



Franciscan Spirituality Center

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

VOLUME 27 • NUMBER 2

MARCH/APRIL 2019

At the Center

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With Grit and Grace*
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Stations of the Cross*
- *Serenity Retreat:
Emotional Sobriety*
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- *Love, Relationships and
the Enneagram*

OVERCOMING CHALLENGES WITH

Grit & Grace

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

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

ADDITIONAL SPEAKERS:

Elizabeth Lewis of Mequon, Wisconsin, was inspired to pursue her interests in fiber arts, spirituality and wellness upon recovery from a traumatic brain injury.

Tara Shilts of Onalaska, Wisconsin, balances her role as a chaplain with being a mom to two children, one of whom has significant mental health challenges related to early childhood epilepsy.

Melina Garcia of Brooklyn Center, Minnesota, will share the story of navigating the citizenship process for her husband.



ABOUT OUR KEYNOTE SPEAKER:

SARAH THEBARGE

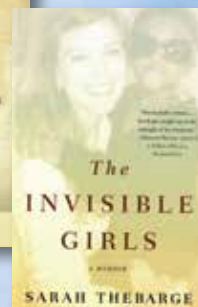
Sarah studied medicine at Yale School of Medicine and journalism at Columbia University. She has practiced international medicine extensively and started a clinic in Kenya for children who lost their parents to AIDS.



Sarah's first book, *The Invisible Girls*, is a memoir that weaves her story of nearly dying of breast cancer in her 20s together with the story of a Somali refugee family she met on a train in Portland, Oregon, as she was recovering from her cancer treatments. Her latest book, *WELL*, details the time she

spent practicing medicine at a hospital in Togo, West Africa, which the United Nations ranked the "least happy country in the world." In *WELL*, Sarah uses medicine as a metaphor for how each of us can help to heal our beautiful, broken world.

Sarah Thebarge's books, *The Invisible Girls* and *WELL*, are available in the FSC's Sophia Bookstore.



SAVE THE DATE

MARCH 16

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

Mary, Mother of the Church
2006 Weston Street
La Crosse

Investment: \$40
(lunch included)

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

THIS EVENT IS
SPONSORED BY:



MAYO CLINIC
HEALTH SYSTEM

Growing in the midst of winter



The stores pass right by Lent in the seasonal displays. Yet, when I was working in the Lutheran and Catholic churches, I found that Lent was a popular time for adult classes. If you don't attend a Christian church, you may not be aware of this great spiritual season of reflection and renewal. Even so, you may be feeling called to practice Lent in your own way.

There are three classic Lenten spiritual practices to explore. The first is *fasting*. Think of it as a mid-winter pruning to shape our life and direct our energy to the healthy growth that will come when spring comes again. This may involve letting go of something. Fasting also may mean being more intentional about the choices we make in becoming the person we want to be. For this, I recommend as inspiration *Overcoming Challenges With Grit and Grace* on March 16 (see opposite page).

The second Lenten practice is *almsgiving* through charitable giving or loving acts of service. It also could mean becoming a merciful person, in the image of our merciful God. Consider learning more about this from Sister Dianne Bergant, a great teacher who will be offering a retreat on *The Face of the Mercy of God* at the FSC on February 22-23.

This year, I've learned about mercy from my daughter, who says she learned it from her dog. She walks her dog in a park near her Florida home where many homeless people live. At first, she would just say hello and walk by, but the park residents began offering treats to her dog and so there was a reason to pause and talk. "Little by little, Luc found himself looking forward to visits with his park friends. I witnessed the joy he both gave and received, and began sitting down to visit longer, learning people's stories. ... There wasn't one assumption I made about homeless men and women that hasn't been destroyed over the course of this year," she said.

Prayer is the third Lenten practice. The 40 days of Lent are a perfect amount of time to try a new prayer practice such as *Art as Prayer*. Consider disconnecting electronically and step into quiet for a *Franciscan Day of Solitude*. Learn *Meditation for Emotional Health*. Pray the traditional Stations of the Cross in a new way at the Good Friday *Justice and Peace Stations of the Cross* walk.

I hope we can be of service to you during your Lenten season. And I look forward to being with you at *Art Dash* on March 28! Please join us on this important FUNdraising evening as we celebrate the power of art to touch our hearts and lift our spirits.

