



Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 28 • NUMBER 3

JUNE 2020

At the Center

As we discern when it is safe for us to gather again at the Franciscan Spirituality Center, we are still here for you! Inside, you'll find information about several virtual programs and services.

Thank you for your continued support and patience throughout this challenging time.

Application deadline extended!

2020-2023

IT'S ABOUT listening TO THE stories



Do you wish to help others discover a personal, intimate relationship with God? Are you interested in preparing for a ministry of spiritual direction or retreat ministry? Is now the right time to train to become a spiritual director? Consider the Franciscan Spirituality

Center's Spiritual Direction Preparation Program.

Since 1985, we have trained more than 500 people in the practice of spiritual direction. Our innovative program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity to integrate theory and practice. This program is designed to form and train candidates through prayer, teachings, practical workshops, quarterly meetings and one-on-one supervision. While the SDPP prepares the participant to companion others regardless of their spirituality, this program teaches from the Judeo-Christian tradition.

SPIRITUAL DIRECTION PREPARATION PROGRAM:

DESIGNED FOR:

- Those who are older than 30 and drawn to a deeper understanding of spiritual direction.
- Those who have not had formal training in spiritual direction.
- Those preparing for a ministry of spiritual direction or retreat ministry.
- Those interested in deepening their spiritual and personal development.

PARTICIPANTS LEARN BY:

- Attending scheduled workshops.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor, an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.

EXPECTED OUTCOMES:

- Lifelong compassionate listening skills.
- Strong community development with cohort between 25-35 participants.
- Personal transformation and deeper spiritual understanding.
- Increased self-awareness and deeper interpersonal relationships.
- Certificate of completion as a trained spiritual director.

APPLICATIONS WILL BE ACCEPTED UNTIL JULY 1, 2020.

PLEASE VISIT WWW.FSCENTER.ORG TO DOWNLOAD A BROCHURE OR CALL 608-791-5295 FOR MORE INFORMATION.



Living our mission amid a 'new normal'



*Blessed are you, Lord our God,
who gives spice to our life with change.*

**FRANCISCAN
SPIRITUALITY
CENTER STAFF &
ASSOCIATES**

We are happy to resume publication of *At the Center*, and yet it can't be said we're back to normal. Rather, we're beginning to live into a "new normal." Some of us can remember airports before security checkpoints; September 11, 2001, changed that forever. No doubt we will experience some permanent changes due to the COVID-19 pandemic, too.

Yet the mission of the Franciscan Spirituality Center hasn't changed. In this issue, we are delighted to offer you 13 programs and retreats in June, all of which you can participate in from the safety and comfort of your home. The registration process is the same, whether you sign up through our website, www.FSCenter.org, or by phone, 608-791-5295. Then, we will send you a Zoom link by email; you'll simply click on the link from your smartphone or computer when the meeting is starting.

We know that many of you are dealing with financial as well as health and safety concerns right now. Yet now more than ever, you may find one of these programs helpful. We have kept fees as low as possible during this time of economic hardship, but if you need financial assistance to attend a program, please don't hesitate to give us a call. We are committed to making sure everyone who wants to participate can do so.

Scholarship funds are available thanks to our generous donors. I'd like to express my personal appreciation to our Spirited Friends (monthly givers) and to those of you who sent a gift on #GivingTuesdayNow. Because of you, we were able to continue working after March 16, creating and sharing videos and reflections, prayers and spiritual practices, and developing programs we could offer virtually.

As I write this, most of our staff are still working from home. We do have someone in the office to answer the phone, receive mail and check email. To receive the most current updates on when the hermitages and Center will reopen, please visit www.FSCenter.org and join our email list, and follow us on Facebook @FSCenterLaCrosse.

Thank you, too, for the notes of encouragement you have sent. We love to hear from you! We are praying for your health, safety and peace and a way for us to be together again.

Peace and all good,

Audrey Lucier

Audrey Lucier
FSC Director



Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Jean Pagliaro
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Zoua Vue
Office Assistant



Elizabeth Kapanke
Bookkeeper & Hospitality



Vince Hatt
Associate Spiritual Director



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.

PRAYER AND YOGA (VIA ZOOM)

JUNE 2 • Tuesday, 10-11:30 a.m.

