



**Franciscan**  
**Spirituality Center**

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

VOLUME 23 • NUMBER 1

JANUARY/FEBRUARY 2015

# At the Center

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- *Soup, Story & Slam*
- *The Path of Simply Being*
- *Leading Like Francis*
- *Celebration of Married Life*
- *Lenten Gospels*
- *Serenity Retreat*

DISCOVER A  
DEEPER  
SPIRITUAL LIFE  
THROUGH  
THE

# Enneagram



*This system of nine personality types provides a lucid map for how we habitually think, feel and react. By gaining awareness of our feelings, strategies and motivations, we become open to creativity, choice and deeper connection.*

- Leslie Hershberger

*“Enneagram teachings have the potential to be the most powerful self-development tool you will ever encounter. The potential for increased self-awareness is incredible. You won’t find a better teacher than Leslie. I highly recommend working with her.”*

- Teresa Westman, Christ Church, Telluride, Colorado

MARCH 27-28, 2015

## ***Deepening Spiritual Presence with the Enneagram***

**Presenter:** Leslie Hershberger

**Times:** Friday, 7-9 p.m., and Saturday, 9 a.m.-5 p.m.

**Investment:** \$95, includes lunch

***Come stay with us! Just \$42 per night.***

### **In this workshop, you will:**

- Use understanding of personality type to explore barriers to self-compassion and compassion for others who relate from different perspectives.
- Learn about yourself more deeply to move beyond your own conditioning, not only at the “head” level but also in your body and emotions.
- Learn and practice Centering Prayer, which invites us to attune our hearts to the divine and consent to the divine action and presence within.
- Learn and practice Welcoming Prayer, which helps us let go of our habitual need for control, esteem and security.

For more on Leslie Hershberger, please see page 11.



*At the Center* newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook, Twitter and Pinterest.



**Franciscan Spirituality Center**

920 Market Street, La Crosse, WI 54601  
608-791-5295  
FSCenter@fspa.org • www.FSCenter.org

**Identity**

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

**Mission**

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:  
In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

**Core Values**

In keeping with the tradition of our Franciscan founders, we hold these core values:

**Sacredness:** Believe that in every person and all creation lives the Sacred.

**Respect:** Acknowledge the dignity, diversity and worth of each person as a unique image of God.

**Community:** Through prayer, empathy and sharing, create a safe, peaceful place.

**Hospitality:** Welcome all with compassion, acceptance and celebration.

**Professionalism:** Commit to competence, quality, trust and personal spiritual development.

**What We Do**

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The Center offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

# At the Center

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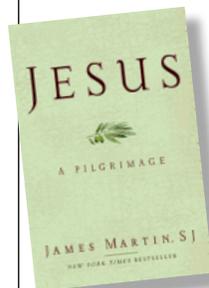
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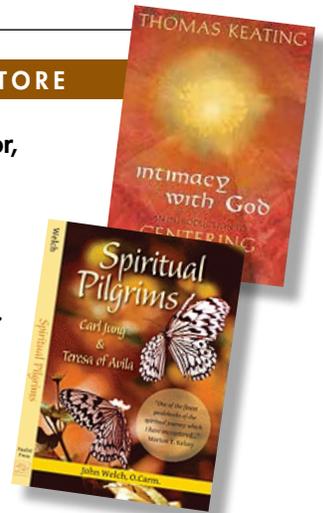
**Marcia Bentley, FSC spiritual director, offers praise for these reads:**



*Jesus: A Pilgrimage* by James Martin

*Intimacy with God: An Introduction to Centering Prayer* by Thomas Keating

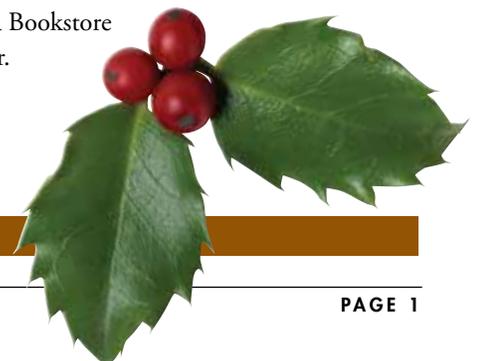
*Spiritual Pilgrims: Carl Jung and Teresa of Avila* by John Welch



**HOLIDAY GIFT CERTIFICATES FOR LESS**

Give the gift of peace and prayer this holiday season with a gift certificate to the Franciscan Spirituality Center. Friends, family and loved ones will find something to treasure at the FSC. And with our special holiday discount, your money goes further. This offer expires on December 31, 2014, but the gift certificates are good for one year from the time of purchase and can be used toward programs, retreats, hermitages and Sophia Bookstore items at the Franciscan Spirituality Center.

- \$25 gift certificate for only \$20
- \$50 gift certificate for only \$40
- \$100 gift certificate for only \$80



# Bringing you tidings of joy



Audrey Quanrud  
FSC Director  
Program Coordinator

A good friend has a long-running joke. Pulling out his wallet, he'll ask, "Have you seen my pride and joy?" Then he pulls out a photo of Pride and Joy (furniture polish and dish soap, that is). He gets a lot of joy out of the groans and chuckles.

Joy often seems absent from our lives. The drudgery of our tasks and the anxieties of life can steal our joy. What I learned about St. Francis is that even though he suffered severe physical illness and trauma, depression and rejection, he was full of joy. It's a paradox we're exploring in several upcoming programs at the FSC, including *Franciscan Joy* with John McHugh.