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER

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Spiritual Director



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Lynn Dolezel



Jennifer Fisher Jones



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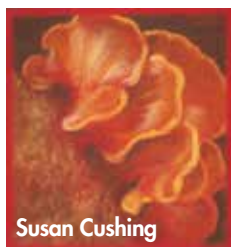
Mary Lou Ferguson



Susan Cushing



Leanne Poellinger



Susan Cushing



Jamie Heiden



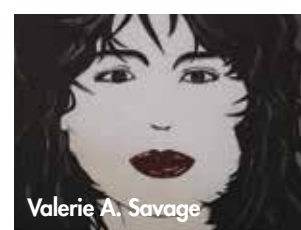
Vincent Louis Carrella



Susan Stoffel



Karen Kappell, FSPA



Valerie A. Savage

ART DASHERS, ON YOUR MARKS...

Ready, Set, Gogh!

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

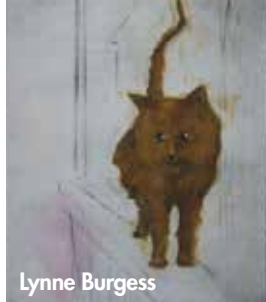
Once again, we've outgrown our venue. This year, you'll dash for your favorite pieces of original art from local and regional artists at The Cargill Room at The Waterfront Restaurant and Tavern in La Crosse. Cocktail hour begins at 5 p.m., and the dash for art starts promptly at 6 p.m.

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

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



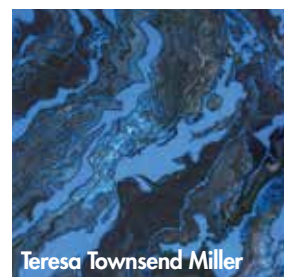
Lisa Anderson



Lynne Burgess



Vincent Louis Carrella



Teresa Townsend Miller



Terri Beck-Engel



Vicki St Mary



Mike Martino



Jennifer Fisher Jones



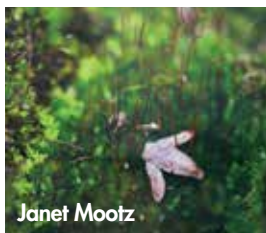
Mary Thompson



Mary Lou Ferguson



Jamie Heiden



Janet Mootz



Toril Fisher



Pauline Wittry, FSPA



Linda Steine



Shirley Wagner, FSPA



Joyce Diveley



Karen Dunn



Sean D. Hansen



Phil S. Addis



Marianne Stanke



Karen Kappell, FSPA



Phyllis Martino

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MARCH 28, 2019

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

Tickets on sale now! Call 608-791-5295 or visit www.FSCenter.org to buy yours!

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

Finding God in All Things

THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

Finding God in All Things is a nine-month retreat using the Spiritual Exercises of St. Ignatius of Loyola that invites you to ask these questions and seek answers that reflect the uniqueness of you and your everyday life. Together, in a safe and welcoming community, we will explore the spiritual practices of prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment, all within the context of a Franciscan framework.

Who is God?

Who am I?

What do I really desire in my life?

Where is God in the events of my life?

***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 life.

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.)

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).

Limited bedroom space is available for those needing overnight accommodations. Please call 608-791-5295 to make arrangements.

Presenters: FRANCISCAN SPIRITUALITY CENTER STAFF

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

body, mind & spirit



Tai Chi

Monday, 11:15 a.m.-noon

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

Session 3: April 1, 8, 15, 22, 29; May 6

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

Instructor: Bernice Olson-Pollack

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

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



Yoga for Befriending the Body

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

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

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

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

Instructor: Cheryl Neubauer

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

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



Golden Yoga

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

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

Session 3: April 2, 9, 16, 23, 30; May 7

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

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

Session 3: April 4, 11, 18, 25; May 2, 9

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

Instructor: Amber Moesch

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

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



Vinyasa Yoga

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

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

Session 3: April 3, 10, 17, 24; May 1, 8

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

Instructor: Bernice Olson-Pollack

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





2019 Program & Retreat Offerings

March 5–April 16

Tuesday, 10 a.m.-noon

Facilitators: Beth Allen and Jean Pagliaro

Investment: \$25 for entire seven-week series

Registration deadline: February 19



NEWLY EXTENDED SESSIONS

Grief Circle

This group meets for seven weeks and is for those who are grieving the death of someone they loved. It is a safe place to share your thoughts, feelings and concerns about what is happening to you. It is a place where you can talk about your loss with other people who understand, because they are also grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.

