



**Franciscan
Spirituality Center**

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

VOLUME 26 • NUMBER 6

NOVEMBER/DECEMBER 2018

At the Center

In This Issue:

Our Annual Community Report

REGISTRATION OPEN FOR THIS FOURTH ANNUAL EVENT!

Women's Christmas

An Epiphany Celebration for Wise Women

Women's Christmas is rooted in delightful Irish tradition. On the Feast of Epiphany, the celebration of the coming of the Wise Men to the Infant Jesus, 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, especially after the busyness of Christmas preparations.

At the FSC, 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 claim an Irish heritage or not, you are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women.

Beginning with a simple meal, we will reflect on the Celtic seasons of *Lughmasadh* (harvest), *Samhain* (renewal), *Imbolc* (awakening) and *Beltane* (vitality). As we celebrate, we will share with each other our unique wisdom and our wise women gifts of harvest knots, anointing oil, seeds and shawls.

January 3, 2019

Thursday, 5:30-8 p.m.

Presenter: Deb Hansen

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

Registration deadline: December 20



Speaking From the Heart



This is the time of year when people make their plans for the holidays. For many Americans, that means gathering with family and close friends. Holiday advertising and television specials would have you believe that these gatherings are heartwarming and strengthen the bonds of love.

In fact, it can be challenging to keep the peace when we gather.

The no-holds-barred political environment in which we are living has added a whole new challenge. The choices don't seem good: prepare for a fight, sit on your feelings and keep quiet, or stay away all together. None of these leads to real intimacy.

Researcher and author Brené Brown suggests another way, one that uses our hearts. "Courage is a heart word. The root of the word courage is *cor*—the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart," she writes. Today, speaking with heart or courage means "to actually speak honestly and openly about who we are and about our experiences—good and bad."

With this in mind, Steve Spilde and I will facilitate a *Pre-Election Listening Session* on October 21. (The session is free, but registration is requested.) To speak honestly and openly does take courage, but speaking from the heart can create space in our relationships:

*"When our hearts are small,
our understanding and compassion are limited,
and we suffer.
We can't accept or tolerate others
and their shortcomings,
and we demand that they change.*

*But when our hearts expand,
these same things don't make us suffer anymore...
We accept others as they are,
and then they have a chance to transform."*

- Thich Nanh Hanh

If you attended the listening session we held after the November 2016 elections, this will be familiar. If you are new to a listening session, I'd like to encourage you to experience speaking from your heart about your hopes and concerns, and listening with the goal of understanding another's viewpoint. We won't be trying to persuade others to our point of view. All are welcome.

There's still time to schedule a hermitage stay: If you'd like to get in one last retreat this year at our hermitages on Solitude Ridge, call us soon to schedule your visit. Hermitages will be closed December-February. Call us today at 608-791-5295, and you can still enjoy a beautiful late fall retreat in our cozy hermitages!

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER

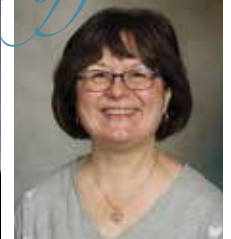
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Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



Jean Pagliaro
Program & Retreat
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Vince Halt



Barb Kruse

ASSOCIATE PRESENTERS



John McHugh



Bernice Olson-Pollack



Tom Roberts

OVERCOMING CHALLENGES WITH

Grit & Grace

In celebration of International Women's Day, Women's History Month and all women who have faced obstacles and ordeals yet persevered, kept the faith and emerged more resilient, we have planned a special conference this March.



Keynote speaker will be **Sarah Theborge**, San Francisco-based author, physician assistant and inspirational speaker. Sarah studied medicine at Yale School of Medicine and journalism at Columbia University. She has practiced international medicine extensively and started a clinic in Kenya for children who lost their parents to AIDS.

Sarah's first book, *The Invisible Girls*, is a memoir that weaves her story of nearly dying of breast cancer in her 20's together with the story of a Somali refugee family she met on a train in Portland, Oregon, as she was recovering from her cancer treatments. Her latest book, *WELL*, details the time she spent practicing medicine at a hospital in Togo, West Africa, which the United Nations ranked the "least happy country in the world." In *WELL*, Sarah uses medicine as a metaphor for how each of us can help to heal our beautiful, broken world.

