



Franciscan Spirituality Center

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

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At the Center

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2018-21

Spiritual Direction

Preparation PROGRAM

Application deadline: June 30, 2018 (or until filled)

Director Steve Spilde
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The Franciscan Spirituality Center is accepting applications to its *Spiritual Direction Preparation Program*. The 15th cohort of this innovative, three-year program will begin classes in September. Men and women who are 30 or older and are interested in becoming better listeners and deepening their spiritual lives are encouraged to apply. Since our program's inception in 1985, more than 400 people have trained through a mix of workshops and real-life experiences to move into their communities and jobs as trained spiritual directors and redemptive listeners.

Spiritual direction is an ancient practice that helps people hear the voice of the Divine in their lives. We all share a deep longing to be heard, and the trained spiritual director is able to share the gift of deep, compassionate, nonjudgmental listening. Spiritual directors learn to pay attention to what is going on within themselves and help others do the same.

Our graduates have described the experience as life-changing, transformative and growth-filled. One recent graduate said, "*The SDPP greatly exceeded all of my hopes and expectations. In fact, the SDPP has proven to be the finest educational and personally edifying experience of my entire life.*" Another said, "*The program offers a season of spiritual renewal that is not easy or swift, but is filled with fulfillment and grace.*"

While our program prepares participants to direct others regardless of their faith or religious affiliation, it is taught from the Judeo-Christian tradition. Candidates are formed and trained through prayer, teachings, practical workshops, verbatims, readings, quarterly meetings and one-on-one supervision.

By joining the FSC's *Spiritual Direction Preparation Program*, you will find yourself part of a vibrant and welcoming community, with opportunities for personal connections and professional development that continue even once you have graduated. We're looking forward to getting to know you.

Our next class begins in September 2018.

If you are interested in learning more about the SDPP, please visit www.FSCenter.org and click on the spiritual direction link at the top of the page or call 608-791-5295 for more information.

A mission of spiritual growth



I've been having conversations recently with people who are interested in operating a spiritual retreat center. Perhaps this is because in national studies, more people are now describing themselves as "spiritual." According to a recent study*, nearly half of us consider ourselves spiritual, even if not religious.

The same study found that whether or not you consider yourself religious, developing your spirituality has real personal and social benefits. Participants with higher levels of spirituality had greater life satisfaction and more pro-social behaviors than the non-spiritual.

I thought about this as I listened to a man describe being brought back from death by a defibrillator. He was relating his experience of having no heartbeat for several minutes to an audience of spellbound Rotarians. His takeaway was that we need to pay attention to our spirituality, because while our bodies do not survive death, our spirit does. Knowing this now brought feelings of acceptance, peace and forgiveness.

As to operating a spiritual retreat center, I know that the Coulee Region is lucky to have a full-fledged one like the Franciscan Spirituality Center. A center like this one has a professionally trained staff, dedicated to meeting the spiritual needs of whomever walks through our doors, no matter who they are or whether they are spiritual, religious or neither. Many retail operations now offer spiritually themed programs, but the FSC has spiritual growth and support as its sole mission.

And now for some exciting news! For the second year, we will offer a retreat for female survivors of human trafficking and exploitation. This year, our partner will be the La Crosse Community Foundation, which recently awarded a \$6,220 grant to the FSC in support of this retreat. This allows us to provide a healing retreat free-of-charge to these women. Grants and donations are increasingly important to us because program and retreat fees alone do not cover the actual cost of providing them.

This fall, we also will reach a milestone when the 15th class in our Spiritual Direction Preparation Program gathers. People living in this region are fortunate because the FSC's intensive three-year program in spiritual direction is one of the best in the nation. The deadline for application is June 30. Is this the next step in your spiritual development?

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

*Searching for Spirituality in the U.S.: A New Look at the Spiritual but Not Religious, PRRI.org

FRANCISCAN SPIRITUALITY CENTER

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Bernice Olson-Pollack



Tom Roberts

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Thank you to all of our guests, contributing artists, sponsors, board members and friends for making our second annual Art Dash such a spirited and successful event.

We welcomed more than 250 people to the Radisson Center on Thursday, March 22, for a fast-paced and fun evening of fine art, delicious appetizers and homemade pie. Your support of this important fundraiser helps us fulfill our mission of supporting all in their journey toward God, meaning and wholeness.

Please visit www.FSCenter.org for a list of artists and sponsors. Check out our Facebook page to see more photos from the event.



Exploring Celtic spirituality

with Carl McColman



Anyone familiar with Celtic spirituality likely has heard the term “thin place.” It refers to the places where the veil separating this world from the world of the Spirit is especially thin. These places can be found in the ancient holy wells, monastery ruins and stone circles that dot the Celtic lands of Ireland, Scotland and Wales. In these holy places, “you can almost hear the angels’ wings,” says Carl McColman, storyteller, soul friend and retreat leader.

