



Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

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At the Center

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KATHLEEN KENKEL, FSPA • 1929-2020

It was with heavy hearts that we said goodbye in July to the Franciscan Spirituality Center's first director, Kathleen Kenkel, FSPA.

Sister Kathleen died Saturday, July 18, 2020, at age 91. She was in the 70th year of her religious profession. Up until her move to Villa St. Joseph in October 2015, she had resided on the third floor of the FSC and was a frequent participant at many of our programs. We especially benefited from her friendship and wisdom as part of our *Journey Toward Wholeness* cohort.

Sister Kathleen officially began her duties as director in December 1984. At the time, she said she hoped her community would be "opening our doors to all who seek to enhance their lives through the pursuit of wisdom, goodness and beauty."

She was last interviewed by the La Crosse Tribune for a front-page story in December 2014. She and current Director Audrey Lucier reflected on the (then) 30-year anniversary of the Center.

"I think it has opened up people's mind and hearts that spirituality is for the whole being—not just retreats and silence and prayer, but the whole body and mind," she told reporter Mike Tighe.

Sister Kathleen grew up on a farm in Iowa with seven siblings. After her father died, her mother remarried, expanding that sibling count to 16. She taught elementary, junior high and high school. She earned a bachelor's degree in English from Viterbo College (University), a master's degree in English from Marquette University and a second master's degree in theology from Notre Dame University. She also served as director of religious education at Sacred Heart Religious Education Center in Palos Hills, Illinois, and ministered in the Religious Studies Department at Viterbo.

As her obituary rightly pointed out, she is remembered as a true mystic. "Sister Kathleen inspired me to read about and delve deeper in understanding the movement of Spirit," recalled Rosalie Hooper Thomas, FSPA affiliate, spiritual director and former FSC program coordinator. "Her enthusiasm, kindness and most interesting conversations were a gift when she would volunteer during my programs at the Center. I am sad at her passing but am grateful for her continued presence in my life."

Indeed, Sister Kathleen's influence continues to be felt at the FSC. May she rest in peace.



Kathleen Kenkel, FSPA, is pictured with, from left, former Directors Mary Kathryn Fogarty, FSPA, and Vince Hatt, and current Director Audrey Lucier. Not pictured is former Director Jeff Dols.

We're taking steps to reopen!



When I returned to the Franciscan Spirituality Center this summer, it seemed frozen in time. Books for Lent, St. Patrick's Day decorations and posters for our March events, *Overcoming Challenges with Grit and Grace* and *Art Dash*, were on display. March prayer booklets and newsletters were still sitting out.

Although the building has been closed to the public, we are in the process of reopening it. This is a challenging task, but we are so grateful to be back in the building! However, because COVID-19 is still with us, we will have to operate a little differently.

We are monitoring the La Crosse County Health Department's guidelines. When the risk level permits, we will welcome guests back into the building by appointment. We will follow the county's recommendations for the risk level, which tell us the size of gatherings and other precautions to take. If all goes well, we then will reopen the Sophia Bookstore. We are also keeping a separation between the FSC and St. Rose Convent, and have asked staff, residents and visitors to observe the boundary between the two zones.

Despite the pandemic, renovations at St. Rose continue and are on schedule. Soon, remodeling will begin on the lower level for new FSC offices and meeting rooms. Next spring, work will begin on



our bedrooms and a new handicap-accessible entrance. The project should finish about a year from now, but there will be inconveniences to get through first. For example, we will be unable to house guests overnight at the FSC until remodeling is complete, as our bedrooms are temporarily being used by Franciscan Sisters of Perpetual Adoration.

Somewhat surprisingly, we've been very busy since the pandemic hit. We just completed our first-ever all-virtual practicum for the students training to become spiritual directors. Our spiritual directors and program

presenters have successfully moved to virtual meeting rooms. People from all over the country have been able to join us for these programs.

