

Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 27 • NUMBER 4

JULY/AUGUST 2019

At the Center

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- Meditation and Mandalas
- Presence in the Struggle:
Responding With Head and Heart

REGISTRATION NOW OPEN

DARING GREATLY™

Show Up. Be Seen. Live Brave.™

DARING GREATLY:

A Group Experience

Many of us want deeper and more intimate relationships, a life inspired by courage and freedom, and work motivated by meaning and purpose. Yet, we spend much of our effort trying to shield ourselves from the vulnerability these experiences require. How do we embrace vulnerability as the gateway to the most precious desires of life?

This five-month group process will explore and practice the *Daring Greatly*™ work of Brenè Brown. The program includes three weekend workshops and weekly email support. By sharing encouragement with each other, we will be inspired to overcome our fear of vulnerability and be invited to live with courage, letting ourselves be seen.



Presenters:

Steve Spilde, certified Daring Way™ facilitator-candidate, and Deb Hansen, FSC spiritual director

Weekend workshops - Friday evening through Saturday afternoon:

- October 4-5, 2019
- December 6-7, 2019
- January 31-February 1, 2020

Investment: \$300 (payment options available). Overnight rooms available for additional fee; please call 608-791-5295 for housing options.

Registration deadline: September 16

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.

Seeking God, meaning & wholeness



My move from the Twin Cities to rural Minnesota years ago was my first experience living in a small town. I was surprised by the questions people asked me when first meeting. A common question was, "Which church do you go to?"

I don't know whether this question is still asked of newcomers to the town. Maybe the question now is, "Do you go to church?" My intuition back then was that I should claim one – and just one – of the established churches in town as my tribe.

Recently, I heard someone identify as *spiritually fluid*. He participated in religious practices from more than one tradition. A spiritually fluid person could be participating in an evangelical Christian Bible study and occasionally attend Lutheran services but consider herself Catholic. Or he could blend practices from Christianity and Eastern religions such as Buddhism or Hinduism.

This kind of talk makes some of us very apprehensive. In her book *Holy Envy*, the Rev. Barbara Brown Taylor writes, "My tradition has a hard time blessing strong bonds to other traditions, especially those whose truths run counter to our own. We like people to make a conscious choice for Christ and then stay on the road they have chosen, inviting other people to join them as persuasively as they can."

We've observed that people who come to the FSC are often seeking the freedom to explore practices that sprang up in other religious traditions; for example, yoga, mindfulness or Tibetan singing bowls. Their motivation does not seem to be to find a new religion. It has more to do with how they are choosing to live life, with wholeness and integrity of mind, body and spirit.

Taylor writes that she herself has always been attracted to what is best about each religious tradition: the Jewish Sabbath, the inclusiveness of Hinduism, Buddhist nonviolence, Islam's strong prayer life. Learning about these things has only increased her love for her own Episcopal tradition.

In this time of intense polarization over political ideology, perhaps we are moving in a different direction with spirituality. The FSC has long been a place where people from differing religious traditions (and, increasingly, the non-religious) can meet to share their experiences, practices and wisdom. Our own commitment to the sacred practice of hospitality means that we will always make it safe for our guests to do so.

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER STAFF



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

ARE YOU READY TO START

finding Godⁱⁿ all things?

We are accepting applications to our nine-month retreat *Finding God in All Things: The Spiritual Exercises of St. Ignatius in Daily Life*.

This innovative experience, open to men and women of all faith backgrounds, includes a spiritual “toolbox” of practices that are designed to help participants discern the fingerprints of God in their daily lives. The program includes monthly gatherings, meetings with a trained spiritual director and daily emails that foster a commitment to prayer and reflection.

The program begins in September 2019 and continues until May 2020.

Together, in a safe and welcoming community, we will explore questions such as “Where is God in my life?” “Who am I?” and “Why doesn’t my life make more sense?”

Prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment will be introduced and practiced.

"We first offered *Finding God in All Things* in 2017 because we saw the need for a program for those who want to know the Sacred in their everyday life experiences and who want to develop spiritual practices to do so. It was so well received that we've decided to offer it every other year, alternating with our *Spiritual Direction Preparation Program*," said Deb Hansen, FSC spiritual director and *Finding God in All Things* coordinator.