Beth Allen serves as the director of affiliation for FSPA. With an educational background in counseling, pastoral theology and chaplaincy, her previous ministry included leading bereavement services at Mayo Clinic Health System.

Jean Pagliaro is the program and retreat coordinator at the FSC. Her background includes training in social work and pastoral care.

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

March 6 and April 16

Choose Wednesday or Tuesday,
8:30 a.m.-4 p.m.

Facilitator: Deb Hansen

Investment: \$35, includes
optional spiritual direction session

Registration deadline: March 20/April 2



Franciscan Day of Solitude

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



March 7 and April 4

Thursday, 6-7 p.m.

Facilitator: Laura Mausolf

Investment: Freewill offering

No registration necessary.



Meditation for Emotional Health

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

This program is sponsored by the Charles F. Mathy Fund of the La Crosse Community Foundation.



March 12 and April 9

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

Facilitator: Tom Roberts

Investment: Freewill offering

No registration necessary.



The Sound of Bowls

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

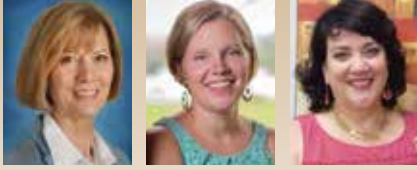


March 16

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

Keynote speaker: Sarah Theborge

Breakout session presenters: Elizabeth Lewis,
Tara Shilts and Melina Garcia



Please note: This event takes place at
Mary, Mother of the Church in La Crosse

Investment: \$40, includes lunch

Registration deadline: March 4

*This event is sponsored by Mayo Clinic
Health System.*

Overcoming Challenges With Grit and Grace

Please join us for this special daylong conference that celebrates the resilience of women. Keynote speaker will be **Sarah Theborge**, San Francisco-based author, physician assistant and inspirational speaker. Through speaking, blogging, writing and practicing medicine locally and globally, Sarah is on a journey to bring emotional, spiritual and physical healing to our broken, beautiful world. Sarah's first book, *The Invisible Girls*, chronicles how a chance encounter with a family of Somali refugees while she was recovering from cancer treatments changed her life. She then used the book's proceeds to establish a college trust fund for the five Somali sisters she wrote about. In *WELL*, Sarah writes about her medical mission trip to Togo, West Africa, and explores the intersection of faith and medicine. Sarah recently returned to Africa, and you can read about her experience on her Facebook page and her blog at www.sarahtheborge.com.



The event also will feature a panel of regional women who will share their amazing stories:

Elizabeth Lewis of Mequon, Wisconsin, was inspired to pursue her interests in fiber arts, spirituality and wellness upon recovery from a traumatic brain injury.

Tara Shilts of Onalaska, Wisconsin, balances her role as a chaplain with being a mom to two children, one of whom has significant mental health challenges related to early childhood epilepsy.

Melina Garcia of Brooklyn Center, Minnesota, will share the story of navigating the citizenship process for her husband.

March 18 and April 15

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$15 each evening

Registration deadline:
March 4/April 1

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

**Art as Prayer**

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

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

**March 21**

Thursday, between 4-7 p.m.

Investment: Freewill offering

No registration necessary.

**Finding Balance: A Spring Labyrinth Walk**

The Spring Equinox marks the beginning of spring and that point in celestial time when there is an equal balance between the hours of day and night. You are invited to walk the FSC's indoor canvas labyrinth on the equinox, as we reflect on balance: between light and dark, between productivity and the rest that is essential for creativity, between caring for others and time for oneself. This is a silent, self-guided meditation suitable for older teens and adults. Please arrive by 6:30 p.m. to ensure enough time for your walk. A brief instruction is available for those new to the labyrinth.