If ever there was a model for Franciscan joy, it was Sister Thea Bowman. She shook up life at St. Rose Convent, Viterbo College and elsewhere in the country with her joyful gospel singing and preaching. Thea became a prominent national figure during a time when black Americans were claiming their civil rights. The FSC is proud to host a free public exhibit of Thea art and artifacts during March. You are also invited to a presentation by four of Thea's friends about why Thea, 25 years after her death, continues to inspire and influence.

Another joyful event coming up soon is our 9th annual *Celebration of Married Life*. This year, it falls exactly on Valentine's Day, and we have a beautiful program and dinner planned for you.

There have been times in my life when I have felt joy-less and knew I needed to make a change. If this is true for you, consider attending Tom Roberts' mindfulness retreat on *The Path of Simply Being*, my program on *Forgiveness*, or if you are in recovery, our annual *Serenity Retreat: Finding Joy*.

We are celebrating the 30th anniversary of our founding as a spirituality center this year. That is probably behind all the joy you are seeing reflected in these programs! Thank you for your 30th anniversary gifts and good wishes. Please join us this winter as we continue the celebration!

Peace and all good,

**ASSOCIATE  
STAFF  
MEMBERS**



John McHugh



Bernice Olson-Pollack



Tom Roberts



Kristy Walz

**FRANCISCAN SPIRITUALITY CENTER**

*Staff*



Barb Kruse  
Spiritual Director



Linda Kerrigan  
FSPA Affiliate  
Spiritual Director



Steve Spilde  
Spiritual Director



Marcia Bentley  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Amy Taylor FSPA  
Retreat Coordinator



Zoua Vue  
Receptionist & Hospitality



Stacey Kalas  
Communications &  
Marketing Coordinator



Laurie Swan  
Office Manager



Jane Finucane  
Hospitality



Darlene Wozney  
FSPA Affiliate  
Hospitality



Erin Flottmeyer  
Bookkeeper & Receptionist

**SAVE  
THE DATE!**

## 2015 Retreat Offerings

**St. Francis and the Universe Story**  
February 22-28 • Meg Gemar, OSF, OFM

**Triduum Retreat**  
April 2-4 • John McHugh

**Icon Retreat: The Annunciation**  
May 3-9 • Phil Zimmerman

**Yoga Retreat: Grace From Within**  
June 5-7 • Heather Henry

**In the Heart of Compassion**  
June 8-12 • Janet Mallak, SSND

**Icon Retreat: Christ the Teacher**  
July 5-11 • Phil Zimmerman

**Into the Heart of the Word**  
July 18-21 • Theresa Washburn

**Transitions-Challenges and Opportunities**  
August 28-30 • Joyce Heil & Carl Koch

**Awakening to Dreams:  
A Retreat for Spiritual Directors**  
November 20-21 • Joann Gehling, FSPA

*Come away with me to a quiet place.*



## body, mind & spirit



### Tai Chi

**Session 1:** Mondays, January 5, 12, 19, 26 and February 2, 9

**Session 2:** Mondays, February 16, 23 and March 2, 9, 16, 23

**Time:** Noon-1 p.m.

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

Tai Chi emphasizes the steadiness of the breath and body with quiet concentration. This discipline consists of graceful and circular movements that are performed at a relaxed and slow tempo. Note: This class is for all levels. Beginners are invited to come 15 minutes early on the first day for an introduction to terms and movements.



Your instructor for the Tai Chi and Yoga classes is **Bernice Olson-Pollack**. She brings together several professional disciplines in her work as a health and wellness educator. She is a lifestyle coach, certified personal trainer, registered Yogafit instructor and Arthritis Foundation-trained Tai Chi instructor.

### Vinyasa Yoga

**Session 1:** Mondays, January 5, 12, 19, 26 and February 2, 9

Wednesdays, January 7, 14, 21, 28 and February 4, 11

**Session 2:** Mondays, February 16, 23 and March 2, 9, 16 and 23

Wednesdays, February 18, 25 and March 4, 11, 18, 25

**Time:** 5:30-6:30 p.m.

**Investment:** \$48/6 classes or \$10/drop-in; \$86/Monday & Wednesday

Vinyasa Yoga is a flowing sequence of postures coordinated with a breathing rhythm to enhance mental focus, flexibility and strength.

### Golden Yoga

**Session 1:** Tuesdays, January 6, 13, 20, 27 and February 3, 10

**Session 2:** Tuesdays, February 17, 24 and March 3, 10, 17, 24

**Time:** 11:15 a.m.-Noon

**Investment:** \$36/6 classes or \$8/drop-in

Golden Yoga provides a safe approach to improved flexibility, strength and balance. Traditional yoga poses are modified using a chair so that participants do not need to get down on the floor.



# 2015 Program & Retreat Offerings

**How to register:** Go online to [FSCenter.org](http://FSCenter.org). Payment 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. Some of our programs require a nonrefundable registration fee; the balance will be refunded to you if you cancel prior to the day of the program. If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving everyone on their spiritual journey and will hold your request in confidence.

## January 3

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

**Presenter:** Kristy Walz

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

**Registration deadline:**  
December 19



## Honoring Your Intuition

New Year's is a natural time of year to evaluate choices and decisions we are pondering. In this, intuition can be our ally. Intuition is our sixth sense, a gut instinct about what to do. We all have intuition, but how do we learn how to use it and trust it? During this program, you will learn some practical exercises to help you grow stronger in your intuitive skills.

*"The intuitive mind is a sacred gift and the rational mind is a faithful servant.*

*We have created a society that honors the servant and has forgotten the gift."* – Albert Einstein

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

## January 9

Friday, 5:30-8 p.m.