St. Ignatius of Loyola, the 16th century Spanish theologian who founded the Jesuits, composed his spiritual exercises to help those on religious retreats discern the will of God in their lives. The FSC has adapted these methods of prayer and discernment to fit within busy individuals' lifestyles and work commitments.



The Schedule:

OPENING SESSION: September 21, 2019
(Saturday, 9 a.m.-3 p.m.)

MONTHLY SESSIONS: (Saturdays, 9 a.m.-1 p.m.)
• 2019: October 19, November 16 and December 14
• 2020: January 18, February 15, March 21 and April 18

CLOSING SESSION: May 16, 2020
(Saturday, 9 a.m.-3 p.m.)

THIS RETREAT IS IDEAL FOR:

- Anyone who seeks the divine in every human experience.
- Anyone who wants to explore Ignatian methods of prayer and discernment.
- Both trained spiritual directors and those considering our Spiritual Direction Preparation Program.
- Anyone just starting a spiritual practice, all who seek to enhance their current practice and everyone in between.

FINDING GOD IN ALL THINGS INCLUDES:

- A spiritual toolbox of practices and ways of prayer that will help you discern the fingerprints of God in your daily life. You will live from your truest self as you come to know your desires, trusting your own steps of discernment on life's journey.
- Monthly gatherings that invite you to reflect on the unconditional love of the Creator, God's boundless mercy, the life of Jesus and his Passion, and Resurrection Living.
- Daily emails that foster a commitment to prayer and reflection in your everyday life.
- A monthly meeting with a spiritual director, who will listen to you as you discern the presence of the Spirit in your daily life.

HERE IS WHAT PAST PARTICIPANTS HAD TO SAY:

"This retreat has saved my spiritual life! I'd fallen away and have reawakened through the conversations, activities and compassionate listening. Thank you."

"The title—Finding God in All Things—truly delivers. This is such a rich, loving, transformative program."

"The Franciscan Spirituality Center is such an amazing place to be. It's like coming home! It's a place where love is felt, and you are respected and appreciated for the work that you've done, no matter what stage you're at."

Investment:

\$450, includes program and lunch each session, payable in September or as monthly installments of \$50. Additionally, you will pay for monthly spiritual direction (\$50-\$70 per month).

Presenters: Franciscan Spirituality Center staff

Registration deadline: September 1

Register online at www.FSCenter.org. Limited bedroom space is available for those needing overnight accommodations. Please call 608-791-5295 to make arrangements.



Spend a creative day learning to relax

We're excited to bring back local art therapist Melissa Fannin for another *Meditation and Mandalas* retreat day on Saturday, August 10.

We debuted this program on a Saturday morning in February, and participants overwhelmingly agreed they wanted more time. This summer session will meet from 9 a.m. to 4 p.m. and include lunch.

We hope you can join us!

"I hardly ever take time for just me. This showed me that I can slow down and meditate. The combination of that and the time for artistic opportunity (had an impact)." – Linda L.

5

QUESTIONS WITH MELISSA FANNIN, licensed professional counselor, registered art therapist and owner of Fannin Counseling and Art Therapy in La Crosse:



Q: How would you describe/define a mandala?

A: The word mandala is Sanskrit for circle. My understanding of a mandala is that it is any image created within a circle.

Q: How is coloring and/or creating one helpful?

A: Coloring/drawing/creating lowers the cortisol level in the body. Cortisol is a stress hormone. Reducing cortisol is effectively calming.

Q: What are the benefits of meditation?

A: Humans have been practicing meditation for 5,000 years. It reduces stress and increases clarity and self-awareness. It arguably makes people happier.

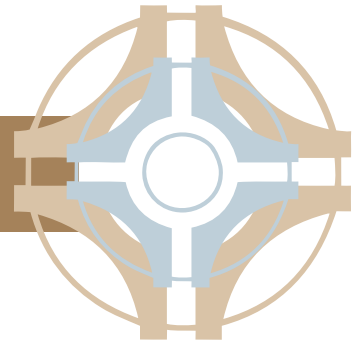
Q: How did you get interested in mandalas?

A: I liked the challenge of allowing the process to flow without thought or judgment about what it was looking like or how it might turn out. It has been a rewarding process, and I'm often surprised by the final creation.

