

**Franciscan  
Spirituality Center**

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

VOLUME 27 • NUMBER 3

MAY/JUNE 2019

# *At the Center*

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# 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).

Registration deadline: September 1

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](http://www.FSCenter.org) or 608-791-5295



# Creating goodness in our world



Science tells us that human beings showed up very late in the unfolding creation of our universe. Scripture echoes that by placing the creation of humans after light and darkness, the moon and stars, plants and animals.

It's good that God didn't put us in charge of creating heaven and earth and all that's in it, writes Father John Meoska, a Minnesota monk. He says that, personally, he would have made all days with mild temperatures and 24 hours of sunlight (and therefore no night skies), and certainly no blizzards, volcanoes or earthquakes. His choices for plant and animal life might have been equally safe and unimaginative. Who could ever think up the giraffe?

"People—how would I have created people?" wonders Father John. "With such diversity and complexity? With such freedom, potential and creativity, or not so much? Probably, not so much."

This is exactly what attracted me to working at the Franciscan Spirituality Center seven years ago. I knew the mission of the FSC honored the diversity, creativity and goodness of people and the complexity of their experiences. The freedom of people to search out their own spiritual path is supported here.

This winter, our board and staff gathered to talk about the future of the FSC. We are in a time of change as more of our support now needs to come from the community and less from the Franciscan Sisters of Perpetual Adoration, who started the FSC 35 years ago. Toward the end of our evening, we were asked to write our response to the questions, "What would be missing in our community if the FSC were not here? What goodness do we bring to the world?" I want to share some of our responses with you:

- *The FSC provides a safe space for people to share and discover their sacred story and also form community with others . . .*
- *We provide a space to be heard, be silent and just be. We desire to become known by all as THE place for anyone seeking wholeness.*
- *The FSC is a powerful force contributing toward the mental health and cohesiveness of the La Crosse area by its active promotion of hospitality, listening and respect, and mindfulness.*
- *We offer a place for everyone, regardless of religious beliefs.*

What would be missing in your life if not for the FSC? We'd love to hear from you.

Peace & all good,

*Audrey Lucier*

Audrey Lucier, FSC Director

## FRANCISCAN SPIRITUALITY CENTER

Staff



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



Laurie Swan  
Office Manager



Rika Beckley  
Development Director



Stacey Kalas  
Communications &  
Marketing Coordinator



Zoua Vue  
Office Assistant



Elizabeth Kapanke  
Bookkeeper & Hospitality

## ASSOCIATE SPIRITUAL DIRECTORS



Vince Hatt



Barb Kruse

## ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

## *“I felt a sense of peace the*

This is the comment we hear most often from our guests. And we think our space is pretty special! It's quiet, inviting and full of historic charm. We also have plenty of parking, up-to-date technology and delicious coffee.

But not everyone is able to bring their group to La Crosse for a retreat or presentation, which is why our staff is available for outreach.

We're always happy to custom design a program specific to your group's needs. If you know you would like to explore staff development, team building or spiritual growth but aren't sure what the topic should be, may we suggest three of our most popular traveling retreat experiences: *Busy Person Retreat*, *Introduction to the Enneagram* and *workshops based on the work of Brené Brown*.

### **BUSY PERSON RETREAT**

Our staff and associate spiritual directors recently guided 15 Viterbo University faculty and staff members through a Busy Person Retreat. Each person met with a trained spiritual director/companion four times over two weeks. Sessions were about one hour long and individually planned around each retreatant's schedule during the work day (Viterbo generously offered paid time off to attend).

Spiritual direction conversations are kept strictly confidential, but, in general, people use the time to explore questions about meaning and purpose in their life, significant changes and decisions, spiritual doubts and dryness, hopes and dreams,

and relationships. Each day, participants are sent daily reflections or meditations via email. If they wish to learn new prayer practices, those can be introduced as well.

What makes this program so appealing is that it allows busy professionals to experience many of the benefits of being on retreat without having to take actual time off or travel far from home. The morning reflections are an opportunity to pause each day and be purposeful about nurturing one's relationship with the Divine or simply set an intention for the day.