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

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

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

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

PLEASE SAVE THE DATE

Overcoming Challenges With
Grit and Grace

Saturday, March 16, 2019

This event will take place at
Mary, Mother of the Church in La Crosse



THIS EVENT IS SPONSORED BY:



MAYO CLINIC
HEALTH SYSTEM



Welcome
Rika Beckley
Development Director

We are so excited to introduce you to our new development director, Rika Beckley. Rika brings a wealth of experience and knowledge in fund and friend raising. She is already busy at work making connections and continuing the development initiatives started by Kristy Walz, who continues to serve on our board.

Prior to moving to La Crosse in August, Rika served as senior director of International Advancement and Leadership Gifts for Miami University of Ohio. She has an MPA in nonprofit administration from Indiana University and more than 30 years' experience working in the nonprofit sector.

"While traveling through La Crosse a year ago, I was inspired by the beauty of this area, and I look forward to exploring the Coulee Region," Rika said. "It's an exciting time to help the FSC raise support for its important mission. I hope to establish new relationships while building current ones in support of our programs that serve this community."

Rika is originally from the St. Louis area and has two grown children. In her spare time, when she's not participating in one of the FSC's many programs or setting out on a local adventure with her dog, Maggie, Rika owns/manages vacation rental properties and writes for a travel magazine.

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.

Spiritual Living

In an effort to be as inclusive and accessible as possible, we offer several Spiritual Living programs each month. These gatherings are open to men and women on a drop-in basis and are offered free of charge (although donations are greatly appreciated). No advance registration is necessary; simply stop by the front desk and let us know you are here.

Meditation for Emotional Health

November 1, 15 & December 6, 20
Thursday, 6-7 p.m.

Facilitator: Laura Mausolf

Investment: Freewill offering

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



The Sound of Bowls

November 13 & December 11
Tuesday, 5:30-6:30 p.m.

Facilitator: Tom Roberts

Investment: Freewill offering

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



Dream Group

November 8 & December 13
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.



Labyrinth Walk: Winter's Eve

December 20

Thursday, open between 4 and 7 p.m.

Investment: Freewill offering

December 20 marks the threshold between fall and winter this year. In Celtic spirituality, thresholds are "thin places," when the space between heaven

and earth is not very far apart.

Thin places provide an opportunity to connect with the sacred in a special way.

You are invited to walk the FSC's indoor canvas labyrinth by candlelight on this evening. This is a silent, self-guided meditation suitable for older teens and adults. Please plan to arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to walking the labyrinth.



*"Let me seek solace
in the empty places
of winter's passage,
those vast dark nights
that never fail to shelter me."*

- Joyce Rupp



2018 Program & Retreat Offerings

November 1

Thursday, 5-7:30 p.m.

Instructor: Laurie Swan

Investment: \$40 for first two participants; \$5 for each additional family member (includes one panel per family and all supplies)

Registration deadline: October 15



Giving Thanks: Creating a Family Blessing Board

Regular gratitude practices can help us reflect on the goodness that is present in our lives. Bring your family to an evening of creativity and community as we create "blessing boards." Together, your family will create a reusable chalkboard panel on which you can write down your daily blessings. The evening will include a devotion, guided painting and a meal. This project makes a thoughtful Christmas gift!

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



November 9-10

Friday, 7 p.m.–Saturday, 4 p.m.

Presenter: Mary Peters

Investment:

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

Registration deadline: October 26



My Neighbor, Myself: Renewal and Reflection

"In appreciating our neighbor, we're participating in something truly sacred." – Fred Rogers

Do you want to live a more connected life? This retreat experience is designed to help you expand relationships and improve your ability to listen openly and be present. You will learn reflective practices to become more self-aware, participate in activities with poetry, art media and guided discussion, and explore your values and purpose. The retreat is based on the Circle of Trust® approach developed by writer, teacher and activist Parker J. Palmer and the Center for Courage & Renewal® (www.couragerenewal.org).

Mary Louise Peters, MS in Education, is a *Courage and Renewal* facilitator. She has offered personal and professional renewal experiences in retreat and credit-based formats. Early childhood education, collaborative system building, inter-agency coordination, professional development, program guidance and inclusion have been the focus of Mary's career nationally and throughout Wisconsin.

Courage
& Renewal

November 16-18

Friday, 7 p.m.–Sunday, noon

Presenter: Julia Walsh, FSPA

Investment:

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

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

Registration deadline:
November 2



Word and Community: A Writers Retreat

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

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



Creative Communion

Could offering spaces for creative communion be the work of Church today? Aren't we called to help build unity, to uplift prophets, to celebrate the Creator? Could it be a critical call, a way that we must help mend the canyons carved into democracy, civility? Could offering sanctuary to artists be the bricks of God's reign—the mortar of peace and justice?