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 Program & Retreat Offerings *continued.*

March 22-24

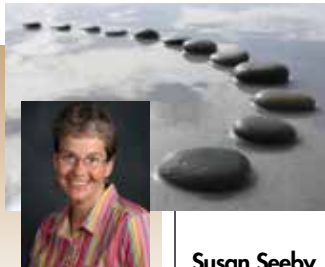
Friday, 7 p.m.–Sunday, noon

Presenter: Susan Seeby, CSA

Investment:

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

Registration deadline: March 8



Serenity Retreat: Emotional Sobriety

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

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

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

March 28

Thursday, 5-8 p.m.

Facilitators: FSC staff

Dash ticket: \$100, includes appetizers, dessert and a piece of art

Spectator ticket: \$60, includes appetizers and dessert

Please note: This event takes place at The Cargill Room at The Waterfront Restaurant and Tavern in La Crosse



Art Dash

This third annual fundraiser is a celebration of beauty and creativity, and it provides important support of our ministry. Local and regional

artists have donated original pieces of artwork that you can "dash" for during this unique event. Every \$100 Dash ticket holder is guaranteed to go home with a piece of art—which piece depends on the luck of the draw.

Many of the artists will be on hand to talk about their work, and everyone is invited to buy a Spectator ticket and cheer on the "dashers" as they try to get to their favorite piece of art before someone else does!

See pages 2-3 for more details and a peek at some of the available art.

Don't delay: Dash tickets are limited and will not be sold at the door.

March 30

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

Presenters: Corinne Thul and Char Peterson

Investment: \$85, includes all materials and supplies

Registration deadline: March 15 (required minimum of 10 participants)



Please note: No artistic experience is necessary, just a willingness to move through your loss and tap into your creative side.



Healing Through Creative Grieving: Creating Art to Inspire, Honor and Remember a Loved One

Grief is hard work, even painful, but it is not something to be avoided or denied. It is a vital and healthy process that honors our loved one and helps us to understand the importance a person (and our relationship with that person) held in our life. In this day of remembrance, you will:

- Explore the extent of your loss and pain, moving toward accepting that the suffering of grief is a part of life.
- Walk through your memories, reflecting and meditating on the beauty and complexity of your relationship with the loved one you've lost.
- Honor your loved one as you embrace the reality of your deep feelings of grief.
- Identify central themes in the memories and impressions of your loved one, creating an image to signify your loved one.
- Create a beautiful glass mosaic that embodies and honors the significance of the loved one and the relationship you had with this important person in your life.

The **Rev. Corinne Thul, MDiv**, has 24 years of ministerial experience, serving congregations in Minnesota, Colorado, California and Utah before training in chaplaincy with the Mayo School of Health Sciences. She has been a staff chaplain at the Mayo Clinic since 2014 and works with patients in cardiac surgery, heart and lung transplant, and in the Pain Rehabilitation Center.

Charlene Peterson works as a hospice chaplain for Gundersen Health System. Her ministry includes hearing stories and uplifting the beauty around each of our lives. She has a master's degree in theology and a certificate of pastoral ministry from St. Catherine University in St. Paul, Minnesota. She completed her training in chaplaincy at Gundersen in 2013-14.

March 31-April 6

Sunday, 6:30 p.m.;
Monday-Thursday, 9 a.m. and
3 p.m.; Friday, 9 a.m.;
Saturday, 9 a.m.

Presenter: Greg Schmitt, C.Ss.R.

Investment:

- **Full:** \$375, includes overnight stay and all meals
- **Commuter:** \$225, includes lunch each day
- **St. Rose resident:** \$95

Fee includes a \$50 non-refundable deposit.

Registration deadline: March 16



Lenten Retreat: The Way of the Disciple

Throughout the Gospels, Jesus recruits, teaches and forms men and women to be his disciples. He teaches them about a kingdom that operates on principles very unlike what is familiar. He demonstrates attitudes, practices and actions in the hopes that his disciples will adopt them as their own. He calls his disciples "friends" and diligently builds relationships with them. He empowers them with his Spirit and commissions them to go "out" and carry on the mission that he began.

What Jesus taught and modeled for his original disciples has been handed on to us. Participants in this retreat will gain insight into how we share the same mission—and the same hope as all who came before us.

