



**Franciscan  
Spirituality Center**

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

VOLUME 27 • NUMBER 6

NOVEMBER/DECEMBER 2019

# *At the Center*

## IN THIS ISSUE:

- Girls Connect
- Exploring Spiritual Archetypes Through Mask-Making
- Dementia Caregiver's Self-Care Series
- Coping With Grief During the Holidays

**ALSO INSIDE: ANNUAL  
COMMUNITY REPORT**

ALL-NEW KEYNOTE! If this is your first time attending Jesus@Work, you will be able to dive right in. If you attended the conference last year, you will hear new insights, stories and ideas for consideration.

# Jesus @ Work 2.0

**SPECIAL OPPORTUNITY FOR BUSINESS OWNERS,  
NONPROFIT LEADERS AND ANYONE WHO WORKS IN  
A SERVICE OR MISSION-DRIVEN ORGANIZATION**

## Digging Into the Parables

Leadership development expert and master storyteller John McHugh continues the conversation about workplace culture and mission-driven values. What do the parables about seeds, weeds and good deeds have to say about our everyday work lives? The images Jesus used in his parables came from the ordinary business activities of his time: farming, fishing and banquet catering. Join us for a thought-provoking and motivational morning to explore how Jesus' stories can change the way we approach work.

**We've intentionally priced this half-day  
conference as low as possible so you can  
bring your entire leadership team!**

**KEYNOTE SPEAKER:** John McHugh,  
director of corporate communications,  
leadership development and training  
for Kwik Trip Inc.



**GROUP DISCUSSION**

**FACILITATOR:** Kristy Walz,  
CEO of Confluence Consulting



**October 25 • Friday, 8:30 a.m.-noon**

The Cargill Room at The Waterfront  
Restaurant and Tavern, La Crosse

Investment: \$25 per person, includes  
continental breakfast

Co-sponsored by the  
Franciscan Spirituality Center and  
the FSPA Office of Mission Integration

**THERE IS STILL  
TIME TO REGISTER!**

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

# Living in a cone of uncertainty



My oldest child lives near the ocean in Florida and frequently finds herself living in a cone of uncertainty. As Labor Day approached, I kept clicking on a graphic from the National Hurricane Center that showed a hurricane forming out in the Atlantic. A cone was superimposed on a map of

Florida, showing a possible path the hurricane might travel on its way to slamming into the East Coast.

Because the cone included her city, my daughter began thinking about her options. It was her third superstorm in as many years. Forecasters are getting very good at alerting people about an approaching hurricane, but the days of waiting and uncertainty about if, when, where and how much disaster will hit can bring on almost as much anxiety as the actual storm.

No matter where we live, most of us can relate to the wondering and anxiety of just not knowing how things will turn out. As people grapple with divorce, for example, they often struggle to hold onto the life they had. Even if it was not the best, there was a certainty about it. Trying to figure out new living arrangements, finances and a whole new identity often leads to feeling anxious and overwhelmed. Like watching for a hurricane, you might feel little control over events.

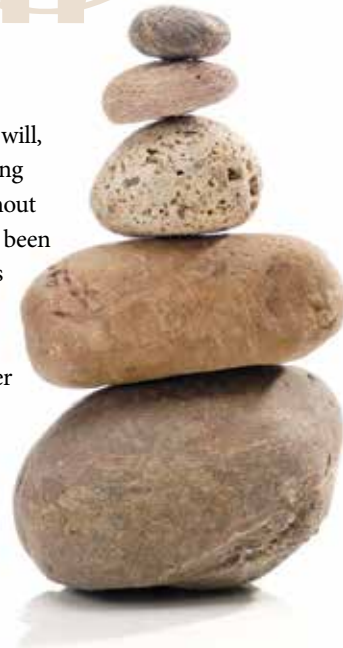
I thought about coping with uncertainty when two people asked recently about making a private retreat at the FSC. They were considering forming a new business and, in addition to considering the more practical issues, wanted to discern whether this would be spiritually good for them. On their upcoming retreat day, a spiritual director will help them discern this question by listening to them very carefully and without judgment, asking good questions and helping them to seek the direction that comes from the Spirit.

Whether we willingly enter into a cone of uncertainty or are thrown into it against our will, it is good to have the support of others. Having someone listen to your doubts and fears without trying to "fix" you, meeting others who have been on a similar journey or learning mindfulness practices to cope with anxiety all can help to bring personal peace. This is what we do at the FSC. In times of uncertainty, remember that you are welcome here.

Peace and all good,

*Audrey Lucier*

Audrey Lucier, FSC Director



## FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



Laurie Swan  
Office Manager



Rika Beckley  
Development Director



Stacey Kalas  
Communications &  
Marketing Coordinator



Zoua Vue  
Office Assistant



Elizabeth Kapanke  
Bookkeeper & Hospitality



Vince Hatt  
Associate Spiritual Director



John McHugh  
Associate Presenter



Bernice Olson-Pollack  
Associate Presenter



Tom Roberts  
Associate Presenter



## SPIRITUAL DIRECTION PREPARATION PROGRAM

The Franciscan Spirituality Center's Spiritual Direction Preparation Program is an innovative, three-year training program that prepares individuals to become compassionate, nonjudgmental listeners through a mix of workshops and real-life experiences. It's ideal for anyone who wants to deepen their spiritual and personal development. Some graduates go on to start their own spiritual direction practice; others put their redemptive listening skills to use in their current job or ministry.

## STUDENT SPOTLIGHT



**Chris  
Roberts**

As a 15-year pastor, it's natural for Chris Roberts to engage in deep conversations at church.

But he tends to have these types of encounters outside of church, too.

"I might run into some people at a restaurant or a pub and the conversation tends to lean in a spiritual direction," he said. "You get these five-minute windows with people... With the right questions, you can get a deeper answer."