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

Investment: \$15

Registration deadline: June 1

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. Come 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 yoga instructor.

"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



LET'S GET REAL: SPIRITUALITY AND MINDFULNESS IN TIMES OF CRISIS (VIA ZOOM)

JUNE 2, 9, 16, 23 • Tuesday, 7-8 p.m.



Presenter: Mike Hesch

Investment: \$25

Registration deadline: June 1

Join us for a highly interactive series that gives us all the opportunity to learn from each other. We will dig into the reality of what we are experiencing and get "real" about how we can cope with the unknown and incorporate spirituality and mindfulness into our daily living.

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.

DIVORCE RECOVERY (VIA ZOOM)

JUNE 2, 9, 16, 23, 30 • Tuesday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$15

Registration deadline: May 26

Limited to 12 participants.

This group will meet for five weeks through videoconferencing. *Divorce Recovery* offers support and a path for healing from divorce, separation or the end of a long-term romantic relationship. We will learn practices based in self-compassion to help you cope with the difficult emotions and unique losses when a significant relationship ends, and we discuss strategies for healing and building a new life.

After you register, you will be contacted for a brief interview to answer your questions and determine whether this group is right for you.

Audrey Lucier is director of the FSC.



LIVING WITH EMPATHY (VIA ZOOM)

Based on the research of Brené Brown

JUNE 4 • Thursday, 6-8 p.m.

Presenters: Steve Spilde and Jean Pagliaro

Investment: \$20

Registration deadline: June 3

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

Steve Spilde is a spiritual director on staff at the FSC and a Certified Daring Way™ facilitator. **Jean Pagliaro** is the FSC's program and retreat coordinator.



DEVELOPING OUR INNER WITNESS WITH THE ENNEAGRAM (VIA ZOOM)

JUNE 3, 10, 17, 24 • Wednesday, 6:30-8 p.m.

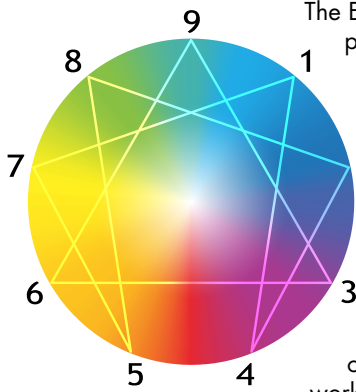
Presenters: Audrey Lucier and Steve Spilde

Investment: \$45

- **Option:** Individual session (45-60 minutes) with Steve Spilde at the conclusion of the program: \$30

Registration deadline: June 1

Limited to 15 participants.



The Enneagram is a powerful tool for developing our inner witness so that we can live more fully and freely. Our inner witness helps us to recognize the behavior patterns that keep playing out in our life. This awareness is the first step toward changing our habitual ways of reacting to people and events, ways that once protected us but are not working so well for us anymore.

For this program, you will need a basic knowledge of the Enneagram and your type and a computer to participate through videoconferencing. We will explore how our childhood shapes our ego development (our personality); the passions that can distort our thinking, feeling and doing (and the virtue that counteracts it); and three ways we react to life's challenges (the harmonic triads). We will use live talks, some personal reflection and group discussion, and an optional private consultation at the end of the program.

Audrey Lucier, director of the Franciscan Spirituality Center, was trained and certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training through the International Enneagram Association and with Beatrice Chestnut, Ph.D.

Steve Spilde is associate director of the Franciscan Spirituality Center and the director of the FSC's Spiritual Director Preparation Program. Steve was originally introduced to the Enneagram by Richard Rohr, OFM, many years ago. He also was trained and certified by Jerry Wagner and received additional training from Russ Hudson.



NAVIGATING RELATIONSHIPS IN A PANDEMIC:

Which instinct is dominant for you?

AUDREY LUCIER • alucier@fspa.org

Right now, many of us are experiencing "quarantine fatigue." If we're quarantining with our family, this shows up in our frustrations with them. Even people with whom we're virtually quarantined, like co-workers, might be annoying us more than usual these days.

Understanding a little about how people differ in the way they view and respond to events can be helpful when we realize this is happening. One way we're different, for example, is rooted in some ancient survival instincts that color our perception about what's important.