It's been a difficult year, and we want to remind you that we have and will continue to be here for you. Remember, if you'd like to participate in a program or talk with a spiritual director but are concerned about the cost, we can help. Call us at 608-791-5295; your request will be held in confidence.

Peace and all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Deb Hansen
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Jean Pagliaro
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Vince Hatt
Associate Spiritual Director



John McHugh
Associate Presenter



Bernice Olson-Pollack
Associate Presenter



Tom Roberts
Associate Presenter



SEPTEMBER/OCTOBER 2020 VIRTUAL PROGRAMS

Until we can meet at the Franciscan Spirituality Center again, we are offering several programs through videoconferencing. You can participate through your computer or smartphone. Once you've registered, you'll be emailed a link to Zoom, which will automatically launch on your device so you can see and hear the presenter and other participants. It's the next best thing to gathering in person, which we hope to do again soon. For those of you who haven't been able to travel to La Crosse, Wisconsin, previously because of distance or other restrictions, here's your chance to join us. Welcome!

IF YOU HAVE QUESTIONS, PLEASE CALL 608-791-5295 OR EMAIL FSCENTER@FSPA.ORG.

MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

SEPTEMBER 3 and OCTOBER 1 • Thursday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: Freewill donations are appreciated at www.FSCenter.org/donate

Registration deadline: September 2/September 30



Guided meditation is proven to reduce stress and promote relaxation. Join us for a time of rejuvenation. We'll start with a guided meditation that includes relaxed breathing, a body scan and a visualization. Afterward, we will have a brief discussion. Gatherings are on the first Thursday of the month, and you are invited to attend any or all sessions as your schedule permits. All are welcome.



ACCEPTANCE AND TRANSFORMATION: A VIRTUAL GROUP EXPERIENCE (VIA ZOOM)

SEPTEMBER 8, OCTOBER 12, NOVEMBER 9, DECEMBER 14, JANUARY 11, FEBRUARY 8 • Monday, 6:30-8:30 p.m.
(The September session will meet on Tuesday because of Labor Day.)

Facilitators: Rose Elsbernd, FSPA, and Sarah Hennessey, FSPA

Investment: \$150 for six-month program

Registration deadline: September 4

Participants will gather through Zoom videoconferencing each month to explore how acceptance can lead to transformation in our personal lives. We will rely on Tara Brach's wise insights from her work *Radical Acceptance*. We will offer empathy and mutual support as we discuss how this content is relevant in our individual lives. We will strive to provide a confidential and supportive environment as we share our personal stories.



We are always adding new online experiences. Be sure to check our website, www.FSCenter.org, and Facebook page @FSCenterLaCrosse for updates.

RACISM AND THE COULEE REGION: A COMMUNITY DIALOGUE SERIES (VIA ZOOM)

SEPTEMBER 8 • Tuesday, 6-8 p.m.

How to Talk to Youth About Racism with guest speaker Diana Diazgranados

SEPTEMBER 22 • Tuesday, 6-8 p.m.

Mental Health and Collective Trauma in the Black Community with guest speaker Walfsty Pierre

Investment: \$7 per session. We want to include as many voices as possible. If cost is a barrier to attending, we can waive this fee. Please call 608-791-5295 to make a confidential request.

Registration deadline: September 7/September 21

Many in our community have committed to engaging more deeply in efforts to prevent, combat and learn about racism. Join us for a Zoom videoconferencing series of dialogues with local activists, speakers and artists to explore issues related to race and racism. We look forward to open, honest and respectful conversation and sharing of ideas.

This series is co-sponsored by the FSPA Office of Mission Integration and the FSC.



GRIEF SUPPORT CIRCLE (VIA ZOOM)

SEPTEMBER 8–OCTOBER 13

Tuesday, 10 a.m.-noon

Facilitator: Jean Pagliaro

Investment: \$25 for entire six-week session

Registration deadline: September 4

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

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



A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

SEPTEMBER 9 and OCTOBER 13 • Wednesday or Tuesday, 9 a.m.-4:30 p.m.