**Presenter:** Mike Blair

**Investment:** \$15

**Registration deadline:** December 29

## Soup, Story & Slam

On a cold winter's evening, we invite you to join us for a bowl of hearty soup or chili and a musical poetry slam with Mike Blair. We will break bread and explore some great stories of scripture through creative song and poetry to help us hear familiar stories anew or experience them for the very first time.



**Mike Blair** is a musician and poet/songwriter who serves as campus pastor at Luther College in Decorah, Iowa. His work with young adults inspired him to use song and poetry slams as a way of illuminating our own faith journey. Mike completed the Spiritual Direction Preparation Program at the FSC in 2010 and is studying classical guitar with Peter Ling at Luther College.

## January 10

Saturday, 9-11:30 a.m.

**Presenters:** Richard Rohr, OFM; James Finley and Cynthia Bourgeault

**Investment:** \$5

**Registration deadline:** January 2

## Richard Rohr Webinar

The faculty of the Living School at the Center for Action and Contemplation team up to discuss the question, *Is There Another Way? Teaching an Alternative Orthodoxy Within the Christian Tradition*. In conversation with each other and in response to participant questions, they'll explore what it means to offer a different, but nevertheless "orthodox," way to think about and practice our Christian faith. This is a replay of a December webcast.



## January 12, 19 & 26

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

**Presenter:** Marcia Bentley

**Investment:** \$10 ea./all 3 for \$25

**Registration deadline:** January 5



## Introduction to the Mystics

Mysticism is the experience of union with the Divine, a phenomenon only our hearts can truly understand. Join us as we ponder the lives and experiences of some of the great mystics of Christianity, and reflect on our own encounters with God.

- January 12: *Julian of Norwich*
- January 19: *Teresa of Avila*
- January 26: *Thomas Merton*

January 17

Saturday, 9 a.m.-4 p.m.  
**Presenter:** Catherine Michaud  
**Investment:** \$65, includes lunch  
**Registration deadline:** January 2



Ignatian Prayer

The community is invited to part of this special *Journey Toward Wholeness* weekend on spirituality and prayer. We will explore Ignatian spirituality, which is focused on “ordering one’s life to the service of God” (Ignatius of Loyola), and the spiritual practices of self-examination and the discernment of spirits.

**Catherine Michaud, CSJ**, trained with the Jesuit community at Gonzaga University and at the Immaculate Heart Retreat Center in Spokane, Washington. She was a professor of theology and Christian spirituality at St. Catherine University, St. Paul, Minnesota, and is a spiritual director with the Loyola Spirituality Center in St. Paul.

January 21

Wednesday, 6:30-8 p.m.  
**Presenter:** John McHugh  
**Investment:** \$15  
**Registration deadline:** January 12



Franciscan Joy

What brings you joy? In this presentation, John McHugh will explain why joy is a core Franciscan value and the fruit of a spiritual life. From finding purpose and meaning in our work, to recognizing what is truly important, to coping with hardship and loss, you will gain a new awareness and appreciation of joy in your life.

**John McHugh** is the manager of corporate communications, leadership training and development for Kwik Trip Inc. John has gained a devoted audience because of his gift of storytelling, using stories from everyday life to help provide a deeper understanding of the Gospel message. He first gave this presentation at the FSPA Sponsorship Conference in October 2014.



January 23-25

Friday, 7-9 p.m.;  
Saturday, 8:30 a.m.-4 p.m.;  
Sunday, 8:30-11:30 a.m.  
**Presenter:** Tom Roberts  
**Investment: Full:** \$220, includes bedroom and meals.  
**Commuter:** \$150, includes lunch on Saturday.  
**Registration deadline:** January 9



The Path of Simply Being: A Meditation Retreat

Embracing the path of simply being invites us to work on clearing away the obstacles and distractions that interfere with living fully from our true and authentic self. By bringing to bear the contemplative and mindful process of seeing clearly, we are better able to see our self as an expression of the Divine and to relate with love and compassion to all that is offered to us on our journey.

**Tom Roberts, LCSW**, a practicing Buddhist for more than 40 years, is a therapist specializing in mind-body healing. He presents meditation, healing and spiritual deepening retreats and workshops locally and around the country.

January 24

Saturday, 9 a.m.-Noon  
**Presenter:** Carl Koch  
**Investment:** \$10; \$5 for students  
**Registration deadline:** January 14

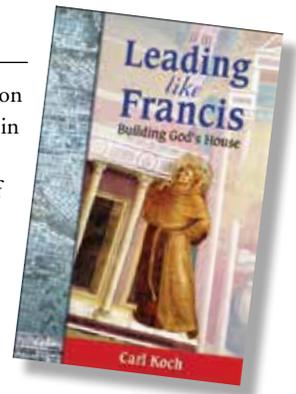


Leading Like Francis

You are invited to this special presentation to celebrate the publication of Carl’s new book. Christ calls all Christians to be servant leaders in building God’s reign. We will reflect this morning on the foundational principles of servant leadership as they are clearly modeled in the life of Francis of Assisi, and now Pope Francis.

*“Leading Like Francis is a masterful weaving of wisdom from the Christian and Franciscan traditions, successful business leaders, and real-life practical experience. This is a “must read” for CEOs, board members and staff members of service-oriented organizations, especially, but not limited to those claiming a Franciscan identity.”*

– Nancy Schreck, OSF



**Carl Koch** was the first director of the MA in Servant Leadership Program at Viterbo University and program coordinator at the Franciscan Spirituality Center in La Crosse, Wisconsin. He currently lives in Minocqua, Wisconsin. *Leading Like Francis: Building God’s House* is his 36th book.

