia*. You'll experience an atmosphere of warmth and hospitality as one of our honored guests as you sip tea and sample delectable treats featured in the books. Franciscan Spirituality Center staff members will share wisdom gleaned from these C.S. Lewis classics based on the themes of hope, courage, kindness and creativity.

This fourth annual tea party event is not only a warm and cheerful way to break up the winter months but also an opportunity to "pay it forward." Proceeds benefit our scholarship funds, ensuring that all who want to attend our programs and retreats can do so. As a special treat, guests can bid on a special Narnia-themed painting created by artist Mary Thompson during this event.

February 2

Saturday, 9 a.m.-noon

Presenters: Mike Hesch**Investment:** \$45**Registration deadline:**

January 19

**Couples are encouraged to attend together!****Cultivating a Resilient Mindset**

Where your focus goes, your energy flows! This program will explore practical and simple ways of living your best life. We will learn how to tap into the amazing power of our brain to change the lens in which we see the world and, in turn, increase resilience, motivation and focus. Come explore the possibilities of living a resilient life both at work and at home.

Mike Hesch has worked at Mayo Clinic Health System since 1999 in both staff and leadership roles in the areas of physician services, human resources, and leadership and organizational development. He serves on several professional and community boards, including the FSC's, and he regularly presents in the areas of servant leadership, leadership development, communication, team-building and executive coaching.

February 9

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

Presenter: Marci Madary**Investment:** \$95**Registration deadline:**

January 5

**A Time to Forgive**

Forgiveness is easier said than done; yet, it is crucial to find inner peace. Leaning into Father Robert Schreiter's work on the spirituality of forgiveness, participants will look at the process of forgiveness to better understand the dynamics involved. They also will hold in prayer those whom they need to forgive and consider who needs to forgive them. Enter into this retreat and leave with a greater sense of peace.

Marci Madary is fascinated by the movement of God in this good world. Along with speaking on a variety of topics revolving around spirituality, Marci facilitates groups, provides spiritual direction and is passionate about poetry. She is an affiliate with the Franciscan Sisters of Perpetual Adoration and has a Doctor of Ministry degree in spirituality. Married and a mother of two young adults, she deeply treasures the relationships in her life.



We want to remind you that many of our offerings have a minimum attendance requirement to take place. We encourage you to register as soon as possible if you are interested in a program or retreat.



2019 Program & Retreat Offerings *continued.*

February 16

Saturday, 9 a.m.-noon

Presenter: Melissa Fannin

Investment: \$45,
includes supplies

Registration deadline:
February 2



Meditation and Mandalas

Come for an afternoon of art, meditation and spiritual exploration. Allow yourself the time and space to reconnect with yourself and/or with your Higher Being as you allow creativity to flow through you. You will participate in guided meditations and reflections followed by experimentation and play with the art materials, culminating in the creation of your own mandala. No previous art or meditation experience required.



Melissa Fannin, MA, LPC, ATR is a licensed professional counselor and registered art therapist. She owns Fannin Counseling and Art Therapy in downtown La Crosse. You can learn more at fannincounseling.com

February 20-April 10

Wednesday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$20 for eight
sessions, includes workbook

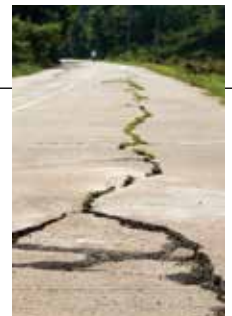
Registration deadline: February 6



EIGHT-WEEK SERIES

Divorce Recovery

This group meets for eight weeks and offers support and a path for healing from divorce, separation or the end of a long-term romantic relationship. The negative emotions that accompany divorce can be overwhelming. Anger, anxiety, regrets and resentments can make it difficult to deal with the challenges of rebuilding your life. In this group, we will learn practices based in self-compassion to help you heal, forgive and form new loving relationships.



February 22-23

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

Presenter: Dianne Bergant

Investment:

- **Full:** \$165, includes overnight stay and all meals
- **Commuter:** \$115, includes lunch on Saturday

Registration deadline: February 8



The Face of the Mercy of God

Pope Francis says that Jesus is the face of the mercy of God. What does mercy look like in our world today? How do we extend mercy to others and ourselves? This retreat will examine several biblical passages from both the Old and New Testament that describe the mercy of God, the mercy of Jesus and our own responsibility to be merciful.

