



**Franciscan  
Spirituality Center**

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

VOLUME 28 • NUMBER 4

JULY/AUGUST 2020

# *At the Center*

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- Iconography Workshop
- Creativity in a Pandemic
- Racism and the Coulee Region:  
A Community Dialogue Series
- Playing and Praying With Creation
- Prayer and Yoga





# Take a moment to reflect with us each week

Every Monday, we send out our weekly *Reflections From the Center* to 3,800 email subscribers. These thoughtful, inspirational poems, short essays and prayers are written by community members and shared free of charge. We are always looking for new contributors; we just ask that your work be original and have a spiritual theme. To submit a *Reflection*, please email Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org). If you are not receiving these yet and would like to, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the JOIN OUR EMAIL LIST button. You can also find them published at <http://atthecenterreflections.blogspot.com>.

Here are some of the *Reflections* we've published in recent weeks:

## Open Me

By Sallie Bachar

I grieve today.  
I struggle to let go, to welcome the dying in.  
Life, not just my life,  
But all life as we each knew it,  
Has ended and  
What will be has not yet revealed itself.

I stand on the threshold of unknowing,  
A threshold of fear, darkness and anxiety.  
There are no guarantees that things will get better.  
I am challenged now in my "belief"  
That God is all about life ...  
That I am all about life ...  
I "believed" that yesterday but  
Do I believe that today?  
I "knew" that yesterday but  
Do I know that today?

In my grieving, in my fears,  
In my struggles to accept this new space  
Open me wide.  
Open me deep.

## Threshold of Transformation

By Larry Brixius

*"And many returned to their normal way of life."  
(John 6:66)*

In the liminal space/time  
Between the known and the unknown,  
Between reality and the impossible dream,  
In the midst of suffering, death or recovery,  
Under the pouring rain or the shining sun,  
We must stand on the threshold  
Much longer than is comfortable,  
To move beyond the blinders of "normal"  
Or "We've always done it this way,"  
Before our eyes can focus upon  
The brave new heavens and new earth  
That is rooted in the Way of Love and Truth.

## Silence at the Chinese Buffet

By John McHugh

Some time ago, I went with a friend to a Chinese restaurant. He was in the mood for a Chinese buffet with good crab rangoon. During the meal, I noticed an elderly couple seated in the booth next to us. They didn't speak a word to each other throughout their meal. I didn't intend to eavesdrop, but I never heard so much as "How is your wonton soup?" or "Are you going back for another plate?"

When we left the restaurant, I mentioned my observation to Steve. With the naiveté of someone who has clearly not mastered the art of marital communication, I told him that I found it sad that a couple would sit in absolute silence for an entire meal and not find at least one thing to say to each other. My perception was that the silence was a negative issue. Steve contradicted my conclusion and said, "They might be like my grandparents who have been married for 62 years. They have loved each other so profoundly through the years and have weathered so many storms that their relationship has deepened to the stage where words are no longer needed. They are perfectly comfortable to sit in silence."

I shared this insight with another friend of mine. She said, "There could be another reason. Before my husband's death we never spoke to each other at restaurants. We were so hard of hearing that a dinner conversation became a shouting match. It was easier to sit in silence!"

I usually don't run out of things to tell God when I sit down in prayer. This morning, I found myself saying nothing. Personally, I hope that silence is a sign that I am falling more deeply in love with the Lord and have realized that words don't always need to be used.

## A Small Poem on Grief

By Chet Corey

Only in stilled water will the sky  
be perfectly reflected.

Faithfully the moon  
floats over the darkening waves.

## Putting Hate on Hold

By Phyllis Beckman

Putting grievances on back shelf

Putting hate on hold

Loving others as myself

Putting hate on hold

Sharing all with those in need

Giving solace to those who grieve

Visiting the sick, lonely and bereaved

I'm putting hate on hold





FROM THE DIRECTOR

# An Act of Attention



Memorizing prayers was an important part of my religious training when I was a child. A cornerstone of those prayers were the “acts.” There were Acts of Faith, Hope, Love and Contrition. An act is like a little speech about what I believe and intend to do.

## FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES

Lately, I’ve noticed a certain weariness taking over my spirit. We’ve been enemies with a dangerous virus for some months now. The violence in our culture from the sin of racism is raw and unresolved. And we are more divided than ever about what we need to do.

“Lord, in this world of so many messages, I feel overwhelmed,” writes Richard Reece in his contemporary *Act of Attention*. “I strain to see your light.”