But we also have thin places in our hearts, he says. Carl will visit the Franciscan Spirituality Center on August 17-19 to lead a weekend retreat to celebrate the wisdom of the Celts and explore these thin places within where we might feel closer to God.

Holy Wells and Thin Places: Celtic Spirituality for Our Time is an opportunity for anyone who feels drawn to the deep love of nature and the elements, the storytelling, the joy, the prayers and practices that are hallmarks of Celtic spirituality. The experience will balance reflection on the poetry, stories and songs of the ancient Celts with prayer and silence.

Carl, who traces his family roots to Scotland, has always felt an ancestral connection with Celts, but once he made his first trip to Ireland, “it was all over.” He tries to get back as often as possible and has an infectious enthusiasm for the Celtic lands, saints and traditions that he is eager to share with retreatants. Celtic wisdom is for everyone. “Even if you aren’t a Celt by birth, you can still be what we call a ‘cardiac Celt’—a Celt of the heart,” he says.

Much like Franciscan spirituality, Celtic spirituality emphasizes the beauty of creation and the need to live in harmony with nature. In fact, the book *Saint Francis: Nature Mystic* by Edward Armstrong suggests the early Franciscans may have been influenced by a monastic community in northern Italy founded by an Irish monk.

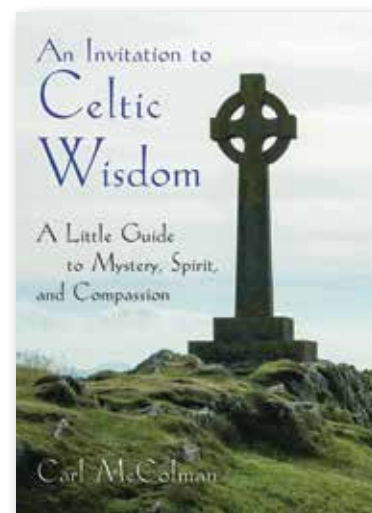
For the Celtic spirit, Carl says, nature is as a portal into the heart of God: “Celtic spirituality teaches us more godly ways to relate to creation and celebrates the beauty of the natural world.” It’s a message especially relevant today as we recognize that our environment has limited resources that we need to be good stewards of, rather than exploit, he says.

While all great spiritual traditions have their stories, Celtic spirituality is distinguished by “really beautiful stories with unique twists and turns that offer new insights into God’s love,” he says.

And humor.

One of his favorite stories tells of St. Brigid of Ireland, who was traveling with two of her sisters during Lent. They accepted an invitation to stay the night at the home of a pagan chief who served them pork for the evening meal. When the two younger sisters informed the chief that they couldn’t eat the meal because of their Lenten fast, Brigid threw them out of the house. She then apologized for her sisters’ lack of grace in accepting the chief’s hospitality.

“The lesson,” Carl says, “is that relationship is where spirituality happens. Relationships are at the heart of spirituality.”



For more great stories and a taste of Celtic wisdom, visit www.FSCenter.org or call 608-791-5295 to register for *Holy Wells and Thin Places: Celtic Spirituality for Our Time*. Full retreat, which includes two nights’ stay, all meals and Saturday evening social, is \$310; commuters pay \$210 and enjoy Saturday lunch, dinner and social.



Carl McColman is a contemplative writer, speaker, retreat leader, catechist and spiritual companion who lives near Atlanta. He is the author of several books, including *Befriending Silence*, *Answering the Contemplative Call* and *The Big Book of Christian Mysticism*. He is a life-professed Lay Cistercian (a layperson under formal spiritual guidance of Cistercian monks) affiliated with the Trappist Monastery of the Holy Spirit in Conyers, Georgia. He also received formation in the practice of Christian spirituality and contemplative leadership through the Shalem Institute for Spiritual Formation. His latest book, *An Invitation to Celtic Wisdom*, will be published in November. Find more information at www.carlmccolman.net.

Spiritual Living

- No advance registration necessary
- Free to attend

Dream Group

May 10 & June 14
Thursday, 9:30-11 a.m.
Facilitator: Katherine Krage
Investment: Freewill offering

All are welcome to this gathering on the second Thursday of each month to explore your dreams in a group setting of attentive and compassionate listeners. Group members listen to one another's dreams and then offer their knowledge and insights for the dreamer's consideration.



The Sound of Bowls

May 8 • Tuesday, 5:30-6:30 p.m.
Facilitator: Tom Roberts
Investment: Freewill offering



Traditional historic 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.

Pregnancy and Infant Loss Support Group

May 9 & June 13
Wednesday, 5:30-6:30 p.m.
Facilitators: Emily and Sean Mortenson
Investment: Freewill offering

This gathering on the second Wednesday of the month provides a safe place for those who have suffered a miscarriage, ectopic pregnancy, stillbirth or the loss of an infant to share their stories.

You'll have an opportunity to process your unique experience while receiving the comfort of others who understand. Our facilitators are a local social worker and her husband who have personally experienced the loss of an infant.



