



**Franciscan
Spirituality Center**

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

VOLUME 26 • NUMBER 5

SEPTEMBER/OCTOBER 2018

At the Center



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SPECIAL OPPORTUNITY FOR ANYONE WHO IS PART OF A MISSION-DRIVEN ORGANIZATION



Jesus @ Work

Leading With Your Heart and Head

Whether we operate in a corporate or nonprofit setting, our work is guided by values and, most likely, a mission statement. What shapes our workplace culture and drives that mission? What would our organizations look like if they were led by the Gospel message and values of Jesus Christ? This half-day conference will feature a keynote presentation by John McHugh and a facilitated discussion by Kristy Walz to explore what it means to work and lead in a Gospel-centered way. Using Jesus' own "mission statement" as outlined in Luke 4:16-21 as a template, we'll consider how to address the needs and struggles of those within our organizations and how to best serve our communities.

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

John McHugh is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. In his role at Kwik Trip, he has helped the company achieve recognition as a Top Workplace as listed by the *Milwaukee Journal Sentinel*, the *Minneapolis Star Tribune* and the *Des Moines Register*. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He holds degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy. He serves on the boards of Trust Point, National Mutual Benefit Society, Viterbo University and the Mayo Clinic Health System in La Crosse.



Kristy Walz is a results-oriented consultant with 20 years of experience working with leaders in varied industries and roles to help them achieve their goals. She helps create change-ready organizations and helps people find purpose in their work. In addition to her responsibilities with Confluence Consulting, Kristy serves as adjunct faculty for campuses within the Minnesota State Colleges and Universities System. She also is a spiritual director and a keen observer, with a deep curiosity about human interactions and the ability to turn data into decisions.



October 26 • Friday, 8 a.m.-noon

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

**Investment: \$20 per person,
includes continental breakfast**

**Sponsored by the
Franciscan Spirituality Center and
the FSPA Office of Mission Integration**

**Register by October 12
at www.FSCenter.org or
608-791-5295**

REGISTER EARLY TO GUARANTEE YOUR SPOT!

Inspired by Gospel values



This summer we offered our second retreat for women who have been trafficked or exploited. These are women who were forced into modern slavery but are now finding healing. FSC staff members who led this retreat were so impressed by the courage and resilience of these women. One story stands out.

A young woman who grew up in the North African desert said she had been taught at an early age to hate Christians, although she did not know any. Her family was Muslim. Then the terrorist organization ISIS invaded her country and threatened her family and neighbors. So she also grew to hate those committing violence in the name of Islam. Now, halfway around the world, she has experienced great kindness and hospitality from us and other Christians. She says she doesn't know Jesus Christ, but if he is the reason for our actions, then Jesus has her approval.

We felt blessed by this young woman because our mission is based on the Gospels and the example Jesus set for us. Are you inspired by Gospel values, too? Then I'd like to tell you about two events we have planned:

First, John McHugh, a popular speaker on both leadership development and the Gospels, will give the keynote talk *Jesus @ Work: Leading With Your Heart and Head* on October 26 (see opposite page for registration details). This morning is designed for anyone interested in working and leading in a Gospel-centered way. Grab a few colleagues and come as a team! Can people see Gospel values reflected in your organization's mission and culture?

Second, another November election cycle is approaching. "The vitriol in our country disappoints and demoralizes those of us who believe in conversation and an honest exchange of ideas," writes Sister Eileen Dooling of Mercy by the Sea retreat center, "[and] those who feel attacked experience the need to respond in kind. ... And quietly I think, 'We are better than that.'"

The fight-or-flight response can lead you to attack or unfriend when your feelings are running strong. After the 2016 elections, we offered a guided post-election listening session to give people a safe place to express their feelings and strive to understand others' viewpoints. We will offer a similar session on October 21, prior to the elections (see page 9). If you also believe in conversation and an honest exchange of ideas, please join us.