— Julia Walsh, FSPA

November 17

Saturday, 9 a.m.-5 p.m.

Investment: \$85, includes lunch and all materials/supplies**Presenters:** Charlene Peterson and Corinne Thul**Registration deadline:** November 3**Please note:** No artistic experience is necessary, just a willingness to move through your loss and tap into your creative side.**Healing Through Creative Grieving:
Creating Art to Inspire, Honor and Remember a Loved One**

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

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

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

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

**November 19 and December 17**

Monday, 6-7:30 p.m.

Instructor: Mary Thompson**Investment:** \$12 each evening**Registration deadline:** November 5/December 3**Supplies needed:** watercolors (pan set), brushes (8" round watercolor, 1" flat wash brushes), kneaded eraser.**Watercolor paper is provided.****Art as Prayer**

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

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

**REGISTER**

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

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

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

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



2018 Program & Retreat Offerings *continued.*

November 20 and December 13

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

Facilitator: Deb Hansen

Investment: \$35, includes optional spiritual direction session

Registration deadline:

November 6/November 28



November 21 and December 19

Wednesday, 6-7:30 p.m.

Instructor: Tom Roberts

Investment: \$12 each evening

Registration deadline:

November 7/December 5

Supplies needed: paper, ink, brushes and small bowls for ink.



December 1

Saturday, 9 a.m.-noon

Presenter: Angela Scaperlanda Bujan

Investment: \$25

Registration deadline:

November 27



December 1

Saturday, 6-8 p.m.

Presenters: Tom Roberts and Viterbo University Campus Ministry

Investment: Freewill offering, but registration is required.

Registration deadline: November 27



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

Franciscan Day of Solitude

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



A Brush With Silence: Bringing Brush Meditation Alive

The path to achieving deep and lasting peace, harmony and balance is manifested in many ways and through many practices. The use of brushes, ink and paper as a method of deepening the spiritual journey has been employed throughout the centuries and by numerous traditions. In the Japanese tradition, this method is referred to as Shodo or The Way of the Brush. These monthly sessions explore a variety of styles, approaches and techniques related to Shodo. You will be invited to patiently embrace the process of letting go into the silence and flow of the divine through your hand, spirit and heart.



Please note: This is NOT an art class; no artistic experience is necessary, just an openness and curiosity about this creative and expressive practice.

I Have Called You By Name: Answering Here I Am, By First Discovering Who I Am

Each of us has an open invitation waiting for a response. God is continually inviting us to a deeper and more intimate relationship. How do we hear the call and how can we respond when we may not even be sure who we are? Although we are given a name when we are born, we are not born knowing who we are—who God made us to be. Together, we will explore this invitation to grow closer to God and meet the challenge to be our truest selves in a world that is trying to make us like everyone else. Please join us as we focus on inner growth, greater self-awareness and opening ourselves to grow in our relationship with the Divine.

Angela Scaperlanda Bujan, MA, is a bilingual certified spiritual director, coach, facilitator, retreat leader, speaker, writer, editor, organizational consultant and mother of four. As founder of HELP Professional Services LLC, Angela sought to establish an organization centered around helping individuals, groups and other organizations become who and what they are meant to be. She completed her training in spiritual direction at the Siena Center in Racine, Wisconsin, and obtained her master's degree in intercultural administration at the School for International Training in Brattleboro, Vermont.

Silent Night: An Advent Singing Bowls Experience

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.

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



December 7-9

Friday, 7 p.m.–Sunday, noon

Facilitators: FSC spiritual directors**Investment:** \$225, includes two nights' stay, all meals and three spiritual direction sessions**Registration deadline:** November 23**December 7-12**

Friday, 7 p.m.–Wednesday, 1 p.m.

Investment: \$450, includes five nights' stay, all meals and six spiritual direction sessions**December 8**

Saturday, 9 a.m.–4 p.m.

Presenters: Lesley Stugelmayer and Jean Pagliaro**Investment:** \$45, includes lunch**Registration deadline:** November 24**Advent Weekend of Solitude**

This weekend is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence. You will have a private, comfortable bedroom and delicious meals, access to quiet spaces for reflection and time with a spiritual director who will listen to you and your unfolding story. Whether you need time and space for prayer during the season of Advent or have a need for rest and refreshment within the busyness of the holidays, give yourself the gift of solitude.

Six-Day Silent Directed Retreat

If you would like to extend the Weekend of Solitude, stay for an extra three days.