Drumming Circle

May 10 & June 14 • Thursday, 5:30-6:30 p.m.
Facilitator: Rosalie Hooper Thomas
Investment: Freewill offering

Drums draw individual energies into a powerful unified prayer. All are invited to this gathering the second Thursday of each month for drumming and reflection. Bring your favorite drum and join our circle. All types of drums are welcome.



Groups That Meet at the FSC

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 will meet the first and third Wednesdays and the Tuesday group will meet the second and fourth Tuesdays, both from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Suggested offering: \$5. **Note:** *Conversations That Matter* meets in May but not June.

Saturday Morning Men's Group enjoys coffee and muffins while discussing a current book related to spirituality, on the third Saturday of the month (May 19 and June 16) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

Depressed Anonymous is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets Mondays from 5:30-6:30 p.m. Questions? Call Vince at 608-386-7551. Freewill offerings are appreciated.

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 Bowls* on the second Tuesday of each month.

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

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Identity

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

Mission

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

Core Values

In keeping with the tradition of our Franciscan founders, we hold these core values:

Sacredness: Believe that in every person and all creation lives the Sacred.

Respect: Acknowledge the dignity, diversity and worth of each person as a unique image of God.

Community: Through prayer, empathy and sharing, create a safe, peaceful place.

Hospitality: Welcome all with compassion, acceptance and celebration.

Professionalism: Commit to competence, quality, trust and personal spiritual development.

What We Do

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The 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.

body, mind & spirit



NEW! Yoga Fusion

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

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

Instructor: Cheryl Neubauer

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



Yoga Fusion is a complete program for both mind and body conditioning. By blending the best of yoga, Pilates, fitness and barre, fusion workouts provide the yin and yang of mind and body training, offering both physical and mental challenges balanced with a sense of calming and restoration. This nonimpact program will define, strengthen, restore and nurture your body and soul.

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

Tuesday Golden Yoga

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

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

Instructor: Amber Moesch

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



Golden yoga provides a safe approach to improved strength, balance and flexibility. Traditional yoga poses are modified with the use of a chair so that participants do not need to get down on the floor.

Note: The last 15 minutes of the class will include exercises that can be done either on the floor or in a chair. Please bring a mat.

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

Thursday Golden Yoga

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

Session 3: April 5, 12, 19, 26; May 3, 10

Instructor: Amber Moesch

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



For a class description, please refer to Tuesday's Golden Yoga.

Note: The last 15 minutes of the class will include exercises that can be done either on the floor or in a chair. Please bring a mat.

Vinyasa Flow Yoga

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

Session 3: March 28; April 4, 11, 18, 25; May 2

Instructor: Bernice Olson-Pollack

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



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.

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.

Tai Chi

Monday, noon-12:45 p.m.

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

Instructor: Bernice Olson-Pollack

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



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.



2018 Program & Retreat Offerings

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 everyone on their spiritual journey and will hold your request in confidence.

May 3

Thursday, 6-8:30 p.m.

Presenter: Lisa Gidlow Moriarty

Investment: \$45, includes materials

Registration deadline: April 19



Finger Labyrinth Workshop

Creating labyrinths for finger walking is a spiritual process that yields a usable table-top labyrinth that can be an art piece for the wall and a one-of-kind gift of functional art. Made from colorful tissue paper and cording on a stretched canvas, all materials and instruction are provided. No experience necessary. Come with a creative spirit and go home with a 12-by-12-inch completed labyrinth—a gift to yourself or another special person.



Lisa Gidlow Moriarty is the owner of Paths of Peace in Stillwater, Minnesota. She has a fine arts degree in design and fibers, and has trained with master labyrinth maker Robert Ferré and Dr. Rev. Lauren Artress in advanced labyrinth construction and facilitation. She makes labyrinths for indoor and outdoor use, from canvas to concrete, and is the creator of several unique designs. Her labyrinths can be found throughout the world, including at the FSC, where she created our indoor canvas labyrinth.



May 4-9

Friday, 7 p.m.-Wednesday, 1 p.m.

Presenters: FSC spiritual directors

Investment: \$550, includes five nights' stay and all meals

- Fee includes a \$50 non-refundable deposit.
- No commuter option for this retreat.

Registration deadline: April 20

Limited to 15 participants.

Six-Day Silent Directed Retreat

A silent directed retreat is a gift of silence and solitude, rest and reflection. It offers you a safe, peaceful, hospitable environment with opportunities for prayer, contemplation, solitude, and, if you wish, daily Mass. You also can enjoy nearby biking/hiking trails, the Mississippi River and an outdoor labyrinth.

Each day, you will meet with a spiritual director who will listen to you with compassion, understanding and encouragement as you connect with the Sacred and your own inner wisdom.



May 11-12

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

Presenter: Deb Richards

Investment:

- **Full:** \$230, includes overnight stay, all meals and supplies
- **Commuter:** \$170, includes lunch on Saturday and all supplies

Registration deadline: April 27

Limited to 16 participants.