Dianne Bergant, CSA, is a professor of biblical studies at Catholic Theological Union in Chicago. She previously was the Old Testament book reviewer of *The Bible Today* and wrote the weekly column *The Word* for *America* magazine. She is currently working in the areas of biblical interpretation and biblical theology, particularly issues of peace, ecology and feminism.

Groups That Meet at the FSC

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

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

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (January 19 and February 16) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.



body, mind & spirit

Tai Chi

Monday, 11:15 a.m.-noon

Session 1: January 7, 14, 21, 28; February 4, 11

Session 2: February 18, 25; March 4, 11, 18, 25

Investment: \$36 for six classes or \$8 drop-in

Instructor: Bernice Olson-Pollack

Tai chi is an internal style of Chinese martial arts. It emphasizes the steadiness of the breath and body with quiet concentration. This discipline consists of gentle and circular movements that are performed with a relaxed, slow tempo. The agile steps practiced in tai chi strengthen and mobilize joints and muscles. Mind and body become more integrated, promoting the balance of inner and outer self.

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



Yoga for Befriending the Body

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

Session 1: February 18, 25; March 4, 11, 18, 25

*Note: There is one session only for this new class.

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

Instructor: Cheryl Neubauer

Many of us struggle with self-image or wrestle with painful emotions. However, through mindful and loving practices, the body can be seen as not just something to be healed or restored but also a source of great wisdom and knowledge. Please join us for a new class that will offer gentle postures combined with breathing and relaxation techniques that will help you learn to listen to your body and make healthy choices for body, mind and spirit.

Cheryl Neubauer has been a certified yoga instructor for many years, teaching in various La Crosse area community settings. She also teaches Pilates and strength training, has an undergraduate degree in community health education and a master's degree in rehabilitation counseling. She enjoys assisting people to achieve their desired health outcomes.



Golden Yoga

Tuesday, 11:15 a.m.-12:15 p.m.

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

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

Thursday, 11:15 a.m.-12:15 p.m.

Session 1: January 10, 17, 24, 31; February 7, 14

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

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

Instructor: Amber Moesch

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Each class includes a gentle flow of seated stretches, standing poses and balance exercises. A chair is used as a prop during the class to offer modifications and balance support. The last 15 minutes of each class includes poses and movements done on a yoga mat on the floor.

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



Vinyasa Yoga

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

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

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

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

Instructor: Bernice Olson-Pollack

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





Johnathan Lawson



Toril Fisher



Larry Durfey



Cody Bartz



Valerie A. Savage



Phyllis Martino



Laura Siitari



Jennifer Fisher Jones



Janet Mootz



Leanne Poellinger



Mary Lou Ferguson



Susan Cushing



Leanne Poellinger



Susan Cushing



Jamie Heiden



Vincent Louis Carrella

ART DASHERS, ON YOUR MARKS...

Ready, Set, Gogh!

Tickets for our third annual Art Dash fundraising event go on sale January 2, and you don't want to miss this fun and fast-paced evening of fine art and food!

Once again, we've outgrown our venue. This year, you'll dash for your favorite pieces of original art from local and regional artists at The Cargill Room at The Waterfront Restaurant and Tavern in La Crosse. Cocktail hour begins at 5 p.m., and the dash for art starts promptly at 6 p.m.

We are welcoming back our favorite local and regional artists as well as several new contributors. Here's a look at some of the pieces that have already arrived, with many more in the works.

Our third annual Art Dash will be Thursday, March 28, at The Cargill Room, The Waterfront Restaurant and Tavern—a bigger venue to accommodate all our enthusiastic "dashers."

Your \$100 contribution buys you a ticket to the event, where you'll enjoy appetizers and the chance to "dash" for a piece of original art. Every \$100 ticket holder is guaranteed a piece of art, but which piece depends on when your number is called and how quickly you can claim it. Past dashers have told us how much they enjoy the element of surprise and how it seems that the piece they go home with is the one they were meant to have. All of the art is worth much more than the cost of your ticket so you can't lose, and the proceeds support our valuable mission. Spectators can join the fun with a \$60 ticket. Find more details at www.FSCenter.org by clicking on the Art Dash tab at the top of the page.