Facilitator: Deb Hansen

Investment: \$25, includes optional spiritual direction session

Registration deadline: September 8/October 12

Sheltering at home during these uncertain times is difficult. *A Sheltered Day of Solitude* gives you the gift of connecting to the Sacred, creation and others who are spending an intentional day of solitary reflection. We will begin our day by meeting together on Zoom for an opening reflection and suggestions for reflecting on each month's theme (September: *Harvest*; October: *Letting Go*). An optional remote spiritual direction session is also available. At the end of the day, we will gather together once again on Zoom to reflect on our day and share a closing blessing. A reflection booklet will be emailed to each participant for inspiration and guidance. If you are not able to find complete solitude for the day, we recommend you create as peaceful of an environment as you can under your individual circumstances.



LIVING WITH GRATITUDE AND GRACE: A COURAGE AND RENEWAL RETREAT (VIA ZOOM)

SEPTEMBER 18-19 • Friday, 7 p.m.-Saturday, 4 p.m.

Presenter: Mary Louise Peters

Investment: \$50

Registration deadline: September 15

Personal renewal to live with more gratitude and acceptance of grace is possible. Through individual written reflection and group interaction, you will have opportunities to deepen your gratitude and recognize the grace that is always abundantly available. Our time together, through videoconferencing, will include guided discussion, experiences with poetry, wisdom tradition essays and art experiences. The retreat is based on the Circle of Trust® approach developed by Parker J. Palmer, writer, activist and co-founder of the Center for Courage & Renewal.

Mary Louise Peters, a facilitator prepared by the Center for Courage & Renewal (www.couragerenewal.org) has been designing retreat experiences since 2010. She also provides educational consultation and training across the U.S. to build state and local system capacity to improve outcomes for children with disabilities and their families.



Courage & Renewal

BODY | MOVEMENT CLASSES

GOLDEN YOGA (VIA ZOOM)

SESSION 1: SEPTEMBER 8, 15, 22, 29; OCTOBER 6, 13

SESSION 2: OCTOBER 20, 27; NOVEMBER 3, 10, 17, 24

MINI SESSION: DECEMBER 1, 8, 15, 22

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

Instructor: Amber Moesch

Investment: \$50 for six-week session or \$10 per class
\$40 for the mini sessions or \$10 per class

Registration deadline: September 7/October 19/November 30

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 demonstrated through Zoom videoconferencing. Participants will need a chair to offer modifications and balance support. The last 15 minutes of each class will include stretching exercises and conversation (over Zoom) to help foster a sense of community.



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 (VIA ZOOM)

SESSION 1: SEPTEMBER 9, 16, 23, 30; OCTOBER 7, 14

SESSION 2: OCTOBER 21, 28; NOVEMBER 4, 11, 18, 25

MINI SESSION: DECEMBER 2, 9, 16, 23

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for six-week session or \$10 per class
\$40 for the mini sessions or \$10 per class

Registration deadline: September 8/October 20/December 1

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 all to discover their own path toward a healthier way of living.





2020 Programs and Retreats *continued.*

ART AS PRAYER (VIA ZOOM)

SEPTEMBER 21 and OCTOBER 19

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$10 per session

Registration deadlines:

September 18/October 16



Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio offered through Zoom

videoconferencing 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 art experience is necessary, but you will need watercolor paints, brushes and paper, plus a kneaded eraser.

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.

DIVORCE RECOVERY (AT THE FSC)

SEPTEMBER 22-NOVEMBER 10 • Tuesday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$15 for entire eight-week series

Registration deadline: September 15

This group will meet for eight consecutive Tuesday evenings at the FSC to offer 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 grief 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.

NOTE: If meeting in person isn't possible due to current COVID-19 health recommendations, we will meet over Zoom videoconferencing.