Peace & all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER

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Spiritual Director



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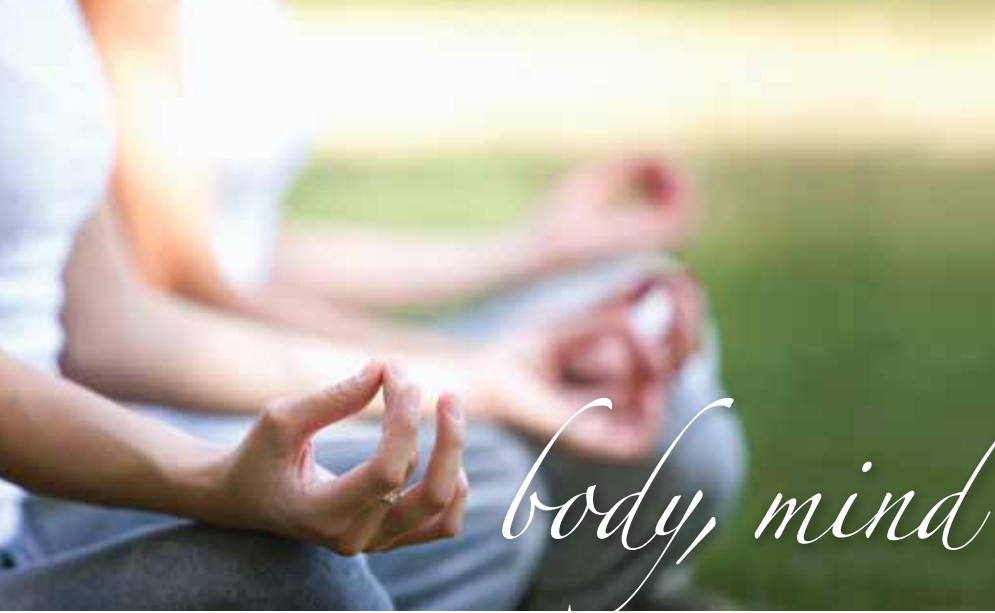
John McHugh



Bernice Olson-Pollack



Tom Roberts



body, mind & spirit

Golden Yoga

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

Session 1: September 4, 11, 18, 25; October 2, 9

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

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

Session 1: September 6, 13, 20, 27; October 4, 11

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

Instructor: Amber Moesch

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

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.



Yogalates

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

Session 1: September 10, 17, 24; October 1, 8, 15

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

Instructor: Cheryl Neubauer

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

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.

Note: The October 1, 8 and 15 classes will be substitute-taught by Bernice Olson-Pollack.



Vinyasa Yoga

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

Session 1: September 5, 12, 19, 26; October 3, 10

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

Instructor: Bernice Olson-Pollack

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

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

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



Tai Chi

Monday, 11:15 a.m.-noon

Session 1: September 10, 17, 24; October 1, 8, 15

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

Instructor: Bernice Olson-Pollack

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

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



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

September 6, 20 & October 4, 18
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

September 11 & October 9
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

September 13 & October 11
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: Autumnal Equinox

September 25
Tuesday, open between 4 and 7 p.m.

Investment: Freewill offering

Fall is the time of year when many turn their attention to work, school and other new projects. It is

a colorful season of beauty and abundance but also a time when nature shows us that all things are passing.

The autumnal equinox marks the moment when, in the northern hemisphere, the days start to shorten and summer turns to fall. You are invited to mark this turning point in the natural year by coming to the FSC to reflect on your life journey or intentions while walking our indoor labyrinth. This is a silent, self-guided meditation. 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.



“Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.”

- Mahatma Gandhi



2018 Program & Retreat Offerings

EIGHT-WEEK SERIES:

**September 10, 17, 24;
October 1, 8, 15, 22, 29**

Monday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$20 for eight sessions, includes workbook

Registration deadline: August 27



**October 1, 15; November 5, 19;
December 3, 17; January 7, 21**

First & third Mondays, 4-6 p.m.

Presenter: Steve Spilde

Investment: \$160 for eight sessions, includes workbook

Registration deadline: September 17



Divorce Recovery

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

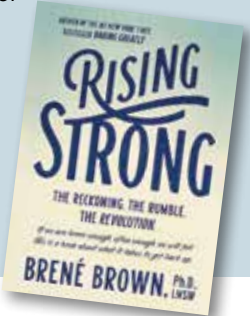


Rising Strong™: A Small-Group Program Based on the Research of Brenè Brown

Millions of people worldwide have been touched by the work and books of research professor Brenè Brown, Ph.D., LMSW. This program will explore the lessons of her book *Rising Strong* through mini-lectures, personal reflection and small-group discussion.