Because these instincts are so deep in our "hard wiring" for survival, we may not even realize why we feel our very life depends upon doing things a certain way. It just feels important.

Of our three survival instincts, one is dominant. If the instinct for self-preservation is strongest, then we're going to be most concerned about survival. Living comfortably and having enough money, food, protection and security would be priorities. Tension can arise when others don't seem to take our survival needs seriously. For example, what if your instinct tells you that your survival depends upon social distancing from friends and family, but your partner doesn't agree?

If your social instinct is dominant, you may believe that your survival actually depends on getting together with others. Long ago, humans organized into tribes for mutual protection and support. We still have the instinct to join groups, to network and be in fellowship. If this instinct is strong for you, you're likely missing your clubs, churches and recreational groups very much. An intimate partner might not understand why you need more than your one-to-one relationship to be happy.

But for some, the one-to-one survival instinct is strongest. Sometimes called the sexual instinct, it drives us to seek bonding, closeness, intimacy and union with special others. Right now, you may find yourself in the role of caregiver, nurturing others with whom you're quarantined, a situation for which this instinct serves you well. Others for whom this instinct isn't as strong, however, may feel dominated or smothered by your stellar care!

These insights come from the study of human behavior known as the Enneagram. People are often drawn to this study because they are interested in understanding themselves better, and that is the place to start. Then you can approach others with an attitude of curiosity, not to change them, but to learn how they see the world.

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.



2020 Programs and Retreats *continued.*

COLLAGE-MAKING RETREAT DAY (VIA ZOOM)

JUNE 6 • Saturday, 9 a.m.-2 p.m.



Instructor: Mary Thompson

Investment: \$50 if supplies are purchased through FSC (paintbrush, glue, paper, board, etc. Participants will be able to pick up their supply box at the FSC curb at a designated time) or \$40 if using your own supplies

Registration deadline: June 1

The natural world is one of the most consistent sources of generosity in our lives.

When we pay attention, our Earth is nourishing and provides for us daily, sustaining life and offering abundant gifts. Nature invites us to have deep connections with the sacred through birds, insects, flowers and plants, animals, sky, sun and so much more.



Using an assortment of hand-painted paper, music sheets and poetry or words, we will embark on a creative, spontaneous pilgrimage. You will be guided through the steps of collage making and encouraged to find your own creative voice. Absolutely no experience necessary!

The day will consist of a Zoom (videoconferencing) gathering at 9 a.m. for reflection, introduction and instruction time as well as periodic Zoom check-ins throughout the day, and then a Zoom closing session at 1:30 p.m.

SUPPLY LIST

- **Glue** – recommended Liquitex Matte Medium, 8 ounces
- **Paper** – music sheets, magazines, scrapbook paper
- **Canvas or wooden board** – 8-by-10 or 10-by-10
- **Acrylic paints**
- **Paintbrushes** – one sturdy one for painting, one old one for glue application

A supply box containing all necessary materials can be provided upon request for curbside pickup.



A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

JUNE 9 • Tuesday, 9 a.m.-4:30 p.m.

Facilitator: Deb Hansen

Investment: \$25, includes optional spiritual direction session



Registration deadline: June 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 in silence, solitude, prayer and reflection. 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 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 that you create as peaceful of an environment as you can under your particular circumstances.

GRIEF SUPPORT CIRCLE (VIA ZOOM)

JUNE 9, 16, 23, 30

Tuesday, 10-11:30 a.m.

Facilitator: Jean Pagliaro

Investment: \$15

Registration deadline: June 8



Grieving the death of a loved one involves many difficult challenges. Often, we feel overwhelmed with tasks and emotions. You're invited to spend some time in a virtual community with other people who are experiencing grief. Through discussion and time for reflection, there will be space for you to both express your grief and consider new paths that might be part of your healing.

After you register, you will be contacted for a brief interview to answer your questions and determine whether this group is right for you.

This program is sponsored by the George and Virginia Schneider Fund of the La Crosse Community Foundation.

In our collective grief, we are surrounded by a city of angels

JEAN PAGLIARO • jpagliari@fspa.org

This image is from the movie *City of Angels*. Recently, there was another city of angels, but it was real. This time, there were living angels standing at a cemetery. They were in face masks, standing at least 6 feet apart, spread over an area the size of half of a football field. Many had hands in their pockets or wrapped around themselves because it was blustery and cold.

