



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 28 • NUMBER 2

MARCH/APRIL 2020

At the Center

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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

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. She 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. Lucy also has been involved in retreats and workshops throughout the world.

May 11-15

Monday-Friday, 9 a.m.-5 p.m.

Presenter: Lucy Abbott Tucker

Investment:

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

Registration deadline: April 27



Celebrating beauty and creativity



*Beauty, ever ancient, ever new,
how late came I to love thee!*

- St. Augustine

As the year was drawing to a close, we began to receive several donations of art created by our region's talented artists. It was a sensory delight to see what they have created. We can't wait to share them with you at our annual *Art Dash* on March 26!

We chose this fundraiser for the FSC because of its connection to beauty and creativity. Irish author and poet John O'Donohue wrote that beauty is good medicine, providing a contrast to "how much ugliness we endure and allow. ... Much of the stress and emptiness that haunts us can be traced back to our lack of attention to beauty."

This year, I attended Christmas Day worship while visiting family in another city. The music was glorious, with a full choir, organ, brass and strings. There were processions with bells and banners and incense, and the sanctuary was filled with candles, gold and white flowers, and real evergreens. People of all ages and races surrounded me. I truly felt uplifted by the transcendent beauty of it.

God is beauty, O'Donohue writes. "In beauty, we were dreamed and created, and offered a life in a world where beauty arises to awaken, surprise and call us. ... Furthermore, whenever we awaken beauty, we are helping to make God present in the world."

We're grateful for the artists who help us to notice beauty in nature, in buildings and people, in patterns and shapes, textures and colors. It's really wonderful that *Art Dash* is in late March, when we're all feeling weary of winter. On this evening, we enjoy viewing some 70 pieces of original local art during a social hour before the *Dash*. If you'd like to take a piece home with you, be sure to purchase one of the exclusive *Dash* tickets. Details are pages 2-3.

As you browse this issue of *At the Center*, notice how many offerings are free or low cost. *Art Dash* makes this possible. Whether you attend as a Spectator or a Dasher, you are helping to keep the FSC's programs and services affordable and accessible to everyone. Thank you for your support, and enjoy *Art Dash 2020*!

Peace and all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



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Spiritual Director



Rose Elsbernd, FSPA
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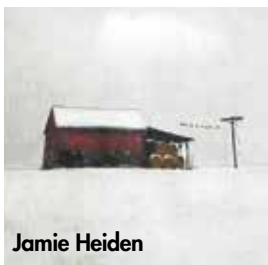
John McHugh
Associate Presenter



Bernice Olson-Pollack
Associate Presenter



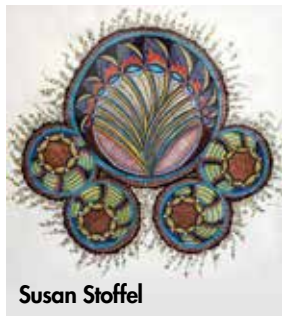
Tom Roberts
Associate Presenter



Jamie Heiden



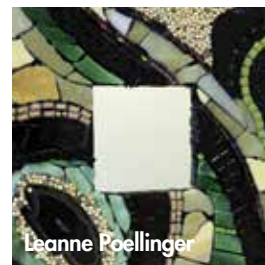
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Susan Stoffel



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Leanne Poellinger



Phil S. Addis



Karen Kappell, FSPA



Jennifer Williams



Larry Durfey



Lynne Burgess



William Eddy



Dani McAlister



Colleen Burke-Shore



Mary Thompson

ART DASH SUPPORTS LOCAL ARTISTS & THE FSC MISSION

Ready, Set, Gogh!



Tickets are on sale for our fourth annual *Art Dash*. This important fundraiser is a celebration of creativity, community and beauty. Please join us on **Thursday, March 26**, as we bring together local artists and patrons for a spirited evening of fun, food and fine art.

5:30 p.m.: Social hour begins
6:30 p.m.: Dash for art begins
5-8 p.m.: Free caricatures by Tommy Orrico

This is a wonderful opportunity to shine a spotlight on the talented and generous artists who inspire, delight and challenge us with their work. Our family of artists has grown each year, and we can't wait to show you what they have in store for *Art Dash 2020*.

If you are new to *Art Dash*, here's how it works: Everyone who buys a \$100 ticket will go home with a piece of original art, but *which* piece is up for grabs. Each Dash ticket holder will be assigned a number. After a social hour and preview of the art, numbers will be drawn in random order. When their number is called, ticket holders will dash to the art item of their choice. If that item is still available, they may select it. If it already has been chosen, they'll have to dash to another piece they like and so on until all of the artwork is claimed.

Where else can you get a piece of locally produced, quality art for a mere \$100 donation? Spouses and friends can buy a Spectator ticket for \$50 and watch the fun. Spectator ticket holders do not dash for art but are entered into a drawing for door prizes. All ticket holders will enjoy delicious appetizers and have a chance to mingle with the artists and other guests.

Here are just a few of the pieces that will be available to "dash" for at the event. As artwork is donated, we'll post pictures on our website and Facebook page. Watch for updates and information on ticket purchasing at www.FSCenter.org/artdash and www.facebook.com/FSCenterLaCrosse.