SoulCollage

The heart is an integrating center of energy that calls for our attention and nurturing. SoulCollage® is a practice that enables us to be attentive to that integral place. Through the use of images and a simple cut-and-paste process, SoulCollage makes it possible to access the inner wisdom each of us carries. Along with card making, this retreat includes reflection, journaling, guided meditation and group interaction.

In addition to being a SoulCollage facilitator, **Deb Richards** is a writer, faith formation director and spiritual director. She is a wife, mom and grandmother, who lives in Des Moines, Iowa, where she serves on the staff of St. Mary of Nazareth Catholic Church.



May 11-16

Friday, 7 p.m.-Wednesday, 1 p.m.

Presenters: FSC spiritual directors

Investment: \$585, includes five nights' stay at a hermitage and daily spiritual direction

- Fee includes a \$50 non-refundable deposit.
- No commuter option for this retreat.

Registration deadline: April 27

Limited to 2 participants.

Silent Hermitage Nature Retreat

A silent directed retreat is a gift of silence and solitude, rest and reflection. A retreat at one of our hermitages on beautiful St. Joseph Ridge offers you the added benefit of being surrounded by nature. The location features miles of stunning hiking trails and many spots for prayer, meditation and reflection. If you wish, daily Mass is available. Each day you will meet with a spiritual director who will listen to you with compassion, understanding and encouragement as you connect with the Sacred and your own inner wisdom.

Note: You will need to bring your own food and cook in your hermitage's kitchen, which includes a stove and microwave but no oven.

**May 15 and 17**

Choose Tuesday or Thursday, 6-9 p.m.

Instructor: Emily Alvarez

Investment: \$50, includes wine, appetizers and materials

Registration deadline: May 1

Sip & Paint: The Gift of the Spirit

We are once again partnering with local art studio Creative Canvas and Board for an evening of reflection, painting and sipping.

Sip & Paint is a fun, instructor-led canvas painting class, and no experience is required. For inspiration, we will learn about Pentecost and how the Spirit still moves in our world today.

Then, **Emily Alvarez** will lead you through the steps of creating your very own work of art, ready to decorate your home or to give away as a gift. Let your creativity flow! Bring a friend or make new ones. Wine, appetizers and all art supplies are included.

**May 15**

Third Tuesday of the month, 5:30-6:30 p.m.

Presenter: Greg Lovell

Investment: \$10

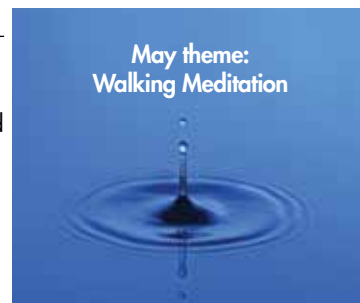
Registration deadline:
May 14

**Mindfulness Practices for Stress Reduction**

Life moves too quickly at times, and we become overwhelmed in mind and body. This group is open to anyone wanting to reduce stress through mindfulness practices. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion. You are invited to attend the entire series or drop in each month as you are able.

Greg Lovell is a behavioral interventionist at Holmen Middle School. He has studied mindfulness, emotion management and how the human brain works for more than a decade.

May theme:
Walking Meditation

**May 16 and June 12**

Choose Wednesday or Tuesday, 9 a.m.-4 p.m.

Facilitator: Deb Hansen

Investment: \$35, includes optional spiritual direction session

Registration deadline: May 2/May 29

**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 new art room and meeting with a spiritual director if you wish.



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



2018 Program & Retreat Offerings *continued.*

May 18

Friday, 6-8:30 p.m.

Facilitator: Steve Spilde

Suggested donation: \$10

Registration deadline: May 4



Movie Night: Kinship and Compassion

Gregory Boyle is a Jesuit priest and the bestselling author of *Tattoos on the Heart*. In his new book, *Barking to the Choir*, he shares what three decades of working with gang members in Los Angeles has taught him about faith, compassion and the enduring power of kinship. In a nation deeply divided and plagued by poverty and violence, Boyle's new book offers a snapshot into the challenges and joys of life on the margins. Boyle challenges us to re-examine our ideas about God and about people with a glimpse at a world defined by more compassion and fewer barriers. Gently and humorously, he invites us to find kinship with one another and reminds us all to claim our innate goodness.

We will watch a presentation by Boyle and then share small-group discussion to process what we have heard and learned. Join us for an evening of challenge, inspiration and sharing dreams for a better world.



May 20-26

Sunday, 7 p.m.-Saturday, 10 a.m.

Presenter: 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 6

Limited to 25 participants.

When registering, please specify which icon you would like to paint. Both are suitable for all levels of painter.



Iconography Retreat: Anthony of Padua or Our Lady of the Sign

Noted American iconographer Phil Zimmerman returns to the FSC to teach the sacred art of iconography. Both a meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. Icons are often referred to as "windows into heaven." 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. All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.