As one Viterbo participant shared with us after finishing the retreat: *“I have consistently tended to my physical and mental health but struggle to make time to tend to my spiritual health. This retreat gave me the opportunity to refocus on the importance of nurturing all parts of myself, but doing so with curiosity and gentleness rather than judgment and perfectionism.”*

### **INTRODUCTION TO THE ENNEAGRAM**

Another popular offering our staff can “take on the road” involves the Enneagram. FSC Director Audrey Lucier and Associate Director Steve Spilde lead several Enneagram retreats and workshops at the FSC each year but also have taught this fascinating personality typology to educators, church groups and business organizations throughout the region.

The Enneagram is a system of nine distinct personality styles or types. Each style has its own gifts and challenges, and knowing your dominant or core style can help you better understand your motivations, defenses, attitudes and behaviors.

# *moment I walked through the doors.”*

When a group of people, such as a work team or a parish council, examines their personality patterns, the result can be greater empathy, deeper self-acceptance and more meaningful and compassionate relationships.

Both Audrey and Steve 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.

## **BASED ON THE WORK OF BRENE BROWN**

The work of research professor and author Brené Brown has had a life-changing and inspirational impact on so many people, including that of Steve Spilde, spiritual director and FSC associate director.

Steve is a certified Daring Way™ facilitator-candidate and is available to present workshops on the material of Brené Brown, including topics such as vulnerability, courage, shame and worthiness. This popular work is designed for use with individuals, couples, families, work teams, congregations and organizational leaders. It can be facilitated in clinical, educational and professional settings. Participants are invited to examine the thoughts, emotions and behaviors that are holding them back and identify the new choices and practices that will move them toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent and lead. Steve will work with you to design a presentation that fits your schedule and needs.

## **PROGRAMS CAN BE ADAPTED FOR:**

- Adult formation groups
- Business teams
- Nonprofit organizations
- Church, school, health care staff
- Liturgical ministry groups
- Scripture study groups
- Women's groups
- Groups of friends or family



**ROSE ELSBERND, FSPA** • [relsbernd@fspa.org](mailto:relsbernd@fspa.org) • 608-791-5268

Private retreat director and a spiritual director with focus on spiritual and personal development; also a mentor in the Spiritual Direction Preparation Program.



**DEB HANSEN** • [dhansen@fspa.org](mailto:dhansen@fspa.org) • 608-791-5601  
Private retreat director, spiritual director and presenter with a focus on spirituality and creative expression.



**AUDREY LUCIER** • [alucier@fspa.org](mailto:alucier@fspa.org) • 608-791-5264  
Presenter of programs and retreats on spirituality, including forgiveness and justice, hospitality, healing from loss, personality and prayer, and Franciscan spirituality.



**JEAN PAGLIARO** • [jpagliari@fspa.org](mailto:jpagliari@fspa.org) • 608-791-5603  
Presenter of programs and retreats on grief and loss; family programming, including spirituality of play; and small-group facilitation on various topics.



**STEVE SPILDE** • [sspilde@fspa.org](mailto:sspilde@fspa.org) • 608-791-5297  
Spirituality for Lutherans or parents; spirituality and shame; prayer for busy people.

Please call 608-791-5295 or email [fscenter@fspa.org](mailto:fscenter@fspa.org) to discuss how we can bring the FSC to you.



OVERCOMING CHALLENGES WITH

# Grit & Grace

**Sarah Theborge**, keynote speaker at our March 16 *Overcoming Challenges With Grit and Grace* conference, invited the more than 100 women in attendance to experience how deeply we are loved and to have the courage and compassion to express that love to the world around us.

As she shared her personal journey of finding redemption in unexpected places, she encouraged the group to heal our beautiful, broken world by pouring love into it "one crack at a time, one broken person at a time, one broken situation at a time."

Also presenting stories of resilience were **Melina Garcia**, **Tara Shilts** and **Elizabeth Lewis**. Each reflected on the messiness of life, the power of friendship and how their faith has sustained them through hardship and loss.

Lisa Howell and Bonny Young of Mayo Clinic Health System offered grit and grace moments throughout the program, and Bernice Olson-Pollack had us on our feet with some gentle body movement practices.