Father Greg Schmitt is a member of the Redemptorist Mission Team in Chicago and a native of Milwaukee. After earning his master of divinity degree, he spent an introductory year serving in multiple ministries at St. Alphonsus Parish in St. Louis. He then went to a large parish in Minneapolis, "where the people wore off the rough edges of seminary training." He has pastored congregations in Midland, Michigan; Kansas City, Missouri; Seattle and New Orleans, and has worked in retreat ministry in Oakland, California, and Fargo, North Dakota.

April 5-7

Friday, 7 p.m.–Sunday, noon

Presenters: Elise Lewis
and Deb Richards

Investment:

- **Full:** \$350, includes two nights' stay, all meals and supplies
- **Commuter:** \$250, includes Saturday lunch and supplies

Registration deadline: March 22



Grounding: Spiritual Practices to Transform the Chaos

Using the deeply integrating spiritual practices of the labyrinth, SoulCollage® and various prayer practices, we will explore ways to probe the soul's interiority to bring greater perception and peace to our being.

SoulCollage is a gentle and simple cut-and-paste art process involving images, intuition and imagination. The labyrinth is a symbolic journey that reflects the architecture of the soul. Together, these practices help us to access our inner knowing and experience healing and peace. Our time together includes labyrinth meditation, silence, SoulCollage card making and group interaction, as well as optional prayer sessions. Each of these practices aid us in centering during these chaotic times and can serve to renew and deepen our Lenten journey.

Elise Lewis fell in love with SoulCollage in 2010 and became a certified facilitator in 2014. She is also a Veriditas-trained labyrinth facilitator and a genealogist. **Deb Richards** is a SoulCollage facilitator, spiritual director, retreat leader and writer. She lives in Des Moines, Iowa, where she serves as faith formation director at St. Mary of Nazareth parish.



April 12-13

Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Audrey Lucier and Steve Spilde

Investment:

- **Full:** \$175, includes overnight stay and all meals
- **Commuter:** \$125, includes Saturday lunch

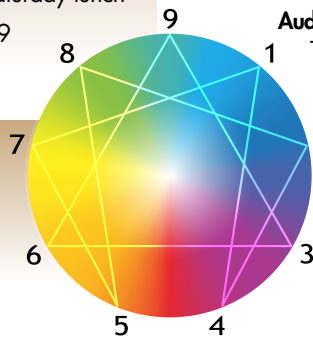
Registration deadline: March 29

April 12

Friday, 1-4:30 p.m.

Investment: \$45

Registration deadline:
March 29



Love, Relationships and the Enneagram

The Enneagram is a tool for understanding personality differences and our center of intelligence—physical, emotional or intellectual. It tells us a great deal about why we respond to people and events as we do—and why others may have a completely different response. You will gain insight into what is important for you in relationships. You are invited to attend alone or with someone you love—a parent/child, partner/spouse—for extra fun!



Audrey Lucier and Steve Spilde were certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training through the International Enneagram Association, Beatrice Chestnut and Russ Hudson.

If you are attending the weekend program but are new to the Enneagram, also register for this program:

Introduction to the Enneagram

In this short introduction, you will learn about the nine personality types and explore your own type. This session includes an assessment that you will complete online before the meeting.



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

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



2019 Program & Retreat Offerings *continued.*

April 18-21

Thursday–Sunday, 9-10 a.m. each day

Presenter: The Rev. John Kiefer

Investment:

- **Full:** \$200, includes retreat room and all meals (Thursday lunch–Easter brunch)
- **Commuter:** \$30, program only

Registration deadline: April 4

Triduum Retreat: Dying and Rising with Jesus the Christ

It is difficult to describe the liturgies of Holy Week, but if we take time to reflect on and enter into these liturgies, we can be transformed. Are you ready for the journey? Please join us as we explore in depth the liturgies of the Mass of the Lord's Supper, Good Friday, the Easter Vigil and Easter.

Father John Kiefer has been a priest of the Diocese of Lafayette-in-Indiana since 1970. He is the third oldest of 11 children, an artist who enjoys working with wood, metal or anything he can find, a friendly introvert and a bit of an adventurer.



April 19

Friday, 10 a.m.