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

## February 7

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

**Presenter:** Audrey Quanrud

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

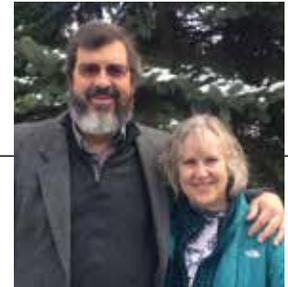
**Registration deadline:** January 26



## Forgiveness

When we have been deeply hurt by another person, anger, resentment and depression are normal responses. Over time, these feelings can block our own happiness and keep us from fully healing. Forgiveness is a process that eventually leads to freedom for the forgiver. It does not always mean reconciling with the person who has hurt you. In this presentation, we'll consider:

- what forgiveness is, and what it is not
- when it is time to consider forgiveness
- how to forgive when it seems impossible.



## February 14

Saturday, 3-8 p.m.

**Presenters:** FSC Staff, with special guests Mark and Irene Mehlos

**Investment:** \$75/couple, includes dinner

**Registration deadline:** January 30

## Celebration of Married Life: Loving Through Thick and Thin

Has a story ever stuck with you through the years, giving you hope and inspiration? Through their Retrouvaille connections, Mark and Irene met a widow in Cleveland who gifted them with the courage to keep on loving through thick and thin. They can't wait to tell you the story! Come and renew your romance with food for thought and for the body—the evening ends with a delicious candlelit dinner for two. This event has been an annual tradition at the FSC for nine years!

**Mark and Irene Mehlos** live in Merrill, Wisconsin, have been married for 35 years and have three grown children. Both are former health care professionals. In retirement, they manage a cabin rental business and volunteer with Retrouvaille, an international peer ministry for hurting marriages.

## February 19, 26 and March 5, 12, 19, 26

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

**Presenter:** John McHugh

**Investment:** \$10 each or all six for \$50

**Registration deadline:** February 5

## Lenten Gospels

Some of the best Gospel stories about Jesus are reserved and proclaimed for the season of Lent. These six important selections speak not only about Jesus but are also packed with meaning for each person on the Lenten journey. Join John McHugh as he takes a fresh new look at the Lenten Gospels, a new one each night of the series.

## February 20-21

Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenter:** FSC Staff

**Investment:**

**Full:** \$135, includes bedroom and meals.

**Commuter:** \$95 includes lunch.

**Registration deadline:** February 13

## Serenity Retreat: Finding Joy

We began the journey to recovery burdened with pain, guilt and sadness. The gift of recovery allows us to open ourselves to a joy-filled life. Even after many years, we can still fall under a cloud of misery. In this retreat, we'll gain an understanding of true happiness and joy as it relates to the work of the 12 steps. We'll hear experiences of joy rising out of challenges and learn where to take action to ensure a better perspective on life's challenges and to strengthen the foundation of our 12-step work.

*This is a closed retreat for those recovering from alcoholism or chemical dependency. The Norman L. Gillette, Sr. Scholarship is available to financially assist those who are in recovery.*

## February 22-28

Sunday, 6:30 p.m.  
to Saturday Noon

**Retreat Director:** Meg Gemar, OSF

**Investment: Full:** \$420 includes retreat, meals and bedroom.

**Commuter:** \$300 includes retreat and lunch.

**Registration deadline:** January 22

- Please include a \$50 nonrefundable deposit



## Lenten Retreat: St. Francis and the Universe Story

Francis, Clare and their contemporaries were aware of the Universe Story as they knew it in the 13th century. As mystics, they understood that everything is connected. As 21st century Franciscans and others who are concerned about relationships, we need to understand the Universe Story as we know it today. It is a story filled with mystery and awe. This story can enhance and deepen our spirituality, our connection to God, to other humans, other life forms and our home on Earth. Each day will include a presentation and time for reading, reflecting, journaling and sharing.

**Meg Gemar** is a member of the Sisters of St. Francis of Dubuque, Iowa. Her ministerial experiences include teaching high school biological sciences for 44 years. She holds degrees in biology, physiology and earth literacy, and is a co-author of *Earth as Our Home*, an online sustainable living resource produced by Catholic Sisters for a Healthy Earth.

# Spiritual Living

The Franciscan Spirituality Center is the place for people from all

walks of life and spiritual paths to come together to learn more about God and themselves and how to use spiritual principles to build a peaceful life and world. We hope this will be a place for you to find your peace and renewal!

## Centering Prayer

January 6 & 20 and February 3 & 17

Tuesdays, 5:30-6 p.m.

**Investment:** Freewill offering

**Facilitators:** Barb Kruse and Marcia Bentley

Centering Prayer is a Christian prayer of silence, in which we consent to the presence and action of God within. It is a temporary letting go of all the external noise and internal thoughts. All are welcome as we experience the stillness of community prayer with one another as we seek a deeper part of ourselves. If you are new to this practice, we will happily guide you.



## Drumming Circle

January 8 and February 12

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

**Investment:** Freewill offering

**Facilitator:** Rosalie Hooper Thomas

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



## Richard Rohr Discussion Group

January 12 and February 9

Mondays, 5:30-7 p.m.

**Investment:** Freewill offering

This self-facilitated group explores Richard Rohr's teachings on Franciscan spirituality. Using his books and other media offerings, we'll examine the ways his ideas can apply to our daily lives and nurture our spiritual growth. For information on upcoming topics, please contact Jane at [jfinucane@fspa.org](mailto:jfinucane@fspa.org) or call the FSC office at 608-791-5295.

## Divorce Recovery

January 15 and February 19

Thursdays, 5:30-7 p.m.