A desire to sharpen his listening skills and to help others led Chris to enroll in the FSC's Spiritual Direction Preparation Program.

"I felt called," he said. "God was leading me in that direction." After finishing a year of training in spiritual coaching, Chris wanted even more training in deep listening. He considered other programs but was attracted to the SDPP's three-year curriculum and apprentice-like structure.

He's a year into the program and says he has been rejuvenated in his faith in a way similar to how he felt when he was involved in international mission work in his 20s.

"I'm amazed at how much personal growth I've experienced, particularly with how I listen. The way that I listen to my (three) kids, the way that I listen to my wife, the way that I listen to people in general, has transformed me," he said.

Chris and his wife are co-pastors of an interdenominational church in Madison that draws quite a few young people. He's eager to introduce millennials to contemplative spiritual practices and to help them "discern what the divine dance is."

Spiritual direction is not advice or a five-step program, he says, but it's about "someone listening with you for the movements of God in your life."

**If you think this program might be the next step in your journey, please contact Steve Spilde at [sspilde@fspa.org](mailto:sspilde@fspa.org) or 608-791-5297 or visit our website at [www.FSCenter.org](http://www.FSCenter.org). We are accepting applications for the 16th cohort of SDPP until June 1, 2020.**

# Transforming Lives

SINCE 1985







**Leslie Schwarting**

Leslie is senior director of physician collaboration and operations director of Mercy Pediatric Clinic at Mercy Medical Center in Cedar Rapids, Iowa, where she oversees physician recruitment for hospital-based providers and more than 30 outpatient primary care and specialty clinics. She also supports an executive team on various projects with community physicians and serves as the operations director of a pediatric outpatient clinic that conducts more than 26,000 visits a year.

Leslie Schwarting doesn't waste a lot of time. In the summer of 2018, she was having coffee with Marcie Watson, the director of spiritual transformation at First Lutheran Church in Cedar Rapids, Iowa, when she shared that she was discerning a call to ministry. Marcie recommended the FSC's Spiritual Direction Preparation Program.

"I remember that the application was due roughly 10 days after our conversation, so I got busy and got to work!" Leslie recalled.

She has now finished the first year of the three-year program and is looking forward to deepening her listening skills and helping others. We asked her a few questions about her SDPP experience.

**Q: Why did you decide to train to be a spiritual director?**

**A:** As a recipient of spiritual direction, I have experienced the extraordinary gift that the practice has been in my life. It is so rare in our frantic, fast-paced culture that people hold space for one another, listen and simply BE present with one another. Through spiritual direction, I am called to hold space for others and hear their hearts. God is working in and through each of us every day, and I know that spiritual direction is a way in which God's love can come through me in service to others.

**Q: What has been the most challenging or unexpected aspect of the program?**

**A:** I'm a fairly extroverted person, and I lead a team in my daily work. My work requires decision-making and a solution-focused approach, and it requires offering specific guidance to others on a variety of topics. Spiritual direction is just the opposite; it is a time to listen with intention to another, WITHOUT working to solve anything. Initially, it was challenging for me to not offer advice, my perspective and thoughts. It was humbling for me to acknowledge how often I did that to others without the invitation to do so. This was a growing edge for me in which I have worked to soften.

**Q: What do you hope to do with your training?**

**A:** Oh! I have a big calling. I am secure and confident in not knowing the exact path forward; however, I know that God is calling me to offer spiritual direction to others in some way, shape or form. I hope to serve others who are working diligently every day to do their best, remind themselves that they are a child of the Most High God and that they have support and love from God and others. I want to use this training to cradle and nourish others through this quiet, loving ministry.

**Q: What has been the most rewarding?**

**A:** The moments of peace, relief and calm that others have experienced through the process has been very powerful. Observing directees release their hopes, fears, desires and questions through spiritual direction has been more meaningful than I had anticipated. It is rewarding to see God working in others through this process.

**Q: How have you personally benefited from spiritual direction?**

**A:** The process has helped me to become more observant and aware of the needs of those around me. It has helped me to ask better questions and work to understand other perspectives. I am working to help others see God in their story and uncover the gifts they didn't even know they had.

**Congratulations to the following individuals who successfully completed our three-year Spiritual Direction Preparation Program in July 2019:**

Candace Bahr • Oshkosh, WI  
 Beth Behnke-Seper • Eau Claire, WI  
 Chelle Belland • La Crosse, WI  
 Cathie Boerboom, RGS • Portland, OR  
 Mary Kay Brooks, SSND • Dallas, TX  
 Kathy Carr, BVM • Dubuque, IA  
 Julie Dietz • La Crosse, WI  
 Judith Ehrfurth-Wendt • Marshfield, WI  
 Regina Golding • Madison, WI  
 Dee Herzing • Dakota, MN  
 Annette Kestel, PBVM • Mason City, IA  
 The Rev. John Kiefer • Selma, IN  
 The Rev. Len Liptack • Spring Grove, MN  
 Patty Mayer • Ankeny, IA

Elaine McCarthy • Oconomowoc, WI  
 Cindy Meyerhofer • Stewartville, MN  
 Jim Minor • Round Lake Beach, IL  
 Gwen Pickering • Eden Prairie, MN  
 Terry Roessler • North Mankato, MN  
 Sheryl Rose • Richfield, MN  
 Valerie Savage • Melrose, WI  
 Sandy Setterlund, SSJ-TOSF • Polver, WI  
 Kim Seward • Cedar Rapids, IA  
 Janice Tischler • Beaver Dam, WI  
 Tod Twist • Hugo, MN  
 Craig Ward • Ashland, MO  
 Sarah Zarbock • Menomonie, WI



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

### SILENT DIRECTED RETREAT

**NOVEMBER 3-8**

Sunday, 3 p.m.–Friday, noon

**Presenters:** FSC spiritual directors

**Investment:** \$450, includes five nights' stay, all meals and six spiritual direction sessions

**Registration deadline:** October 20

A silent directed retreat is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence in a community of prayer. You will have a private, comfortable bedroom, delicious meals and a daily meeting with a spiritual director who will listen to you and your unfolding story. Your days will be open for time in quiet spaces for reflection, attending liturgy, praying in the chapel and using our art room.