THANK YOU TO OUR 2020 SPONSORS:

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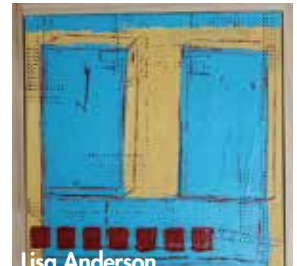
Carol Witt-Smith



Joan Gundersen



Jensine Wing



Lisa Anderson



Bob Witte



Jacqueline Leiter, OSB



Mary Lou Ferguson



Jordan Marti



Nan Marshall



Burt Hammons



Marcia G. Thompson



Dan Henderson



Susan Cushing



Fieldstone Terrace



Barb Lawless



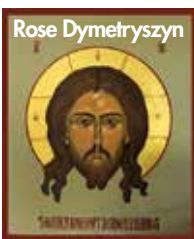
Joyce Diveley



Jesse Gongaware



Mary Lou Ferguson



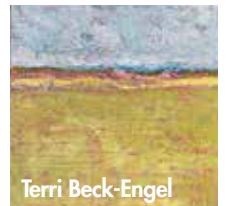
Rose Dymetrszyn



Johnathan Lawson



Sharon Berger, FSPA



Terri Beck-Engel



Carol Monsebroten



Karen Dunn



Phil S. Addis



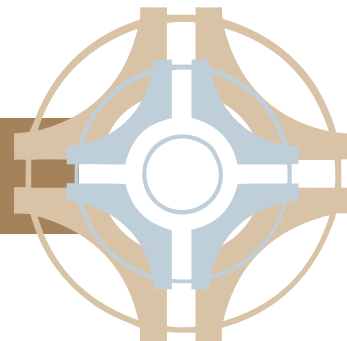
Beki Biesterfelt



Joy Davis Ripley



Jamie Heiden



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

LENTEN ZENTANGLE SERIES

MARCH 3, 10, 17, 24 • Tuesday, 6-7:30 p.m.

Note: The March 3 session will end at 8 p.m.
(includes 30-minute instructional time)

Facilitator: Christine Isham

Investment: \$65 for all four sessions, includes all supplies

Registration deadline: February 18



The season of Lent is a time of reflection. Using the Zentangle Method as a spiritual practice, we will reflect on a different word each week of this series: gratitude, acceptance, blessing and generosity. The Zentangle Method focuses the mind, much like meditation, and allows us to connect with the still, small voice within as we reflect on the meaning of these concepts.

The first week, extra time will be devoted to teaching the Zentangle Method. We will tangle together step by step as we learn the basics and several patterns. No previous art experience is necessary.

Materials and pens will be provided. Some will be available for purchase after the class. Each participant will take away knowledge of new tangle patterns and a completed tile from each session.

The **Rev. Christine Isham, PhD.**, is an ordained minister in the Christian Church (Disciples of Christ) and serves as a chaplain in the La Crosse area. She has trained with the Lombard Mennonite Peace Center and the Transitional/Intentional Interim Ministry Specialists Association of The United Methodist Church. This program has been developed from her ministerial background, training and personal experience.

LENTEN LABYRINTH WALK: LETTING GO

MARCH 4

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

Facilitator: Audrey Lucier

Investment: Freewill offering

No registration necessary.



As we begin the season of Lent, people of all faith traditions and spiritual backgrounds are invited to walk our indoor canvas labyrinth. This is a silent, self-guided practice suitable for older teens and adults. A brief instruction is available for those new to the labyrinth. A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times.

For many, it is symbolic of a pilgrimage and can help bring clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the cathedral labyrinth in Chartres, France, dating back to the 1200s.

WISDOM OF THE MYSTICS: A LENTEN RETREAT

MARCH 8-14 • Sunday, 6:30 p.m.–Saturday, 10 a.m.

Presenter: Marcia Bentley

Investment:

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



Registration deadline: February 23

The season of Lent invites us to slow down, quiet ourselves and "return to God with all our hearts." What can we learn from the mystics in this season of spiritual renewal? What prayer practices can help us tune into the still, small voice within? Come share the wisdom of classical giants such as Meister Eckhart, St. Ignatius of Loyola and St. Teresa of Avila, as well

as more contemporary mystics including Dag Hammarskjöld, Dorothy Day, Pierre Teilhard de Chardin and Thomas Merton. Listen as we share their stories and spend time reflecting on our own as we journey toward the Resurrection.

Marcia Bentley is a spiritual director formerly on staff at the Franciscan Spirituality Center. She lives in Madison, where she practices spiritual direction, leads a weekly contemplative prayer group and supervises students enrolled in the FSC's Spiritual Direction Preparation Program.

THE SOUND OF BOWLS

MARCH 10 & APRIL 14 • Tuesday, 5:30-6:30 p.m.



Presenter: Tom Roberts

Investment: Freewill offering

Advance registration is requested.

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. These sound meditation sessions are offered on the second Tuesday of the month, September-May.