**Investment:** Freewill offering

**Facilitator:** Diane Withers

This monthly gathering offers friendship, support and healing for the wounds of separation and divorce. Whether you are just beginning this new journey, or have been on it for some time, you are invited to come hear words of wisdom, share with others, and experience fresh insights and healing. January 15 topic: *Where can I find the help I need?* February 19 topic: *How do I help my children through this?*



## Imago Dei Women's Group

January 21 and February 18

Wednesdays, 7-8:30 p.m.

**Investment:** Freewill offering

Sexual abuse that is ignored often resurfaces later. It can interfere with relationships, school and work and rob women of their potential. Imago Dei Women's Group supports female survivors of sexual abuse and assault in their quest for healing, peace and wholeness. The group is facilitated by two women, an FSC spiritual director and a woman who was in an abusive relationship during her teen years. This group offers conversation and support; it is not professional therapy or counseling. This is a safe place where you will experience compassionate, nonjudgmental listening.



## The Sound of Bowls

January 13 and February 10

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

**Investment:** Freewill offering

**Facilitator:** Tom Roberts

Tibetan singing bowls produce sounds that invoke deep relaxation, naturally assisting one in entering expanded states of consciousness and meditation. Individual bowls are rung, and their unique resonance invites you to connect to the importance of deep and quiet listening. Wear comfortable clothes, as you may sit or lay on the floor as is comfortable.

## GROUPS THAT MEET AT THE FSC

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

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

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (January 17 and February 21) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Freewill offerings are appreciated.



# SAVE THE DATE



Artwork by  
Tony Bryant

## A celebration of life: Sister Thea Bowman

March • 2015

Celebrate Sister Thea on the 25th Anniversary  
of her homegoing.

### March 15 • 30

The Franciscan Spirituality Center will host an exhibit to honor Sister Thea, showcasing photographs, artifacts, videos and artwork (including pieces by Brother Mickey McGrath). Free and open to the public.

### March 29

Come to FSC and experience *Friends of Sister Thea: Sharing the Joy*. Learn about her life and legacy through her friends:

- Father Maurice Nutt, C.Ss.R, director, Black Catholic Studies at Xavier University of Louisiana
- Brother Mickey McGrath, OSFS, renowned artist, writer, speaker
- Mary Lou Jennings, executive director, Sister Thea Bowman Black Catholic Educational Foundation
- Sister Marla Lang, classmate who professed vows with Sister Thea

Additional information and registration will be available at [www.FSCenter.org](http://www.FSCenter.org) in January.

608-791-5295  
[www.FSCenter.org](http://www.FSCenter.org)

Reception will follow the program.



Franciscan  
Spirituality Center

920 Market Street ■ La Crosse, Wisconsin 54601

“*Thea’s authentic enthusiasm for life, her love of Jesus, her deep, deep love and concern for all of God’s children was contagious. I am grateful we shared a few years together and yes—Thea enriched my life!*”

– LaVon Rader\*

**T**hea Bowman, born in Yazoo, Miss., in 1937, was reared as a Methodist, became a Catholic (with her parents’ permission, at age 9) and professed her vows as a Franciscan Sister of Perpetual Adoration in 1953. After 16 years of teaching from elementary schools to universities, she was appointed by the bishop of Jackson, Miss., as a consultant for intercultural awareness: a mission in which she sang, preached the Gospel, danced, prayed and told stories throughout the country to break down racial and cultural barriers.

Sister Thea was diagnosed with breast cancer in 1984. Four years later, it had spread to her bones. She prayed to “live until I die,” ministering from her wheelchair, perhaps most famously so for her 1989 address to U.S. bishops that had them standing and singing with gusto *We Shall Overcome*. She fought for God and God’s people until her death, 25 years ago. And now, from March 15-30, 2015, at the Franciscan Spirituality Center, we celebrate her *Life and Legacy on Display*.



(Photo courtesy FSPA Communications)

## Sister Thea Bowman

“*Thea had an indomitable spirit, was courageous in speaking her truth and had a contagious joy which she often expressed in song. People coming to the Franciscan Spirituality Center have asked about her and shared stories about their encounters with her. Thea is a woman to be celebrated!*”

– Joan Weisenbeck, FSPA\*\*

“*Sister Thea said, ‘Spirituality is conscious contact with God.’ Often she prayed, spoke, hummed and sang Lead Me, Guide Me. Her amazing, compassionate, inspiring manner showed God answered. She enjoyed a sense of God’s presence and power everywhere...she coaxed others to pray the same.*”

– Charlene Smith, FSPA\*\*\*

\* LaVon Rader was a classmate of Thea Bowman. In 1965, LaVon went to Canton, Mississippi, because of Thea and helped to start the Head Start program in the U.S.

\*\* Joan Weisenbeck, FSPA, a member of the FSC staff before her retirement, was a classmate of Thea Bowman.

\*\*\* Charlene Smith, FSPA, Thea Bowman Foundation board member emeritus and author of *Thea’s Song: The Life of Thea Bowman*.

Photo above: Thea founded the popular, intercultural Hallelujah Singers at Viterbo College. This photo, circa 1970s, shows the group performing “He’s Got the Whole World in His Hands.”

## Spiritual direction: What do I talk about?

Spiritual direction is the process of sharing one's sacred stories with a trained, compassionate listener. Sometimes that means talking about God, but not always.

One way that God speaks to us is through the people and events of our everyday lives. So when people come to spiritual direction, they generally talk about their lives and what's in their heart. Perhaps it's family or work issues, feelings, hopes, dreams or unanswered questions. Maybe it's a failed relationship, a critical loss or some other life-changing episode. It's an opportunity to openly explore questions of faith and confront the thorny issues of forgiveness (self and others), reconciliation, grief and obstacles to healing and wholeness.