**Growing in the Midst of Grief**

Healing from grief is not a quick journey. We continue to heal long after the significant losses in our lives. However, growth and new life can happen along this journey. Please join us for a day to explore what growth might look like for you while in the midst of grief. Through discussion, time for reflection and creative expression opportunities, there will be space for you to consider new paths that might be part of your healing.



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

Lesley Stugelmayer, retired from Viterbo University after 40 years, has had an ongoing professional interest in grief and loss. She began her career as a psychiatric nurse at St. Francis Hospital, followed by four years as a clinical professor in the Psychiatric Nursing Department at Viterbo. After earning her master's degree in counseling, she transferred to the Counseling Department, where she offered counseling services to students for 36 years. She has partnered with FSPA in various programs and is happy to continue supporting programs through the Franciscan Spirituality Center.

**Groups That Meet at the FSC**

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

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group meets on the first and third Wednesdays, and the Tuesday group

meets on the second and fourth Tuesdays, both from 7-9 p.m. To see whether the group meets your needs, call Vince at 608-386-7551. Suggested offering: \$5.

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 17 and December 15) from 9-11 a.m. Call Vince at 608-386-7551 for book information. Suggested offering: \$7.

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

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





body, mind & spirit

Tai Chi

Monday, 11:15 a.m.-noon

Session 2: October 22, 29; November 5, 12, 19, 26

Winter Half-Session: December 3, 10, 17

Investment: \$36 for six classes or \$8 drop-in;
\$18 for three classes

Instructor: Bernice Olson-Pollack

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

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



Yogalates

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

Session 2: October 22, 29; November 5, 12, 19, 26

Winter Half-Session: December 3, 10, 17

Investment: \$48 for six classes or \$10 drop-in;
\$24 for three classes

Instructor: Cheryl Neubauer

Yogalates is a mat-based mind-body class that integrates the asanas (postures) of yoga with the core-centered movements of Pilates. Benefits of this blended discipline include improved flexibility, strength, muscle tone, breathing and energy. Yogalates also can help people feel less stressed and more centered.

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



Golden Yoga

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

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

Winter Half-Session: November 27; December 4, 11, 18

Investment: \$48 for six classes or \$10 drop-in;
\$32 for four classes

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

Session 2: October 18, 25; November 1, 8, 15, 29

Winter Half-Session: December 6, 13, 20

Investment: \$48 for six classes or \$10 drop-in; \$24 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 17, 24, 31; November 7, 14, 21

Winter Half-Session: November 28; Dec. 5, 12, 19

Investment: \$48 for six classes or \$10 drop-in;
\$32 for four classes

Instructor: Bernice Olson-Pollack

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



MESSAGE FROM OUR BOARD CHAIRPERSON

Dear friends,

I have been keenly aware this summer of extremes all around us. There has been a great deal of extreme weather happening around the world: a hurricane and volcanic eruptions in Hawaii, extreme forest fires in the West and record flooding throughout the country. Right here in the Coulee Region, extreme rain and flooding have created significant challenges for many in our surrounding communities.



We see extremism in the news every day, which can become a bit overwhelming, but I remind myself that there have always been major events in the world, in the United States, in our community and in each of our individual lives at times. In the face of those situations, what arises is resilience. I know for myself it doesn't always feel like I am growing as a result and, yet, down the road I can look back and see the "good" in the struggle. Don't get me wrong, it is a work in progress every day, but with faith and reflection it comes.

Out of that reflection comes gratitude.

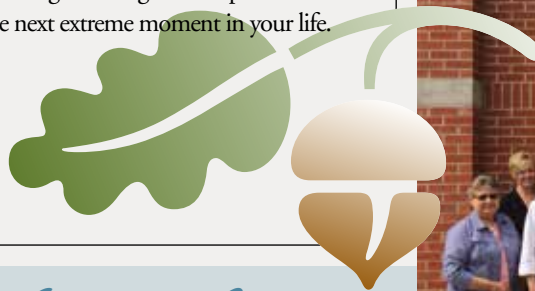
Gratitude for the learning. Gratitude for the relationships that are strengthened as a result of the struggle. Gratitude that people come together in ways that they never would have without the struggle. I continue to be amazed at the resource that the Franciscan Spirituality Center provides in our community. The FSC creates a safe place to reflect on the extremes of our lives, find new hope and be inspired to go out and do good in the world. I could not be more proud to have this resource in our community and to get to be part of it.

As we move through fall and into winter, consider taking some time for yourself and check out what the FSC has to offer for programming. You might be surprised at what "calls" you to be nourished in preparation for the next extreme moment in your life.