If we are brave enough, often enough, we will fall. This program is about the getting back up. We will learn the physics of vulnerability, including the principals that courage is contagious and rising strong is a spiritual practice.

Steve Spilde is associate director of the FSC, a trained spiritual director and a Certified Daring Way Facilitator candidate.



September 4, 11, 18, 25

Tuesday, 10 a.m.-noon

Facilitators: Beth Allen and Jean Pagliaro



Investment: \$15 for four-week series

Registration deadline: August 21



Grief Circle

This group is for those who are grieving the death of someone they loved. It is a safe 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.

Beth Allen serves as the director of affiliation for FSPA. With an educational background in counseling, pastoral theology and chaplaincy, her previous ministry included leading bereavement services at Mayo Clinic Health System-Franciscan Healthcare. She continues to facilitate the biweekly Healing Through Grief Group Series at Mayo and is excited to collaborate with the Franciscan Spirituality Center's grief offerings.

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

September 12 and October 23

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

Facilitator: Deb Hansen

Investment: \$35, includes optional spiritual direction session

Registration deadline: August 29/
October 1



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.



September 15

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

Presenter: Tom Roberts

Investment: \$65, includes lunch

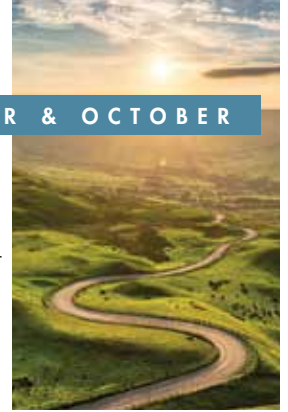
Registration deadline:
September 1



Embracing Change: A Retreat on Navigating Life's Wavering Terrain

Many of us react to change with resistance and insistence—resisting the way our lives are unfolding and insisting that it should be otherwise, according to our plan. This retreat is an opportunity to explore how transitions and change are beckoning us to clean things up in our lives and how facing qualms, uncertainties and indecisions are an integral part of our lives and spiritual journeys. We'll examine these questions: What have we neglected for ourselves that gives our life a greater sense of depth and meaning? How do we live a life from a deeper place of spiritual awareness and wisdom? Throughout the retreat, we will explore ways to embrace ourselves and our lives from a place of grace and skill, with more patience, openness and compassion.

Tom Roberts has more than 30 years' experience in both psychotherapy and mindfulness practice. Based in the La Crosse area, he is an educator, author and speaker who presents retreats and workshops throughout the country.



September 16-22

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

Presenter: Phil Zimmerman

Investment:

- **Full:** \$625, six nights' stay, all meals and materials
- **Commuter:** \$505, includes lunch and supper, and materials

Fee includes a \$150 nonrefundable deposit.

Registration deadline:
September 2

Limited to 25 participants.



Iconography Retreat: Christ Emmanuel

Noted American iconographer Phil Zimmerman returns to the FSC to teach the sacred art of iconography. Both a meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. Icons are often referred to as "windows into heaven." Phil will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials. Each day of the retreat will include prayer, reflection and historical information specific to the icon. All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.

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

September 17 and October 15

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$12

Registration deadline: September 3/October 1

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.*

September 19 and October 17

Wednesday, 6-7:30 p.m.

Instructor: Tom Roberts

Investment: \$15

Registration deadline:
September 5/October 13

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



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.

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



September 21-22

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

Presenters: Audrey Lucier and Steve Spilde

Investment:

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

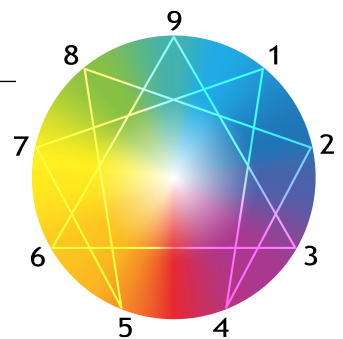
Registration deadline:
September 7



An Introduction to the Enneagram

It can come as a shock when we realize others don't necessarily see life in the same way we do. Whether we bump up against this fact as a parent, spouse or co-worker, we have two options. We can try to force the other person to our point of view, but a more successful approach is to try to understand their perspective. The Enneagram is one of several approaches to explain and better understand nine basic personality differences that people have observed since ancient times. These differences not only influence our relationships and vocations, they also shape our spirituality. In this program, we will provide an introduction to the Enneagram for those who are new to it or would like a refresher on its uses.