THE SOUND OF RESILIENCE (VIA ZOOM)

SEPTEMBER 26 • Saturday, 9 a.m.-noon

Presenter: Tom Roberts

Investment: \$20

Registration deadline: September 24

"It is only by grounding our awareness in the living sensation of our bodies, that the 'I Am,' our real presence, can awaken." - G. I. Gurdjieff

During difficult times—personally, socially, globally—we often rely on our spiritual practice to provide direction and answers. This virtual retreat will focus on our spiritual resilience without having to have answers. It is not about having the right answers; rather, it is about discovering the correct questions. Our time together will include discussion about spiritual resilience and virtual small-group breakouts to explore and discuss the question "What is being asked of me?" We will end our time with an immersion into the sound of Tibetan singing bowls.



CHEERING FOR THE GOOD:

LEADING WHEN IT MATTERS (VIA ZOOM)

OCTOBER 1, 8, 15, 22 • Thursday, 6:30-8 p.m.

Presenter: Karen Lueck, FSPA

Investment: \$50 for entire four-week series

Registration deadline: September 25

In this time of chaos, pandemic and violence, many people feel helpless and afraid. They want to make things better, but they don't know how. So, too often, they look to others to do something. But what is really needed is for all of us to trust our own goodness and leadership potential. Each of us is called to step up and influence the world toward the common good, one act at a time. During this four-week series, participants will reflect on and discuss what makes a good leader, remind ourselves that we have much to offer, decide who we want to be as people in the future and cheer for the good wherever we find it to bring about this desired future for ourselves and for our planet.

Karen Lueck is a Franciscan Sister of Perpetual Adoration. She has spent much of her life recognizing and encouraging the goodness in herself and others. For more than 40 years, as a teacher, principal, pastoral counselor, spiritual direction supervisor and leader in her congregation, she acted as a cheerleader for the people with whom she ministered. Her book, *Cheering for the Good: Leading When It Matters*, continues this outreach on a larger scale.



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.



CLAIMING OUR PERSONAL POWER AND VOICE (VIA ZOOM)

OCTOBER 3 • Saturday, 9 a.m.-noon



Presenter: Julia Walsh, FSPA

Investment: \$20

Registration deadline: October 1

The Christian tradition asserts that every person has value and worth, that everyone is a person of dignity. During this videoconferencing program, we'll explore goodness of our personal power and how we can discover and develop our voice, and influence social change along the way. Together, we will explore how to honor the dignity of each person, even if we don't agree with their perspective. How do we honor our own personal voice and power even when a conflict turns contentious? What do history and our faith tradition have to teach us?

Julia Walsh is a Franciscan Sister of Perpetual Adoration and part of a new generation of Catholic Sisters. She serves as a jail minister and spiritual director in Chicago. Her writing can be found in *National Catholic Reporter*, *America* and elsewhere. She blogs and podcasts at MessyJesusBusiness.com.

DARING PARENTS: LEADING WITH COURAGE (VIA ZOOM)

BASED ON THE WORK OF BRENÉ BROWN

OCTOBER 7, 14, 21, 28 • Wednesday, 6:30-8 p.m.

Presenter: Steve Spilde

Investment: \$50 for entire four-week series

Registration deadline: October 5

Many of us were raised with leadership models that are not helpful as we try to be compassionate in a world that is more diverse and rapidly changing. Parenting may present the most difficult leadership challenge of all. The Daring Leadership model has potential to be helpful in many settings, especially in the home. Daring Leaders practice courage, are willing to face their vulnerability, develop resilience to shame, encourage empathy and build connections

among their friends, neighbors and co-workers. Join Steve Spilde and other parents through videoconferencing as we gain valuable insights from the powerful work of author and researcher Brené Brown.

Steve Spilde is a Certified Daring Way™ facilitator and spiritual director on staff of the FSC.



BROTHER SUN: A COLLAGE-MAKING EXPERIENCE CELEBRATING ST. FRANCIS (VIA ZOOM)

OCTOBER 10 • Saturday, 9 a.m.-2 p.m.