### FOUR-WEEK SERIES

#### GIRLS CONNECT

**NOVEMBER 5, 12, 19, 26 • Tuesday, 4:30-5:45 p.m.**

**Presenter:** Trish Johnson

**Investment:** \$45 for four-week series

**Registration deadline:** October 22

This four-week series brings girls ages 9-12 together in a safe environment to explore their relationships, school, inspirations and difficulties, as well as other relevant topics to their age. Together, they will learn from and grow with one another through yoga, mindfulness practices, art, journaling, games and conversation.



**Trish Johnson** is a trauma-informed yoga and mindfulness teacher who has been working with youth since 1995.

Key funding to make this program possible comes through a grant from the Women's Fund of Greater La Crosse.



**GIRLS**  
**Connect** ✨

### SERENITY RETREAT: ONE-STEP JOURNEY TOWARD THE TRUTH

**NOVEMBER 8-10 • Friday, 7 p.m.–Sunday, noon**

**Presenter:** Tom DeZell

#### Investment:

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

**Registration deadline:** October 25

*This retreat is for people who are in a 12-step fellowship and are active in their recovery from alcohol or drugs. Confidential financial assistance to attend this retreat is available through the FSC's Norman L. Gillette Sr. Scholarship Fund. There are no forms to fill out; simply call our office manager, Laurie Swan, at 608-791-5279.*

As we became lost in our addictions to drugs and alcohol, we began to forget the truth about who we were created to be. We lost sight of our soul and clung to empty promises and temporary sources of comfort. Each one of us has a story that becomes our truth. Recovery is about teaching us that there is so much more that needs to be discovered about our story. Our goal during this weekend is to be honest, open and willing to do whatever is necessary to take our next first step. We will draw on the wisdom of the 12 Steps of Alcoholics Anonymous and identify them as an essential part of our recovery. We will reflect on the role of spirituality in recovery, with an emphasis on a spirituality of imperfection and drawing on the works on authors Richard Rohr, Thomas Keating, William Kurtz, Paula D'Arcy and Barbara Brown Taylor.

**Tom DeZell** is a recovering addict and alcoholic, and trained spiritual director, having graduated from the Franciscan Spirituality Center's *Spiritual Direction Preparation Program*.



### REGISTER

**HOW TO REGISTER:** Go online to [www.FSCCenter.org](http://www.FSCCenter.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.



## THE SOUND OF BOWLS

NOVEMBER 12 AND DECEMBER 10

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

**Facilitator:** Tom Roberts

**Investment:** Freewill offering

Advance registration is requested.

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



## DEMENTIA CAREGIVER'S SELF-CARE SERIES: REFRESH AND RENEW

NOVEMBER 13 • Wednesday, 10 a.m.-noon

**Facilitators:** FSC staff

**Investment:** This event is free to caregivers of people living with dementia.

**To register, please call the Aging and Disability Resource Center of La Crosse County at 608-785-5700.**

Come to the Franciscan Spirituality Center for a relaxing morning focusing on resetting and calming your mind. Mindfulness techniques and meditation will be a part of the morning. Breathe in the connections, and build your capacity to cope.



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

## FSC BOOK GROUP

Thursday, 7-8 p.m.

**Investment:** \$10 per session, wine and other refreshments included

Join us for lively conversation and refreshments in a welcoming environment during our FSC staff-led book discussion group, which meets on the second Thursday of the month. You can come to one or all of the discussions as your schedule permits, and all of the featured books are available for purchase in the Sophia Bookstore. Though not required, we highly recommend reading the book beforehand so you can delve into the topics! (Advance registration is required).

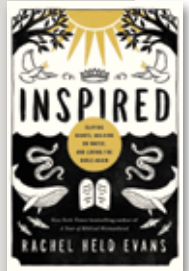
### HERE'S THE SCHEDULE:

**NOVEMBER 14: *Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again*** by Rachel Held Evans

Using memoir-style reflections, poetry, fiction, soliloquies and vignettes, the late, best-selling author examines some of the Bible's most difficult stories and shares "the paradigm-shifting and life-changing scholarship" she has encountered to engage readers' skepticism, imagination, hopes and doubts.

**FSC facilitator:** Jean Pagliaro

**Registration deadline:** November 1

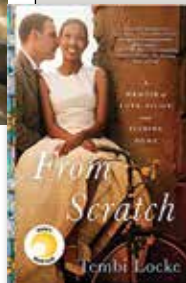


**DECEMBER 12: *From Scratch: A Memoir of Love, Sicily, and Finding Home*** by Tembi Locke

In this true-life, cross-cultural love story, the author-actress discovers the healing powers of food, family and unexpected grace after the death of her husband.

**FSC facilitator:** Deb Hansen

**Registration deadline:** November 28



**PLAN AHEAD:** Sarah Hennessey, FSPA, will lead a discussion on *How Can I Find God?: The Famous and the Not-So-Famous Consider the Quintessential Question* edited by James Martin, SJ, on January 16. (**Note:** This will be on the *third* Thursday.)

## MEDITATION FOR EMOTIONAL HEALTH

NOVEMBER 14 AND DECEMBER 12

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

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** Freewill offering

No registration required.