Spiritual direction is not just for "religious" people; it's for anyone seeking meaning and peace in their life. Spiritual directors don't try to fix your problems, but they do offer a safe place for talking and reflecting as you uncover the answers you hold within. Your needs and your schedule determine how often you meet.

The FSC has five spiritual directors on staff who would be happy to meet with you and explore whether spiritual direction is right for you.



**Linda Kerrigan, FSPA Affiliate**  
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608-791-5276



**Barb Kruse**  
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**Marcia Bentley**  
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**Rose Elsbernd, FSPA**  
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### FSC STAFF NEWS

## A warm welcome



The Franciscan Spirituality Center is thrilled to welcome a familiar face to our staff. Longtime volunteer and FSC friend **Jane Finucane** joined our hospitality team in October. She's here part time, usually in the mornings and occasionally on weekends, helping to create a welcoming environment and providing for the food and beverage needs of the various groups and gatherings at the FSC.

Originally from Eau Claire, Wisconsin, Jane has a degree in Agricultural Communications from the University of Wyoming and also does some freelance editing. It was a program at the FSC that first brought Jane to La Crosse, and she has been a frequent volunteer and program participant since moving here in 2012.

On her decision to transition from volunteer to staff member, Jane said: "The staff at the FSC genuinely seeks to embody the Franciscan spirit of hospitality. I first experienced that as a guest and program participant, and so appreciated the opportunity to extend it to others, first as a volunteer and now as a member of the staff. I'm continually inspired by the peaceful and inviting environment they create here. It truly is a place where all are welcome."

When not here, Jane often can be found out exploring the beauty of the Driftless Region, or happily curled up with a good book.

### VOLUNTEER SPOTLIGHT



Whether they are greeting visitors, helping in the office or providing refreshment setup, our volunteers help make the FSC a very special place. On any given evening you might find **Justin McKnight** at the reception desk or washing dishes in the kitchen. Justin, a graduate student in Viterbo University's Mental Health Counseling Program and a staff member at Big Brothers Big Sisters, was inspired by his wife's volunteer work here to join our team.

"My family and I moved here about two years ago, and one of the things we learned about La Crosse even before we set foot here was the existence of the FSC and FSPA," he says. "My wife (Kate Parker) and I were delighted. After being here for about one year, Kate started volunteering at FSC, and, after attending the Volunteer Appreciation Party this spring and meeting more of the Center staff and volunteers, I thought I would start as well."

Justin says he has had a fantastic experience with the staff and guests of the FSC and what strikes him the most is presence of place: "the really sacred spaces that have a noticeable effect on my mood and sense of self."

Both Justin and Kate are also enrolled in the Franciscan Sisters of Perpetual Adoration affiliation program.

### Five reasons to volunteer at the FSC

1. It's a great place to make new friends and enjoy the peaceful environment.
2. Volunteering is convenient; shifts are as little as one hour, primarily evenings and weekends.
3. Volunteering is easy; no special skills are needed.
4. Volunteers receive 20 percent off all FSC programs and retreats.
5. Volunteers are recognized with an annual appreciation party.

Interested? Contact Linda Kerrigan at 608-791-5276 or lkerrigan@fspa.org.

# Deepen your spirituality

Leslie Hershberger started studying the Enneagram to better understand how her three children were developing and socializing. Along the way, she discovered a path for knowing and transforming herself.

Today, she considers it her mission to teach others how to understand their individual personality type—with its gifts, avoidances and challenges—for both psychological and spiritual growth.

During Leslie's workshop on March 27-28 at the FSC, she'll explore the nine Enneagram types and the ways our personalities can stop us from opening ourselves more fully to divine compassion and love. Sessions will include interactive stories and insights, small-group exercises, meditation and body awareness.

"All the contemplative traditions tell us that we are living with a case of mistaken identity," Leslie says. "We think we ARE our personality, and we are so much more. So, it makes sense to understand the patterns of personality in order

to befriend the patterns and get to know them. This way, our personality isn't in the driver's seat running the show while we are hapless passengers.

"If we long for a deeper connection and union with the Divine or simply want to live with more compassion and unconditional love, it is so helpful to see what patterns get in our way of this."

## The 9 Enneagram Personality Types

**Type 1: The Perfectionist** – honest, responsible improvement-oriented personality with a strong belief that perfect people are worthy of love and respect.

**Type 2: The Giver** – helpful, caring, relationship-oriented personality with a strong belief that love and survival depend on giving to get.

**Type 3: The Performer** – energetic, adaptable and achievement-oriented personality with a strong belief that love and recognition are only for winners.

**Type 4: The Romantic** – creative, empathic, idealistic personality with a strong belief that others enjoy the happiness that they have been denied.



**Leslie Hershberger** is a certified teacher of the Enneagram in the Narrative Tradition and has a master's degree in theology.

**Type 5: The Observer** – knowledgeable, analytical, self-reliant personality with a strong belief that love and respect are gained by practicing self-sufficiency.

**Type 6: The Loyal Skeptic** – perceptive, loyal, attentive personality with a strong belief that love and protection are gained by vigilance and endurance.

**Type 7: The Epicure** – optimistic, fun-loving and positive visioning personality with a strong belief that frustration and pain can be avoided by attending to positive options.

**Type 8: The Protector** – bold, assertive, action-oriented personality with a strong belief that vulnerability can be avoided by being strong and powerful.

**Type 9: The Mediator** – accepting, calming and steady personality with a strong belief that love and belonging are earned by blending in with other people's agendas.