These angels were there to honor the life of my sister-in-law, Heather. It was unlike any funeral we have ever attended. For the service itself, only 10 people total were allowed. We had to wear masks. We sat far apart from one another. We couldn't hug. We couldn't shake hands. Hand sanitizer and "please refrain from touching" signs were all over the place.

These are some insights on grief and mourning during a pandemic:

There are heightened emotions and grief. There was certainly grieving for Heather but also grief because of the pandemic and isolation. As one family member said, "I get why we have to do this, but it feels cruel to have to limit the number of people who can attend the service."

Ritual is still important. It can still happen. The pastor sang two songs. We didn't need an organ or a piano for singing to happen. We heard scripture. Prayers were offered. A few of us gathered afterward for

grab-your-own Subway sandwiches and individual, small bottles of wine, and we sat far away from each other. It was a very different-looking



MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

JUNE 11 • Thursday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

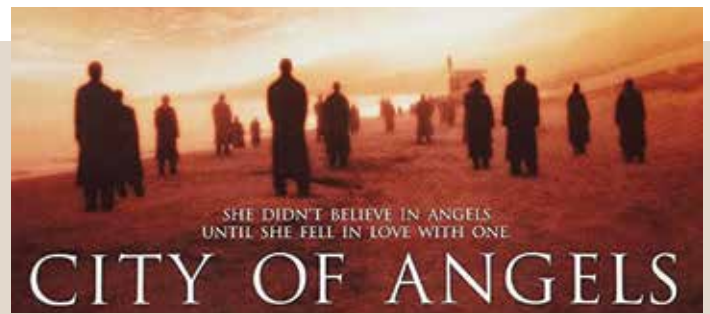
Investment: Free (Freewill donations can be made at www.FSCenter.org/donate)

Registration deadline: June 10



This group is open to anyone experiencing anxiety or depression. Practicing coping skills such as meditation can change the way we interact with the world and with ourselves. We'll gather through videoconferencing for a guided meditative practice followed by a brief discussion.

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



funeral luncheon. You can still find ways to honor your grief, your loved one, your canceled event, the anniversary of something. Maybe in the same way, most likely differently. Give yourself permission to try a different version of a comforting ritual.

SHOW UP. More than ever. This doesn't necessarily mean we need to show up in person. Reaching out however you are able and comfortable speaks volumes. A phone call. A card. Flowers. The ones who were able to be physically present helped remind the family that they truly do have a city of angels grieving with them, but the cards and flowers that my husband, Matt, received and the words of comfort extended to him reminded him that angels are all over the place, not just in a physically present person.

God is present, no matter where you are and no matter how many people are gathered. We sensed the Spirit's presence among the 10 of us who were at the funeral home just as much as we sensed it at the cemetery and just as much as we sensed it on our car ride home and just as much as we sensed it as we were listening to our favorite hymns on YouTube when we returned home.

Your grief is real. Name it, talk about it, write about it, pray about it, express it however you need to. Reach out to trusted family or friends or a therapist or other support person. Your grief is real, it is painful, and it is never without God's presence or love. From now on, when I feel overwhelmed with sadness or grief or loss, I'm going to picture my own city of angels walking with me, guiding and comforting me along the way. May it be the same for you.

CARVING OUT YOUR JOY: CREATING YOUR OWN SOLUTION (VIA ZOOM)

JUNE 11 • Thursday, 6:30-8 p.m.

Facilitator: Mike Hesch

Investment: \$10

Registration deadline: June 10

It's time to take control of what we can. Join us for this interactive session that will highlight ways to find our vitality, draw out our best selves and open our eyes to new and exciting opportunities. We will learn about many creative ways that we can design a life that we love during this time of COVID-19.



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



2020 Programs and Retreats *continued.*

PRAYING WITH OUR BODIES, BREATH, SOUND & THE ENERGY OF LOVE (VIA ZOOM)



JUNE 13 • Saturday, 10 a.m.-noon and 1-3 p.m.