Investment: Free and open to the public.

No registration necessary. Meet at the front entrance to the Franciscan Spirituality Center.



Justice and Peace Stations of the Cross

An annual tradition, this form of the Way of the Cross is a silent prayer walk from the heart of La Crosse to the Mississippi River. Along the way, we stop to pray and sing at places that represent suffering in our community and world today. The two-mile walk recalls the journey of Jesus as he carried his cross to Calvary. Adults, students and families are all welcome to experience this special Good Friday event. Please dress according to the weather.

This year's prayer leaders include Cheryl Hancock, executive director of Coulee Recovery Center; Keith Purnell, director of Military Aligned Student Support and Recruitment at Viterbo University; Maj. Jeff Richardson of Salvation Army; Sister Eileen McKenzie, FSPA president; Dr. Paul Mueller, Mayo Clinic Health System regional vice president; and Sister Marlene Weisenbeck, founder of the La Crosse Task Force to End Modern Slavery.

April 24

Wednesday, 4:30-6:30 p.m.

Facilitator: Audrey Lucier

Investment: \$15

Registration deadline: April 10



The Universal Christ: A Richard Rohr Webcast

What if Christ is a name for the immense spaciousness of all true Love? – Richard Rohr

Join us to view and discuss a replay of selected talks from the Center for Action and Contemplation's spring conference on *The Universal Christ: Another Name for Every Thing*. Featured conference speakers include Richard Rohr, OFM; John Dominic Crossan and the Rev. Dr. Jacqui Lewis.



April 26

Friday, 6-8 p.m.

Presenter: Joan Filla

Investment: \$10

Registration deadline: April 12



Claiming Your Power: Releasing the Grip of Trauma and Fear

"Shackled by the ghost of what I once believed that I could never be." These lyrics from Halesorm's song *I Am the Fire* resonated deeply with Joan during her recovery from childhood sexual abuse. She has found freedom from the shackles of hopelessness, fear and "not good enough," and wishes this much deserved liberty for everyone. Trauma, hurt and loss leave us with many shackles, often feeling stuck and unworthy. By facing her trauma, Joan is discovering joy and gratitude, moving away from the victimhood of abuse to surviving, and even thriving. Joan will share her story with the hope of encouraging you to find your power and move beyond the shackles and obstacles that may hold you.

Joan Filla, M.D., is a local physician whose life took a turn when her traumatic past caught up to her and she took on the difficult task of facing it. While the challenges of medicine continue to provide an interesting and fulfilling career, the greater challenge has been facing the past. Joan has found this to be a journey of spiritual awakening.

April 27

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

Presenter: Joan Filla

Investment: \$60, includes lunch

Registration deadline: April 13



Clearing the Trauma Fog: Finding Yourself

Recovering from trauma has much to do with finding one's power, sometimes when we are feeling most powerless. How do we look at our lives and our choices? What falsehoods do we believe about ourselves? Can we look at things and realize where we have power? Sometimes, the choices that seem the most insignificant are where we cultivate our greatest power. Our day will include opportunities for meditation, group discussion and self-reflection, as we learn to claim the power in being ourselves.

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.

FSC BOARD OF DIRECTORS

Welcome to Mark Thorn of Coulee Bank

The Franciscan Spirituality Center is pleased to welcome **Mark Thorn** to its board of directors.

Mark is the senior vice president of retail sales and marketing for Coulee Bank. He brings more than 30 years of experience in business development, strategic planning, brand management and community involvement. We're truly excited to see how his broad range of experiences and skills can help support and expand our mission.

Just as important as his business savvy, Mark's personal commitment to prayer, witness and service is outstanding. They match the FSC's core values of sacredness, respect, community, hospitality and professionalism as "these are values that I try to live by," he said. Mark recently attended our Jesus@Work leadership conference and found the experience to be "engaging, while providing an opportunity to reflect upon how we can actively practice our faith in our professional lives."

Mark lives in West Salem with his wife, Ellen. They have three grown daughters: Elizabeth, Kathleen and Hannah. Mark is also actively involved in the community. He serves on the advisory board for Dahl School of Business at Viterbo University, is a finance council member at Roncalli Newman Center in La Crosse and participates in many of the servant leadership discussions at Viterbo. He also served on boards for the Onalaska Area Business Association and Wisconsin Bankers Association Retail Section, and was the race director for the La Crosse Chileda Classic. Mark is the head coach of the Onalaska High School Girls hockey co-op team.