Q: Sometimes the idea of doing something "artistic" scares people; can anyone make a mandala?

A: Anyone can create a mandala! It's true that creating something artistic can be intimidating. This process is about quieting that voice of judgment and following your natural intuition.

REGISTRATION INFORMATION IS ON PAGE 6



WE CURRENTLY HAVE LIMITED BEDROOM SPACE; PLEASE REGISTER EARLY IF YOU ARE PLANNING TO STAY OVERNIGHT DURING YOUR RETREAT.

WISDOM OF YEARS

JULY 8, 15, 22, 29 • Monday, 10-11:45 a.m.

Presenter: Rose Elsbernd, FSPA

Investment: \$40 for entire four-week series

Registration deadline: June 24

Do we see aging as a gift? What is the wisdom that we now hold? Beginning with a brief introduction of a 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. Themes include:

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

We can gain mutual encouragement and appreciation from each other as we celebrate our wisdom gained through life.

Rose Elsbernd, FSPA, is a trained spiritual director on staff at the FSC.



DAY OF SOLITUDE

JULY 9 • Tuesday, 8:30 a.m.-4 p.m. **OR**
AUGUST 7 • Wednesday, 8:30 a.m.-4 p.m.

Facilitator: Deb Hansen

Investment: \$35, includes optional spiritual direction session

Registration deadline: June 25/July 24

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. 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.

Deb Hansen is a trained spiritual director on staff at the FSC.



ICONOGRAPHY RETREAT: ST. PETER AND ST. PAUL

JULY 14-20 • Sunday, 7 p.m.–
Saturday, 10 a.m.

Instructor: Phil Zimmerman

Investment:

- Full: \$625, six nights' stay, all meals and materials
- Commuter: \$505, includes lunch and supper, and materials
- Fee includes a \$150 nonrefundable deposit.



Please note: This icon will feature full figures of both saints and is for advanced students only.

Limited to 25 participants.

Both a meaningful prayer practice and a technical art form, iconography traces its history to the beginning of

Christianity. Icons are often referred to as "windows into heaven" and continue to be venerated within the Byzantine rite. Noted American iconographer Phil Zimmerman will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials (acrylic paints, gessoed board, gold leaf). Each day of the retreat will include prayer, reflection and historical information specific to the icon. Please note, however, that this is not a silent retreat. All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.

Phil Zimmerman is the owner of St. John Damascus Icon Studio in Pennsylvania and has led icon retreats at the FSC since 2001.

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.



2019 Programs and Retreats *continued.*

SINGING BOWLS AT SUNSET

JULY 16 (RAIN DATE: JULY 23) • Tuesday, 7-9 p.m.

Presenter: Tom Roberts

Investment: \$20

Registration deadline: July 2

Those who have attended *The Sound of Bowls* with Tom Roberts at the FSC know how invigorating the experience is. All are invited to this special evening on St. Joseph Ridge (15 minutes east of La Crosse) to experience the power and beauty of traditional Tibetan singing bowls outside as the sun sets. Bring a chair or a blanket, and prepare to be opened to deep relaxation and meditation in the presence of ageless bell sounds.

Note: This event takes place outdoors, near the FSC's hermitages on St. Joseph Ridge, about 10 miles east of La Crosse (W2658 State Hwy. 33 Trunk, La Crosse, WI 54601).



A SINGING BOWLS IMMERSION RETREAT

AUGUST 3 • Saturday, 9 a.m.-4 p.m.

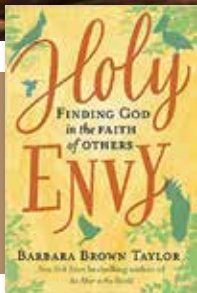
Presenter: Tom Roberts

Investment: \$65, includes lunch

Registration deadline: July 20

Interest in Tibetan singing bowls continues to grow as people learn how the use of sound can deepen meditation and contribute to overall wellness. This daylong retreat will include instruction about the history, creation and use of Tibetan singing bowls. Participants also will be able to practice playing the bowls. Our day will include ample opportunity for sound immersion to allow for personal meditation and/or prayer.

Tom Roberts is a retired psychotherapist and practicing Zen Buddhist. He is the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion* and leads several retreats at the FSC each year.