Presenter: Catherine Quehl-Engel

Investment: \$45

Registration deadline: June 10

Commune with the Sacred through love, breath and energy-centered mind-body-spirit practices. We'll peel back the tension and sense of separation to tap into the inner peace and Oneness with the Sacred—and all beings—we've had all along. Practices include love-, breath- and energy-based seated meditations, gentle movement meditations such as qigong, ways to pray when words won't do and interior prayer of the heart.



The **Rev. Dr. Catherine Quehl-Engel** provides spiritual care, teaching and healing as chaplain of Cornell College in Mount Vernon, Iowa. She is a certified meditation, mindfulness and yoga instructor; sound healer, Healing Touch Spiritual Ministry practitioner, qigong practice group leader, artist and Episcopal priest.

REINTEGRATING BACK TO 'NORMAL' LIFE (VIA ZOOM)

JUNE 19-20

Friday, 6-8 p.m. and Saturday, 9-10:30 a.m. and 12:30-2 p.m.



Presenter: Elizabeth Lewis

Investment: \$50

Registration deadline: June 17

What does "normal" look and feel like now? After months of sheltering-in, life is starting to return to normal—phase-by-phase, bit-by-bit. But for some reason, that life just does not seem to provide the same sense of comfort, security and belonging that it used to. At least not yet. But why?

Collectively and as individuals, we have all been through a stress experience; for many, that experience was also a trauma experience. Some of us have vicariously witnessed trauma through COVID-19 media coverage or we have directly experienced trauma by becoming ill, isolated or through witnessing the plight of close others. There is no on-off switch that now magically takes us back to normal. Although an immediate danger has passed, our inner experience may tell us differently, keeping us in a state of high alert, still on the lookout for danger or more loss.

The focus of this online, interactive workshop is to integrate and heal your internal COVID-19 experience as a way to help you reintegrate back into a sense of security in your normal life. We will explore how to let go of the residual stress of your experience, do activities that honor grief and loss, and learn resilience-building tools that provide a sense of strength for dealing with whatever the future holds.

Elizabeth Lewis is a spiritual coach, motivational speaker, writer, artist and teacher.

DARING COMPANIONS (VIA ZOOM)

A virtual group experience for personal growth and spiritual transformation using the research of Brené Brown

JUNE 23, JULY 21, AUGUST 25, SEPTEMBER 22, OCTOBER 27, NOVEMBER 24 & DECEMBER 22, 2020;

JANUARY 26, FEBRUARY 23, MARCH 23 & APRIL 27, 2021

Tuesday, 6-8 p.m.

Facilitators: Steve Spilde and Deb Hansen

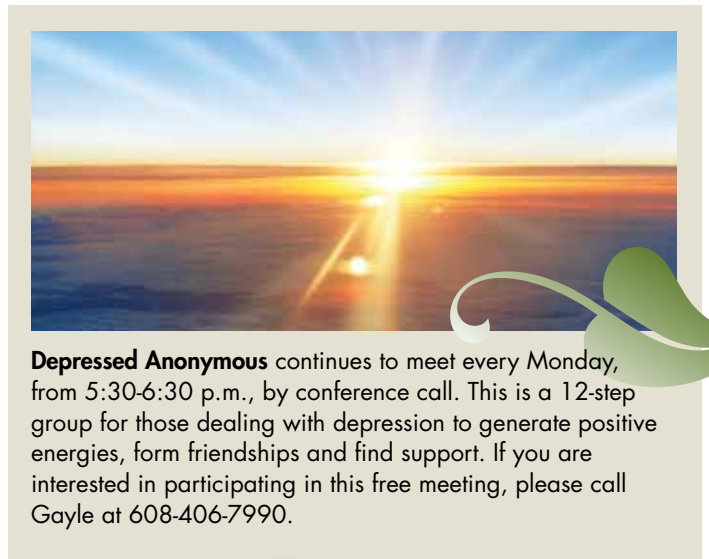
Investment: \$180 for entire series

Registration deadline: June 19

Participants will gather monthly by Zoom. We will hear from Brené Brown through readings and video. We will receive empathy and mutual support as we discuss how this content is relevant in our own individual lives. We will share our personal stories in a confidential and supportive environment.

Steve Spilde is a spiritual director on staff at the FSC and a Certified Daring Way™ facilitator.

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.



FSC B • I • N • G • O

FSC spiritual directors Deb Hansen and Sarah Hennessey, FSPA, have developed this fun spirituality-themed Bingo card that you can fill out at home for yourself.