Presenter: Mary Thompson

Investment: \$50 if supplies are needed OR
\$40 if supplies are not needed

Registration deadline: October 4

The natural world is a consistent source of generosity in our lives. St. Francis, patron saint of ecology, expressed his love for God and nature through the *The Canticle of the Sun* in which he sang praise and thanksgiving for Brother Sun, Sister Moon and the stars of heaven. Please join us as we honor St. Francis by creating a colorful Brother Sun collage. Using an assortment of hand-painted paper, music sheets and poetry/words, we will embark on a creative, spontaneous pilgrimage. No experience is necessary, as you'll be guided through the steps.

The day will consist of a Zoom videoconferencing gathering at 9 a.m. for reflection, introduction and instruction time as well as periodic Zoom check-ins throughout the day, and then a Zoom closing session at 1:30 p.m.



SUPPLY LIST (curbside pickup at the FSC if needed)

- **Glue** – recommended Liquitex Matte Medium, 8 ounces
- **Paper** – music sheets, magazines, scrapbook paper
- **Canvas or wooden board** – 8-by-10 or 10-by-10
- **Acrylic paints**
- **Paintbrushes** – one sturdy one for painting, one old one for glue application

SMART FOR EDUCATORS

OCTOBER 11 and 18 • Sunday, 6:30-8 p.m.

Presenter: Jeannette Spilde, M.D.

Investment: \$10 for two consecutive sessions

Registration deadline: October 8

Educators are being asked to adapt and continue to teach in the midst of extraordinary and demanding circumstances. Educating during our current circumstances requires getting SMART! Dr. Jeannette Spilde is a certified trainer of the **Stress Management And Resilience Training** program developed by Dr. Amit Sood at Mayo Clinic. Backed by extensive research, SMART is a fun and simple approach to help lower stress, enhance health and immune response, improve work performance and relationships, and find greater happiness. The workshop will combine neuroscience and enduring spiritual wisdom to create practices of support, empowerment and inspiration for educators of all backgrounds.

Jeanette Spilde, M.D., is a radiologist specializing in breast imaging and cancer detection, with an undergraduate degree in biology education and experience as a middle school science teacher. She has a heart for teachers and believes in the power of self-care and retreat.



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



2020 Programs and Retreats *continued.*

CENTERING FOR CONNECTION (VIA ZOOM)

OCTOBER 22 • Thursday, 6:30-8:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$10

Registration deadline: October 21

As we center into silence, we find ourselves open for deeper connections with God, ourselves and others. We'll gather by videoconferencing to practice centering, both through reflection on a psalm and through silence. We also will explore contemplation as a lived experience by discussing works by Richard Rohr, OFM, and Thomas Merton. Come and discover different ways to center yourself and deepen your experiences of silence.



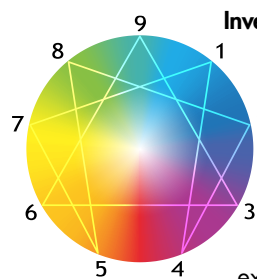
ENNEAGRAM STYLES UNDER STRESS (VIA ZOOM)

OCTOBER 24 • Saturday, 9 a.m.-3 p.m.

Presenter: Audrey Lucier

Investment: \$25

Registration deadline: October 16



Most of us are experiencing an unusual amount of stress at this time. The pandemic has upset our plans, caused economic hardship and endangered our lives. We see the strain in our personal relationships and in society. Using the Enneagram, we'll explore how to use self-understanding and self-compassion to manage our stress and to better understand how to support others with whom we're in relationship. This program, offered through videoconferencing, is designed for those who have a basic understanding of the Enneagram and their style or number. We will take breaks during the program for self-reflection.



Depressed Anonymous continues to meet every Monday, from 5:30-6:30 p.m., by conference call. This is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. If you are interested in participating in this free meeting, please call Gayle at 608-406-7990.