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

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





## 2019 Programs and Retreats *continued.*

### SHADOW AND LIGHT: EXPLORING SPIRITUAL ARCHETYPES THROUGH MASK-MAKING

**NOVEMBER 15-16** • Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** Elizabeth Lewis

**Investment:**

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

**Registration deadline:** November 1

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



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

**Note:** Elizabeth was one of the presenters at our *Overcoming Challenges With Grit and Grace* women's conference this past spring.

### SPIRITED FRIENDS ENJOY A BOOKSTORE DISCOUNT!

Our *Spirited Friends* monthly givers receive several special discounts and incentives each year. From October 1–December 31, 2019, *Spirited Friends* can receive 15% off purchases from our Sophia Bookstore. We invite you to shop between 8 a.m. and 5 p.m. Monday–Friday or while you are here for a program.

In addition to our huge selection of inspirational and thought-provoking books, our store features gift items, cards, scarves and handmade lotions. You are sure to find something for everyone on your holiday gift list.

  
**Spirited Friends**

### ART AS PRAYER

**NOVEMBER 18 AND DECEMBER 16**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$10 per session

**Registration deadline:** November 15/December 13

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



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

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

### FRANCISCAN DAY OF SOLITUDE

**NOVEMBER 20 OR DECEMBER 17 (CHOOSE ONE)**

Choose Wednesday OR Tuesday, 8:30 a.m.–4:30 p.m.

**Facilitator:** Deb Hansen

**Investment:** \$40, includes lunch and optional spiritual direction session

**Registration deadline:** November 6/December 3

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





## CLAIMING YOUR POWER: FINDING YOURSELF IN THE FOG OF TRAUMA

**NOVEMBER 22-23** • Friday, 7 p.m.–Saturday, 4 p.m.

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

### Investment:

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

**Registration deadline:** November 8



You are enough! We all are. But rarely do we feel that way. Usually, we are crippled by a sense of “not-enough-ness.”—never being good enough, for ourselves or for anyone else. Often, that sense of deficiency comes from a place of trauma. Trauma is complex, but its definition is simple: a deeply distressing or disturbing experience. Trauma, of whatever

nature, is universally experienced; it’s something that can connect us but frequently divides us. How can we move past our trauma and the falsehoods it tells us about ourselves? How do we find our true self, our meaning, our purpose and our power? How can we use our hurts to propel us to a place of compassion, connectedness and kindness?

The weekend will include meditation, Tibetan singing bowls and time for self-reflection and sharing. Joan also will share her personal story and how she found her power when feeling powerless.

**Joan Filla, M.D.**, is a local physician and survivor of childhood sexual abuse. By facing her trauma, Joan is discovering joy and gratitude, moving away from the victimhood of abuse to surviving and even thriving. She shares her story hoping to encourage others to find their power and move beyond the shackles and obstacles that hold them.

## LIVING WITH JOY: A WEEKEND RETREAT FOR SPIRITUAL DIRECTORS

**NOVEMBER 22-23** • Friday, 7 p.m.–Saturday, 4 p.m.

**Presenter:** Shari Mason

### Investment:

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

**Registration deadline:** November 8



During this time of retreat, we will reflect on *The Book of Joy* by His Holiness the Dalai Lama and Archbishop Desmond Tutu, in which “they shared their hard-won wisdom of how to live with joy in the face of life’s inevitable sorrows.” Together, we will surround ourselves with the Eight Pillars of Joy: perspective, humility, humor, acceptance, forgiveness, gratitude, compassion and generosity. We also will embrace the wisdom of the mind, body and spirit through sharing, movement and meditation as we take time to care for ourselves.

After graduating from Luther Seminary in 2002, **Shari Mason** began a second-half of life career as a pastor. Through Grace Institute’s Spiritual Formation Program (Dubuque, Iowa) and the Franciscan Spirituality Center’s Spiritual Direction Program, her pastor’s role has shifted from words to wonder. She currently serves at Austin Congregational UCC in Austin, Minnesota.

## SIX-WEEK SERIES

## COPING WITH GRIEF DURING THE HOLIDAYS: A GRIEF SUPPORT CIRCLE

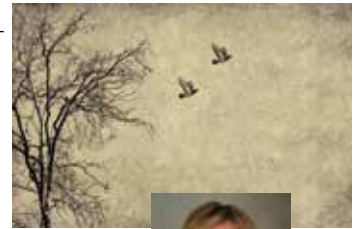
**DECEMBER 1–JANUARY 5**

Sunday, 4-6 p.m.

**Facilitator:** Jean Pagliaro

**Investment:** \$25 for six-week series

**Registration deadline:** November 17



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

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

## ZENTANGLE RETREAT

**DECEMBER 7** • Saturday, 9 a.m.–4 p.m.

**Presenter:** Christine Isham

**Investment:** \$65, includes lunch

**Registration deadline:**  
November 23

Zentangle is often used as meditative art and as a spiritual practice. In this retreat, you will learn the basic skills of Zentangle no matter what your level of artistic abilities. There are no mistakes in Zentangle, as the process and experience of the moment are emphasized more than the product. Zentangle patterns will be provided for participants to follow and take home as well as two Micron pens, a charcoal pencil, a tortillon (smudger) for shading, an eraser and several tiles. In this December session, we will focus on seasonal patterns.



The **Rev. Christine Isham, Ph.D.**, has been tangling since 2012, when she was introduced to The Zentangle Method as a spiritual practice during a retreat. She is an ordained minister in the Christian Church (Disciples of Christ) and serves as a chaplain in the La Crosse area.

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





## 2019 Programs and Retreats *continued.*

### ADVENT MORNING OF REFLECTION: WAITING IN HOPE

**DECEMBER 7** • Saturday, 9:30-11:30 a.m.

**Presenter:** Audrey Lucier

**Investment:** \$10

**Registration deadline:** November 22



Do you remember the excitement of waiting for Christmas to come when you were a child? Advent is the season of waiting and hope. But waiting is not always easy or joyful. We may find ourselves waiting anxiously for the results of a medical test, for example, or for a loved one to begin making better choices. Yet waiting holds spiritual gifts for us. Begin your Advent this year by deepening your insights about waiting and what it can teach us.