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

Phil will offer two other icon retreats this year:
July 8-14: Konev Mother of God
September 16-22: Emmanuel

May 21

Third Monday of the month
Choose 2-3:30 p.m. OR 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$10 (if you bring own supplies)
or \$12 (if you use FSC supplies)

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

Registration deadline: May 18

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.



May 30 (Rain date: June 6)

Wednesday, 6:30-8:30 p.m.

Presenter: Audrey Lucier**Investment:** \$15**Registration deadline:** May 16***Backyard Pilgrimage: Using a Labyrinth for Meditation and Prayer***

Labyrinths can be found around the world, symbolizing wholeness and the spiritual journey. One of the most famous labyrinths was built in the floor of the Chartres Cathedral in France some 800 years ago. Many people have rediscovered the joys of this walking meditation in recent years, and labyrinths can now be found in public spaces and even backyards.

On this early summer evening, we will explore the history and symbolism of the labyrinth, the spirituality of pilgrimage and how to use a labyrinth for meditation and prayer. The last part of the evening will be spent walking an outdoor labyrinth.

**June 8-10**

Friday, 3 p.m.–Sunday, noon

Presenter: Jeff Dols**Investment:**

- **Full:** \$270, includes two nights' stay and all meals
- **Commuter:** \$160, includes supper on Friday and lunch on Saturday

Registration deadline: May 25***The Spiritual Journey to the True Self: Where East Meets West***

In Western culture, yoga has become popularly known by many as a program of body movements to help with balance, strength and flexibility. But, most are unaware of yoga as a much broader spiritual system of ancient India. The yogic journey, as a spiritual path to the true self, mirrors the Christian contemplative tradition as initially taught by Jesus, St. Paul and the Desert Mystics; and more recently revived by Fathers Thomas Merton, Thomas Keating, Richard Rohr and many others. This common path also provides the central story line in two transformational epics: the life of St. Francis in the West and the story Arjuna as told by the Bhagavad Gita in the East.

We will explore these parallel stories of disillusioned warriors turned mystics – tales that hold the key to unlocking hidden inner treasures. Jeff will weave these epic tales with his own story of traveling along both the Western and Eastern paths. Along the way, participants will be guided on their own spiritual journeys, provided with roadmaps and techniques from both East and West that point to a common destination: self-realization and divine union.



Jeff Dols is an FSPA affiliate and was co-creator of the Franciscan Journey spiritual development program for the Affiliation program. He previously served as director of the Franciscan Spirituality Center. Jeff has studied in the Kriya Yoga tradition, including the Upanishads and Bhagavad Gita, and is now certified in Meditation Teacher Training from MySpirit Community. Jeff also has worked extensively in the for-profit sector, having held leadership roles in multiple business architecture and business process improvement efforts during the past 25 years, for companies such as Wells Fargo and U.S. Bank. Jeff holds an MA in Servant Leadership from Viterbo University in La Crosse.

June 21

Thursday, 5-7:30 p.m.

Instructor: Laurie Swan

Investment: \$40 for first two participants, and then \$5 per additional painter. Meal, one canvas per family and s'mores included.

Registration deadline: June 7

View more of Laurie's work at www.facebook.com/artandsoul.laurie.swan

***Paint & Picnic: Family Canvas Painting Event***

Celebrate the beginning of summer by creating a family canvas painting while enjoying the beautiful outdoor courtyard at St. Rose Convent. Our theme incorporates the beloved "Footprints" poem and includes a beach scene. Children will be able to create the footprints in the scene by using their own feet, which will create a lasting memento for your family. The evening includes a picnic dinner, s'mores, and great opportunity for fellowship and fun.

Laurie Swan has worked as office manager at the FSC for almost five years. Art has always been an important part of her life, and she had dreamed of being an elementary art teacher one day. Life took her down a different path, but she loves to create and continues to explore various art techniques. Laurie hosts painting parties for all ages, but especially enjoys working with kids.



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



2018 Program & Retreat Offerings *continued.*

June 21-23

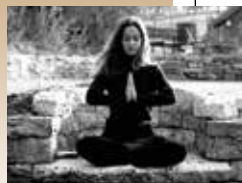
Thursday, 3 p.m.-Saturday, noon

Presenter: Heather Henry

Investment:

- **Full:** \$240, includes two nights' stay and all meals
- **Commuter:** \$140, includes most meals

Registration deadline: June 7



Return of the Feminine: A Summer Solstice Yoga Celebration for Women

In our masculine-dominate culture, taking time to align with and celebrate our Shakti, or sacred feminine energy, can be an important part of being a vibrant and empowered woman. 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. It is the summer companion to the winter retreat; here we will focus upon what we are calling into our life experience. Our Shakti is powerful, creative energy with which we compose our lives, if directed consciously. Become a clear and bright channel for divine joy and holy love, and welcome the balance of the feminine into your life. Return home with renewed effervescence, feeling replenished and rejuvenated. This retreat will include intentional teaching on Ayurvedic practices.