Audrey Lucier was certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training through the International Enneagram Association and with Dr. Beatrice Chestnut, Ph.D. **Steve Spilde** also was certified by Jerry Wagner and received additional training from Russ Hudson.



September 22

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

Presenter: Jackie Yaeger

Investment: \$60, includes lunch

Registration deadline:
September 8



Compassionate Presence: Holding Space for the Dying

Participants in this experiential retreat will learn how to be a compassionate presence at the bedside of a dying loved one. Dr. Jackie Yaeger will share personal and professional stories from her work as a caregiver, a palliative care physician and a death doula. We will explore how mindfulness, compassion, equanimity, vulnerability and suffering can inform this work and help us become resilient caregivers. Come learn what to expect before, during and after death, how to provide comfort physically and spiritually, and how to create sacred space through ritual and ceremony.

Jackie Yaeger, M.D., is board certified in family medicine and palliative care. Dr. Yaeger has worked in a variety of settings including rural medicine with obstetrics, Indian Health Service, academic medicine and hospice. She served as hospice medical director at Gundersen Health System from 2009-17 and, in August 2017, opened Home Visit Doctor, LLC, a solo practice designed specifically to serve frail elders and people facing life-limiting illness.

In addition to her medical training, Dr. Yaeger is certified by the Conscious Dying Institute (Boulder, Colorado) as a sacred passage guide/death doula and is a graduate of Frank Ostaseski's Metta Institute program for end-of-life practitioners in Northern California. She also has completed the three-year Spiritual Deepening for Global Transformation program at The Christine Center in Willard, Wisconsin.



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

September 27-30

Thursday, 6 p.m.-Sunday, noon

Facilitator: Deb Hansen

Investment: \$250, includes three nights' stay, all materials, snacks and optional session with a spiritual director. Retreatants bring their own meals.

Registration deadline: September 13

Limited to 2 participants.



Hermitage Retreating 101

Do you long to deepen your interior life? Have you ever thought about staying in a hermitage but have no idea what you would do by yourself, all alone? Have you made a retreat before only to find yourself going stir-crazy? If you answered YES to any of these questions, then this retreat is for you!

You will stay in one of our cozy hermitages on Solitude Ridge in nearby St. Joseph, Wisconsin. Each day will begin and end with a group gathering for reflection. Deb Hansen, a veteran hermitage retreatant, will offer gentle guidance on entering into the retreat experience, being in silence, living in solitude, fruitful reflection and leaving the retreat. Your time in solitude can be spent walking the ridge trails, reading, engaging in artistic expression or simply resting. You also may meet with a spiritual director for one session if desired. Requirements for this retreat include curiosity, a willingness to embrace new experiences and a sense of humor.



September 29

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

Instructor: Wayne Manthey

Investment: \$65, plus cost of drum materials (\$100 for 13-inch drum; \$125 for 16-inch drum)

Registration deadline: September 15



Sacred Drum Making

The beat of the drum brings an awareness of the sacred and powerful beat of all creation. Creating this sacred instrument of peace will help you to hear and feel the rhythms that connect the Earth, its diverse peoples and all creatures.

Wayne Manthey has helped bring many drums to life at the FSC since his first workshop here in 2007. Participants use a pre-constructed wooden frame, deer hides, walnut stain and other natural elements to create a unique, personal drum. No experience is necessary; Wayne will lead you through each step.

In between, there is time for reflection and storytelling about the ancient, spiritual tradition of drumming. All materials are included, but you are welcome to bring a special rock or antler if you would like to incorporate that into your drum's handle.



September 30

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

Presenters: Kristine Beck and Jean Pagliaro

Investment: \$65, includes lunch

Registration deadline: September 16

Canticle and the Stones: A Kinstone Experience

Join us at Kinstone for a unique one-day retreat honoring your personal journey and our place on this planet as we examine how each of us is an integral part of creation. St. Francis taught us that we are kin to all of creation. We will focus on his Canticle of Creation as we follow the Way of the Stones around the features of Kinstone, connecting to the Divine with each step. Each one has a message to help us examine and illuminate our inner journey and a gift to honor how far we have come. We will journal and reflect on the Divine and how our lives may be uplifted by intentional praise.