Source: [www.lesliehershberger.com](http://www.lesliehershberger.com)

## ANNOUNCING OUR 30th ANNIVERSARY ANNUAL CONFERENCE

# Living your Life

AS SPIRITUAL PRACTICE

The life and career of our keynote speaker couldn't be a better fit for this milestone Annual Conference. Born and raised in southern Minnesota, Thomas Ryan is a member of the Paulist Fathers community of Catholic priests. The author of many books on spirituality and an international retreat leader, Father Tom will speak on *Living Your Life as Spiritual Practice* at the May 1-2 conference.

In 1991, Father Tom went on sabbatical to India. His study of Eastern spirituality while there awakened him to a more holistic spirituality that involves not just the intellect, but the body and emotions as well. When he returned to the States, he trained to become a certified Kripalu yoga teacher

and began offering his first classes integrating Christian prayer with the practice of yoga at a New York City church. In addition to his keynote, he also will lead a breakout session on *Yoga For Christians: Addressing the Fears, Experiencing the Possibilities* at this year's conference.

Besides spirituality and body prayer, Father Tom's other great passions are Christian unity and interfaith dialogue and understanding. He is director of the Paulist North American Office for Ecumenical and Interfaith Relations in Washington, D.C., and former director of the Canadian Centre for Ecumenism and of Unitas, an ecumenical center for Christian meditation and spirituality in Montreal. His own experience has taught him that

with Keynote Speaker  
**Thomas Ryan, CSP**  
May 1-2, 2015



we should not be afraid to look at the gifts offered by religions and spiritualities other than our own, because they can enrich our own spiritual practices.

Watch for more information this spring on how you can register for *Living Your Life as Spiritual Practice*. You won't want to miss this special FSC 30th anniversary celebration!

MAKING A THOUGHTFUL  
COMMITMENT TO THE  
FRANCISCAN SPIRITUALITY CENTER

# Spirited Friends

A MONTHLY  
GIVING PROGRAM

## Q. Who are Spirited Friends?

A. *Spirited Friends* make a monthly gift to help sustain the ministry of the Franciscan Spirituality Center.

## Q. How does this giving program work?

A. You decide on a monthly gift amount that fits your budget. You authorize your bank to transfer this amount from your checking account directly to FSPA for the FSC.

*Spirited Friends* is an easy and efficient way for you to make a monthly gift and provide reliable support that is vital to the Franciscan Spirituality Center. Your monthly gift will help the Center live out our Franciscan mission to provide for those who seek support. Each year, we give scholarships to those in need for spiritual direction, programs and retreats at the FSC. By enrolling in the *Spirited Friends* program, you make a significant contribution all year without the need to write checks, find envelopes, buy stamps and make a trip to the post office. Become a *Spirited Friend* and help others on their path to connecting with God, meaning and wholeness. For a brochure and enrollment form, visit [www.fscenter.org](http://www.fscenter.org).

*Thank you  
for your ongoing support.*

### Planned Giving:

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

## Make it a memorable meeting

The opportunity to experience Franciscan hospitality at its best just got better now that renovations to our meeting rooms and bookstore are complete. We've also updated bedspreads and window treatments in many of our 24 bedrooms to make your retreat experience here even more comfortable and rejuvenating. We invite you to check out our rates and options online at [www.FSCenter.org](http://www.FSCenter.org) or schedule a visit with our staff to see the rooms and discuss options.

### Sophia Bookstore

If you haven't visited our Sophia Bookstore yet, you are missing a rare treat in La Crosse. Nestled inside the FSC, the bookstore offers a cozy, serene place to browse intriguing books, inspirational cards, beautiful scarves, handcrafted earrings and many other interesting gifts, such as artisan soaps and lotions, pendants and prayer bowls. Stop by anytime between 8 a.m. and 5 p.m. Monday through Friday and enjoy a cup of coffee or tea on us, as well as free WiFi. Whether you curl up in a comfy armchair or join friends at one of our new tables, you are sure to enjoy the quiet hum of life and energy within.

### Meeting Rooms

You probably know you can stay at the FSC while on retreat, but did you know you

can rent our space for meetings, councils, support groups and training sessions? We offer eight meeting rooms and can comfortably accommodate from 2 to 90 participants. Each room is bright, attractive, peaceful and private, and each can be tailored to meet the needs of your group. We provide up-to-date technology, comfortable chairs, round or oblong tables, podiums, flipcharts and a wide range of visual/audio equipment at no charge.

In addition to full and half-day rates, many of our rooms are available for a very economical two-hour rate. In addition to our famous coffee, tea and other beverages, we are able to serve you everything from snacks to a full meal. Our catering options include continental or hot breakfast, meat and cheese trays, fruit, muffins, cookies, popcorn, chips and salsa, yogurt, trail mix, soup, salad, sandwiches, pizza, pasta and much more.

We know you'll find exactly what you are looking for here at the FSC. Rates for rooms and catering are available by visiting [www.FSCenter.org](http://www.FSCenter.org) and selecting the "Meeting Rooms" tab. Groups that contract to meet monthly receive 25 percent off our already low half-day rate, free coffee and use of our reserved parking spaces.



# Three welcomed to the FSC board

**Dan Henderson** has served as an ordained Lutheran (ELCA) pastor for 37 years—from 1978-86 in French-speaking Africa, from 1987-96 west of New Lisbon, Wisconsin, and since 1996 at Holmen Lutheran Church in Holmen, Wisconsin. He and his wife, Lynn, have enjoyed 40 years of marriage and have three grown sons and two grandchildren.



Growing up between beautiful southwestern Wisconsin and metropolitan Chicago, Dan learned to love both nature and people. He relishes being outdoors with his camera, with eyes open to the wonder and beauty of creation. In ministry, he has especially enjoyed visitation and pastoral care.