FSC BOOK GROUP: THE LATEHOMECOMER

MARCH 12 • Thursday, 7-8:30 p.m.

Facilitator: Jean Pagliaro

Investment: \$10, includes wine and other refreshments

Registration deadline: February 29



Join us for lively discussion and refreshments during this FSC staff-led, monthly book group. The March selection is *The Latecomer: A Hmong Family Memoir* by Kao Kalia Yang. In search of a place to call home, thousands of Hmong families made the journey from the war-torn jungles of Laos to the overcrowded refugee camps of Thailand and onward to America. But lacking a written language of their own, the Hmong experience has been primarily recorded by others. Driven to tell her family's story after her grandmother's death, this novel is a tribute to the remarkable woman whose spirit held them all together.

Note: Kao Kalia Yang will be our keynote speaker for *Overcoming Challenges With Grit and Grace* on May 2. This would be a great pre-conference discussion opportunity.

MEDITATION FOR EMOTIONAL HEALTH

MARCH 12 & APRIL 9

Thursday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: Freewill offering

No registration necessary.

This group is open to anyone experiencing anxiety or depression and offers meditation as a coping skill. Gatherings are on the second Thursday of the month, and you are welcome to attend any or all sessions as your schedule permits. Practicing coping skills such as meditation can change the way we interact with the world and with ourselves. Each evening will include a meditative practice followed by a brief discussion.



Like us on Facebook to see photos from our events and to keep up with updates.



PRAYER BEYOND WORDS



MARCH 14 • Saturday, 9 a.m.-noon

Presenter: Sarah Hennessey, FSPA

Investment: \$45

Registration deadline:
February 29



We will enter into silence and prayer beyond words through an extended period of practice, as well as presentation and discussion. Relying on sources such as Thomas Keating, Thomas Merton and Richard Rohr, we will explore a variety of methods for contemplative prayer, including Centering Prayer, Lectio Divina and a welcoming prayer. Come and discover different ways to deepen your silent prayer.

SPIRITED FRIENDS BENEFIT: *Spirited Friends* may bring one guest at no charge to this program. Please call 608-791-5295 to complete your registration or to learn more about becoming a monthly giver and enjoying discounts throughout the year.

Spirited Friends

LENTEN PRAYER WITH SINGING BOWLS

MARCH 14 • Saturday, 6-7 p.m.

Investment: Freewill offering.

Advance registration is requested.

Note: We will gather at San Damiano Chapel located on the campus of Viterbo University for this event.

Lent is a time for prayer, reflection and transformation. Join the Franciscan Spirituality Center, Viterbo University Campus Ministry and Tom Roberts for an evening of Taizé-style prayer, paired with the beautiful sounds of Tibetan singing bowls, choirs and hymns. This is a unique opportunity to reflect on your spiritual journey in a gathered community that shares varied faith traditions.



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.*

ART AS PRAYER

MARCH 16 OR APRIL 20

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$10 per session

Registration deadline: March 13/April 17

Supplies needed: watercolors (pan set), brushes (8-inch round watercolor, 1-inch flat wash), kneaded eraser.

Watercolor paper is provided.



Artistic expression offers the opportunity for transformation, spiritual growth and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Sessions are the third Monday of the month, September–May, and you are invited to come to one or all as your schedule permits. Meet new friends and practice listening to your heart as you paint. No experience is 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.

FRANCISCAN DAY OF SOLITUDE

MARCH 18 OR APRIL 7

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

Facilitator: Deb Hansen

Investment: \$40, includes a bedroom for the day and optional spiritual direction session

Registration deadline: March 4/March 24

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



NAVIGATING TOGETHER: A GRIEF RETREAT

MARCH 21 • Saturday, 9 a.m.-4 p.m.

Facilitator: Jean Pagliaro

Investment: \$45, includes lunch

Registration deadline: March 7

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

Jean Pagliaro is the program and retreat coordinator at the FSC. She has a bachelor's degree in social work and a Master of Divinity degree, and she serves on the support team for Resilient and Trauma Informed Communities.



DIVORCE RECOVERY

MARCH 24-MAY 12 • Tuesday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$25 for eight sessions, includes workbook

Registration deadline: March 10



This group meets for eight weeks and offers support and a path for healing from divorce, separation or the end of a long-term romantic relationship. The negative emotions that accompany divorce can be overwhelming. Anger, anxiety, regrets and resentments can make it difficult to deal with the challenges of rebuilding your life. In this group, we will learn practices based in self-compassion to help you heal, forgive and form new loving relationships.



Comments from past participants:

The group was very helpful to me in understanding some of the things going on in my life.

It was helpful to realize other people are in the same situations as I am.

I appreciate the guidance of what to do for homework to graduate from this state.

ART DASH

MARCH 26

Thursday, 5:30 p.m. social hour, 6:30 p.m. dash for art

Dash ticket: \$100, includes appetizers and a piece of art**Spectator ticket:** \$50, includes appetizers and chance for door prizes**Note:** This event takes place at The Cargill Room at The Waterfront Restaurant and Tavern in La Crosse.