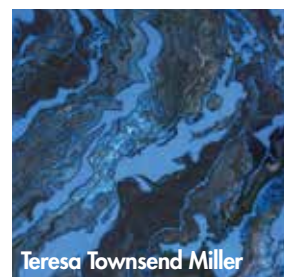
Lisa Anderson



Lynne Burgess



Vincent Louis Carrella



Teresa Townsend Miller



Terri Beck-Engel



Vicki St Mary



Mike Martino



Jennifer Fisher Jones



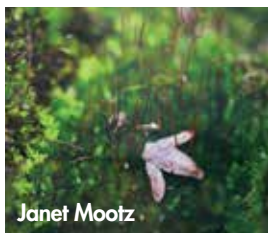
Mary Thompson



Mary Lou Ferguson



Jamie Heiden



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THANK YOU TO OUR SPONSORS:

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We are still accepting sponsors. Please contact Rika Beckley at rbeckley@fspa.org or 608-791-5276.

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



MARCH 28, 2019

5 P.M. SOCIAL • 6 P.M. ART DASH BEGINS

Tickets go on sale January 2.

Call 608-791-5295 or

visit www.FSCenter.org to buy yours!

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

Sue's way to give back

Sue lives in Onalaska and has volunteered out at our front desk for three years. Always smiling and eager to jump in where needed, Sue recently started helping with hospitality duties as well.

What do you like best about volunteering here?

The Franciscan Spirituality Center is almost a utopia, a fantasy world, where people of all walks of life and beliefs come together with respect, integrity and love. When I enter the doors of the FSC, I get to leave personal concerns behind and embrace what the world could look like. To be of service to the people who create and participate in creating such a world is a powerful opportunity that I look forward to every time.

Do you have a favorite program or retreat you've attended at the FSC?

I have attended many events the FSC, but the one that I remember most was the intuition workshop led by Kristy Walz. To find a safe place to openly discuss our unique intuitive gifts, experience those abilities that are foreign and uncomfortable, honor those with those different abilities and grow in our intuition was a powerful experience. I discovered my own unique intuitive bent was something to be valued and nurtured, not rejected because it didn't look like I thought it should. It was a powerful first step in accepting and appreciating me. The FSC always strives to bring the most qualified presenters for their retreats, and Kristy was exemplary in her intuitive abilities and her heart in teaching them. But she won my heart when she admitted she was not comfortable or skilled in certain areas and allowed those who did have skill to share their knowledge with the group. I keep attending retreats that stretch me, and I know I am safe being vulnerable and authentic. That is a rare thing indeed.

What else would you like to share about yourself with our readers?

I am the mother of four wonderful adult children, and I have four grandchildren. I have been blessed with a husband, Tony, of 38 years, who has watched me evolve over the years and has encouraged and supported my seeker's heart. I have been a teacher of both children and adults, and am now looking forward to a second-half-of-life career. This requires a path of self-discovery, where facing my greatest fears actually becomes the source of my greatest joy. This was most recently experienced when I auditioned and received a role in the LCT production of "Fools." I continue to embrace opportunities that in the past would have paralyzed me, and in each situation I discover something about myself that I now honor and appreciate. I am also enjoying the process of making beautiful and empowering beaded wands. I enjoy the experience of giving them to people in need of a miracle or connecting with their inner *Harry Potter*.



SUE'S FAVORITE QUOTE:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. ...

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? ...

We were born to make manifest the glory of God that is within us. ...

And as we let our own light shine, we unconsciously give other people permission to do the same."

— Marianne Williamson

The FSC is always looking to add to our volunteer team. We're happy to work with your schedule and welcome help with light office duties, hospitality and special events. As a thank you, volunteers receive a 20 percent discount on most programs and retreats, and are invited to an annual appreciation party. Call Laurie Swan at 608-791-5279 to see how we can match your time and talents to our needs.

FRANCISCAN SPIRITUALITY CENTER

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IMPORTANT INFORMATION:

Registration Process

Please visit the Franciscan Spirituality Center's website at www.FSCenter.org to register for each session. Payment is required at time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or send an email to FSCenter@fspa.org. 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

Community Builders

A new year is almost upon us, and the season brings a shift in weather. Many of the changes we are experiencing, though, come from within. We are grateful to all those who give so that others may grow, heal and experience positive transformation.