Warm regards,

Michael Hesch

Mike Hesch, FSC board chairperson



Financial Report

Income

Grants & Donations	\$ 432,553
Programs & Retreats	209,099
Rented Space & Hospitality	52,345
Spiritual Direction	31,639
Endowment Interest	30,051
Sophia Bookstore	21,983
Hermitages	13,687

Total Income \$ 791,357

Current Assets \$ 69,009

Expenses

Salaries & Benefits	\$ 478,081
Facilities & Food	114,287
Programs & Retreats	86,829
Administration	61,587
Communications & Marketing	28,454
Professional Services	20,470
Sophia Bookstore	15,257

Total Expenses \$ 804,965

Current Liabilities \$ 64,351

NET ASSETS \$ 2,054,743



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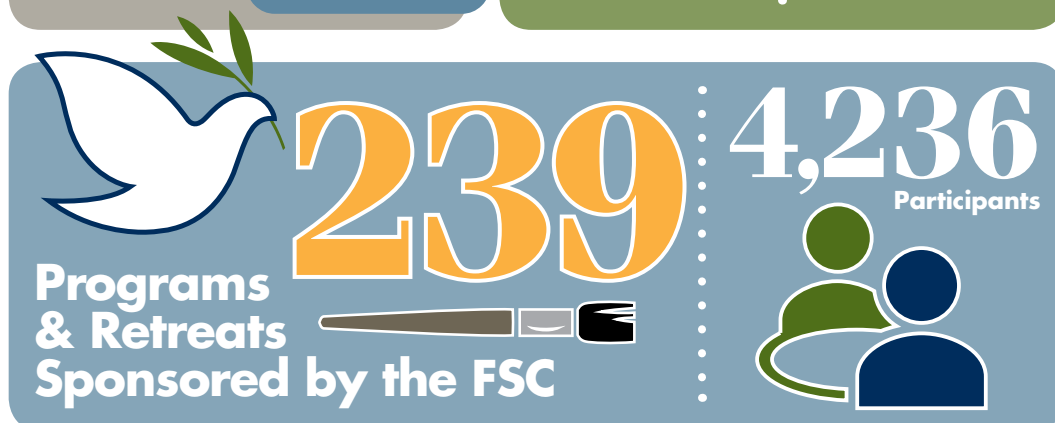
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La Crosse Interfaith Shoulder to Shoulder Network

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ART DASH PARTICIPATING ARTISTS

Thank you to our event sponsors and the community members who supported our second annual Art Dash fundraiser, which netted \$9,854 to support our mission of welcoming anyone on their search for God, meaning and wholeness. We could not have pulled together this creative evening of fine art, food and fun without the beautiful artwork and generosity of the following artists:

Emily Alvarez	Sean D. Hansen
Sandy Andersen	Jamie Harper
Kate Bausch	Paul Hatlem
Cody Bartz	Jamie Heiden
Terri Beck-Engel	Jess Hetchler
Sharon Berger, FSPA	Allen V. Jacobs
Elise Boam	Karen Kappell, FSPA
Toril Booker-Fisher	Stacie Kohler
Quenten Brown	Ellen Kolbo-McDonah
Kori Brudos	Shane Lamb
Lynne Burgess	Barbara Lawless
Kay Campbell	Jordan Marti
Caitlin Cochran	Carol Monsebroten
Jamie Cooper	Janet Mootz
Susan Cushing	Marcia Newquist
Joyce Diveley	Leanne Poellinger
Karen Dunn	Joy Davis Ripley
Larry Durfey	Tom Roberts
Rose Dymetriszyn	Stephanie Sharp
Helen Elsbernd, FSPA, & Clare Faas	Landon Sheely
Melissa Fannin	Steve Staats
Mary Lou Ferguson	Marianne Stanke
Jack Fleig	Susan Stoffel
Jane Fotopoulos	Jeff Stolz
Jesse Gongaware	Laurie Swan
Pat Morse Gund	Mary L. Thompson
Laurel Grey	Howard Von Ruden
Ann Karen Gronbeck-Peterson	Carol Witt-Smith
Joan Gundersen	Bob Witte
Ashton E. Hall	Phil Zimmerman
Burt Hammons	

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



SAVE THE DATE: The third annual Art Dash will be Thursday, March 28, 2019, in The Cargill Room at The Waterfront Restaurant and Tavern, La Crosse.

donors continued...