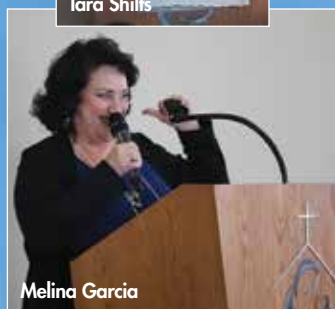
Thank you to Mayo Clinic Health System for sponsoring the event with us. Mary, Mother of the Church was a gracious host for the day, and Pickerman's Soups & Sandwiches helped out with the lunch.



Sarah Theborge



Tara Shilts



Melina Garcia



Elizabeth Lewis



Bernice Olson-Pollack

HERE ARE JUST A FEW OF THE COMMENTS  
OUR GUESTS SHARED:

*"Best program I've ever attended. Food, hospitality, pace of presentations—everything was perfect."*

*"It reminded me how important it is to gather with passionate people and be fully engaged in life."*

*"Being surrounded by such powerful and strong women who have gone through so much has inspired me to persevere through my own struggles."*



Franciscan  
Spirituality Center



MAYO CLINIC  
HEALTH SYSTEM

# body, mind & spirit



## Tai Chi

Monday, 11:15 a.m.-noon

**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.



## Unlocking Your Healing Energy

### Free Qigong sessions

Please join us for an introductory session. Participants are asked to choose ONE session only. Registration is required, but the session is free.

Thursday, 5:30-6:30 p.m. • May 9 OR 16

**Instructor:** Bernice Olson-Pollack

The fundamental principle of qigong is that everything in the universe is a form of energy, including every cell in your body. Your body's energy is constantly in the process of transforming. Using simple movements, breathing and meditation, you can experience improved health and wellness. Qigong can help with mental focus and visualization, and it can help aid in self-acceptance using the basis of love, kindness and forgiveness.



## Golden Yoga

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

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

**Bonus session:** May 14, 21, 28 (\$24 for three classes)

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

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

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

**Bonus session:** May 15, 22, 29 (\$24 for three classes)

**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.



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





# 2019 Program & Retreat Offerings

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

## May 2-June 20

Thursday, 6:30-8 p.m.

**Facilitator:** Audrey Lucier

**Investment:** \$25 for eight sessions, includes workbook

**Registration deadline:** April 18



## EIGHT-WEEK SERIES

### Divorce Recovery

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.

## May 2

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.*



## May 3-5

Friday, 7 p.m.-Sunday, noon

**Presenter:** Julia Walsh, FSPA

### Investment:

- **Full:** \$170, includes overnight stay and all meals
- **Commuter:** \$120, includes lunch on Saturday

**Optional writing workshop:** 3-5 p.m. Friday evening (additional \$30)

**Registration deadline:** April 19



## Word and Community: A Writers Retreat

A writer's life can be lonely and isolating; yet, we are called to be communal creatures and boost one another up. This retreat will provide an opportunity to honor the word as we write together in a creative community and away from our daily distractions. Prayer, talks, an optional writing workshop plus a supportive environment and plenty of writing time will offer the inspiration and fuel you need to make progress on the writing project you bring along—or simply get started putting words on the page.

On staff at Marywood Franciscan Spirituality Center in northern Wisconsin, **Julia Walsh** is a Franciscan Sister of Perpetual Adoration, a Catholic youth minister and a committed social justice activist. Her award-winning writing has appeared in *America*, *Global Sisters Report*, *Living Faith* and elsewhere. Visit her online at [messyjesusbusiness.com](http://messyjesusbusiness.com) and @juliafspa on Twitter.

**Note:** If you sign up for the writing workshop on Friday afternoon, please submit your five pages of work to Sister Julia by April 19 (please call the FSC at 608-791-5295 for her contact information).



## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295.

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

**REFUND POLICY:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

**FINANCIAL ASSISTANCE:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving all on their spiritual journey and will hold your request in confidence.



**May 4**

Saturday, 9-11 a.m.

**Presenters:** Erica G. Srinivasan, Ellen Rozek and Jackie Yaeger**Investment:** Free to attend, but registration required**Registration deadline:** April 19**Aging Café**

An Aging Café is an opportunity for community members of all ages to gather together to explore the subject of aging. We all age, but we don't always have outlets to talk about it. Inspired by the Death Café movement, we seek to have open-ended conversations that normalize the aging process and allow us to explore various topics related to aging, such as quality of life, hopes and fears as we age, activism, caregiving, spirituality and more! Please join us for the world's first Aging Café!