Participants will be invited to compose their own Canticle poem and take home the gifts of the Stones that will be offered along the journey. Please dress for the weather as this event will take place rain or rain or shine. Also, please bring sturdy walking shoes, journals, drawing materials and a mat or blanket for personal meditation times.

Kristine Beck is the creator and director of Kinstone in Fountain City, Wisconsin, a megalithic garden and sacred space for contemplation, land restoration and human rejuvenation. Learn more at www.kinstonecircle.com.

Jean Pagliaro is the program and retreat coordinator at the FSC.





2018 Program & Retreat Offerings *continued.*

October 4, 11, 18, 25

Thursday, 5:30-7 p.m.

Presenter: Bernice Olson-Pollack

Registration deadline:

September 20

Investment: \$80

for four-week series



Dear Life, Get Real!

This four-week series is a strategic yet spiritual approach toward developing and maintaining positive lifestyle changes. You will ask yourself, "How, where, and why do I want to be better than I am right now?" During this one-month program, you will map out your specific goals each week. Enjoy collaborating and celebrating this dynamic process with your team of other participants. You can begin to feel stronger both inside and out.

Getting R.E.A.L means to be forward-focused as you: promote quality **relationships** with others; **eat** food that nourishes you (body and soul); are physically **active** every day in some way; and continue to **learn** throughout your lifetime

Bernice Olson-Pollack, M.S., has trained as an instructor with YogaFit, Tai Chi for Health Institute, Sun Style Tai Chi and American Council on Exercise. Her accessible style of teaching creates a comfortable learning environment for diverse abilities. Bernice encourages everyone to discover their own path toward a healthier way of living.



October 5

Friday, 6-8 p.m.

Facilitator: Steve Spilde

Investment: \$10

Registration deadline:

September 28



Richard Rohr Presents: Barbara Brown Taylor Webcast

How do we change and grow? How do we become our most whole selves, deeply connected with God and others? How do we learn to experience ourselves as interconnected so that we can truly love? The mystics of many spiritual traditions teach the path of descent—surrender, generative self-emptying, dying before you die—as the way of transformation. More than ideas or success, our primary teachers are uncertainty, failure, relapse, suffering (personal and communal) and woundedness.



The pattern of down and up, loss and renewal, enslavement and liberation, exile and return is quite clear in the Hebrew Scriptures. Through his own journey, Jesus modeled this counter-intuitive wisdom: "Unless the grain of wheat dies, it remains just a grain of wheat. But if it dies, it bears much fruit." To avoid the death of our small, separate self is to avoid transformation into God, into union with one another, into something more. We must lose our life to find our life. Join us for an evening of discussion as we view Barbara Brown Taylor's talk from Conspire 2018 and explore what it means to embrace the darkness.

"I have learned things in the dark that I could never have learned in the light, things that have saved my life over and over again, so that there is really only one logical conclusion. I need darkness as much as I need light." —**Barbara Brown Taylor**

October 6

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

Presenter: Sam Rahberg

Investment: \$65, includes lunch

Registration deadline:

September 22



How Do I Cool My Anger and Warm My Sadness?

Anger tends to flash with hot intensity and can burn long after it has served its most noble role. Sadness, it seems, can burn too far out and leave us beyond the ordinary chill of loss and disappointment. God-given feelings of anger and sadness do serve a good purpose. What are some ways we might learn to turn toward them, when appropriate, or move away from them if that would better serve our growth? How might we tell the difference? And what confidence might I expect to gain through experience?

Sam Rahberg is director of the Benedictine Center in St. Paul, Minnesota. He is a spiritual director and author of *Enduring Ministry: Toward a Lifetime of Christian Leadership* (Liturgical Press, 2017). In his spare time, you will find Sam tending his family's small tree farm or fly fishing for trout in Southeast Minnesota. Learn more at www.samuelrahberg.com.

October 16

Tuesday, 6-8 p.m.

Presenter: Joan Filla

Investment: \$10

Registration deadline: October 2



Claiming Your Power, Releasing the Grip of Trauma and Fear

"Shackled by the ghost of what I once believed that I could never be." These lyrics from Halestorm's song "I Am the Fire" have resonated deeply with Joan on her journey of recovery from childhood sexual abuse. She has found freedom from her shackles and wishes this much-deserved liberty for anyone who has felt stuck in their lives because of trauma, loss or hurt. By facing her trauma, Joan is discovering a life of joy and gratitude, and is moving from the victimhood of abuse to surviving and even thriving. Please join us for an inspirational evening presentation during which Joan will share her story and offer encouragement for your journey and whatever obstacles and shackles hold you.