I agree with him. What really caught my attention was this part of his prayer: “Help me each day to pay attention; to notice which words, pictures, and attitudes are forming me.” When I read his *Act*, I was still fuming about a political Facebook post I’d seen.

We cannot change the news or stop the nasty tweets and memes, but we can help you *pay attention* to what gives you life and meaning, peace and wholeness. We do this in our twice weekly emails; be sure to subscribe on our website, [www.FSCenter.org](http://www.FSCenter.org), if you haven’t already. Our spiritual directors are also available by phone or videoconference.

In this issue of *At the Center*, you’ll find several opportunities to pay attention to what helps recharge you spiritually, whether it’s in creative expression, being in community with fellow seekers or enjoying the stillness of a summer morning at one of our hermitages.

Our hope is that this issue invites you to imagine participating in one of our upcoming programs or making a personal retreat, and then act by registering ([www.FSCenter.org](http://www.FSCenter.org) or 608-791-5295).

Peace and all good,

*Audrey Lucier*

Audrey Lucier, FSC Director

### Here is Richard Reece’s *Act of Attention*:

Lord, in this world of so many messages,  
I feel overwhelmed.

Sometimes I barely hear your voice  
amid the clamor of today’s  
discouraging news.

In what can seem unrelenting darkness,  
I strain to see your light.

Help me each day to pay attention;  
To notice which words, pictures,  
and attitudes are forming me.

Give me the grace  
to use my ears to hear you,  
my eyes to see you.

Grant me the courage  
to challenge falsehood,  
to distinguish honesty from hypocrisy,  
to see goodness where it lives,  
and to overcome world-weariness and despair.

**Amen.**



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



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Vince Hatt  
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John McHugh  
Associate Presenter



Bernice Olson-Pollack  
Associate Presenter



Tom Roberts  
Associate Presenter





## JUNE 2020 VIRTUAL PROGRAMS

Until we can meet at the Franciscan Spirituality Center again, we are offering several programs through videoconferencing. You can participate through your computer or smartphone. Once you've registered, you'll be emailed a link to Zoom, which will automatically launch on your device so you can see and hear the presenter and other participants. It's the next best thing to gathering in person, which we hope to do again soon. For those of you who haven't been able to travel to La Crosse, Wisconsin, previously because of distance or other restrictions, here's your chance to join in. Welcome!

IF YOU HAVE QUESTIONS, PLEASE CALL 608-791-5295 OR EMAIL [FSCENTER@FSPA.ORG](mailto:FSCENTER@FSPA.ORG).



### PRACTICES OF INVITATION AND HOPE (VIA ZOOM)

Three sessions in this series:

**JULY 6** • Monday, 1-2 p.m.

*Hopeful Spaces: The Invitation of the Labyrinth*

**AUGUST 3** • Monday, 1-2 p.m.

*Hopeful Words: The Invitation of Reading Deeper*

**SEPTEMBER 8** • Tuesday, 1-2 p.m.

*Hopeful Images: The Invitation of Seeing Deeper*

**Presenter:** Deb Hansen

**Investment:** \$25 for entire series

**Registration deadline:** July 5

The poet Emily Dickinson called hope "the thing with feathers," a little bird that perches in our souls. Our little birds require nourishment and care so they can create life-giving hope within us. Embracing practices in our daily lives that can nurture hope gives us the perspective and courage we need to remain steady in difficult times. Each month of this three-part series will introduce a practice that invites us to nurture our hope through Zoom videoconferencing. Sessions will be recorded if you are unable to join the live presentation. Each week, you will receive an email with reflective materials to help you develop the practice in a way that works for your life and needs.

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



**Depressed Anonymous** continues to meet every Monday, from 5:30-6:30 p.m., by conference call. This is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. If you are interested in participating in this free meeting, please call Gayle at 608-406-7990.

### A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

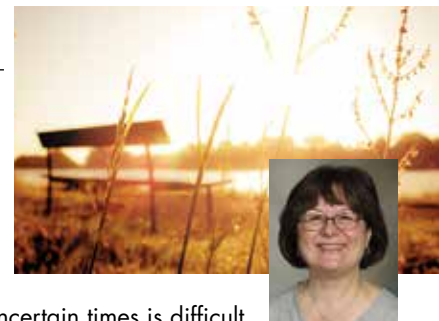
**JULY 8** • Wednesday,  
9 a.m.-4:30 p.m.