In his spare time, he enjoys spending time with his family, hunting, fishing and spending time at his family's cabin in Phillips.



Groups That Meet at the FSC

Depressed Anonymous is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated. *This program is sponsored by The Covenant Fund of the La Crosse Community Foundation.*

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 (March 16 and April 20) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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

FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Mike Hesch, Chairperson
Jane Comeau, Vice Chairperson
Joan Weisenbeck, FSPA, Secretary/Treasurer

Emilio Alvarez
Annie Berendes
Sharon Berger, FSPA
Patricia Boge
Ken Ford
Dan Henderson

Sarah Hennessey, FSPA
Jeffrey Lokken
Lyell Montgomery
Glena Temple
Mark Thorn
Kristy Walz



Annette finds opportunities to serve and to connect

Annette lives in La Crosse and has volunteered at the Franciscan Spirituality Center since spring of 2018. You can find her at our front desk, greeting guests and answering the phone, and she also helps clean our three hermitages on St. Joseph Ridge.

What do you like best about volunteering here?

When I moved to La Crosse, discovering the FSC was an unexpected gift for me. It is a place where I encounter grace, humor, wisdom and compassion in my conversations with staff and visitors. Besides volunteering, I have attended multiple programs and find that for me they help to feed the human heart, grapple with questions, bring clarity, inspire curiosity, heal despair, renew hope and replenish gratitude. I have developed more layers of thinking, helping me to reframe and become more fully attuned to life. By working at the reception desk and cleaning the hermitages, serving here always provides me the opportunity for looking outward with compassion and inward with exploration.

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

My favorite program so far was *Holy Wells and Thin Places: Celtic Spirituality for Our Time*, presented by Carl McColman. This was a truly luminous weekend, sprinkled with poetry, passion, creativity, reflection and community. Carl's storytelling is a delight to the ear, lit with meaning and wonder. Fellow pilgrims shared their experiences of the interplay between the visible and invisible, the material and the spiritual. I was challenged to see beyond my comfortable assumptions, to pause and contemplate, and to embrace the beauty and mystery of life. Appropriately, since it was a Celtic-inspired weekend, it reminded me of a John O'Donohue quote: "All thinking that is imbued with wonder is graceful and gracious thinking."

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

ANNETTE'S FAVORITE QUOTES:

"Even if our efforts of attention seem for years to be producing no result, one day a light that is in exact proportion to them will flood the soul."

– Simone Weil

"Gaining enlightenment is an accident. Spiritual practice simply makes us accident-prone."

– Zen saying

What is Spiritual Direction?

Spiritual direction is the process of sharing one's sacred stories with a trained, compassionate listener. It can be helpful to anyone seeking spiritual growth, healing or a deeper connection with God and others. It is a time-honored practice of compassionate, nonjudgmental listening to another in a safe setting where what is shared is held with reverence and confidentiality.

A trained spiritual director will listen intently, patiently and confidentially as you share your sacred stories. Your spiritual director will journey with you as you navigate life's complexities and transitions. Spiritual directors do not offer counseling, advice or problem solving. Rather, they are trusted guides who accompany you as you explore your own spiritual path.

Suggested fees range from \$50 to \$70 per hour and can be discussed at your first appointment. If the donation is beyond your means, please request a scholarship. No one will be turned away because of inability to pay.

For more information or to set up an appointment with one of the FSC staff or associate spiritual directors, please call 608-791-5295.

REGISTRATION OPEN

2019 ICONOGRAPHY RETREATS

Men and women of all faith traditions and artistic abilities are invited to learn the sacred art of icon painting (writing) with master iconographer Phil Zimmerman. Icons have been used for prayer since the first centuries of Christianity and continue to be venerated within the Byzantine Rite. Phil will lead three retreats this year:

St. George and the Dragon, May 19-25, open to all levels.

St. Peter and St. Paul (full figures), July 14-20, open to advanced students only.

St. Joseph OR St. Nektarios, September 22-28, open to all levels.