STARTING THIS FALL: FSC staff members will facilitate monthly book discussion groups. Our first session will be **Thursday, September 12 (7-8 p.m.)** and feature *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor. Pick up your copy today in our Sophia Bookstore and watch for more details in the next *At the Center* newsletter.

LIVING WITH COURAGE SERIES

BASED ON THE RESEARCH OF BRENÉ BROWN

Presenter: Steve Spilde, certified Daring Way™ facilitator-candidate



LIVING BIG (Boundaries, Integrity, Generosity)

AUGUST 6 • Tuesday, 6-8 p.m.

Investment: \$20

Registration deadline: July 23

Clear boundaries can free us from resentment and anger, but setting such boundaries is a task easier said than done. We will examine a process that leads to greater integrity, compassion and self-care.

LIVING WITH EMPATHY

AUGUST 13 • Tuesday, 6-8 p.m.

Investment: \$20

Registration deadline: July 30

Empathy is a key component of the life many of us seek: a life filled with deeper connection and freedom from shame. Join us as we examine the skills that increase empathy as well as the traps that threaten it.

BY REQUEST, EXTENDED PROGRAM LENGTH!

MEDITATION AND MANDALAS

AUGUST 10 • Saturday, 9 a.m.-4 p.m.

Presenter: Melissa Fannin

Investment: \$65, includes lunch

Registration deadline: July 27

Come for a day of art, meditation and spiritual exploration. Allow yourself the time and space to reconnect with yourself and/or 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. Learn more at www.fannincounseling.com



FAMILY PAINT AND PICNIC EVENT

AUGUST 15 • Thursday, 5-7:30 p.m.

Instructor: Laurie Swan

Investment: \$40 for first two participants, and then \$5 per additional participant; includes dinner, one painting per family and s'mores

Registration deadline: August 1

We invite you to spend a fun evening with your loved ones, creating together a beautiful painting that celebrates your family. Children will add the leaves in the scene by using their own fingerprints. As each of you contributes to the painting, it becomes a treasured keepsake for your family. The evening includes a picnic-style dinner, s'mores and a great opportunity for fellowship.

Laurie Swan has been the FSC's office manager for almost six years. She had dreamed of being an elementary art teacher, but life took her down a different path. Art remains an important part of her life, and now with more time on her hands, she loves to create. She hosts painting parties for all ages but especially enjoys working with kids. Laurie is the owner of Art & Soul (www.facebook.com/artandsoul.laurie.swan).



COMPASSIONATE PRESENCE: ACCOMPANYING THE DYING

AUGUST 17 • Saturday, 9 a.m.-4 p.m.

Presenter: Jackie Yaeger, M.D.

Investment: \$65, includes lunch

Registration deadline: August 4

Learn how to be a compassionate presence at the bedside of a dying loved one during this experiential retreat. Dr. Jackie Yaeger will share personal and professional stories from her work as a caregiver, a palliative care physician and a death doula. We will explore how mindfulness, compassion, equanimity, vulnerability and suffering can inform this work and help us become resilient caregivers. Come learn what to expect before, during and after death; how to provide comfort physically and spiritually; and how to create sacred space through ritual and ceremony.

Jackie Yaeger, M.D., is board certified in family medicine and palliative care. She served as hospice medical director at Gundersen Health System from 2009-17. In addition to her medical training, she is certified by the Conscious Dying Institute (Boulder, Colorado) as a sacred passage guide/death doula and is a graduate of Frank Ostaseski's Metta Institute program for end-of-life practitioners (Northern California). In August 2017, Dr. Yaeger opened Home Visit Doctor, LLC, a solo practice designed specifically to serve frail elders and people facing life-limiting illness.



PRESENCE IN THE STRUGGLE: RESPONDING WITH HEAD AND HEART

AUGUST 24 • Saturday, 9 a.m.-4 p.m.

Presenter: Mike Hesch

Investment: \$65, includes lunch

Registration deadline: August 10

Stress and challenges are a part of most of our lives. How can we respond in ways that are helpful to ourselves and those around us? Using both our heads and our hearts, we can change how we see the struggle. In this daylong retreat, we will explore ways to tap into the amazing power of practicing gratitude and acceptance as responses to stressors. The day will include large- and small-group time as well as opportunities for spiritual exploration, including meditation and a labyrinth walk. Come discover the possibilities of living a grateful and accepting life.