**Facilitator:** Deb Hansen

**Investment:** \$25, includes optional  
spiritual direction session

**Registration deadline:** July 7

Sheltering at home during these uncertain times is difficult. *A Sheltered Day of Solitude* gives you the gift of connecting to the Sacred, to creation and to others who are spending an intentional day of solitary reflection. We will begin our day meeting together on Zoom (videoconferencing) for an opening blessing and suggestions for **spending the day reflecting on wonder through the poetry of Mary Oliver**. An optional remote spiritual direction session will be available for you if you choose. At the end of the day, we will gather together once again on Zoom to reflect on our day and share a closing blessing. Reflection materials for the day will be emailed to each participant for inspiration and guidance. If you are not able to find complete solitude for the day, we recommend you create as peaceful of an environment as you can under your particular circumstances.



### MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

**JULY 9** • Thursday, 6:30-7:30 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** Freewill donations are appreciated  
(Please visit [www.FSCenter.org/donate](http://www.FSCenter.org/donate))

**Registration deadline:** July 8



Guided meditation is proven to reduce stress and promote relaxation. All are welcome to join this virtual gathering for a time of rejuvenation. We'll start with a guided meditation that includes relaxed breathing, a body scan and a visualization. Afterward, we'll have a brief discussion.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC.



## ICONOGRAPHY WORKSHOP: RUBLEV TRINITY OR ST. ISIDORE (CHOOSE ONE)

**JULY 13-18** • Monday, 9 a.m.–Saturday, 10 a.m.

**Instructor:** Phil Zimmerman

### Investment:

- **Full:** \$625, includes six nights' stay, continental breakfast Monday-Saturday, lunch Monday-Friday and materials
- **Commuter:** \$505, includes lunch Monday-Friday and materials

### Not Included:

- **Dinner:** on your own. We will provide a list of options within walking distance, also local restaurants offering curbside pickup and restaurant delivery services such as EatStreet.
- **Snacks:** Participants will need to bring their own snacks. For those staying overnight, there are refrigerators in your housing.

### Registration deadline: July 5

A meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. Icons are often referred to as "windows into heaven." Master 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. Each day of the workshop will include prayer, reflection and historical information specific to the icon. All materials and supplies are included. By the end of the week, students will have a beautifully completed icon. This is not a silent retreat.

Please indicate which icon you want to paint upon registration. Beginners and advanced students are welcome to choose St. Isidore. The Rublev Trinity option is for advanced students only (those who have participated in at least two previous workshops with Phil).

**Note:** St. Rose Convent and the Franciscan Spirituality Center are temporarily closed to the public. This workshop will take place on the neighboring campus of Viterbo University. You will have your own bedroom and bathroom, although it may be in a shared suite. The FSC (and Viterbo) are following recommendations from the La Crosse County Health Department in regard to masks, distancing and sanitizing. Please call 608-791-5295 if you have questions.



**Phil Zimmerman** is the owner of St. John of Damascus Icon Studio in Pennsylvania, having studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest). Phil has created hundreds of religious icons for churches and private collectors throughout the world and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil has offered retreats at the Franciscan Spirituality Center since 2001.

JULY/AUGUST 2020

## ART AS PRAYER (VIA ZOOM)

**JULY 13 and AUGUST 10**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$10 per session

**Registration deadline:**

July 10/August 7



Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio offered through Zoom videoconferencing is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No art experience is necessary, but you will need watercolor paints, brushes and paper, plus a kneaded eraser.

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

## CREATIVITY IN A PANDEMIC (VIA ZOOM)

**JULY 14** • Tuesday, 9:30-10:45 a.m., 1-1:45 p.m., 6-7:30 p.m.

**Presenter:** Julia Walsh, FSPA

**Investment:** \$25

**Registration deadline:** July 10

All of us know something about adapting, change and growth, especially after these months of social distancing and isolation. Gather with others through Zoom videoconferencing to explore how these aspects of the human experience connect with what it's like to be creative in your kitchen, studio, desk, workshop or notebook.



**Julia Walsh** is a Franciscan Sister of Perpetual Adoration and part of a new generation of Catholic Sisters. She serves as a jail minister and spiritual director in Chicago. Her writing can be found in *National Catholic Reporter*, *America* and elsewhere. She blogs and podcasts at [MessyJesusBusiness.com](http://MessyJesusBusiness.com).



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

## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://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.

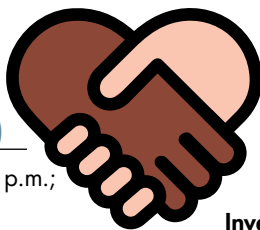
**DEPOSITS:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event.