### SILENT NIGHT: AN ADVENT SINGING BOWLS EXPERIENCE

**DECEMBER 7** • Saturday, 6-8 p.m.

**Facilitators:** Tom Roberts and  
Viterbo University Campus Ministry

**Investment:** Freewill offering

**Registration deadline:** November 23



Advent is a time of hopeful waiting. It is a season to anticipate the promise of the Holy One coming to dwell with us. Join the Franciscan Spirituality Center, Viterbo University Campus Ministry and Tom Roberts for an evening of Taize-style prayer, paired with the beautiful sounds of Tibetan singing bowls, choirs and hymns.

This is a unique opportunity to reflect on your spiritual journey in a gathered community that shares varied faith traditions.

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



### SIP AND PAINT: JOURNEY OF THE WISE MEN

**DECEMBER 13** • Friday, 6-9 p.m.

**Facilitator:** Laurie Swan

**Investment:** \$40 per person, includes canvas, all painting supplies and refreshments

**Registration deadline:** November 30



The journey of the Wise Men has been depicted in countless paintings throughout history. You are invited to spend an evening creating your own image of this spiritual quest. The night will include a reflection on the Wise Men, appetizers, wine and other beverages. No painting experience is necessary; Laurie will guide you step-by-step through the process. All supplies, including canvas, paints, brushes and stencil for the figures, are included. You may wish to bring an apron or painting smock.

**Laurie Swan** has worked as the FSC's office manager for almost six years. She had dreamed of being an elementary art teacher, but life took her down a different path. Art remains an important part of her life and, now with more time on her hands, she loves to create. Laurie hosts painting parties for all ages but especially enjoys working with kids. View more of her work at [www.facebook.com/artandsoul.laurie.swan](http://www.facebook.com/artandsoul.laurie.swan)

### LABYRINTH WALK: PEACE IN THE NEW YEAR

**DECEMBER 30** • Monday, 4-7 p.m.

**Facilitator:** FSC staff

**Investment:** Freewill offering

**No registration necessary.**

In anticipation of World Day of Peace on January 1, you are invited to walk the FSC's indoor canvas labyrinth. The labyrinth forms a single path for you to walk while meditating and praying about personal peace, peace in our families and peace in our communities and world. This is a silent, self-guided prayer and meditation practice suitable for older teens and adults. Please arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to the labyrinth.

### 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.*

**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.

**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 (November 16 and December 21) 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.

**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. This group joins *The Sound of Bowls* on the second Tuesday of the month.



# Tea and Tranquility

FIFTH ANNUAL EVENT

You are cordially invited to our fifth annual tea party. This year's theme revolves around relaxation, mindfulness and self-care. Bring a friend or come to meet new ones as we treat you to a spa-like experience in the middle of winter.

Our afternoon will include plenty of soothing tea, fresh fruits and vegetables, and sweet treats. We'll have the opportunity to experience relaxation techniques and hand massages, plus learn about ways to bring comfort and tranquility during the long winter days.

Proceeds from this "pay-it-forward" event have always gone into our scholarship funds. This year in particular, the money will be earmarked for our upcoming retreat for female survivors of human trafficking, domestic violence and sexual trauma.

Please join us for an afternoon of warmth and good cheer! It's an opportunity to nurture yourself a bit, connect with others and do something good for the community.

Seats are limited, and registration is open.

**January 11, 2020 • Saturday, 2-4 p.m.**

**Presented by FSC staff and special guests**

**\$45 per person (tables may be reserved in groups of six)**

**Registration deadline: December 28**



# BODY | MOVEMENT CLASSES

## GOLDEN YOGA

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

**Session 2:** October 15, 22, 29; November 5, 12, 19

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

**Bonus session:** November 26; December 3, 10, 17  
(\$37 for four classes or \$12 drop-in)



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

**Session 2:** October 17, 24, 31; November 7, 14, 21

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

**Bonus session:** December 5, 12, 19 (\$27.50 for three classes)

**Instructor:** Amber Moesch

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

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

## VINYASA YOGA

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

**Session 2:** October 16, 23, 30; November 6, 13, 20

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

**Bonus session:** November 27; December 4, 11, 18  
(\$37 for four classes or \$12 drop-in)



**Instructor:** Bernice Olson-Pollack

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

## UTSAHA YOGA

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

**Session 2:** October 21, 28; November 4, 11, 18, 25

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

**Bonus session:** December 2, 9, 16, 23  
(\$37 for four classes or \$12 drop-in)



**Instructor:** Bernice Olson-Pollack

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

## TAI CHI

**Monday, 11:15 a.m.-noon**

**Session 2:** October 21, 28; November 4, 11, 18, 25

**Investment:** \$50 for six classes or \$10 drop-in

**Bonus session:** December 2, 9, 16, 23  
(\$33 for three classes or \$10 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 all to discover their own path toward a healthier way of living.

**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.



THIS PROGRAM FILLS QUICKLY • REGISTER TODAY!

# Women's Christmas

An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities and rest after the busyness of Christmas preparations.

At the Franciscan Spirituality Center, we bring together the tradition of Women's Christmas and the Feast of the Epiphany in *Women's Christmas: An Epiphany Celebration for Wise Women*. Whether you are Irish or not, you are invited to leave behind your responsibilities for a few hours to celebrate and enjoy the companionship of other women.

Beginning with a simple meal, we will reflect on the coming year as peregrinatio or pilgrimage. We will ask ourselves: *Who am I? What are my dreams? What do I need to empty from my life? What star will guide me?* Our reflections will give us guidance for our pilgrimages and bless us with gifts to encourage us in the new year.