Dedicated to sharing grace and joy through yoga and Ayurveda, **Heather Henry** has been teaching heart-led yoga for 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.

June 29-July 1

Friday, 7 p.m.-Sunday, noon

Presenter: Marcia Bentley

Investment:

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

Registration deadline: June 15



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—western, eastern and native cultures—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. And reflect with us on the words of Karl Rahner, theologian of the Second Vatican Council who said, "the Christian of the future will be a mystic or...will not exist at all."

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.

Mission Moment

That wonderful, light feeling you get when you clean out your closets and donate what you no longer need or want has just gotten better! We are proud to announce that we have partnered with local consignment/thrift shop The RootinCrown LLC.

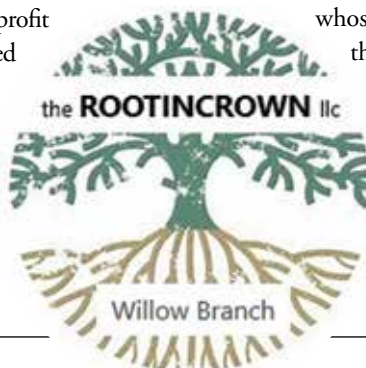
When you donate your quality, gently used items to RootinCrown—ranging from books and household items to apparel and furniture—you can opt to have 50 percent of the proceeds go to a nonprofit of your choice. The La Crosse area is blessed to be served by many worthwhile service organizations, but of course, we'd love for you to designate the Franciscan Spirituality Center as your nonprofit of choice.

People are also welcome to volunteer on behalf of their favorite organizations to boost the percentage of sale proceeds by another 10 percent.

RootinCrown is located at 2919 East Ave. S. in La Crosse (in the old Holsum Bakery building on the South Side). Hours are 10 a.m. to 6 p.m. Monday-Friday and 10 a.m. to 4 p.m. Saturday-Sunday. You can follow along on Facebook or check out the store online at <https://rootincrown.com>.

Mary Jo Wilber is the owner and brainchild of RootinCrown, whose logo features a tree and whose name references a theme of branching out and support. She has plans to open a second store in Onalaska and hopes to take her idea nationwide.

If you like to shop, look for items with the FSC sticker on them. And if you are looking to donate items, be sure to specify that you want sales to benefit the FSC. Thank you!



SEPTEMBER 21-22

Friday, 7 p.m.–Saturday, 4 p.m.

Presenters: Audrey Lucier & Steve Spilde

Investment:

- Full: \$175, includes online assessment, one night's stay, breakfast/lunch on Saturday
- Commuter: \$125, includes online assessment and lunch

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

BRINGING THE ENNEAGRAM TO YOU!

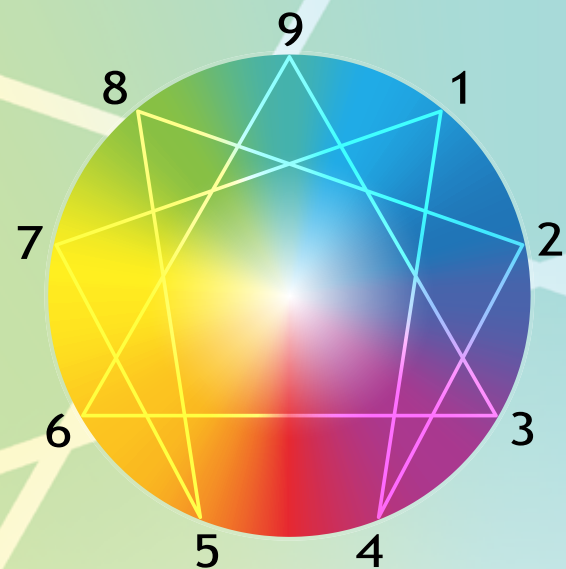
Whether you are looking to understand your co-workers, your spouse or yourself better, the Enneagram can be a powerful tool. The Enneagram is a system of nine core personality styles that represent different patterns of thinking, feeling and acting that arise from a deeper inner motivation or worldview.

Understanding your style can lead to greater awareness of self, others and the world. It can foster compassion for self and others as you learn about the strengths and challenges of each personality style. So often we are frustrated that others won't change to see things as we do, when in reality individuals really do perceive things quite differently because of our personality filters.

The Enneagram goes beyond finding out your "type," as happens in many personality workshops, such as those based on the Myers-Briggs Type Indicator. The Enneagram's deeper understanding of our self and why we respond as we do allows us to explore pathways for change and personal growth. Growing toward wholeness means moving from our core style to use other, less developed parts of our personality.

The Franciscan Spirituality Center offers several Enneagram workshops throughout the year, but we also have a team of staff members who have trained extensively on the Enneagram and are happy to present a daylong or weekend program at your organization.

If you are interested in seeing how the Enneagram can strengthen connections, improve relationships and foster transformation at your place of business, school, church or nonprofit organization, please call us at 608-791-5295.