**Erica G. Srinivasan** and **Ellen Rozek** teach gerontology courses in the psychology department at University of Wisconsin-La Crosse and are co-chairs for UW-L's gerontology emphasis. They are inspired to promote intergenerational connections and stimulate ongoing conversations about aging.

**Jackie Yaeger, M.D.**, is a palliative care physician and a death doula in La Crosse. She provides in-home, holistic medical care and emotional support for people who are dying and their families.

**May 8 and June 11**

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

**Facilitator:** Deb Hansen**Investment:** \$35, includes optional spiritual direction session**Registration deadline:** April 24/May 28**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.

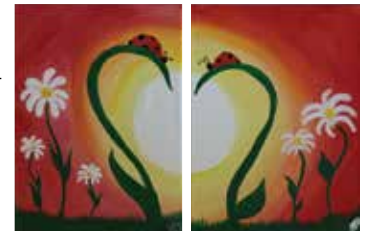
**May 9**

Thursday, 6-8 p.m.

**Instructor:** Laurie Swan**Investment:** \$40 per person, includes canvas, all painting supplies and refreshments**Registration deadline:** April 25**Note:** Bring an apron or smock if desired.**Mother's Day Sip & Paint**

Your mom, or the special woman who helped raise you, likely has been treasuring your homemade Mother's Day gifts since you were in preschool. Now that you are both adults, you can create something meaningful together to celebrate your special bond. Enjoy an evening of creativity and "just-for-fun" painting—plus delicious appetizers and beverages—during our instructor-led canvas painting event. Laurie will lead you step-by-step in the creation of this charming two-canvas set, which can be displayed separately or side by side when completed.

**Laurie Swan** is the FSC's office manager and owner of Art & Soul, where she hosts painting parties for all ages. View more of Laurie's work at [www.facebook.com/artandsoul.laurie.swan](http://www.facebook.com/artandsoul.laurie.swan)

**May 10-11**

Friday, 7 p.m.-Saturday, 4 p.m.

**Presenter:** Marcia Bentley**Investment:**

- **Full:** \$165, includes overnight stay and all meals
- **Commuter:** \$115, includes lunch on Saturday

**Registration deadline:** April 26**Centering Prayer: Silent Listening**

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

**Marcia Bentley** is a spiritual director formerly on staff at the Franciscan Spirituality Center. She currently 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. Marcia is a regular practitioner of Centering Prayer, which she credits for contributing to the transformation in her own life from a fast-paced career in the computer field to a deeper, more fulfilling contemplative lifestyle today.





# 2019 Program & Retreat Offerings *continued.*

## May 14

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.



## May 15

Wednesday, 6-7:30 p.m.

**Facilitator:** Tom Roberts

**Investment:** \$12

**Registration deadline:** May 8

**Note:** Please bring paper, ink, brushes and small bowls. If you don't have supplies, there will be some on hand.



## *A Brush With Silence: Bringing Brush Meditation Alive*

The use of brushes, ink and paper as a method of deepening the spiritual journey has been employed throughout the centuries and by numerous traditions. In the Japanese tradition, this method is referred to as Shodo or The Way of The Brush. We will explore a variety of styles, approaches and techniques related to Shodo. You will be invited to patiently embrace the process of letting go into the silence and flow of the divine through your hand, spirit and heart.



## May 19-25

Sunday, 7 p.m.–Saturday, 10 a.m.

**Instructor:** Phil Zimmerman

**Investment:**

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

**Registration deadline:** May 5

Limited to 25 participants.



## *Iconography Retreat: St. George and the Dragon*

Noted American iconographer Phil Zimmerman returns to teach the sacred art of iconography, which is both a meaningful prayer practice and a technical art form that traces its history to the first centuries of Christianity. Icons are often referred to as "windows into heaven" and continue to be venerated within the Byzantine rite.