**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.



## 2020 Programs and Retreats *continued.*



### RACISM AND THE COULEE REGION: A COMMUNITY DIALOGUE SERIES (VIA ZOOM)

**Offered Tuesdays:** JULY 14 • 6-8 p.m.; JULY 28 • 1-3 p.m.;  
AUGUST 11 • 6-8 p.m.; AUGUST 25 • 1-3 p.m.;  
SEPTEMBER 8 • 6-8 p.m.; SEPTEMBER 22 • 1-3 p.m.

**Investment:** \$7 per session

Many in our community have committed to engaging more deeply in efforts to prevent, combat and learn about racism. Join us for a Zoom videoconferencing series of dialogues with local activists, speakers and artists to explore issues related to race and racism. We look forward to open, honest and respectful conversation and sharing of ideas. Check [www.FSCenter.org](http://www.FSCenter.org) for an updated schedule of speakers. *This series is co-sponsored by the FSPA Office of Mission Integration and the FSC.*

### GOLDEN YOGA (VIA ZOOM)

**JULY 14, 21, 28 • Tuesday, 11:15 a.m.-noon**

**Instructor:** Amber Moesch

**Investment:** \$5 per class

**Registration deadline:** July 13

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 demonstrated through Zoom videoconferencing. Participants will need a chair to offer modifications and balance support. The last 15 minutes of each class will include stretching exercises and conversation (over Zoom) to help foster a sense of community.

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

### PLAYING AND PRAYING WITH CREATION (VIA ZOOM)

**JULY 18 • Saturday, 9 a.m.-noon**

**Presenter:** Sarah Hennessey, FSPA

**Investment:** \$15

**Registration deadline:** July 17

Rejoice in the bounty of summer! Summer is the perfect time to enjoy nature and deepen our care for

creation. Together, during this virtual retreat, we will deepen our commitment to care for creation, engage practices of nature, pray with creation and dialogue about our passions and hope for the Earth. This three-hour program will include two hours of online prayer and discussion and one hour offline to reflect and interact with nature in your own environment.

### BOOK DISCUSSION GROUP: JUST MERCY (VIA ZOOM)

**AUGUST 5 • Wednesday, 6-7:30 p.m.**

**Facilitator:** Jean Pagliaro

**Investment:** \$5, participants will need to purchase their own book

**Registration deadline:** August 4

Through videoconferencing, we will discuss *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson. This best seller is a powerful, true story about the Equal Justice Initiative, a practice dedicated to defending the poor, wrongly condemned and those trapped in the furthest reaches of the criminal justice system. One of Stevenson's first cases involved Walter McMillian, a young man sentenced to die for a notorious murder he didn't commit. Working on the case helped transform the author's understanding of mercy and justice forever.



### CREATIVITY AND CONTEMPLATION: A VIRTUAL WRITERS RETREAT (VIA ZOOM)

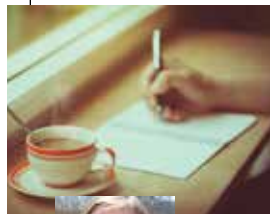
**AUGUST 7-8 • Friday, 6-8 p.m.; Saturday 9-10:30 a.m., 1-2:30 p.m., 6-8 p.m.**

**Presenter:** Julia Walsh, FSPA

**Investment:** \$50

**Registration deadline:** August 5

Writing can be taxing and isolating work, leaving us drained of energy and inspiration. During this online retreat for writers, we'll explore contemplative practices and writing techniques that could fuel our creative work. Beginners through advanced writers are welcome. We'll pray, write and share as we explore how contemplation and creativity support the life of the writer.



### A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

**AUGUST 11 • Tuesday, 9 a.m.-4:30 p.m.**

**Facilitator:** Deb Hansen

**Investment:** \$25, includes optional spiritual direction session

**Registration deadline:** August 10

*A Sheltered Day of Solitude* gives you the gift of connecting to the Sacred, to creation and to others who are spending an intentional day of solitary reflection. We will begin our day meeting together on Zoom (videoconferencing) for an opening blessing and **suggestions for spending the day reflecting on Gratitude: The Practice of Enough.**

An optional remote spiritual direction session will be available. At the end of the day, we will gather together once again on Zoom to reflect together on our day and share a closing blessing. Reflection materials for the day will be emailed to each participant for inspiration and guidance. If you are not able to find complete solitude for the day, we recommend you create as peaceful of an environment as you can under your particular circumstances.