To play this Bingo card virtually (or design your own), please visit: <https://myfreebingocards.com/bingo-card-generator/free/w22vst>

ALL SHALL BE WELL:

Joyful Prayer With Julian of Norwich



May 14-16, 2021

Friday, 7 p.m.–Sunday, noon

Presenter: Carl McColman

Investment:

- Full: \$310, includes overnight stay, all meals and Saturday evening social
- Commuter: \$210, includes Saturday lunch, dinner and social

Registration deadline: April 10

Julian of Norwich was a 14th century mystic and author who, even in her own lifetime, was renowned as a visionary and spiritual director. She was the first woman to write a book in the English language, and her reflections on the Motherhood of God continue to inspire us today. This retreat will weave together Julian's joyful, optimistic spirituality with contemplative prayer practices inspired by her teachings and by the wisdom of The Cloud of Unknowing.

Carl McColman is a contemplative blogger and podcaster. His books include *The Big Book of Christian Mysticism*, *Answering the Contemplative Call* and *Unteachable Lessons: Why Wisdom Can't Be Taught and Why That's Okay*. He is a lay associate of the Cistercian Monastery of the Holy Spirit in Conyers, Georgia.



CONTINUING-EDUCATION OPPORTUNITY

Supervision training with Lucy Abbott Tucker

Train with the best! If you supervise spiritual directors, please join us for this exciting five-day workshop with one of the most distinguished spiritual directors and supervisors in the country.

Exploring Supervision:

A Workshop for Spiritual Director Supervisors

May 24-28, 2021

Monday–Friday, 9 a.m.–5 p.m.

Investment:

- Full: \$850, includes overnight stay and all meals
- Commuter: \$500, includes lunch each day

Registration deadline: April 27

Register at www.FSCenter.org or 608-791-5295

This workshop includes presentation and practice. We'll look at supervision as a process that includes self-reflection, education and consultation. Processes for both individual and group supervision will be presented and explored.

Participants are asked to bring two one-paragraph summaries of recent spiritual direction sessions that they would like to explore in supervision.

Lucy Abbott Tucker is one of the founders of Spiritual Directors International, and she led the task force to write and establish SDI's official Guidelines for Ethical Conduct for all spiritual directors. She studied at the Institute for Spiritual Leadership and Catholic Theological Union, Chicago, where she obtained a master's degree in theology. Lucy worked for many years at the Institute for Spiritual Leadership in Chicago and recently served as president of the board of directors for that organization. She also has been involved in retreats and workshops throughout the world.





We are excited to announce our new podcast...

What is Spirituality?

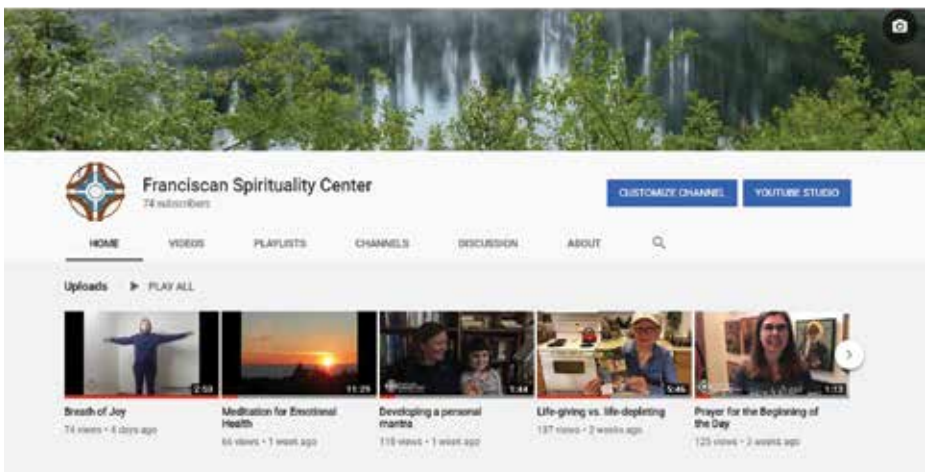
Your host, FSC spiritual director Steve Spilde, explores a variety of topics related to our understanding of connection, the divine, compassionate listening and the search for meaning and wholeness.