**January 9, 2020**

Thursday, 5:30-8 p.m.

Presenter: Deb Hansen

Investment: \$35, includes meal & Wise Women gifts

Registration deadline: December 26



# The ART of fundraising

You may have heard the saying that fundraising is both an art and a science. The science deals with numbers, such as how much money we hope to raise through an appeal letter based on the number of names in our donor database. Or, how many used books we need to sell to hit our target for that revenue line item.

Every nonprofit relies on these fundraising forecasts when budgeting to ensure that programs and services planned for the year will be funded. Appeal letters, fundraisers, grants and online giving are all part of the annual fundraising menu.

What about the “art” of fundraising? Creativity and building personal relationships are also key to a nonprofit’s success.

At the Franciscan Spirituality Center, we are blessed to have a family of donors we rely on each year to help us fulfill our mission. Those who have come to programs or retreats make up the bulk of our donor base. These folks know us and want to support our expanding ministry. But how do we grow our donor base? How can we reach others who may want to support the positive difference we make in our community?

Our spring fundraiser, Art Dash, is one way we engage those who may not be as familiar with us. We provide a spirited evening that not only raises support for our mission but showcases the artistic talent in our region. Last year, 65 artists provided 80 pieces of original art, ranging from jewelry to photography to oil paintings, and we filled The Cargill Room with “dashers,” spectators, artists and other guests.

Even the event itself aligns with our purpose by offering participants a fun night to enjoy community, beauty, creativity and artistic expression. We welcome you to participate as an artist, ticket holder and/or sponsor. For more information, please visit [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash). This fourth annual event will be Thursday, March 26, again at The Cargill Room. We hope you will attend and bring a friend or two along for the fun.

Peace and all good,

*Rika Beckley*

Rika Beckley, Development Director



Rika Beckley

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

## GET YOUR HERMITAGE STAY IN NOW!

**Just a reminder:** Our hermitages on St. Joseph’s Ridge will be closed December through February. Late fall is the perfect time to spend some time in silence and solitude. Call 608-791-5295 to book your stay while the weather is still cooperating.



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



### Franciscan Spirituality Center

920 Market Street, La Crosse, WI 54601  
608-791-5295

FSCenter@fspa.org • [www.FSCenter.org](http://www.FSCenter.org)

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

**Hospitality:** Welcome all with compassion, acceptance and celebration.

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

### What We Do

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.



MESSAGE FROM OUR BOARD CHAIRPERSON

# Dear friends,

Pax et bonum. Peace and all good.

Those words take me back to Assisi, Italy, where I was a pilgrim walking in the footsteps of St. Francis and St. Clare. I vividly recall the evening our pilgrim leader, Father Andre Cirino, drew a tiny circle on an easel pad and surrounded it with giant circle after circle after circle. The tiny circle? You and me. The giant circles? Goodness.

We really are in a circle of goodness. Peace and all goodness.

And that's what guests find when they enter the Franciscan Spirituality Center. In this peaceful space, guests have found rest, renewal and have explored their own faith. Organizations and groups have used the meeting rooms for staff retreats and as a peaceful place to gather to create a supportive, healing community.

We really are in a circle of evolving goodness.

Like our founders, Franciscan Sisters of Perpetual Adoration, we have constantly evolved to respond to the ever-increasing needs in our community. As we continue our evolution, you'll start to see some physical transformation in late 2020 as we begin to renovate our peaceful space to better provide hospitality to guests of all abilities and improve overnight accommodations for retreatants who stay with us. While the building undergoes changes, we will continue to provide programs and retreats with the Franciscan hospitality you've come to know.

As you step into your own transformation in 2020, consider joining the Franciscan Spirituality Center for *Tea and Tranquility*, *Women's Christmas* or a *Franciscan Day of Solitude*. And please consider helping the FSC continue as a place where guests feel at peace when they enter and know that *all are welcome*. Thanks to a generous match program in place, your gifts will be doubled.

Join us in our circle of goodness:

Visit [www.FSCenter.org](http://www.FSCenter.org) to make a one-time gift online or learn how you can become a *Spirited Friend* sustaining member.

Peace,



Jane Comeau, FSC Board Chairperson



## Financial Report

### INCOME

Grants & Donations . . . . .	\$ 476,077
Programs & Retreats . . . . .	242,975
Rented Space & Hospitality . . . . .	45,694
Spiritual Direction . . . . .	33,306
Endowment Interest . . . . .	60,045
Sophia Bookstore . . . . .	24,757
Hermitages . . . . .	10,388

**Total Income . . . . . \$ 893,242**

**Current Assets . . . . . \$ 78,193**

**Investments . . . . . \$ 2,246,973**

### EXPENSES

Salaries & Benefits . . . . .	\$ 521,461
Facilities & Food . . . . .	119,704
Programs & Retreats . . . . .	93,411
Administration . . . . .	68,366
Communications & Marketing . . . . .	29,427
Professional Services . . . . .	17,076
Sophia Bookstore . . . . .	17,062

**Total Expenses . . . . . \$ 866,507**

**Current Liabilities . . . . . \$ 54,158**

**NET ASSETS . . . . . \$ 2,271,008**



## FRANCISCAN SPIRITUALITY CENTER Board of Directors

**Jane Comeau**, Chairperson | Franciscan Sisters of Perpetual Adoration - Communications

**Mike Hesch**, Vice Chairperson | Mayo Clinic Health System-Franciscan Healthcare

**Joan Weisenbeck**, FSPA, Secretary/Treasurer | Franciscan Sisters of Perpetual Adoration

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**Meeting Rooms**  
**124**  
Reservations

.....

**1,843**  
Guests

**Hello!**

**Financial Assistance given:**

**\$9,787**  
(39 scholarships)

To attend Programs & Retreats

.....