Phil will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials. Each day of the retreat will include prayer, reflection and historical information specific to the icon. However, it is important to note this is not a silent retreat. Phil will demonstrate various techniques, and participants can expect to paint for several hours each day. Evenings are generally free time; although, Friday tends to be a longer day as we finish details and prepare the icons for varnishing.

Beginners and advanced students alike will paint the traditional depiction of St. George sitting upon a white horse with a dragon/serpentine creature under his feet. All materials and supplies, including brushes, are included.

**Phil Zimmerman** is the owner of St. John of Damascus Icon Studio in Pennsylvania, having studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest). Phil has offered retreats at the Franciscan Spirituality Center since 2001.



## May 20

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$15

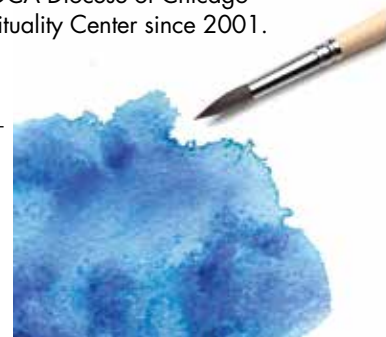
**Registration deadline:** May 13



## *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.





**June 1**

Saturday, 9-11 a.m.

**Presenters:** Vicki Lopez-Kaley and Kristine Beck**Investment:** \$25**Registration deadline:** May 17**Location:** Chad Erickson Memorial Park Pavilion, 3601 Park Lane Drive, La Crosse**Please note:** This event will happen rain or shine, although in the case of severe weather, it will be canceled. Please dress accordingly.**Optional:** Bring a camp stool to sit on, insect repellent, water, journal and small blanket to sit on as desired.***A Taste of Forest Bathing***

We invite you to explore forest bathing. Inspired by the Japanese practice called Shinrin-yoku, forest bathing is an intentional practice of connecting with nature by going into the woods, sitting with trees and surrounding oneself with the energy of the forest. Benefits may include elevated moods, joy, stress relief, increased focus, mindfulness and spiritual well-being. Our morning will start with a brief introduction to forest bathing followed by a guided immersion experience in the La Crosse Community Forest. We'll conclude with sharing tea and stories about what we noticed about our surroundings and ourselves.

**Vicki Lopez-Kaley** is a graduate of the FSC's Spiritual Direction Preparation Program. She is a former religious education director and pastoral minister. Presently, she is privileged to minister among wise elderly persons. She enjoys family and friends, time in nature and being creative in her kitchen and garden in La Crosse.

**Kristine Beck** is the creator and director of Kinstone in Fountain City, Wisconsin. After retiring from a career in the software industry, she has dedicated her life to blending conscious care of the Earth with art to form sacred spaces at Kinstone. These spaces invite and inspire people to experience the life-giving power of the land to transform, energize and revive the body, mind and spirit.

**June 14-16**

Friday, 3 p.m.–Sunday, noon

**Presenter:** Heather Henry**Investment:**

- **Full:** \$260, includes overnight stay and all meals
- **Commuter:** \$150, includes most meals

**Registration deadline:** May 30***Expansion of Light: A Summer Solstice Yoga Experience for Women***

In these wild times, making space to align with and celebrate our sacred feminine energy, Shakti, can be an important piece of the equation to being a vibrant and empowered woman. Shakti is powerful, creative energy with which we compose our lives, if directed consciously. This retreat offers a time to soften into one's self with mindful, revitalizing practices from yoga and Ayurveda that connect us to our divine femininity, fortify Shakti and support us to inhabit our whole body. Here we will focus on what we are calling into our life experience. Feel yourself a clear and bright channel for divine joy and holy love. Return home with renewed effervescence, replenished and rejuvenated.

**Heather Henry** has been teaching heart-led yoga for more than 20 years. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to. Heather looks toward nature, as Divine expression, to connect with the rhythms that bring balance to our lives. Her professional practice facilitates women's yoga as well as Ayurvedic counseling and treatments.

**MEN'S RETREAT*****When Retirement Comes: Renegotiating Our Purpose***

Let's clear up a serious misconception right away. The word *retirement* implies a withdrawing or retreat, as from worldly matters or the company of others. This is what frightens us the most: to be relegated to the sidelines as the rest of the world continues with their purposeful endeavors. Nonsense! This is NOT the time to pack it in! This is the all-important time to shift our priorities and energies from a life of quantity (accumulating education, family, jobs, things) to a life of quality (depth, meaning). This is the last significant developmental stage in our lives. During this half-day retreat, we will explore some of the reservations regarding retirement and begin to rewrite a new story that honors this opportunity in our lives.