Mike Hesch serves on the board of the FSC and is a senior adviser in Workforce Learning at Mayo Clinic Health System in La Crosse. He is a frequent speaker/group facilitator in the areas of servant leadership, leadership development, communication, team-building and executive coaching.



GOLDEN YOGA

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

Session 1: June 4, 11, 18, 25; July 2, 9

Session 2: July 16, 23, 30; August 6, 20, 27
(no class on August 13)

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.



“Truly transformative. I’ll be back again!”

Silence & Solitude

A hermitage stay offers restorative time in nature

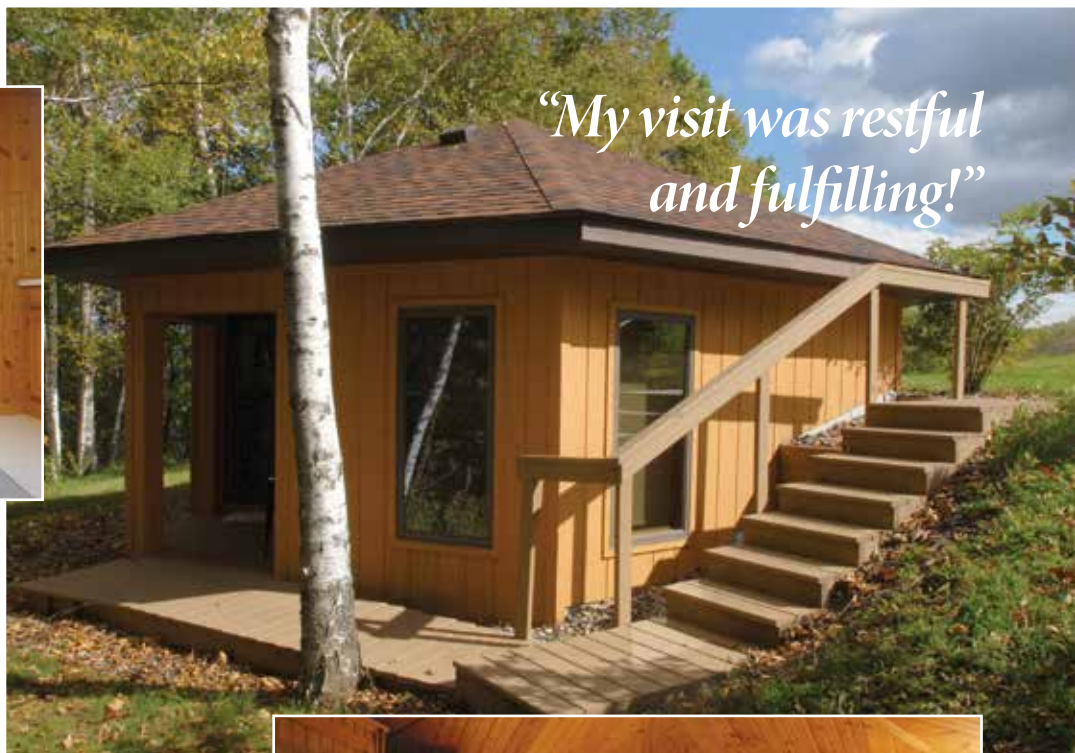
St. Francis of Assisi often retreated to the Carceri, a hermitage complex on Mount Subasio, to pray and contemplate. He also famously wrote his *Rule for Hermitages*. From the Gospels, we know that Jesus himself often withdrew from people and daily activities to pray in silence and solitude.

We have an innate need to retreat from the busyness and noise of life so that we can rest, reflect and open ourselves to what God is saying to us. Our three hermitages on St. Joseph Ridge, just a short drive east of La Crosse, offer an opportunity to do just that in a scenic, peaceful setting.

Each of these cozy cabins sits on the edge of woodland and offers just enough modern conveniences (indoor plumbing, stove and refrigerator) to be comfortable but still offer an “escape” from the distractions and demands of daily schedules. Guests can stay for one night or several and are free to use the time as they wish. Many people enjoying praying and/or meditating in a nature setting, taking photos and hiking, journaling, sketching, reading and even napping.