**CENTERING PRAYER: SILENT LISTENING (VIA ZOOM)**

**AUGUST 14-15** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m. (day will include multiple Zoom sessions with longer breaks between sessions)

**Presenter:** Marcia Bentley

**Investment:** \$50

**Registration deadline:** August 12

Centering Prayer is a modern form of meditation that began in a Trappist monastery in Massachusetts. It is a Christian prayer of silence, a surrendering of ourselves to God. While some Eastern forms of meditation deal with the disciplined focusing of one's attention (on breath, for example), Centering Prayer is a prayer of intention—we give our consent to God's presence and action within us. It is a movement toward the center of our being, from our ordinary psychological awareness to our spiritual being, our True Self. The intentional letting go of our emotional programs for happiness and our over-identification with various groups frees us to enter into a deeper relationship with God. Join us for this Zoom (videoconferencing) gathering as we uncover the dynamics that make up Centering Prayer, practice silent prayer together and sample some of the traditions that have grown up around Centering Prayer.

**Marcia Bentley** is a spiritual director formerly on staff at the FSC. She lives in Madison, practices spiritual direction, leads a weekly Contemplative Prayer Group and supervises students enrolled in the FSC's Spiritual Direction Preparation Program. Marcia is a committed practitioner of Centering Prayer, which she credits for contributing to the transformation in her own life from a fast-paced career in the computer field to a deeper, more fulfilling contemplative lifestyle today.

**PRAYER AND YOGA (VIA ZOOM)**

**AUGUST 22** • Saturday, 9-10:30 a.m.



**Presenters:** Sarah Hennessey, FSPA, and Bernice Olson-Pollack

**Investment:** \$15

**Registration deadline:** August 14

During these days, it has become even more important to move our bodies and to connect with another. Through Zoom videoconferencing, we will integrate prayer and movement to deepen our practice. By praying with our bodies, we move into wholeness and restoration. No yoga experience is necessary for these simple movements we will be doing. Please join us for a time of prayer, movement and connection!

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC. **Bernice Olson-Pollack** is a certified personal trainer and a longtime yoga and tai chi instructor at the FSC.



*"There is the mud, and there is the lotus that grows out of the mud.  
We need the mud in order to make the lotus."* - Thich Nhat Hanh

We are always adding new online experiences. Be sure to check our website, [www.FSCenter.org](http://www.FSCenter.org), and Facebook page @FSCenterLaCrosse for updates.

## FRANCISCAN SPIRITUALITY CENTER

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

**Franciscan Spirituality Center**

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**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 FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.



# WE'LL MISS YOU, ZOUA

**“ASK ZOUA”** IS A COMMON PHRASE HEARD AROUND THE FSC. WHETHER A GUEST NEEDS HELP REGISTERING FOR A PROGRAM OR A CO-WORKER NEEDS INFORMATION, THE FIRST STOP IS TO THE FRONT DESK TO ASK ZOUA VUE. ZOUA HAS BEEN AN INVALUABLE OFFICE ASSISTANT, CALMING PRESENCE AND GENUINE FRIEND TO ALL OF US—STAFF, SISTERS, VISITORS ALIKE—SINCE 2012. WE’RE REALLY SAD TO SEE HER LEAVE HER POSITION WITH US, BUT LUCKILY SHE’S NOT GOING FAR—JUST TO THE OTHER SIDE OF ST. ROSE COMPLEX TO BEGIN HER NEW JOB AS EXECUTIVE SECRETARY FOR THE FRANCISCAN SISTERS OF PERPETUAL ADORATION. WE DON’T KNOW WHAT WE ARE GOING TO DO WITHOUT HER, BUT WE WISH HER ALL THE BEST!

## FSC STAFF MEMBERS SHARE MEMORIES ABOUT ZOUA:

**“ZOUA WAS MY ‘ROCK’— I WILL MISS HER SO MUCH.** Her presence at the front desk of the FSC was such a blessing for a very long time. Her calm demeanor with guests was something you don’t see every day. If there was ever a question on most anything happening at the FSC, we asked Zoua; she seemed to be the ‘center’ of the Center. I wish her all the best in her new position, and I am glad she didn’t go far so we can still see each other.” – **Laurie Swan**

**“I HAVE ALWAYS THOUGHT OF ZOUA AS THE FACE OF THE FSC.** Because she was the person sitting by the front door at the reception desk, hers was always the first face I would see when arriving for work. I can’t remember a time when she offered anything besides a kind word in greeting. For me, she embodies the concept of a ‘welcoming presence’ for our many visitors and guests. She was the presence that would answer the phone, greet them at the door, solve any problems they might have in registering for a program. I believe she will be missed by many. She will be particularly missed by the staff of the FSC.” – **Steve Spilde**