LOOKING AHEAD

RISING STRONG FOR SPIRITUAL DIRECTORS

A CONTINUING-EDUCATION EVENT FOR SPIRITUAL DIRECTORS BASED ON THE RESEARCH OF BRENÈ BROWN

CHOOSE NOVEMBER 19-21 OR DECEMBER 3-5

Thursday, 6:30-8:30 p.m.; Friday, 6:30-8:30 p.m.; Saturday, 9-11 a.m. and 1-3 p.m.

Presenters: Steve Spilde and Deb Hansen

Investment: \$100

Registration deadline: November 15/November 30

Millions of people worldwide have been touched by the work and books of research professor and author Brenè Brown. Her pattern of the Reckoning, the Rumble and the Revolution as outlined in her book, *Rising Strong*, is a helpful template for the work we do with many of our directees in spiritual direction. We will look at the power of shame and the fear of vulnerability. Understanding these powerful forces will add great insight to our work as spiritual directors.

Each event will be limited to 14 participants.



THE CHRISTMAS STORY IN THE GOSPEL OF LUKE

DECEMBER 15 • Tuesday, 7-8 p.m.

Presenter: John McHugh

Investment: \$10

Registration deadline: December 14

Many of us are familiar with the story of Jesus' birth in the Gospel of Luke.

The actual text is even quoted line for line by Linus at the end of *A Charlie Brown Christmas*. Even though we have heard the story dozens of times, there are many details that are often overlooked that bring much deeper appreciation and meaning. Join John McHugh as he explores those details and what they mean for us today.

John McHugh is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He has earned degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy. John serves on the boards of Trust Point, National Mutual Benefit Society, Viterbo University and Mayo Clinic Health System in La Crosse.



We are always adding new online experiences. Be sure to check our website, www.FSCenter.org, and Facebook page @FSCenterLaCrosse for updates.

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



Franciscan Spirituality Center

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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 FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

Best wishes, Elizabeth!

Our dear friend and co-worker **Elizabeth Kapanke** left our staff in late July to work with her husband in their family business. We already miss Elizabeth's sunny demeanor and helpful nature, but we know Andy is keeping her busy and putting her skills to good use. Elizabeth worked in bookkeeping and hospitality.



"Elizabeth had two important areas of responsibility at the FSC," Director Audrey Lucier said, "so she was an important member of our team. I know that her faith and her family are very important to her. Her faith showed up in the caring, kind way she interacted with guests and staff. I'm glad she will be able to help out her family in her new job."

Elizabeth started her administrative duties with the FSC in August 2015 but had been part of the housekeeping staff of the St. Rose Complex since February 2012. At the time, she told us she was drawn to the FSC for its peaceful and friendly environment. She certainly contributed to that while she worked with us. We wish her peace and all good in this new venture!

FSC BOARD NEWS



Welcome, Teresa!

Please help us welcome the newest member to the FSC Board of Directors, **Teresa Clark!** Teresa brings to the table extensive marketing expertise and leadership skills, which she has honed through her longtime employment with Kwik Trip Inc. We've gotten to know Teresa through her enrollment in our Spiritual Direction Preparation Program and are excited about her commitment to our mission.

"The Franciscan Spirituality Center has been and still is a place of comfort, peace, warmth and joy for me," she said. "The programs that I have participated in have allowed me to grow spirituality in a way that I am comfortable with. I have always admired the diversity of programming available and the center's impact and presence in the community."

Teresa lives in Onalaska with her husband, Ryan, and two daughters: Alicia, 9, and Alison, 4. She has many years of community involvement and currently is vice president of The Parenting Place's board of directors. She previously served on the board of Special Olympics Wisconsin and has been a member of Rotary Club of La Crosse After Hours and English Lutheran Church Marketing Committee. She spent many years working with Kwik Trip's internal coworker charity, Families Helping Families.

Teresa earned her bachelor's degree from University of Wisconsin-Stout and her MBA from Viterbo University. She has a blue belt in karate; other personal interests include cross stitch, reading, exercise, baking and spending time with her family.