Mary Lee <i>In memory of Mary Funke Welch</i>	Julie & Randall Moseng
Theresa Lee	Eric Nelson
Kelly Lemens	Valerie Nelson <i>In memory of Delbert Nelson</i>
Rich & Dorothy Lenard*	Lillian & Ron Nordin
Wende Lewis	Dale & Connie Norris*
Susan Liddell	Joseph Nowak
Mary Jane Lipinski & William Jokela	Bridget Olson
Brenda Lisenby	Bernice Olson-Pollack
Dr. Mark & Kris Litzow	Ericka Overgard
Jeff & Patti Lokken*	Ron Paczkowski & Judy Talbott
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Dennis Lynch	J. Peter Petersilie
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Teresa Mahler	Cheryl Peterson
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Laverne & Julia Massman <i>In honor of Marian Massman, FSPA</i>	June Reinert
Kris Mathes	Sondra Rieder <i>In memory of Raymond Miller Jr.</i>
Mayo Clinic Health System-Franciscan Healthcare	Mary Beth Ripp
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Sharon Montalbano	
Ginny Moore*	





Death Cafe

ORGANIZATIONS THAT MET AT THE FSC

The rental income from our eight meeting rooms helps sustain our ministry, and we're always grateful to welcome new visitors and strengthen our relationships with others in the community.

Thank you to the following organizations that booked meeting space in the past fiscal year:

Bridges of Belonging
 The Brothers of the Society of St. Pius X
 Catholic Charities
 Chileda
 Coulee Rock Community Church
 Crucifixion Catholic School
 Gundersen Health System
 Integrative Therapies
 JFK Associates
 Kiwanis Club
 La Crosse Area Interfaith Shoulder to Shoulder Network
 La Crosse Area Vocations Society
 La Crosse Collaborative To End Homelessness
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 Teams of Our Lady
 Trust Point
 Villa St. Joseph
 Viterbo University
 Winona Area Catholic Schools
 Wisdom Group
 Women Writers Ink
 YWCA

1,765

people are following our Facebook page for updates, photos and inspiration. Have you liked our page yet? Search for us @FSCenterLaCrosse

6,000+

people receive our bimonthly newsletter either by postal mail or email. Don't miss an issue! Sign up at www.FSCenter.org or call 608-791-5295.

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 Janice Tischler, OFS
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 Grant Van Lishout
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In memory of Margaret Irene & Frank Norris
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 Kathryn Walczyk
 Lillian Waldera, CSJ
In honor of Delmarie Gibney, FSPA & Rose Elsbernd, FSPA
 Patrick & Kristy Walz*
 Katherine & Lawrence Warzynski
 Jason & Candace Weber
 Nick Weber
 Kenneth & Karen Weigel
In memory of June Perso
 Joan Weisenbeck, FSPA
 Edna & Ray Whalen
 Gayle Wilcox
 Lucille & Ralph Wilcox
 Tami Wilcox
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*Denotes Spirited Friends-Monthly Givers



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MISSION MOMENT

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Save the Date for Art Dash

When we first conceived the idea for our *Art Dash* fundraiser, we had a modest goal: We had hoped to recruit 30 artists. Many of our presenters and friends of the FSC are creators, so it was easy to come up with a short list.

That list quickly grew, and then it grew again as we met new artists and made more friends. More than 60 artists participated last year! Twice we've outgrown our event space, and our 3rd annual *Art Dash* is shaping up to be even bigger and better than ever. Several of the artists have supported us since the beginning and will be back again. We are so grateful. We're also thrilled when we are introduced to talented individuals in our community who want to join in the fun. Johnathan Lawson, whose donation is pictured here, is one of our "newcomers." We can't wait to unveil all of the wonderful pieces of art you'll have a chance at claiming during the dash. (Look for updates at www.FSCenter.org).

Art Dash
Thursday, March 28, 2019

The Cargill Room, The Waterfront
Restaurant and Tavern
La Crosse

Tickets will go on sale
after January 1



Acrylic painting on
a metal drum lid by
Johnathan T. Lawson

*You won't want to miss this
fast-paced and fun evening of
food and fine art.*

COMING IN JANUARY



Quieting: A New Year, New Moon Yoga Experience for Women

January 4-6 • with Heather Henry

Japanese Bowls Retreat

January 5 • with Deb Hanson & Steve Spilde

Honoring Your Intuition

January 12 • with Kristy Walz

Making Friends With Yourself

January 12 • with Sharon Lukert & Ann Tyndall

Winter Tea Garden Fundraiser

January 19 • with FSC staff

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