This fourth annual fundraiser is a celebration of beauty and creativity, and it provides important support for 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 to you 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! (Please see pages 2-3 for more information and a peek at some of the available art.)

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



SILENT DIRECTED RETREAT

MARCH 29-APRIL 3 • Sunday, 7 p.m.–Friday, noon

Facilitator: Rose Elsbernd, FSPA**Investment:** \$450, includes overnight stay, all meals and daily spiritual direction sessions**Registration deadline:** March 15

Each day, you will meet with Sister Rose Elsbernd, a trained spiritual director, who will listen to you as you connect with the Sacred and your own inner wisdom. The week also includes space for prayer, contemplation and solitude.

CLAIMING YOUR POWER:
FINDING COMPASSION AFTER TRAUMA

MARCH 27-28 • Friday, 7 p.m.–Saturday, 4 p.m.

Presenter: Joan Filla, M.D.**Investment:**

- **Full:** \$150, includes overnight stay and all meals
- **Commuter:** \$115, includes lunch on Saturday

Registration deadline: March 13

No one will be turned away for inability to pay. If cost is a barrier to attending this retreat, confidential financial assistance is available by calling office manager Laurie Swan at 608-791-5279.

You are enough! We all are, but rarely do we feel that way. We are often crippled by a sense of “not-enough-ness,” feeling that we are never good enough—for ourselves or for anyone else. That sense of deficiency frequently stems from trauma. Trauma is complex, but its definition is simple: a deeply distressing or disturbing experience. Trauma, of whatever nature, is universally experienced; yet, we feel alone and disconnected. How do we move beyond our trauma and the falsehoods it makes us believe? How do we find our true self and our power? How do we use our hurts to propel us to compassion, connectedness and kindness?

The weekend will include time for meditation and experiencing Tibetan singing bowls. Joan will share her personal story of recovery from childhood sexual abuse and how she found her power when feeling powerless. By facing her trauma, she is discovering joy and gratitude, moving away from the victimhood of abuse to surviving and even thriving. She shares her story in hopes of encouraging others to find their power and move beyond the shackles and obstacles that may hold them.



We recently chatted with **Dr. Joan Filla** about what motivated her to offer this retreat. Here's what she said:

“From the very beginning of my story starting to come back to me, I was drawn to needing to talk about this. People need to know I have a message. It excited me and it scared me, but the Franciscan Spirituality Center has helped me and allowed me a space to present my story. And that's part of the healing.

“My recovery from abuse has been about, where do I find power in my life? Because there's a lot of things in this world over which we have no power. But what are the ways we do have power? We have power in how we behave and how we look at life, and that's what I try to share in my presentations.

“It started off with a two-hour presentation about my story, and now it's led to a weekend retreat, which is very exciting for me.”



2020 Programs and Retreats *continued.*

SERENITY RETREAT:

PRACTICE THESE PRINCIPLES IN ALL OF OUR AFFAIRS

APRIL 3-5 • Friday, 7 p.m.–Sunday, noon

Presenter: Susan Seeby, CSA

Investment:

- **Full:** \$260, includes overnight stay and all meals
- **Commuter:** \$175, includes lunch on Saturday

Registration deadline: March 20

Framed by the question “So Higher Power, just what do we mean by seeking to do your will?” and wrapped in the practice of prayer and meditation, we will deepen our personal awareness of the ways in which we are living the 12 steps in our daily lives and explore what newness our Higher Power might be inviting us to.

Susan Seeby, CSA, is a graduate of the Christian Spirituality Program at Creighton University in Omaha. She has been engaged in the ministry of spiritual direction and retreat direction for 14 years. She is a member of the leadership team of her community, the Congregation of the Sisters of St. Agnes, in Fond du Lac, Wisconsin.



JUSTICE AND PEACE STATIONS OF THE CROSS

APRIL 10 • Friday, 10 a.m.–noon

Investment: Free and open to the public

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

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. Please also note that participants will have to walk back to the stations’ starting point or arrange for a ride back from Riverside Park.



SOULCOLLAGE RETREAT:

PRACTICES TO TRANSFORM THE CHAOS

APRIL 17-18 • Friday, 7 p.m.–Saturday, 4 p.m.

Facilitators: Elise Lewis & Deb Richards

Investment:

- **Full:** \$165, includes overnight stay, all meals and all supplies
- **Commuter:** \$130, includes lunch on Saturday and all supplies

Registration deadline: April 3

Using the deeply integrating spiritual practices of SoulCollage® and the labyrinth, 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 will include labyrinth meditation, silence, SoulCollage card-making and group interaction. Each of these practices aids us in centering during these chaotic times and can help renew and deepen the spiritual journey.

Elise Lewis is a certified SoulCollage facilitator and Veriditas-trained labyrinth facilitator based in Minnesota.

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.



SILENT DIRECTED RETREAT

APRIL 19-24

Sunday, 7 p.m.–Friday, noon

Facilitator: Sarah Hennessey, FSPA

Investment: \$450, includes overnight stay, all meals and daily spiritual direction sessions

Registration deadline: April 5



Sister Sarah Hennessey can provide spiritual direction to fit your own needs and interests for a silent directed retreat. She also provides an Ignatian-style retreat that uses Scripture and other sources to focus on the love of God and personal discernment.