**Tom Roberts** is a retired psychotherapist and hypnotherapist. He has more than 40 years of experience in clinical psychotherapy and has been a practicing Zen Buddhist for nearly 50 years. In 1992, he received lay Buddhist vows from Thich Nhat Hanh. Based in La Crosse, Tom presents at training sessions, workshops and retreats throughout the country. He is the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion*.

**June 15**

Saturday, 9 a.m.-noon

**Presenter:** Tom Roberts**Investment:** \$45**Registration deadline:** June 3

*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.*

### June 22

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

**Presenter:** Jean Pagliaro

**Investment:** \$45,  
includes lunch

**Registration deadline:**  
June 7



### **Navigating Together: A Grief Retreat**

Grieving the death of a loved one involves many difficult challenges. Oftentimes, 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 both 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. Her ministry experiences and focuses include mental health crisis response, hospital chaplaincy, grief care and programming that offers support to families.

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

### June 28-30

Friday, 7 p.m.-Sunday, noon

**Presenter:** Marcia Bentley

**Investment:**

- **Full:** \$260, includes overnight stay and all meals
- **Commuter:** \$150, includes lunch on Saturday

**Registration deadline:** June 14



### **A Retreat With the Mystics**

Throughout history, there have been mystics among us, those who experience direct contact with the Mystery we call God. Mystics come from all religious traditions, and though most have probably remained unknown, some have left behind mystical writings. Who are some of these better-known mystics? What insights have they revealed to us?

Join us as we identify and explore the lives and wisdom of mystics from West and East, both women and men. Learn spiritual practices that helped prepare them for their mystical experiences and sustained their ever-deepening communion with the Divine. Reflect with us on the words of Karl Rahner, theologian of the Second Vatican Council who said, "The future belongs to the mystic. Either we will become mystics, or we will have no future."

**Marcia Bentley** is a spiritual director formerly on staff at the Franciscan Spirituality Center. She currently 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.



### **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:vjhett@gmail.com). 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 (May 18 and June 15) from 9:30-11:30 a.m. Contact Vince via email at [vjhatt@gmail.com](mailto:vjhett@gmail.com) for book information. Suggested offering: \$7.

**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:vjhett@gmail.com). Suggested offering: \$5. Note: This groups ends in May and resumes in September.

**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](mailto:smorrissey@fspa.org) with questions.



FRANCISCAN SPIRITUALITY CENTER

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

# DARING GREATLY

*Show Up. Be Seen. Live Brave.™*

## DARING GREATLY: A Group Experience

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

This five-month group process will explore and practice the *Daring Greatly*™ work of 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.



#### Presenters:

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

#### Weekend workshops - Friday evening through Saturday afternoon:

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

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

**Registration deadline:** September 16

# John is happy to share with other spiritual seekers

Chances are you've crossed paths with our longtime volunteer John Hempstead. John has been volunteering at the FSC since 2002. He's always friendly, always interested in people and always ready to lend a hand. John and his wife, Marilyn, are also FSPA affiliates. We asked John a few questions about his experience volunteering here:

## What do you like best about volunteering here?

Meeting and talking with people is a nice way to expand contacts.

## Do you have a favorite program or retreat you have attended at the FSC, and what made it special to you?

Centering Prayer was very nice. Prayer that extends my ability to manifest the "loving presence" of God is of greatest interest.

## What else would you like to share about yourself with our readers?

Much of each of my days is spent in spiritual study and devotion, including some unusual studies like the Enneagram and astrology. I happily and freely (no charge) share these hobbies with any spiritual seeker who would like to find the Love that is God.

## What is your favorite quote?

"Lo, I am with you always, even unto the end of the age." – Matthew 28:20.

It is hard for us to believe that this is true, but it is. Perhaps it is most easy to feel in the Adoration Chapel. Yeshua ben Yoseph (Aramaic name of Jesus) is with you now. This promise by Jesus is literally true. When you open to it and allow it to be felt, you can feel his loving presence permeating your awareness and even your body right now.