Dan has participated with other clergy in group spiritual direction at the FSC since 2007 and senses an easy affinity with Franciscan spirituality. “I see spiritual direction and what the Center has to offer as a real treasure in our community,” he says, “and I’m happy to have the opportunity to give back to a place that has blessed me. I love the peacefulness of the Franciscan Spirituality Center.”

**Sharon Berger, FSPA**, has been a Franciscan Sister of Perpetual Adoration for more than 40 years, serving in various ministries. She previously served as director of pastoral care at Villa St. Joseph and as a member of the FSPA leadership team, during which time she coordinated the procedure for Sisters choosing natural burial and helped establish a natural cemetery on FSPA property in St. Joseph



Ridge. Currently, she coordinates the gift shop and sewing room at St. Rose Convent, a position that allows her to create new things and encourage other Sisters to share their creativity.

“What I like best about the FSC is the atmosphere of hospitality and calm,” Sister Sharon says. “All are welcome, and there is a sense of reverence and acceptance. This, coupled with excellent and timely programs, makes me proud to call the FSC one of our FSPA-sponsored ministries. That’s why I accepted the invitation to be on the board.”

Sister Sharon grew up in a family of six on a farm near Mondovi, Wisconsin, where she first met the FSPAs. One of her favorite experiences center around the nine years she spent in eastern Kentucky as director of David Appalachian Crafts.

“I learned to quilt, garden, slow down and see life from a different perspective. Sitting on the porch, enjoying the beauty of the hills and walking with wholesome, struggling and creative people can have a transforming effect, kind of like spending time at a spirituality center like the FSC.”

**Michael Krueger** works for Catholic Charities as the coordinator of The Dwelling Place, an adult family home for residents with developmental disabilities. It’s loosely based on the L’Arche tradition, which recognizes the dignity and value of each resident, and supports a life that is shared in relationship with others through community and celebration.



Michael is in the Masters in Servant Leadership program at Viterbo University and is an FSPA

affiliate. Before working for Catholic Charities, he lived for 2 ½ years at Place of Grace Catholic Worker House. He looks forward to sharing his different experiences and perspectives on issues of social justice and community with the FSC Board.

Michael first became acquainted with the FSC roughly eight years ago, when he was an undergraduate student at Viterbo and working as a dishwasher at St. Rose Convent. Over the years, he has attended various speakers and presentations hosted by the FSC and has participated in a number of hermitage stays.

“The FSC has done a very good job at inviting the community into a relationship with Franciscan spirituality and its values—offering to those, who might not feel comfortable in a church setting, a sense of spirituality that is very much rooted in Pope Francis’ call for a church that seeks to accompany and be present to the individual,” he says.

Michael and his wife, Hailey (also a Viterbo grad), have a 6-month-old daughter, Clara.

## FRANCISCAN SPIRITUALITY CENTER

### Board of Directors

**Dorothy Lenard**, Chairperson  
**Hannah Hoaglund**, Vice Chairperson  
**Joan Weisenbeck**, FSPA, Secretary/Treasurer  
 Helen Elsbernd, FSPA, FSPA Liaison

Emilio Alvarez  
 Sharon Berger, FSPA  
 Patricia Boge  
 Karen Dunn  
 Ken Ford

Dan Henderson  
 Mike Hesch  
 Laurice Heybl, FSPA  
 Michael Krueger  
 John McHugh  
 Ellen Rasmussen

## IMPORTANT INFORMATION:

### Registration Process

Please visit the Franciscan Spirituality Center’s website at [www.FSCCenter.org](http://www.FSCCenter.org) to register for each session. We accept PayPal for all online registrations and require payment in full at the time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or by email at [FSCCenter@fspa.org](mailto:FSCCenter@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 events require a non-refundable registration fee; the balance will be refunded to you if you cancel prior to the event start time.

### 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 cancelled due to insufficient enrollment, an issue that inconveniences participants and presenters.

### Scholarship Information

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



## Franciscan Spirituality Center

FSPA • 912 Market Street  
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### Solitude Ridge Hermitages

Three individual hermitages are built on the edge of a woodland and provide the peace and quiet of a rural setting. These small buildings were designed to provide a space for the silence and solitude necessary for a deeper experience with God. Hermitages are \$50 per night. Email or call the FSC to make your reservations today.

Telephone: 608-791-5295



### *Sister Thea: Her Life and Legacy on Display*

March 15-30: Public Exhibit

### *Deepening Spiritual Presence with the Enneagram*

March 27-28: Leslie Hershberger

### *Friends of Sister Thea: Sharing the Joy*

March 29: Maurice Nutt, CSsR; Mary Lou Jennings; Michael McGrath, OSFS; Marla Lang, FSPA

### *The Courage to Be Enough: Foreboding Joy*

April 11: Steve Spilde

### *St. Francis and the Natural World: An Art Journaling Retreat*

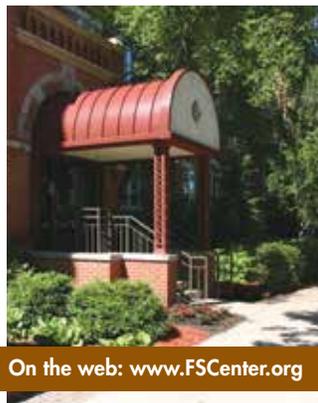
April 17-19: Jan Wellik and Janet Moore

### Where to find us

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



Franciscan Spirituality Center



Telephone: 608-791-5295 • Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org) • On the web: [www.FSCenter.org](http://www.FSCenter.org)

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