COURAGEOUS LEADERSHIP

Based on the work of Brené Brown

APRIL 21 • Tuesday, 6-8 p.m.

Facilitators: Steve Spilde & Jean Pagliaro

Investment: \$25

Registration deadline: April 7

Parents and other leaders find themselves in a new world. Traditional models of armored leadership may work if the environment never changes, but we live in a culture of constant change, new technology, shifting expectations and a growing awareness of diversity. For those of us who work in an environment of rapid change and relentless efficiency, we need *daring leaders*. These leaders practice courage, are willing to face their vulnerability, build connections among their teams, encourage empathy and develop resilience to shame. This workshop is designed for leaders. Much of the content is applicable to parents, perhaps the most challenging leadership arena of all.



ECO CAFÉ



APRIL 23 • Thursday, 6-8 p.m.

Facilitator: Beth Piggush

Suggested donation: \$10

Registration deadline: April 9

Our environment is changing, from thunderstorms that drop inches of rain in hours to rising heat indexes in the summer. This phenomenon has been called global warming, climate change and now a climate emergency. Please join us for open-ended and informal discussion about what is happening, how we are being affected and what simple steps we can take to help take care of our common home: Earth.

Beth Piggush is the FSPA integral ecology director with an evolving purpose that includes serving as a resource and promoting environmental and sustainability best practices that support care for all of God's creation.



ALL SHALL BE WELL:

JOYFUL PRAYER WITH JULIAN OF NORWICH

APRIL 24-26 • 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.



FRANCISCAN CONNECTIONS

APRIL 27 • Monday, 6:30-8 p.m.

Facilitators: Sarah Hennessey, FSPA, & Beth Allen

Free to attend, but registration requested.

How can we be Franciscans in our modern lives? We will explore some of the spirituality of St. Francis and St. Clare, and what it means to live those values today. We also will discover ways to be Franciscans here and now, such as being a sister, an affiliate, a prayer partner, a volunteer at FSC and other options. People of all faith backgrounds are welcome to attend.



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? Contact Vince via email at [vjhatt@gmail.com](mailto:vjhatter@gmail.com). Freewill offerings are appreciated.

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, contact Vince via email at [vjhatt@gmail.com](mailto:vjhatter@gmail.com). Suggested offering: \$5.

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 21 and April 18) from 9:30-11:30 a.m. Contact Vince via email at [vjhatt@gmail.com](mailto:vjhatter@gmail.com) for book information. Suggested offering: \$7.

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

BODY | MOVEMENT CLASSES

GOLDEN YOGA

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

Session 2: February 18, 25; March 3, 10, 17, 24

Session 3: March 31; April 7, 14, 21, 28; May 5

Bonus session: May 12, 19, 26

Investment: \$55 for six classes or \$12 drop-in

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

Session 2: February 20, 27; March 5, 12, 19, 26

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

Bonus session: May 14, 21, 28

Investment: \$55 for six classes or \$12 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.



QIGONG

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

Session 2: February 20, 27; March 5, 12, 19, 26

Investment: \$55 for six classes or \$12 drop-in

Instructor: Bernice Olson-Pollack

The fundamental principle of qigong (pronounced CHEE-gung) is that everything in the universe is a form of energy, including every cell in your body. The mind-body practice of qigong sustains and improves the health of the immune system, nervous system and internal organs. It also helps to reduce stress. This can be accomplished through the combination of breathing, movement and internal focus.



VINYASA YOGA

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

Session 2: February 19, 26; March 4, 11, 18, 25

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

Bonus session: May 13, 20, 27

Investment: \$55 for six classes or \$12 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.



UTSAHA YOGA

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

Session 2: February 17, 24; March 2, 9, 16, 23

Session 3: March 30; April 6, 13, 20, 27; May 4

Investment: \$55 for six classes or \$12 drop-in

Instructor: Bernice Olson-Pollack

The sanskrit word Utsaha (pronounced OOT-sah-hah) means determination, firmness and power. Practicing strength-based sequencing and using exercise bands promotes the structure and stability of your poses.

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 all to discover their own path toward a healthier way of living.



Bonus sessions are \$27.50 for three classes or \$12 drop-in.

TO REGISTER:

PLEASE VISIT WWW.FSCENTER.ORG OR CALL 608-791-5295.

BEGINNERS ARE WELCOME!

We can come to you!

The people who visit us here at the FSC for programs, retreats and spiritual direction reflect a diverse mix of ages, spiritual traditions and socio-economic backgrounds.

The outreach our staff members do is also just as varied. We've taken our offerings "out on the road" to youth groups, hospitals, church organizations and businesses. We're happy to bring established programs or partner with you to develop something specific to your team's needs. Please call 608-791-5295 to learn more.