Joan Filla, M.D., is a local physician whose life took a turn when her traumatic past caught up to her and she took on the difficult task of facing it. While the challenges of medicine continue to provide an interesting and fulfilling career, the greater challenge has been facing the past. Joan has found this to be a journey of spiritual awakening.

October 20

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

Presenter: Deb Hansen

Investment: \$65 per person, includes wooden house, supplies and lunch

Registration deadline: October 6



Wisdom Houses

Spend a delightful day decorating a "home" that expresses your unique personality and wisdom. We will reflect on the questions: What grounds me, holds me together and keeps me covered? What's deep and hidden within? and What's on my threshold? Then we will create our own little houses that both shine forth and shelter our personal wisdom. Our day will end with a house blessing for ourselves and our little homes. All materials will be provided, but you are welcome to bring little trinkets or pictures to be added to your house.



October 21

Sunday, 4-5:30 p.m.

Facilitators: Audrey Lucier and Steve Spilde

Investment: Free, but registration required

Registration deadline: October 17



Pre-Election Listening Session

The 2016 elections exposed the deep divide that exists in our country. Even though the election is over, people are still divided and upset. Fueled by political advertising, social media posts and media coverage, feelings and tensions are escalating as we approach the November midterm elections. Many people worry about how to handle this at upcoming holiday gatherings with friends and families.

Join us for a listening session to express your feelings, strive to understand others' viewpoints and look for signs of hope, courage and healing—no matter what side of the political spectrum you are on.



CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

October 26-27

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

Presenter: Diane Millis

Investment:

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

Registration deadline: October 12



Mining the Meaning of Your Personal Story

What's your story? It's a question we are often asked in everyday conversations, and one that is of primary concern to those of us in the ministry of spiritual direction. People often seek out a spiritual director to help make meaning of their story and discern how God is at work in their life. For this year's continuing-education event, spiritual director, author and teacher Diane Millis will introduce us to three different stages for mining the meaning of our life's story and to the role that a spiritual director can play in facilitating movement from one stage to the next. We are the story we tell ourselves. If we aspire to be more fully alive, we must learn to tell a more life-giving story. During our time together, we as spiritual directors will begin by examining the life story each of us is currently authoring and then prayerfully consider a more life-giving story waiting to be told. We will conclude by considering how we can help those we accompany to do the same.

Diane M. Millis, Ph.D., is an educator, spiritual director and author. She currently teaches at United Theological Seminary of the Twin Cities and is the founder of the Journey Conversations Project, an educational initiative for people of all faiths to cultivate their capacity for dialogue, deep listening and discernment. Learn more at www.dianemillis.com.



Welcome to new board members

We're excited to welcome to the FSC Board of Directors two women who embody Franciscan values: **Glena Temple** and **Kristy Walz**.

Glena Temple, Ph.D., is the ninth president of Viterbo University and an affiliate of the Franciscan Sisters of Perpetual Adoration. Of her decision to join the FSC board she said: "I personally have received much more than I have given during my time at Viterbo, and I would like the opportunity to give back through service and engagement with another Franciscan organization. I am excited to engage with the spirituality center to further its mission and impact."



We have known Glena to be insightful and collaborative, and appreciate her desire to help explore further partnership opportunities between the FSC and Viterbo.

Glena and her husband, Stephen, have lived in the La Crosse area since 1999. Glena started her service at Viterbo in 2001 as a biology faculty member and held multiple leadership roles on campus before being named president last year. She also serves on the board of the Weber Center for Performing Arts and has been actively involved in the Council of Undergraduate Research, served as chairwoman of the joint Board of the Amie L. Mathy Center for Recreation and Education (a partnership between Viterbo and the Boys and Girls Clubs of Greater La Crosse) and is a past recipient of the YWCA Tribute to Outstanding Women achievement awards.

Our dear friend and supporter **Kristy Walz**, CEO of Confluence Consulting, has returned to the FSC Board. After spending two years as the FSC's first-ever (part-time) director of development, Kristy decided she needed to give her business—which specializes in strategic planning, process design and facilitation—her full-time attention. We're blessed that she will continue to share her experience, commitment to our mission and passion for building relationships and serving others in her role on the board.