“As a new staff member, I was often lost or unsure of procedures. Zoua was my North Star, always calmly easing my fears and helping me out with a smile. She also would amaze me for being able to double-task or even triple-task, without ever getting ruffled. **ZOUA HAS BEEN A TRUE GIFT TO THE FSC.**” – **Sarah Hennessey, FSPA**





**"I WILL MISS ZOUA'S SMILE AND HER PATIENCE, HER WILLINGNESS TO HELP AND HER GENTLE SPARKLE. I know that she will bless all that she works with in her new position." – Deb Hansen**

"Zoua is younger than most of her FSC co-workers, so we usually sought her out if we couldn't get the technology to work. We also learned to go to her if we had a project that needed to be done, from decorating a room for a special event to putting together materials for a program. She would ask a few questions about what we needed, and then quietly and competently complete the project. **ZOUA HAS BEEN SUCH A GREAT MEMBER OF THE TEAM— WE WILL TRULY MISS HER!" – Audrey Lucier**



"Some of the great memories I have with Zoua involve the door decorating contests we had during the Christmas holidays. We had so much fun planning, creating and admiring our creations. We even won the traveling trophy one year, which brought more pressure to be even more creative for the next year. We always had fun, and it was always a team effort. **THAT IS WHO ZOUA IS: A TEAM PLAYER EITHER IN DECORATING DOORS OR HELPING ANYONE AROUND THE OFFICE.** She's always willing to help. I will truly miss her." – Elizabeth Kapanke



"She is an outstanding artist in folding napkins and creative designer (with Elizabeth) for the Parade of Doors office door decorating contest. (FSC won two years in a row.) **YET FOREMOST IN MY MEMORY IS HER QUIET, FRIENDLY PRESENCE OFFERED TO ALL.**" – Rose Elsbernd, FSPA

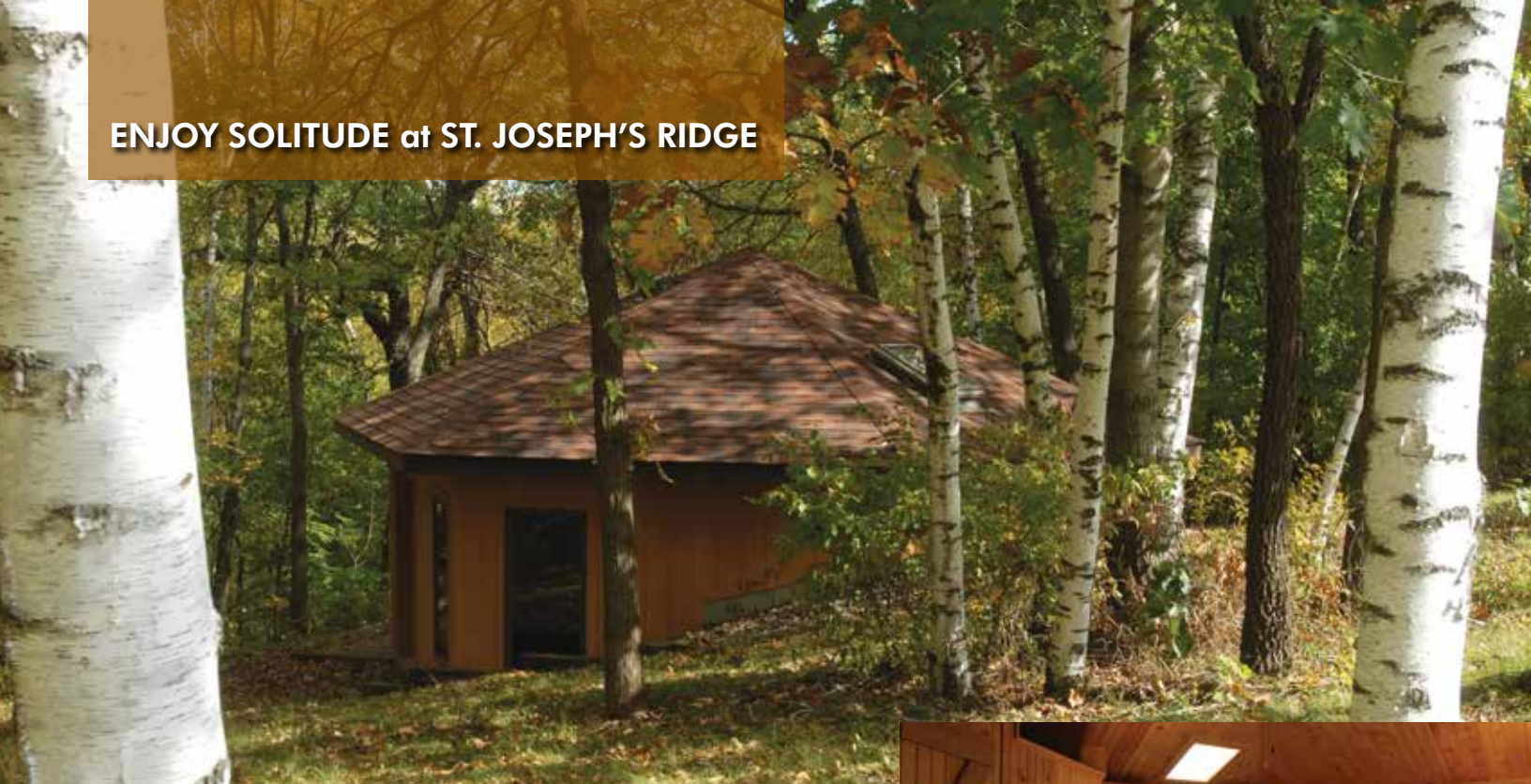
"Zoua has always been calm, cool and collected, even when things became hectic at the front desk. Zoua and I would usually come into work at the same time, and I enjoyed conversations with her in the Sophia Bookstore as we were waiting for the coffee to be ready. **ONE OF MY FAVORITE MEMORIES OF ZOUA WAS WHEN WE WERE GETTING READY FOR A LARGE EVENT AND I WAS STARTING TO GET STRESSED. SHE TOLD ME SO CALMLY AND REASSURINGLY, 'IT WILL ALL BE OK. IT'S UNDER CONTROL, AND IT WILL BE GREAT.'** I appreciated her calmness so much at that moment!" – Jean Pagliaro