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

# Need a place to unplug?

Why not book a stay in one of the FSC's three cozy hermitages, built on the edge of woodland in scenic St. Joseph Ridge? A hermitage stay offers time away from the routine, noise and busyness of life in a rural, restorative setting. Just a short drive from the FSC, these cozy cottages have all of the modern conveniences but offer the silence and serenity necessary for a deeper experience with God. Each hermitage is equipped with electricity, electric heat and fireplace, water, stove, microwave, refrigerator, bathroom, shower, CD player and telephone for emergency. Furnishings include a twin bed, an easy chair, and a dining/writing table and chair. Towels and bed linens

are provided. Guests are asked to bring their own toiletries and food. Please, no pets and no smoking.

- You determine the length of your stay.
- Spiritual direction is available for an additional charge.
- Guests provide and prepare their own food in the apartment-sized kitchen.
- Guests are also encouraged to take advantage of the many hiking trails on the grounds.



HERMITAGES MAY BE RESERVED FOR \$60 PER NIGHT (discounts apply for longer stays).



## IMPORTANT INFORMATION:

**Registration Process**

Please visit the Franciscan Spirituality Center's website at [www.FSCenter.org](http://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](mailto: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](mailto:lswan@fspa.org), or visit us online at [www.FSCenter.org](http://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](mailto:FSCenter@fspa.org)  
On the web: [www.FSCenter.org](http://www.FSCenter.org)



# Putting the fun in fundraising



**Rika Beckley**

Development Director  
[rbeckley@fspa.org](mailto:rbeckley@fspa.org)  
608-791-5276

We are blessed to live in one of the most generous countries in the world. A 2018 Gallup poll stated that Americans gave about \$410 billion to charities in 2017, 2.1 percent of gross domestic product. Philanthropy has been a part of our society since the United States began, and we're known throughout the world for our generosity.

Nonprofit organizations are a key segment of society because they fill the gap between services provided by the government and the for-profit sector. Even our tax code encourages taxpayers who itemize to donate to qualified nonprofit organizations and realize tax benefits. Though for many donors, tax deductions aren't their main reason for giving. After all, as the proverb suggests, "it is better to give than receive."

There are more than 130 nonprofit organizations in La Crosse County alone that provide services ranging from arts and humanities to health and human services. If you asked staff members of any one of them what one of their biggest challenges is, you'd hear "raising money for our mission." I don't know anyone who says they enjoy asking others for money. It's hard. It's uncomfortable. But for a nonprofit's survival, it is necessary.

The Franciscan Spirituality Center is one of the sponsored ministries of the Franciscan Sisters of Perpetual Adoration. This means that a portion of our annual budget is covered by the FSPA, but we still must raise the majority of what it costs to operate the FSC through our programs and fundraising. Without donor support, we couldn't offer the number of quality programs, provide needed scholarship support or adapt to changing needs in our community.

So we ask for your support on a regular basis. And we try to make it FUN to give back. Our scholarship donors who attended the *Lessons From Narnia* tea party in January sure seemed to enjoy themselves. So did our *Art Dash* artists, sponsors and ticket holders on March 28. Even our \$1 book sales in fall and spring bless both those donating books and all of our visitors who leave with armfuls of bargain books.

As we wrap up our 2019 fiscal year, we are encouraged to see increased donations and many new donors. Thank you for joining us on this journey of serving our community and having fun in the process.

*“For it is in giving that we receive”*

**St. Francis of Assisi**



## Franciscan Spirituality Center

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VISIT THE BEST  
BOOKSTORE  
IN TOWN

### *The Sophia Bookstore*

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

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

COMING IN JULY/AUGUST



#### *Wisdom of Years*

July 8, 15, 22, 29 • with Rose Elsbernd, FSPA

#### *Iconography Retreat: St. Peter and St. Paul*

July 14-20 • with Phil Zimmerman

#### *Meditation and Mandalas*

August 10 • with Melissa Fannin

#### *Compassionate Presence: Accompanying the Dying*

August 17 • with Dr. Jackie Yeager

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the Franciscan Sisters of Perpetual Adoration.