Kristy first walked through the doors of the FSC in fall 2011 for a workshop on intuition. "I didn't know at the time that my life would be forever changed," she said. Soon after, Kristy joined the FSC's Spiritual Direction Preparation Program (2015 graduate) and started presenting programs for us. Kristy played a huge role in the success of our Art Dash fundraisers and was a co-facilitator of our Imago Dei group.

"FSC is my spiritual home," Kristy explained when accepting a spot back on the board. "I am deeply committed to its presence and sustainability in our community."

She lives in Holmen with her husband and daughter, plus Walter, a delightful therapy dog who has helped out on at least one FSC event.

FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Mike Hesch, Chairperson

Jane Comeau, Vice Chairperson

Joan Weisenbeck, FSPA, Secretary/Treasurer

Helen Elsbernd, FSPA, FSPA liaison

Emilio Alvarez

Annie Berendes

Sharon Berger, FSPA

Patricia Boge

Karen Dunn

Ken Ford

Dan Henderson

Sarah Hennessey, FSPA

Jeffrey Lokken

Lyell Montgomery

Glena Temple

Kristy Walz



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 (September 15 and October 20) 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.





ART AS PRAYER

Community painting and praying

We're so pleased to welcome back Mary Thompson for a fourth season of *Art as Prayer*! This popular open watercolor studio is a chance to explore ideas and feelings, try new techniques and simply play, without worrying about perfection or finished product.

All are welcome to give it a try. We meet on the third Monday of the month, September through May, and you can come to any or all sessions as your schedule permits. You are sure to make a friend or two while you are here. To paint a clearer picture, so to speak, of what *Art as Prayer* is all about, we asked Mary a few questions:

Q: What do you see as the connection between watercolor painting and spirituality?

A: Painting is a disciplined pursuit of our holy curiosity. When we create, we enter a peaceful space. Creating through painting allows us to shut down our busy brain to journey more deeply into mystery. The moment you open to the gift of the Spirit, you open yourself to creation and thus become one with the "Mother of Life" herself.

Q: What do you like best about leading *Art as Prayer*?

A: (The Christian mystic) Hildegard von Bingen wrote, "All beings are sparks of the Divine emerging from God like sunlight from the sun." *Art as Prayer* has enabled me to witness sparks emerge from participants as they create. It is beautiful to see the holy communion between art and spirituality.

Q: What has surprised you most about the program?

A: It has been a delight to observe the joy associated with the creation of unexpected images. Perhaps most surprising, however, is the power of the artistic process to build community while enabling participants to share their stories through original art.

Q: What advice do you have for those who have never held a paintbrush but think they may want to try a session?

A: My advice to all who are curious: Take the risk! Muster your courage and commit to giving it a try. If you have the desire to paint, you are being called by the Spirit to participate in a sacred, creative process of your choosing. Join us for community painting and prayer. I'm happy to help guide when needed, but the Spirit is in the driver's seat!

RETURN TO WHOLENESS:

Retreat for survivors was a blessing for all involved

We came to know them through the service organizations New Horizons of La Crosse, Breaking Free of St. Paul, Minnesota, and Sarah's...an Oasis for Women, also of St. Paul.

Each woman invited to *Return to Wholeness*, our second annual retreat for female survivors of human trafficking, sexual exploitation and violence, had her own story of heartbreak, fear and abuse. They ranged in age from 21 to 62 and represented a range of cultures, races and belief systems.

Brought together for a weekend of rest and renewal, they became fast friends who bravely shared their pain and their hopes. "I've been running for so long, it's just nice to feel calm. I know he can't hurt me here," one survivor commented at dinner. Another woman compared the group to pieces of a puzzle, destined to connect to one another and hear each other's stories.

Franciscan Spirituality Center staff members Deb Hansen, Steve Spilde, Jean Pagliaro, Stacey Kalas, Aaron Lawrence and Laurie Swan all contributed their time and talents toward making the experience welcoming, healing and fun.

Madison-based social worker/hospital chaplain Faith Lerner led the group in several meditation and healthy body imaging sessions, as well as lending a compassionate ear when someone needed to talk.