Of the many questions Steve is guided by in his life, one of his favorites is: "What is spirituality?" In this series, he'll introduce some of the spiritual mentors in his life as they reflect on this question and share what they have discovered on their own personal journeys. Expect to hear the collective wisdom of other spiritual directors, Franciscan Sisters of Perpetual Adoration and past directors of the FSC's Spiritual Direction Preparation Program.

Visit www.FSCenter.org for a link to the podcast (we include both a 5-minute edited version and a full-length conversation).

SOMETHING NEW IN YOUR INBOX

Staying in touch during this challenging time is more important than ever. In addition to our weekly *Reflections From the Center*, we also send an e-newsletter filled with free resources, helpful tips and inspirational videos from our staff each Thursday. If you are not receiving these emails, please visit www.FSCenter.org and subscribe by clicking on the **JOIN OUR EMAIL LIST** button. From our website, you also can click on the **YouTube icon** and check out our videos.



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
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 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.

IT'S NOT FAREWELL; IT'S "MEET ME IN ST. LOUIS."

Best wishes, Rika!



When Rika Beckley was hired as our development director in August 2018, it became obvious to all of us who are familiar with the Enneagram that she is a "seven" (fun-loving, adventurous, thrives on having multiple projects going at once). So, while it is with great sadness that we said goodbye to her on May 1, we are excited for her next adventure.

Rika has accepted a position in her hometown of St. Louis. She'll continue to put her fabulous fundraising and friend-raising skills to use but also be closer to her mom.

With her outgoing personality and innate curiosity, it didn't take long for Rika to make personal friends and professional connections in the Coulee Region. We're going to miss her, but we are grateful for the many projects and initiatives she worked on while here. She's leaving big shoes to fill, but we are confident the right person to continue this important work is out there.

JOIN OUR TEAM!

We're hiring a development director

The Franciscan Spirituality Center is dedicated to helping people of all faiths find opportunities for growth in body, mind and spirit through prayer, reflection, retreats and programs.

We are looking for someone to help us support others. In this full-time position (30-40 hours per week), you will plan, coordinate and implement funding strategies, cultivate donor relationships and research grant opportunities. This is satisfying and challenging work that makes a real difference in people's lives.

We're not looking for just anyone—you must be passionate about helping others grow, you should enjoy meeting people and coordinating fundraising activities, and you should have at least one year of related experience.

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

For more information and to download an application, please visit www.FSCenter.org or www.FSPA.org and click on the employment tab.

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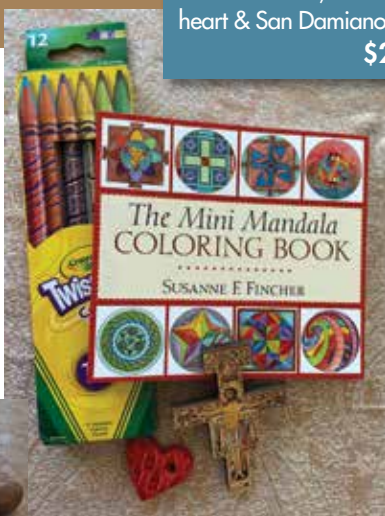
Spiritual Care Kits

Make someone's day by spreading a little love and inspiration! We packaged some of our favorite items from the Sophia Bookstore into Spiritual Care Kits that can be shipped to a friend, a loved one or to yourself.

To order, please call 608-791-5295 and request Kit 1, 2, or 3. Shipping and tax are included.



KIT 1 • Tea with quote, San Damiano cross, ceramic heart.
\$10.50



KIT 2 • Colored pencils, Mandala book, ceramic heart & San Damiano cross.
\$22.25



KIT 3 • Palm cross, ceramic heart, journal, essential oil patch & tea with quote.
\$37



COMING IN JULY & AUGUST

ICONOGRAPHY WORKSHOP: Rublev Trinity
(Advanced students)
July 12-18 • with Phil Zimmerman

WRITER'S RETREAT
August 7-9 • with Julia Walsh, FSPA

CENTERING PRAYER RETREAT
August 14-15 • with Marcia Bentley

GARDENING RETREAT
August 15 • with Sarah Hennessey, FSPA

These summer 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.