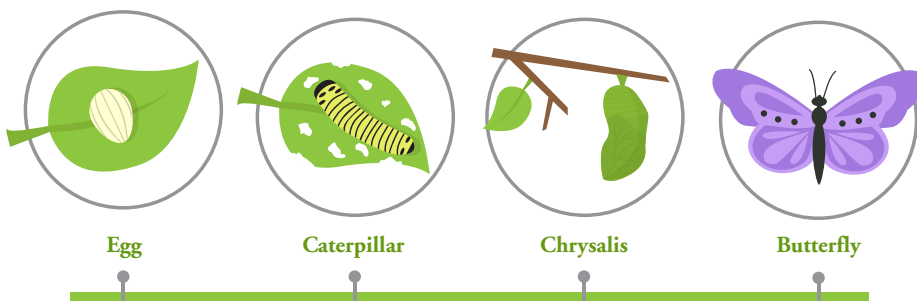
The Franciscan Spirituality Center changes lives through partnership with community members who share our passion for healing, wholeness and creating a just and peaceful world. Our community partners give their time, talent and treasure to help us carry out our mission.

Thank you to everyone who supported us—and helped us build community—in 2018.

Some choose to support us with ongoing gifts through our monthly *Spirited Friends* program; others donate through the mail or online. We're currently finalizing sponsors for our signature fundraising event in March, *Art Dash*.

Our year-end appeal highlights another giving option open to those who are 70 ½ or older with *IRA savings*. If this applies to you, ask your financial adviser how you can give up to \$100,000 from your IRA directly to a qualified charity without having to pay income taxes on the donation. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize on your tax return.

We are happy to help you find the best way for you to partner with us in the work we do. Last year, we gave out nearly \$10,000 in more than 150 scholarships, and we hope to serve more community members in 2019. Help us give the gift of positive change in our community by your investment in the FSC. And may 2019 bring you blessings and positive change.



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

Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure awaiting your discovery. Full of books, scarves, bags and other gift items, it is a wonderful, welcoming place to sit and enjoy the quiet hum of life and energy within. The room has two tables, comfy chairs for curling up with a book, free WiFi and complimentary coffee and tea. As one fan of our bookstore says, "I love this place. I find 21st century answers to first century questions, instead of 16th century answers to 19th century questions."



Rika Beckley
rbeckley@fspa.org
608-791-5276





Franciscan Spirituality Center

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COMING THIS SPRING

Serenity Retreat: Emotional Sobriety

March 22-24

Friday, 7 p.m.-Sunday, noon

Presenter: Susan Seeby, CSA

Investment:

- Full: \$145, includes two nights' stay and all meals
- Commuter: \$90, includes lunch on Saturday and breakfast on Sunday

Registration deadline: March 8



Sister Susan shares the story of reading a reflection by Alcoholics Anonymous co-founder Bill Wilson in the *Grapevine* journal about his own struggles with serenity. By the hour, she says, she stared at the St. Francis Prayer and thought about how it is better to comfort than to be comforted. Here was the formula, but why didn't it work? You are invited to journey on this retreat through the lens of the Prayer of St. Francis to explore the next frontier of "emotional sobriety."

Sister Susan Seeby is a member of the leadership team of her community, the Congregation of the Sisters of St. Agnes, in Fond du Lac, Wisconsin, and has been engaged in the ministry of spiritual direction and retreat direction for 13 years, including preached and directed retreats at the Jesuit Retreat House in Oshkosh, Wisconsin.

In order to protect anonymity, this retreat is closed to men and women who are members of a 12-step fellowship and active in their recovery from alcohol or drugs. Confidential financial assistance is available to those who would like to attend but do not have the means to do so.

COMING IN MARCH/APRIL



Overcoming Challenges With Grit and Grace

March 16 • with Sarah Theborge, Elizabeth Lewis, Tara Shilts and Melina Garcia

Art Dash

March 28 • with FSC staff and local artists

Lenten Retreat

March 31-April 6 • with Father Greg Schmitt, C.Ss.R.

Sign up for our weekly *Reflections From the Center* at www.FSCenter.org or follow along at <http://atthecenterreflections.blogspot.com>.

Follow us on :



The Franciscan Spirituality Center is a sponsored ministry of
the Franciscan Sisters of Perpetual Adoration.