NINE CORE STYLES:

- ONES** – The rational, idealistic type: *principled, purposeful, self-controlled, perfectionistic*
- TWOS** – The caring, interpersonal type: *demonstrative, generous, people-pleasing, possessive*
- THREES** – The success-oriented, pragmatic type: *adaptive, excelling, driven, image-conscious*
- FOURS** – The sensitive, withdrawn type: *expressive, dramatic, self-absorbed, temperamental*
- FIVES** – The intense, cerebral type: *perceptive, innovative, secretive, isolated*
- SIXES** – The committed, security-oriented type: *engaging, responsible, anxious, suspicious*
- SEVENS** – The busy, fun-loving type: *spontaneous, versatile, distractible, scattered*
- EIGHTS** – The powerful, dominating type: *self-confident, decisive, willful, confrontational*
- NINES** – The easygoing, self-effacing type: *receptive, reassuring, agreeable, complacent*

OUR FACILITATORS



Audrey Lucier, director of the Franciscan Spirituality Center, was trained and certified in the Enneagram Spectrum of Personality Types with Dr. Jerry Wagner and received additional training through the International Enneagram Association and with Dr. Beatrice Chestnut. Special interests include working with workplace groups to improve communication and resolve conflict, and with individuals to improve personal relationships.



Steve Spilde is associate director of the Franciscan Spirituality Center and the director of the FSC's Spiritual Director Preparation Program. Steve was originally introduced to the Enneagram by Richard Rohr many years ago. Like Audrey, Steve was trained and certified by Dr. Jerry Wagner and received additional training from Russ Hudson. Steve finds the Enneagram to be extremely useful as people seek growth in self-awareness and spiritual depth.

Source: The Enneagram Institute

Reflections on spiritual direction

When I meet with a new individual, I begin our first session with a description that sounds something like this:

*I like the term "spiritual direction."
I don't like the term "spiritual director."*

As we meet together, I will be helping you seek the direction of Spirit. Whether you call it God, the Holy Spirit, the Universe, or simply Spirit, I believe it to be a reality that surrounds us and guides us. I see it as my job to help you explore the questions:

- *What is God calling me to do?*
- *Where is Spirit inviting me to move?*
- *What is the Universe offering me as a challenge?*
- *What are the messages coming from my heart?*

This is why I like the term "spiritual direction" to describe the process. Together, we are seeking the direction that comes from Spirit.

But because God's Spirit is the one who is providing the direction, I am uncomfortable with the title "spiritual director." I use the term because this is what people have been calling the role for hundreds of years whenever one person meets with another to seek spiritual direction.

I think a better term to describe my role might be spiritual companion. I walk beside people as they try to discern the path that God is inviting them to walk. Another good term would be spiritual friend. As I meet with people, I try to ask the questions that a caring friend or mentor might ask during a period of discernment.

- Tell me a story of when you faced a similar situation and what did you learn about yourself from that experience?
- As you describe your experience, what are the emotions that are coming up for you?
- Where do you find joy in your life?
- Where do you find pain?
- Where do you encounter sadness, grief or loss?
- What fills you with hope?
- When do you feel most alive?

However you describe this role, I think it is an important one. I know for myself, my own spiritual director helps to hold me accountable. It is helpful to tell him about my goals and plans for the coming month. When I am struggling, he will ask me whether I am maintaining my healthy habits and disciplines. Often, I will notice that I have lost touch with a practice or an exercise that has been helpful to me.

He offers a compassionate ear, which gives me the space to tell the stories I need to tell. It is amazing what happens when I listen to myself telling my own stories. I'm struck by how often I discover some detail I have never noticed before. Often, he will draw attention to some other important detail I have overlooked. It is a dynamic that is hard to describe, but it is powerful when it happens, and it happens all of the time.

We have several gifted and experienced individuals on staff available to meet with you for spiritual direction. We would be grateful for the opportunity to join you on your journey.

FSC SPIRITUAL DIRECTORS ON STAFF



Steve Spilde
sspilde@fspa.org
608-791-5297



Rose Elsbernd, FSPA
relsbernd@fspa.org
608-791-5268

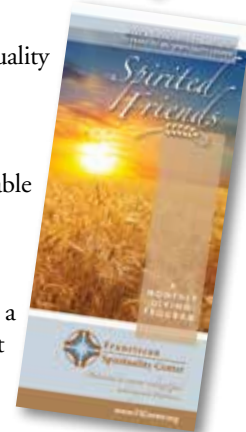


Deb Hansen
dhansen@fspa.org
608-791-5601

MAKE A COMMITMENT TODAY



The Franciscan Spirituality Center relies on donations to keep our programs, retreats and spiritual direction affordable and accessible to all who seek support. Whether you've contributed in the past or are ready to make a first-time gift, we ask that you consider making a monthly commitment. Year-round, consistent support is vital to sustaining our ministry.



Spirited Friends is a monthly giving program that fits your budget. You decide the amount of your gift and authorize your bank to transfer that amount from your checking account directly to FSPA for the Franciscan Spirituality Center. It's that easy! Not only is it convenient and safe, but your donation goes further by reducing administrative, postage and paper costs.