A hermitage stay is \$60 per night, with discounts available for extended stays. Towels and linens are provided, but guests are asked to bring their own toiletries and food. Spiritual direction is also available for an additional fee.

FOR MORE INFORMATION, PLEASE VISIT WWW.FSCENTER.ORG AND CLICK ON THE HERMITAGE TAB OR CALL 608-791-5295.



*“My visit was restful
and fulfilling!”*

YOU SAY IT BEST

Many of our hermitage guests leave thank-you notes after their stay. The quotes on these pages are just a few of the comments we’ve received:

*“Thank you for your part in providing
such a welcoming hermitage.*

*This solitude with all its home-like
comforts was perfect!”*



*“Thank you for a beautiful and
peaceful place to spend time.”*

EXPLORE OUR TRAILS

Bring sturdy shoes and insect repellent as you are welcome to hike while on retreat. In total, there are about four miles of trails on the property. Maps are available on site.

Scenic Overlook (Red Trail): This trail leads you to the scenic overlook. This is the most popular spot to visit.

Trout Stream (Blue Trail): This trail takes you down a 600-foot decline to the valley floor, where cold-water springs feed a small stream. Due to the steep return climb, it is recommended that only people who exercise regularly embark on this hike.

Prairie Project (Yellow Trail): This trail follows the forest/field edge along the top of the ridge. Smaller, more remote trails can be accessed from this path.

CAN YOU HELP? The road leading to our hermitages is in need of resurfacing. We’re hoping to raise \$2,000 in donations to meet this expense. If you are able to make a gift, any amount is welcome. Secure donations can be made through our website, www.FSCenter.org, or please call 608-791-5295 to make other arrangements. THANK YOU!



Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Ready...set...we're going to dash again!

SAVE THE DATE The fourth annual *Art Dash* will be **Thursday, March 26, 2020, at The Cargill Room at The Waterfront Restaurant and Tavern, downtown La Crosse.**

Thanks to the generosity of our participating artists and sponsors, we raised more than \$12,000! Proceeds help sustain our operations and ensure that programs and retreats related to wholeness, healing, spiritual growth and personal development are accessible to all.

If you'd like to sponsor next year's event, please contact Rika Beckley, FSC development director, at rbeckley@fspa.org or 608-791-5276.

If you are a professional artist and would like more information about donating to *Art Dash*, please contact Stacey Kalas, FSC marketing coordinator, at skalas@fspa.org or 608-791-5296.

WHAT THIS YEAR'S ART DASHERS HAD TO SAY:

I have spread the word of how fun it was to my friends, so you may need more tickets next year. – Shirley

I loved it! I had a great time and got my FAVORITE piece of art! – Stephanie

We think this is one of the best events in our great area of La Crosse! – Bonnie

It's an exciting event, a chance to meet many people, a chance to experience the work of a large variety of artists from the area and an opportunity to see people connect to a variety of art and artists. – Tim

It is a wonderful and inspiring evening, with a terrific focus on beauty and creativity. – Mary

I believe in the FSC mission, and this is a fun and creative way to raise funds for the Franciscan Spirituality Center. – Nancy

As we waited for our numbers to be drawn, we realized this was an opportunity to get a gift for someone if the piece we wanted for ourselves was chosen. Next year, that will be part of our pre-dash plan! – Christine

ALL-NEW KEYNOTE! If this is your first time attending Jesus@Work, you will be able to dive right in. If you attended the conference last year, you will hear new insights, stories and ideas for consideration.

Jesus @ Work 2.0

**SPECIAL OPPORTUNITY FOR BUSINESS OWNERS,
NONPROFIT LEADERS AND ANYONE WHO WORKS IN
A SERVICE OR MISSION-DRIVEN ORGANIZATION**

Digging Into the Parables

Leadership development expert and master storyteller John McHugh continues the conversation about workplace culture and mission-driven values. What do the parables about seeds, weeds and good deeds have to say about our everyday work lives? The images Jesus used in his parables came from the ordinary business activities of his time: farming, fishing and banquet catering. Join us for a thought-provoking and motivational morning to explore how Jesus' stories can change the way we approach work.