Here's a look at some of the ways FSC staff members have been out in the community, sharing our expertise in group facilitation, content development and compassionate listening:



Spiritual director **Sarah Hennessey, FSPA**, presented on mindfulness and self-care to junior high students at Holmen Lutheran Church. She led mindful breathing, mindful eating and other anxiety-reducing exercises at an overnight lock-in. She shared self-care tips such as breathing, the half-smile, writing affirmations and a guided meditation about Jesus and holiness to ninth-graders preparing for confirmation.

Our office manager and *Sip & Paint* instructor **Laurie Swan** brought her supply of canvases and paints to Immanuel Lutheran in Pepin, Wisconsin, at the invitation of Pastor Karna Marks. Laurie guided six families in the step-by-step creation of their own family-themed paintings that incorporated the kids' fingerprints.



Spiritual director **Deb Hansen** presented on creativity as a healing practice at the 2019 Wisconsin Peer Recovery Conference *Recovery Outside the Box*, sponsored by UW-Stevens Point Continuing Education and hosted by Independent Living Resources. Her group worked with imagery, created collage mandalas and talked about simple poetry. She also brought her presentation *Stones, Hugs, & Brother Sun: Stories of Beauty & Saint Francis* to the Arcadia Deanery-Diocese of La Crosse.

Spiritual director **Rose Elsbernd, FSPA**, facilitated a workshop for caregivers through the Aging and Disability Resource Center of La Crosse County. She also co-presented on *Boost Your Brain* for the ADRC. Sister Rose regularly facilitates 5th Steps for Alcoholics Anonymous.



Program/retreat coordinator **Jean Pagliaro** presented on *Listening for God and Our Response* at a United Methodist Spiritual Growth Conference. She taught various prayer practices, facilitated large- and small-group discussions and invited participants to engage in an intentional process of listening deeply to each other. Jean also facilitated gatherings with Viterbo University students on the topic of spirituality and wellness. She led discussion on what it means to be "whole" and how spirituality is part of that. She also invited students to participate in various prayer practices such as Centering Prayer, Lectio Divina and breath prayer.

Associate director **Steve Spilde** presented a daylong introduction to the Enneagram to church groups in Austin, Minnesota; Wisconsin Rapids and La Crosse. He also presented this material to a group of hospital chaplains at Gundersen Health System. He presented on the topic of self-care to a group of peer support specialists at their statewide gathering in Onalaska, and he shared tools for mindfulness to groups at Mayo Clinic Health System, La Crosse School District and St. Rose Convent. He also led a staff-planning retreat with team members from Western Technical College. Steve is a certified Daring Way™ facilitator and has shared content from Brené Brown with various community groups. One presentation was focused on developing empathy skills, and another focused on improving our relationships with the practice of generous assumptions.




FSC director **Audrey Lucier** traveled to Los Angeles to work with candidates in formation to work overseas with Lay Mission-Helpers. Over three days, she taught them about understanding personality differences using the Enneagram. This is the third year she has participated in this effort.

CONTACT US: www.FSCenter.org or 608-791-5295.



**Franciscan
Spirituality Center**



Train TO BE A spiritual director

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? Are you interested in becoming a trained 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.

APPLICATIONS WILL BE ACCEPTED UNTIL JUNE 1, 2020.

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



KEN FORD

I learned how to listen

Ken Ford felt like he was wandering alone in the wilderness when he came upon the Franciscan Spirituality Center a decade ago. He was moving into a different phase of his life, getting ready to let go of a 30-year local business, redefining his ideas of success and realizing that the old answers weren't helping with his emerging questions.

"I needed to find a way to let go of the things that were holding me very tightly," he said. "Much of who I was, was wrapped up in my achievements."

He started meeting with a spiritual director. "We walked together, and he did it in a way that was compassionate and nonjudgmental. And I was able to find a way to navigate this new chapter in my life."

Ken's journey eventually led to his enrollment in the FSC's Spiritual Direction Preparation Program. He graduated in 2013 and became a spiritual director.

"The most transformative time at the Center was my three years spent in spiritual direction training. Never in my life have I experienced a community such as that. There were approximately 30 of us (in class), and we shared our lives together. We prayed together. We shared the joys, our struggles, our disappointments, our questions and our doubts," he said.

"I learned how to listen to God. I learned how to listen to myself, and I learned how to become a better listener—a better partner, a better friend and a better parent," he said.

Since his training, Ken has met many other travelers, uncovering their stories, helping them discover their inner wisdom and guiding them through their wilderness. He has been making fresh connections and exploring new possibilities in ministry and community engagement.

"Coming to the FSC has felt like coming back home."



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.

OVERCOMING CHALLENGES WITH

Grit & Grace

In celebration of 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, May 2, 2020, at Mary, Mother of the Church in La Crosse.

Kao Kalia Yang, a Hmong-American writer, teacher and public speaker based in Minneapolis, will be the keynote speaker at our second annual celebration of inspirational, resilient and spiritual women. Kalia will reflect on her spiritual journey into writing. She comes from a people who are new to what is written; a long time ago, the Hun Chinese outlawed the Hmong written language. The women and girls tried to hide it in their clothing. Hmong women are celebrated the world over for their embroidery, but few know it was once a vessel for their stories, histories and lived experiences. Kalia's talk will address the questions: *What does it mean to reclaim something that is no more, in an entirely new language, in a new land?* and *How does her own journey help situate herself in the pains and sorrows of others, and speak to their fears and faith?*

Our day also will include talks by three local women whose powerful stories not only have changed their lives but also offer lessons for all of us.