"I liked Zoua right away. She just might be the nicest, most patient and most easy-going person I've ever known. In the office, she's been a huge help to me with our marketing and promotional efforts. On a personal note, she has been a sympathetic and nonjudgmental listener when I've needed to vent. **SHE SETS A GRACEFUL EXAMPLE AND HELP KEEPS ME GROUNDED—THANK YOU, ZOUA!** She also has an underappreciated sense of humor and a fabulous sense of personal style and a flair for creative design and presentation. I suppose we can't blame FSPA for 'stealing' her, but she will be missed!" – Stacey Kalas

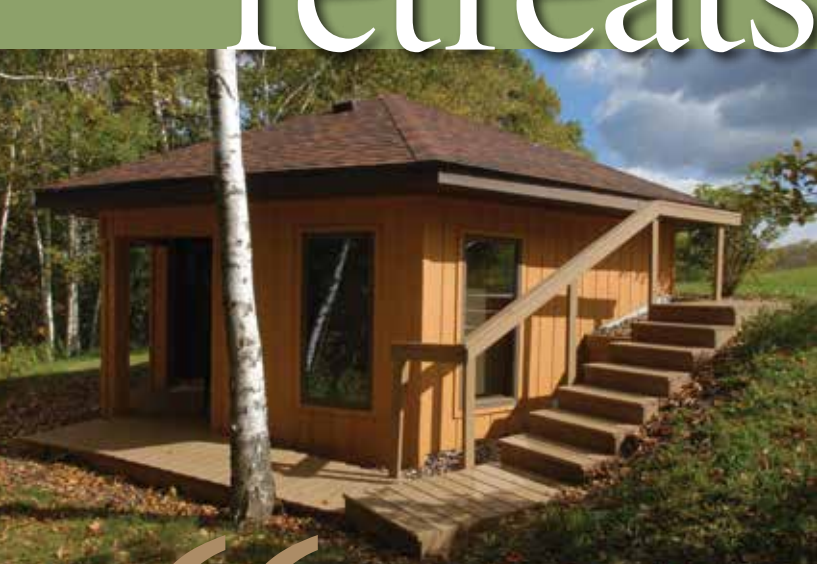




ENJOY SOLITUDE at ST. JOSEPH'S RIDGE



# Hermitage retreats



*Thank you for such a beautiful and peaceful place to rest, recharge and reflect. Truly transformative. I'll be back again!"*

– Joella



# A peaceful place to unplug

**EXCITING NEWS:** The hermitages are open! To make sure we can provide a safe and sanitized experience, our hermitages on St. Joseph's Ridge are available for weekend stays only (Friday afternoon through Monday morning.) Reservations are for single occupancy at \$60 per night and may be made for up to three nights (a minimum of two nights is required). These are fully equipped, comfortable cabins meant for silence and solitude.