You can designate your gift to one of three scholarship funds or to our general donation fund. Either way, know that you are helping others on their path to connecting with God, meaning and wholeness. Thank you for your generosity.

For a brochure and enrollment form, visit www.FSCenter.org and click on the *Become a Spirited Friend* button or call 608-791-5295.

FRANCISCAN SPIRITUALITY CENTER

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IMPORTANT INFORMATION:

Registration Process

Please visit the Franciscan Spirituality Center's website at www.FSCenter.org to register for each session. Payment is required at time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or send an email to FSCenter@fspa.org. We accept credit cards, personal checks and cash for all registrations not completed online. Payment must be made in full prior to the start of the program to be a confirmed participant.

Refund Policy

Some of our programs require deposits. If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

Registration Deadlines

Many programs/retreats now have a registration deadline. This will help us make important decisions regarding the status of the program/retreat. Many programs fill quickly; early registration is recommended to guarantee placement. Prompt registration also helps reduce the possibility that a program or retreat might be canceled due to insufficient enrollment, an issue that inconveniences participants and presenters.

Scholarship Information

In the spirit of Francis and Clare, we honor and respect everyone in their search for spiritual healing, growth and renewal and will not turn anyone away because of inability to pay. Our scholarships are based on need and the type of program or retreat. We give scholarships to anyone who asks for financial assistance for spiritual direction and partial scholarships for programs or retreats. Please contact us for more detailed information about scholarships and payment options for specific retreats and programs. We do not offer scholarships for bedrooms or hermitages. Contact Laurie at 608-791-5279 or by email at lswan@fspa.org, or visit us online at www.FSCenter.org for more information.

Where to Find Us



The Franciscan Spirituality Center is just west of Mayo Clinic Health System-Franciscan Healthcare and one block north of Viterbo University at 920 Market Street. The Franciscan Spirituality Center shares the building with St. Rose Convent.



**Franciscan
Spirituality Center**



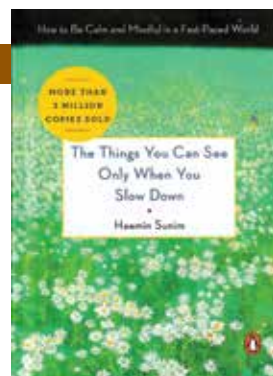
Telephone: 608-791-5295
Email: FSCenter@fspa.org
On the web: www.FSCenter.org

AT THE SOPHIA BOOKSTORE

We offer many programs centered on mindfulness, but these books are great resources, too!
(They also make thoughtful gifts.)



*The Things You Can See
Only When You Slow Down*
by Haemin Sunim



*Breathe and Be:
A Book of Mindfulness Poems*
by Kate Coombs



Sophia Bookstore

Tucked away inside the Franciscan Spirituality Center, the Sophia Bookstore is a treasure awaiting your discovery. Full of books, scarves, bags and other gift items, it is a wonderful, welcoming place to sit and enjoy the quiet hum of life and energy within. The room has two tables, comfy chairs for curling up with a book, free WiFi and complimentary coffee and tea.

Our next used book sale will start April 10.

**It's a great opportunity to pick up
quality titles for just \$1 each.**

Open Monday-Friday from 8 a.m.-5 p.m.



Meeting Rooms

The Franciscan Spirituality Center offers a variety of attractive and comfortable rooms that can be rented for your next conference, meeting or training session. We can easily accommodate groups ranging from two to 90 participants, and each of our eight meeting rooms is bright, quiet and can be tailored to meet the needs of your group. Enjoy professional seating, historic charm and Franciscan hospitality, as well as free

WiFi connection and a wide range of audio/visual equipment at no additional charge. Refreshments and catering options are also available. Take a visual tour of our rooms at www.FSCenter.org



Reserve a room today for your group's next meeting.
Call 608-791-5295 or email FSCenter@fspa.org.



Franciscan Spirituality Center

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CONTINUING EDUCATION OPPORTUNITY

Diane Millis returns to lead retreat for spiritual directors



SAVE THE DATE
OCTOBER 26-27

Listening expert and author Diane M. Millis will return to the FSC to lead a special weekend retreat just for spiritual directors on the topic of *Co-Creating a Culture of Encounter*, October 26-27. We will reflect on what it is that both helps and hinders us from encountering others, and consider ways to increase our capacity to be fully present with more of the people we meet in our everyday lives and ministries.

Watch for registration details at www.FSCenter.org
or in the next *At the Center*.

COMING IN JULY/AUGUST



Singing Bowls at Sunset

July 10 • with Tom Roberts

Iconography Retreat: Konev Mother of God

July 8-14 • with Phil Zimmerman

Silent Directed Retreat

August 10-12 • with FSC spiritual directors

Holy Wells and Thin Places: Celtic Spirituality for Our Time

August 17-19 • with Carl McColman

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