SAVE THE DATE

MAY 2

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

**Mary, Mother of the Church
2006 Weston Street, La Crosse**

**Investment:
\$50 (lunch included)**

**Register online at
www.FSCenter.org or call
608-791-5295.**

ABOUT OUR KEYNOTE SPEAKER

KAO KALIA YANG • MINNEAPOLIS

Born in the refugee camps of Thailand to a family that escaped the genocide of the Secret War in Laos, Kalia came to America at the age of 6. She has earned degrees from Carleton College and Columbia University, and is the award-winning author of *The Latehomecomer: A Hmong Family Memoir* (Coffee House Press, 2008) and *The Song Poet* (Metropolitan Books, 2016), which has been adapted into an opera by the Minnesota Opera and will have its premiere in spring 2021. She recently debuted her first children's book, *A Map Into the*

World (Carolrhoda Books), and a co-edited collection titled *What God is Honored Here?: Writings on Miscarriage and Infant Loss By and For Indigenous Women and Women of Color* (University of Minnesota Press). Her second children's book, *The Shared Room* (University of Minnesota Press), and a collective memoir about refugee lives, *Somewhere in the Unknown World* (Metropolitan Books), are scheduled to be published this spring.



ADDITIONAL FEATURED SPEAKERS

LISA MCCORMICK • TOMAH

As the parent of a sex trafficking victim, Lisa has made it her life's purpose to share her family's story so others understand the dangers of trafficking and how easily our vulnerable children can get caught up in it. Lisa's son, Jeffrey, was recruited into a sex trafficking ring out of Madison and exploited until his death, at age 17, in September 2016.

Her faith and her desire to spare other families the tragic consequences of trafficking, drug addiction and bullying put her on the path of advocacy. She frequently speaks to schools, churches and other groups on how to recognize and help at-risk youth. She is a member of the Wisconsin



Anti-Human Trafficking Advisory Council and is featured in the Wisconsin Department of Children and Families documentary film about youth sex trafficking in Wisconsin. Lisa walks alongside parents, grandparents, caregivers and all others, giving hope that they are not alone in this journey.

SARAH JOHNSON • WINONA

Sarah is a licensed professional counselor and has more than 25 years of experience working in the prevention, youth development and counseling fields. She is the mental health director at the La Crosse Area Family YMCA and will be speaking as a human being who happens to be a mental health professional. Incorporating some mindfulness practices into her talk, Sarah will share about what led her to integrate mindfulness into her professional and personal life and the profound impact it has had on her quality of life.



CAROLYN BOSTRACK • LA CROSSE AREA



Carolyn is a fierce mother of three, corporate leader, author (*F.I.E.R.C.E.: Transform Your Life in the Face of Adversity, 5 Minutes at a Time!*), motivational speaker

and life and business strategist. Carolyn's life story is one of personal and professional transformation.

From standing in a food line at the Salvation Army to earning her doctorate, Carolyn's life purpose is to provide hope and inspire people to move from fear into focus.

As she writes on her website:

"While my past has a permanent stamp on my life, it doesn't define me. My past trauma and abuse has positioned me to develop and leverage my grit so that I can serve other women who want to transform their lives, too."

THIS EVENT IS SPONSORED BY:

GUNDERSEN AND
HEALTH SYSTEM.





Silent Directed Retreats

A directed retreat is quiet time set aside to be alone with God and listen to the invitations in your life. Our spiritual directors are compassionate, nonjudgmental, trained listeners who will guide you through this experience.

Upcoming directed retreats:

SILENT DIRECTED RETREATS WITH ROSE ELSBERND, FSPA

March 29–April 3 • August 30–September 4
June 6–11, 2021 • August 22–27, 2021

Limited to five participants per retreat.

Investment: \$450, includes overnight stay, meals and daily spiritual direction sessions

Each day you will meet with Sister Rose, who will listen to you as you connect with the Sacred and your own inner wisdom. The week also includes space for prayer, contemplation and solitude.

SILENT DIRECTED RETREATS WITH SARAH HENNESSEY, FSPA

April 19–24 • November 15–20
April 11–16, 2021

Limited to three participants per retreat.

Investment: \$450, includes overnight stay, meals and daily spiritual direction sessions

Sister Sarah can provide spiritual direction to fit your own needs and interests for a silent directed retreat. She also provides an Ignatian-style retreat that uses Scripture and other sources to focus on the love of God and personal discernment.

SILENT DIRECTED RETREATS WITH STEVE SPILDE

May 3–8 • October 4–9 • May 2–7, 2021

Limited to three participants per retreat.

Investment: \$450, includes overnight stay, meals and daily spiritual direction sessions

Steve is available to work with participants within a traditional silent directed retreat model.