**For Spiritual Direction \$7,188**  
(280 scholarships)





**184**  
Programs & Retreats Sponsored by the FSC



**4,435**  
Participants



**SPiritual DIRECTION**



**910**  
SESSIONS

**A HEARTFELT THANK YOU TO ALL OUR VOLUNTEERS:**



Emilio Alvarez • Annie Berendes  
Sharon Berger, FSPA  
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**2,382** followers on our Facebook page. To keep up with what's new at the FSC, consider "liking" us @FSCenterLaCrosse. We're also on Twitter @fs\_center.


**7,000+** people receive our bimonthly newsletter either by postal mail or email. Don't miss an issue! Sign up at [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295.

**3,000+** people are emailed our *Reflections From the Center* each Monday. Subscribe to these peaceful poems, reflections and essays written by community members or submit your own original poetry or prose!

Visit [www.FSCenter.org](http://www.FSCenter.org) or email Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org).




**Hermitages**



**89**  
Reservations

.....

**353**  
nights



**452**  
bedroom stay reservations made for **1,103** nights



**57** private retreats





# Thank you to our donors



Winter Tea Garden: Lessons From Narnia

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Carol Klema Wolfenden  
*In memory of Rosemary Shinko Klema*  
Carl Koch & Joyce Heil  
Catherine Koerpel

## ART DASH 2019 PARTICIPATING ARTISTS

Thank you to the following artists who participated in our third annual Art Dash. This important fundraiser would not be possible without their beautiful artwork and generosity:

Phil S. Addis*	Joe Kruse
Sandy Andersen	Shane Lamb
Lisa Anderson	Raelyn Larson
Cody Bartz	Johnathan Lawson
Kate Bausch	Jacqueline Leiter, OSB
Terri Beck-Engel	Jordan Marti
Elise Boam	Mike Martino
Kori Brudos	Phyllis Martino
Lynne Burgess	Dan McAlister
Vincent Louis Carrella*	Teresa Townsend Miller
Susan Cushing*	Carol Monsebroten
Sherri Diamon	Janet Mootz*
Joyce Diveley	Tim Pahs
Lynn Dolezel	Leanne Poellinger*
Karen Dunn	Joy Davis Ripley
Larry Durfey	Valerie A. Savage*
Rose Dymetrysyzn*	Antona Schedlo, FSPA
Helen Elsbernd, FSPA, & Clare Faas	Sam Servais
Melissa Fannin	Laura Siitari
Mary Lou Ferguson*	Vicki St Mary
Toril Fisher*	Marianne Stanke
Melina Garcia	Linda Steine
Jesse Gongaware	Susan Stoffel
Laurel Grey	Mary Thompson
Joan Gundersen	Rebecca VanAcker
Ashton Hall	Howard Von Ruden
Burt Hammons	Shirley Wagner, FSPA
Sean D. Hansen	Jensine D. Wing
Jamie Harper	Bob Witte*
Jamie Heiden*	Carol Witt-Smith
Dan Henderson	Pauline Wittry, FSPA
Jennifer Fisher Jones*	Phil Zimmerman
Karen Kappell, FSPA*	

\*donated multiple pieces

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



**SAVE THE DATE:** The fourth annual Art Dash will be Thursday, March 26, 2020, in The Cargill Room at The Waterfront Restaurant and Tavern, La Crosse.

## donors continued...

Katherine Krage*	Rick & Annette Mikat
Mary Boniface Kriener, FSPA	Modern Mechanical Contractors, LLC
Kathy Krueger	Sheila & Dave Momont
Barb & Joe Kruse*	<i>In honor of Blanche Klein, FSPA</i>
Benjamin & Nichole Kruse	Carol & Lyle Monsebroten
Diane Kunde	Sharon Montalbano
La Crosse Public Library	<i>In memory of Frank Zimmerman</i>
Thomas & Julianne Larson	<i>and in honor of Rose Elsbernd, FSPA,</i>
Mary Lee	<i>Deb Hansen &amp; Steve Spilde</i>
<i>In memory of Mary Funke Welch</i>	Ginny Moore*
Rita Lee	P. C. Moorehead
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Patricia Lund*	Sue Olson
<i>In honor of Blanche Klein, FSPA</i>	<i>In memory of Lianne Schmalz</i>
Dennis Lynch	David Onsrud
Rich & Ann Macdonald	<i>In honor of Eric Onsrud</i>
Marci Madary*	Jean & Matt Pagliaro
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Mayo Clinic Health System - Franciscan Healthcare	Carol Peterson*
Amanda McConnell	<i>In honor of Paula Stephens &amp; Tammy Barthels</i>
John & Maggie McHugh	Charlene Peterson*
Bob & Pat McManimon-Moe	Michele Pettit, FSPA
John & Dee Medinger	Julie Pitsch
Janet Melby	Maureen & Bill Plzak
Marge Melton	Dennis Priebe
Patricia Mertens	Dan & Carol Pulsfus
<i>In memory of Leo &amp; Evelyn Mertens</i>	Mary Beth Rady
Sally Micek	Richard Rady
Christine Michels	<i>In memory of Jeanne Rady</i>
Midwest Family Broadcasting	Cindy Rasmussen
	Margie Rauen
	<i>In memory of Raymond Gajewski</i>





**Living Calm in the Chaos:  
A Family Series Developing Mindfulness and Presence**

## COMMUNITY OUTREACH AND COLLABORATION

It was our honor to partner with the following organizations, either through collaborative programming, donated meeting space or other outreach during the past fiscal year:

Aging and Disability Resource Center of La Crosse County  
Bethany St. Joseph Corp., La Crosse  
Better Together in La Crosse County  
Breaking Free, St. Paul, Minnesota  
Clearwater Farm, Onalaska  
ELCA-Southeastern Minnesota Synod  
English Lutheran Church, La Crosse  
Fannin Counseling and Art Therapy, La Crosse  
First Free Church, Onalaska  
First Lutheran Church, Onalaska  
Gundersen Health System, La Crosse  
Jackie Yaeger, M.D., Home Visit Doctor, LLC  
Kinstone, Fountain City  
La Crosse Community Foundation  
La Crosse Diocesan Council of Catholic Women  
La Crosse Kiwanis Club  
La Crosse Public Library  
Life in Harmony Music Therapy, LLC, West Salem  
Manitou Center, Winona, Minnesota  
Mary, Mother of the Church Catholic Church, La Crosse  
Mayo Clinic Health System-Franciscan Healthcare, La Crosse  
Mental Health Coalition of the Greater La Crosse Area  
Mobile Meals of La Crosse  
New Horizons Shelter and Outreach Centers, La Crosse  
Resilient and Trauma Informed Communities, La Crosse  
RootinCrown, La Crosse  
Rotary Club of La Crosse  
Rotary Club of La Crosse-Valley View  
Sarah's ... an Oasis for Women, St. Paul, Minnesota  
School District of La Crosse  
St. Bridget Catholic Church, River Falls  
Survivors of Suicide, La Crosse  
United Church of Christ, Austin, Minnesota  
United Methodist Women North West District  
Unity House, La Crosse  
University of Wisconsin-La Crosse  
University of Wisconsin-Stevens Point  
Viterbo University, La Crosse  
Voices of Men, La Crosse  
Western Technical College, La Crosse  
Wisconsin Peer Recovery Conference, La Crosse  
Women With Purpose - Coulee Region  
Women's Fund of La Crosse

M. Therese & Mike Regner  
Mary Ann Remick  
Sondra Rieder  
*In memory of Raymond Miller Jr.*  
Mary Beth Ripp  
Sheryl & Philip Rose  
Alice & John Ross  
Cory Roupe  
Ed Rowley  
Jodie Rubenzer\*  
Fran Rybarik  
Connie Scharlau  
Randy Schenkat  
Robert Schneyer  
Gail & Allen Schultz\*  
Terri Sersch  
Patti Jo Severson  
*In honor of John Abla*  
Stacy Shapiro & Dan Baumgardt  
Susan Sieger  
*In memory of Nancy Sieger*  
James Sill  
*In memory of Mary C. Orrico*  
Betty & Brian Singer-Towns  
Samuel & Jean Skemp Sr.  
*In memory of Joan Wójcickowski*  
Larry & Missy Skendzel  
*In memory of Paul Bray*  
Steve & Heather Smart  
Edna & Wenzel Smetana  
*In memory of the McCarthy & Smetana families*  
Arlene Smith  
Ed & Vicki Smith  
Art & Patricia Soell  
Louise Soday\*  
Steve and Jeannette Spilde\*  
Steven Staats  
Cathie Steinhoff  
Cindy Stenavich  
Paula Stephens\*  
*In memory of Dorothy Voshart & Loralyn Malone, and in honor of Rita Haugh*

Debra Stout Tewalt  
Marsha Stross  
Amy Swailes  
Laurie Swan  
Steve & Suzanne Tanke  
Glena Temple  
Nancy & Robert Thacker  
Edie & David Thomas  
Jo Marie Thompson  
Mary & Craig Thompson  
*In honor of Mary Kathryn Fogarty, FSPA, & Blanche Klein, FSPA*  
Mark Thorn  
Mary Anna Thornton  
Penny Tilden  
*In memory of Suzanne Goodwillie*  
Jane Timm  
Melanie Timmerman  
Marianne Torkelson  
*In honor of Kristy Walz*  
Mary Elizabeth Veldey  
Dwayne & Denine Voegeli\*  
Jennifer Vogel  
Dennis & Michelle Vosen  
Zoua Vue  
Patrick & Kristy Walz\*  
Katherine & Lawrence Warzynski  
Fran Watson & Mary Rush  
*In honor of Pat Gordon, FSPA*  
Don & Roxanne Weber  
Paul & Rose Weichert  
Mary Jo & Shawn Werner  
Joanne White  
Joyce Wichelt  
Lucille Wilcox  
*In memory of Ralph Wilcox*  
WKBT  
Sally Wong  
Daryl & Margaret Wood  
Alan & Marilyn Youel  
Dan & Kathy Zubich

\*Denotes Spirited Friends-Monthly Givers



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

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### ON THE COVER

## Get ready to dash!

The image on the cover of this issue of *At The Center* is from local photographer Phil S. Addis. Phil has generously donated five of his original photographs on canvas for our fourth annual *Art Dash*, including *Morning Perch*. All of those pieces (and more!) will go home with lucky winners on **Thursday, March 26, 2020**.

*Art Dash* is a fun and fast-paced event in which \$100 ticket holders are guaranteed a piece of art, but which piece depends on the luck of the draw and how fast they can get to it. Tickets will go on sale after January 1.

For more information about *Art Dash*, please visit [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash). To see more of Phil's exquisite work, visit [phils-addis.pixels.com](http://phils-addis.pixels.com) or search Phil S Addis Photography & Video on Facebook.



# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



### COMING IN JANUARY/FEBRUARY



#### YOGA AND PRAYER

**January 4** • with Bernice Olson-Pollack & Sarah Hennessey, FSPA

#### WOMEN'S CHRISTMAS

**January 9** • with Deb Hansen

#### TEA AND TRANQUILITY

**January 11** • with FSC staff and special guests

#### INTUITION RETREAT

**January 18** • with Carol Burling

#### LETTING GO OF ANGER RETREAT

**January 25** • with Christine Isham

#### ART AS PRAYER RETREAT

**February 8** • with Mary Thompson

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The Franciscan Spirituality Center is a  
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Sisters of Perpetual Adoration.