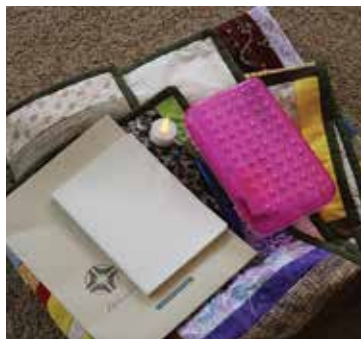
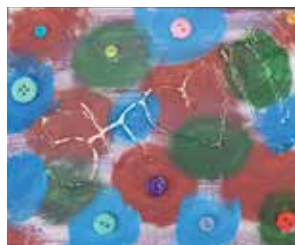
Together, we explored the story of The Cracked Pot and how what seems like imperfection is often a blessing in disguise. We practiced the art of Kintsugi, in which broken pottery is transformed with gold, as a metaphor for not only accepting but also seeing value in our own scars. We talked and we listened. We went through several boxes of tissues as we cried, but there were plenty of light moments as well.

We took a field trip to Grandad Bluff to take in the unique beauty that La Crosse offers, and we could not have anticipated how much laughter our cupcake decorating contest would elicit.

Many of the women expressed a desire to heal so that they could help others. Several talked about what kind of mothers they hoped to be. One woman shared her dreams of finishing school and entering politics. But some of them told us how surprised they were that we wanted to offer them this retreat, which reminded us how much work remains until all women can recognize their inherent worth.

GIFTS FROM THE COMMUNITY

The *Return to Wholeness* retreat is offered to survivors free of charge and includes two nights' stay in a private bedroom, all meals and all program materials. This year's retreat was made possible by a generous grant of \$6,220 from the **La Crosse Community Foundation**. Connie Bakken and Crystal Treu, owners of the **Quilt Corner in Sparta**, plus volunteers from the shop's Quilting For A Cause group, donated handmade pillowcases for the retreatants. Members of **St. Patrick Parish** in Onalaska donated handmade quilts. Several **Franciscan Sisters of Perpetual Adoration** made gift bags to welcome each woman, and a couple of FSPAs joined us for lunch and conversation during the retreat.



IMPORTANT INFORMATION:

Registration Process

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

Refund Policy

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

Registration Deadlines

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

Scholarship Information

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

Where to Find Us



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



**Franciscan
Spirituality Center**



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



NEW SPIRITUAL DIRECTION GROUPS FORMING

A spiritual direction group is not a typical small group. It is first and foremost a listening group, providing the opportunity to be heard as we describe the milestones, detours and questions of our own spiritual journeys. The group supports us as we seek God in our lives. We grow in self-compassion as we have an opportunity to tell our personal stories in a supportive and grace-filled environment. We are encouraged to go deeper as we listen to the stories of others. We are also invited to create a space for silence and reflection.

As a group, we consider these questions:

- Where is God in my life experience?
- How is God leading, or calling me through the events and circumstances of my life?
- Where do I encounter God most deeply or powerfully?
- How is God nudging me to grow spiritually through the routine of work, conflicts and joys of my living situation, important relationships in my life, my challenges and my feelings?

If you're interested in joining group spiritual direction, contact Steve Spilde at the Franciscan Spirituality Center at sspilde@fspa.org or 608-791-5297.

Groups meet from September through May:

Clergy Group: second Thursday of the month, 9.30-11.30 a.m.

Men's Group: third Tuesday of the month, 1-3 p.m.

Women's Group: second Thursday of the month, 6-8 p.m.

Investment: \$180 for nine-session series.



Sophia Bookstore

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

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



Franciscan Spirituality Center

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COMING LATER THIS FALL

WORD & COMMUNITY:

A Writers Retreat

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

If you sign up for the workshop on Friday afternoon, please submit your five pages of work to Sister Julia by November 2 (call the FSC at 608-791-5295 for contact information).

WORD & COMMUNITY:

A Writers Retreat

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



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.

COMING IN NOVEMBER/DECEMBER



My Neighbor, My Self: A Parker Palmer Retreat

November 9-10 • with Mary Peters

Honoring Your Loved Ones

November 17 • with Charlene Peterson

Silent Night: Advent Experience

December 1 • with Tom Roberts and Viterbo University staff

Silent Directed Weekend

December 7-9 • with FSC spiritual directors

Growing in the Midst of Grief

December 8 • with Lesley Stugelmayer and Jean Pagliaro

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