He is also available to create a custom retreat where participants will have the opportunity to study the Enneagram or the transformational work of research professor and best-selling author Brené Brown.

DIRECTED RETREAT WEEKENDS WITH DEB HANSEN

Each retreat: Friday, 6:30 p.m.–Sunday, noon

June 12–14: *Poetry of Mary Oliver: An Invitation to Wonder*

August 28–30: *Enough: An Invitation to Gratitude*

October 16–18: *Autumn: An Invitation to Let Go*

December 4–6: *Advent: An Invitation to Stillness*

Limited to three participants per retreat.

Investment: \$225, includes overnight stay, meals and daily spiritual direction sessions

Each morning and evening, we will reflect together on the weekend's invitation. Silence, solitude and personal reflection time fill in your day between these times of community. Daily spiritual direction sessions provide a time for you to share what is personally unfolding within you with a compassionate listener.

FSC SPIRITUAL DIRECTORS



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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

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.

Make art...for everyone

“Where the spirit does not work with the hand, there is no art.” – Leonardo da Vinci

Robert Redford addressed a national arts policy group a few years ago and said something that still holds true today. “The country is so wounded, bleeding and hurt right now,” said the actor/director and founder of the Sundance Film Festival. “The country needs to be healed—it’s not going to be healed from the top, politically. How are we going to heal? Art is the healing force.”

Although religion and government aren’t supposed to mix, art can be the medium to connect both. In the midst of both societal problems and individual challenges, art inspires and can transform the spirit.

Mental health providers have long known about the benefits of creating art as a way to help reduce stress and heal. Everyone has the ability to partake in creative activities and enjoy the therapeutic power of art.

At the Franciscan Spirituality Center, we include creative and artistic programs into our ongoing offerings as a way to meet the need for healing in our community. One such program is *Art as Prayer*. This monthly, therapeutic watercolor studio is a chance to play and learn new techniques without worrying about perfection or a finished product. No experience is necessary to listen to your heart while you paint. Though we keep the fee low (\$10 per session), there are community members who cannot afford it, so we also provide scholarship support for this program.

It actually costs us much more than \$10 per person to offer this particular program (when you consider building and maintenance costs, staff time, operational costs, supplies, etc.) To help us bridge the gap, we are seeking a sponsor for the 2020 *Art as Prayer* program at a donation request of \$2,000. If you’d like, we can list your name as the program sponsor in our bi-monthly newsletters, website and Facebook event notifications.

You also can support our art programs at a lower donation amount by attending *Art Dash* on March 26. For more information, please see pages 2-3 or visit www.FSCenter.org/artdash. For more information on sponsoring *Art as Prayer* or any of our programs, please contact me at 608-791-5276 or rbeckley@fspa.org.

Peace and all good,

Rika Beckley

Rika Beckley, Development Director



Rika Beckley

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

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Franciscan Spirituality Center

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REGISTRATION NOW OPEN!

Shadow and Light: Exploring Spiritual Archetypes Through Mask-Making

JUNE 19-20

Friday, 7 p.m.–Saturday, 4 p.m.

Unmask your inner shadow and light through the self-revealing process of mask-making. Explore the active role that your inner guardians, allies and foes play in your life, happiness and spiritual path. This workshop will incorporate meditation, discussion, visual journaling and more with the intention of helping you develop a deep appreciation for the depth and expanse of your life and spiritual journey. No art experience is necessary; beginners are welcome.

Presenter: Elizabeth Lewis

Investment:

- **Full:** \$150, includes overnight stay, meals and supplies
- **Commuter:** \$115, includes lunch on Saturday and supplies

To Register: www.FSCenter.org or 608-791-5295

ABOUT THE PRESENTER:

Educated as a writer and musician, Elizabeth's life changed course when a car accident left her temporarily paralyzed with a serious traumatic brain injury. After three years of intense physical, occupational and speech rehabilitative therapies, her medical team determined it was unlikely she would ever function beyond a sixth-grade level again. Although her medical diagnosis was bleak, she chose to draw a future with bright colors. By engaging in the process of art-making and writing, Elizabeth came to realize that there can be great healing without cure. Art and writing helped transform her sense of loss into one of abundance and gratitude.

Note: Elizabeth Lewis was one of the presenters at last year's *Overcoming Challenges With Grit and Grace* women's conference.



COMING IN MAY/JUNE



OVERCOMING CHALLENGES WITH GRIT AND GRACE

May 2 • with Kao Kalia Yang, Sarah Johnson, Lisa McCormick and Carolyn Bostrack

EXPLORING SUPERVISION: A WORKSHOP FOR SPIRITUAL DIRECTOR SUPERVISORS

May 11-15 • with Lucy Abbott Tucker

ICONOGRAPHY WORKSHOP: ST. ISIDORE THE FARMER

May 17-23 • with Phil Zimmerman

ENNEAGRAM DIRECTED RETREAT

May 28-31 • with Audrey Lucier and Steve Spilde

YOGA RETREAT

June 5-7 • with Heather Henry

DIRECTED RETREAT WEEKEND

June 12-14 • with Deb Hansen

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