All materials and supplies, including gold leaf, gessoed board, brushes and paint (acrylic) are provided.

Investment: Fee includes a \$150 nonrefundable deposit.

- **Full:** \$625, six nights' stay, all meals and materials
- **Commuter:** \$505, includes lunch and supper, and materials

Visit www.FSCenter.org or call 608-791-5295 to register.



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

Ways to invest in our mission are as varied as the colors in a rainbow



Rika Beckley

In Genesis, God explains that a rainbow will be a reminder of his covenant with all living creatures. When we see a rainbow, it is a chance to remember God's promise to us. The word "covenant" is also defined as a commitment or pledge. When our contributors pledge their financial support, we view them as partners helping us keep our commitment to the community to provide a place for healing and spiritual growth. And like the colors of the rainbow, there are a variety of ways that donors can invest in this mission. Some give regularly to support our ongoing programs and services. Some pull from savings or investments to create a lasting legacy and to ensure that a program will go on in perpetuity. Hopefully this list will help bring to your attention the myriad ways a donor can structure a gift to the Franciscan Spirituality Center.

Cash/Check/Credit Card: For most, the easiest way to give is via cash, check or credit card. Online donations make this process easy. Just visit www.fscenter.org/donate-now.php. Our monthly program, *Spirited Friends*, is a valued way to provide reliable support. The benefit of this program is that you sign up once and don't have to worry about it again—it's easy and environmentally friendly as you'll save envelopes, stamps and paper! A pdf brochure is available at www.fscenter.org/content/contact-us/spirited-friends.

Securities (Stocks) and Mutual Funds: When you donate securities to the FSC, you receive the same income tax savings that you would if you wrote us a check but with the added benefit of eliminating capital gains taxes on the transfer. Or, by placing a transfer on death (TOD) designation on your brokerage or investment account, that account will be paid over to one or more individuals or charities after your lifetime.

Wills and Revocable Trusts: This is a relatively easy way to remember the FSC and can be changed if your circumstance changes. You can either note the percentage of the estate or a dollar amount you want to give. We can help by drafting sample bequest language that will ensure that your wishes can and will be fulfilled at the time your estate is settled.

Donor Designated Funds: Do you have a charitable fund or a fund established with the La Crosse Community Foundation or similar endowment? It's easy to designate the FSC to receive fund distributions. Just let us know how best to work with your account holder.

IRA Designations: In our January/February *Community Builders* column, we outlined information for designating IRA distributions if a donor is 70½ or older. This is a great way to make a gift to a qualified charity without having to pay income taxes on the gift.

Beneficiary Designations (life insurance, IRA, retirement plan, commercial annuities): You'll need to work with your retirement plan administrator, insurance company, bank or financial institution to obtain a form to name/change your beneficiary. Once you decide what percentage you'd like to leave FSC, just name the Franciscan Spirituality Center and percentage on the form you turn in.

You can call me to discuss these options, but it's always best to consult with your attorney, financial planner or tax adviser. Information provided may change and is subject to changing state and federal laws. You'll need to know this information as you work with your adviser:

Name: Franciscan Spirituality Center
Address: 920 Market St., La Crosse, WI 54601
Tax ID #: 39-0806386

Contact: Rika Beckley, Development Director
Phone: 608-791-5276
Email: rbeckley@fspa.org



Franciscan Spirituality Center

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COMING THIS FALL

Daring Greatly[™]: A Group Experience

October 4-5, 2019

December 6-7, 2019

January 31-February 1, 2020



Weekend workshops (Friday evening–Saturday afternoon)

Presenters: Steve Spilde, certified *Daring Way*[™] facilitator-candidate
Deb Hansen, FSC spiritual director

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

Registration deadline: September 15

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 Brené 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.



COMING IN MAY/JUNE



Writers Retreat

May 3-5 • with Julia Walsh, FSPA

Contemplative Prayer Retreat

May 10-11 • with Marcia Bentley

Iconography Retreat: St. George and the Dragon

May 19-25 • with Phil Zimmerman

Yoga Retreat

June 13-16 • with Heather Henry

Retreat With the Mystics

June 28-30 • with Marcia Bentley

Follow us on :



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