**We've intentionally priced this half-day
conference as low as possible so you can
bring your entire leadership team!**

KEYNOTE SPEAKER: John McHugh,
director of corporate communications,
leadership development and training
for Kwik Trip Inc.



**GROUP DISCUSSION
FACILITATOR:** Kristy Walz,
CEO of Confluence Consulting



October 25 • Friday, 8:30 a.m.-noon

The Cargill Room at The Waterfront
Restaurant and Tavern, La Crosse

Investment: \$25 per person, includes
continental breakfast

Co-sponsored by the
Franciscan Spirituality Center and
the FSPA Office of Mission Integration

Advance registration required:
www.FSCenter.org or 608-791-5295

**REGISTER EARLY TO
GUARANTEE YOUR SPOT!**

Joyce is always ready with a smile

Our dear friend Joyce Heil has been a volunteer at the FSC for the past eight years, but we like to joke with her that she has been around forever. We caught up with Joyce, who also works in the Wellness/Nursing Department of St. Rose Convent, to ask her a few questions:

What do you like best about volunteering here? I have always loved the FSC as an important part of my spiritual journey, so volunteering here provides an opportunity to be a part of the journey for all who come to the FSC.

Do you have a favorite program or retreat you've attended at the FSC, and what made it special? The last retreat was probably *Love, Relationships and the Enneagram*. It was just what I needed at this time in my life.

What else would you like to share about yourself? I also help clean the hermitages and pray for the next person who will come while I am cleaning.

Favorite quote (poem)? "I will not die an unlived life" – Dawna Markova

What's the last great book you read? *Being Mortal* by Atul Gawande



We are 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. Call Laurie Swan at 608-791-5279 to see how we can match your time and talents to our needs.

GROUPS THAT MEET AT THE FSC

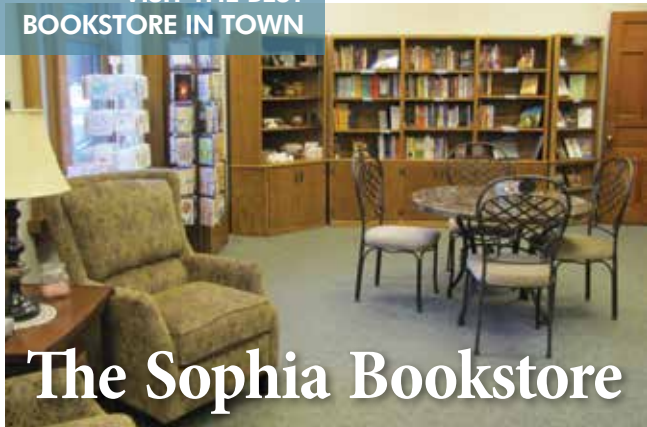
Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (July 20 and August 17) from 9:30-11:30 a.m. Contact Vince via email at [vjhatt@gmail.com](mailto:vjhett@gmail.com) for book information. Suggested offering: \$7.

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? Contact Vince via email at [vjhatt@gmail.com](mailto:vjhett@gmail.com). Freewill offerings are appreciated. *This program is sponsored by The Covenant Fund of the La Crosse Community Foundation.*

Mindful Meditation allows you to find support, energy and discipline for your meditation practice in a group setting. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if needed. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email smorrissey@fspa.org with questions.



VISIT THE BEST BOOKSTORE IN TOWN



The Sophia Bookstore

Have you stopped by our Sophia Bookstore lately? Tucked within the Franciscan Spirituality Center, it truly is a gem, featuring an interesting and diverse selection of titles on modern theology, spirituality, Franciscan values, philosophy, poetry, healing and more. We also sell cards and gift items such as scarves, Fair Trade bags, candles, soaps and lotions, Tibetan singing bowls and wooden palm crosses. Come visit between 8 a.m. and 5 p.m. Monday through Friday or while you are on retreat. Free WiFi and complimentary coffee and tea are available as you browse.

Here are just a few of the authors whose books we carry: Cynthia Bourgeault, Brené Brown, Joan Chittister, Pema Chödrön, Billy Collins, Ilia Delio, Thich Nhat Hanh, Thomas Keating, Thomas Merton, Mark Nepo, Henri Nouwen, John O'Donohue, Mary Oliver, Richard Rohr, Joyce Rupp and David Whyte.