Many people choose to spend time praying, meditating, reading, writing, art journaling or simply resting. If you like to hike, bird watch or take photographs, you'll want to explore our miles of trails on the grounds. You might even want to try forest bathing while you are here.

## AMENITIES

- Choose from three hermitages: Thea, Chiara and Sophia.
- Each hermitage has a twin bed, easy chair, writing table and chair, electricity, stove, microwave, refrigerator, restroom and shower, electric fireplace, CD player and telephone for emergency.
- Guests provide and prepare their own food in the apartment-sized kitchen.
- Towels and bed linens are provided; please bring your own toiletries.
- No pets and no smoking, please.



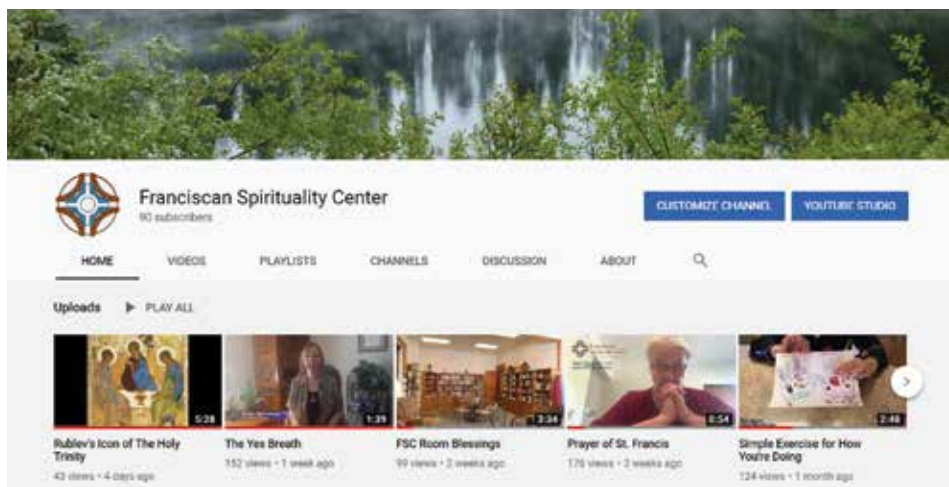
To check availability and make a reservation, please contact us at: 920 Market Street, La Crosse, WI 54601  
608-791-5295 • [www.FSCenter.org](http://www.FSCenter.org) • [fscenter@fspa.org](mailto:fscenter@fspa.org)



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

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# Spirituality online

Each week, our staff shares a new video resource to stay connected while we are temporarily closed. You can find a link to our YouTube channel on our website, [www.FSCenter.org](http://www.FSCenter.org), or sign up to receive our e-newsletter in addition to this print version and never miss a video.

You also can do that on our website; simply click on the JOIN OUR EMAIL LIST button.

Videos have included breathing exercises, Tibetan singing bowls, prayers and creative expression demonstrations.



Have a listen to our new podcast: What is Spirituality?  
by visiting [www.FSCenter.org](http://www.FSCenter.org). Guests have included Mary Kathryn, FSPA,  
Jolynn Brehm, FSPA, and Vince Hatt, with new episodes in the works.

### COMING IN SEPTEMBER & OCTOBER



**LIVING WITH GRATITUDE AND GRACE:  
A COURAGE & RENEWAL RETREAT**  
September 18-20 • with Mary Louise Peters

**ICONOGRAPHY WORKSHOP:  
RUBLEV ANGEL OR ST. KATERI TEKAKWITHA**  
September 20-26 • with Phil Zimmerman

**USING OUR VOICES FOR POWER**  
October 3 • with Julia Walsh, FSPA

**COLLAGE-MAKING RETREAT: BROTHER SUN**  
October 10 • with Mary Thompson

These fall retreats are tentatively scheduled but may need to be postponed depending on state guidelines and the evolving situation with COVID-19. If you do register and we have to cancel, you will receive a full refund.

Follow us on :   

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

**CURRENT OFFICE HOURS** for the Franciscan Spirituality Center are 9 a.m.-3 p.m. Monday through Friday. Phone and email messages left after 3 p.m. will be answered the next business day. Thank you for your patience and continued support. Peace and all good!