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. There is no form to fill out, and we keep your request confidential. 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



Matching gifts multiply your donations to the Franciscan Spirituality Center



Rika Beckley

Development Director
rbeckley@fspa.org
608-791-5276

One of my favorite Bible stories is the one where Jesus miraculously feeds a crowd of 5,000 with five loaves of bread and two fish. Just as that food was multiplied, we have been blessed by an anonymous donation that will match dollar for dollar every donation to the FSC this year. This in itself is a wonderful way to **double** your donation.

If you'd like to see your dollar **quadrupled**, check to see if you qualify for a matching gift from your (or your spouse's) workplace. Some companies match an employee's donation to an eligible nonprofit. These matches can range from 50 cents to \$2 for every dollar, but mostly you'll find a dollar-for-dollar match.

For example, let's say you want to give a \$125 donation to the FSC. Your spouse's company will match your gift. Now the total donation is \$250, which the FSC's anonymous donor will then match. Your \$125 gift to us just became a \$500 donation! In addition to corporate matches, if you are a member of Thrivent Financial, continue reading for additional matching options you have:



THRIVENT
Be Wise With Money™

DESIGNATE YOUR CHOICE DOLLARS®

Eligible Thrivent members can participate in a program by recommending that Thrivent distribute a portion of its charitable funding to the FSC by directing these Choice Dollars®. Check with your Thrivent representative to see if you are eligible for this program. Amounts will vary to a maximum of \$5,000.

Direct Choice Dollars® to the FSC online at www.thrivent.com/thriventchoice or call 1-800-Thrivent (1-800-847-4836) and say "Thrivent Choice" at the prompt. A representative will assist you.

Thrivent members are also eligible to lead a Thrivent Action Team and obtain a \$250 action team gift card (two per year available to each Thrivent member). This card could be applied to our fundraisers, such as our annual tea party in January or *Art Dash*. Thank you to board member Dan Henderson for helping with the 2019 *Art Dash* in this way!

If you have questions about matching gifts or the Thrivent programs, please contact me to discuss how you can participate.

FRANCISCAN SPIRITUALITY CENTER Board of Directors

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Franciscan Spirituality Center

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MARK YOUR CALENDAR

Here's what is coming up this fall:

Daring Companions – New monthly group for personal growth and spiritual transformation based on the research of author Brené Brown, meeting Monday evenings. **First session: September 16**

Six-Day Silent Retreat – An invitation to deepen your connection to the Sacred and to yourself through solitude and silence. **September 8-13**

Finding God in All Things: The Spiritual Exercises of St. Ignatius in Daily Life – Nine-month retreat exploring a spiritual toolbox of practices and ways of prayer. **First session: September 21**

Iconography Retreat: St. Joseph OR St. Nektarios – Learn to paint (write) an icon in the Byzantine style under the guidance of master iconographer Phil Zimmerman. **September 22-28**

Daring Greatly: A Group Experience – Five-month group process (with three weekend workshops) to explore the work of author Brené Brown. **October 4-5, December 6-7, January 31-February 1**

Enduring Ministry: Listening and Serving for the Long Haul – Continuing education for spiritual directors, presented by Sam Rahberg. **October 4-6**

Sacred Drum Making – Learn how to make your own drum using deer hide and other natural materials under the guidance of drum maker and storyteller Wayne Manthey. **October 19**

Jesus@Work 2.0 – John McHugh digs into the parables of Jesus, exploring how these Bible stories can change the way we approach work. **October 25**

Journeying Toward Peace: A Courage & Renewal Retreat – An opportunity to consider where you are on your personal path toward living with integrity, authenticity and peace, presented by Mary Peters and based on the Circle of Trust® program developed by Parker J. Palmer. **October 25-26**

Six-Day Silent Retreat – An invitation to deepen your connection to the Sacred and to yourself through solitude and silence. **November 3-8**

Serenity Retreat – A retreat for people who are recovering from addiction or alcoholism, led by Tom DeZell. **November 8-10**

Shadow and Light: Exploring Spiritual Archetypes Through Mask-Making – This workshop will incorporate meditation, discussion, visual journaling and more as you unmask your inner shadow and light through the self-revealing process of mask-making, with Elizabeth Lewis. **November 15-16**



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