FRANCISCAN SPIRITUALITY CENTER Board of Directors

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Lyell Montgomery, Vice Chairperson
Joan Weisenbeck, FSPA, Secretary/Treasurer
Lucy Slinger, FSPA, FSPA Liaison

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Mike Hesch
Jeffrey Lokken
Karen Lueck, FSPA
Glena Temple
Mark Thorn
Kristy Walz



OVERCOMING CHALLENGES WITH

Grit & Grace

It's not an exaggeration to say we've all had to show grit and grace in the midst of this global pandemic.

We were disappointed to postpone our second annual women's conference celebrating resilience and faith but are excited to present it to you in a virtual format. We've lined up the same amazing speakers and will still gather together – just in a way that ensures everyone's health and safety. We hope you will join us!

Though we won't be able to provide lunch and snacks, we invite you to brew a cup or two of your favorite tea to sip as you listen to these inspirational women share their stories. (This time of year is typically when we would have our annual tea party event, but we're adjusting as needed.)

Our keynote speaker will be **Kao Kalia Yang**, a Hmong-American writer, teacher and public speaker based in Minneapolis.

Kalia will reflect on her spiritual journey into writing. She comes from a people who are new to what is written; a long time ago, the Hun Chinese outlawed the Hmong written language. The women and girls tried to hide it in their clothing. Hmong women are celebrated the world over for their embroidery, but few know it was once a vessel for their stories, histories and lived experiences. Kalia's talk will address the questions: What does it mean to reclaim something that is no more, in an entirely new language, in a new land? and How does her own journey help situate herself in the pains and sorrows of others, and speak to their fears and faith?

NEW DATE • NEW FORMAT

JANUARY 16, 2021

**Saturday, 8:30 a.m.-3 p.m.
through Zoom videoconferencing**

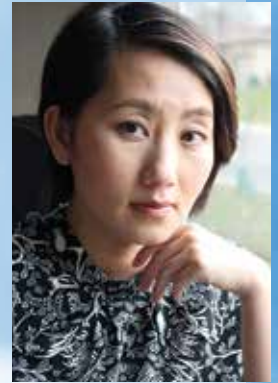
Note: If you have already registered for this event, we will transfer your registration. If the new date does not work for you, please contact our office at 608-791-5295 or fscenter@fspa.org to request a refund. If you haven't registered yet, you may do so at www.FSCenter.org. Investment is \$50. If you'd like to attend but cost is a barrier, please call our office to request a confidential scholarship.

ABOUT OUR KEYNOTE SPEAKER

KAO KALIA YANG • MINNEAPOLIS

Born in the refugee camps of Thailand to a family that escaped the genocide of the Secret War in Laos, she came to America at the age of 6. She has earned degrees from Carleton College and Columbia University, and is the award-winning author of *The Latehomecomer: A Hmong Family Memoir* (Coffee House Press, 2008) and *The Song Poet* (Metropolitan Books, 2016), which has been adapted into an opera by the Minnesota Opera and will have its premiere in spring 2021. She recently debuted her first children's book, *A Map Into the*

World (Carolrhoda Books), and a co-edited collection titled *What God is Honored Here?: Writings on Miscarriage and Infant Loss By and For Indigenous Women and Women of Color* (University of Minnesota Press). Her second children's book, *The Shared Room* (University of Minnesota Press), and a collective memoir about refugee lives, *Somewhere in the Unknown World* (Metropolitan Books), were published in 2020.



ADDITIONAL FEATURED SPEAKERS

LISA MCCORMICK • TOMAH

As the parent of a sex trafficking victim, Lisa has made it her life's purpose to share her family's story so others understand the dangers of trafficking and how easily our vulnerable children can get caught up in it. Lisa's son, Jeffrey, was recruited into a sex trafficking ring out of Madison and exploited until his death, at age 17, in September 2016. Her faith and her desire to spare other families the tragic consequences of trafficking, drug addiction and bullying put her on the path of advocacy. She frequently speaks to schools, churches and other groups on how to recognize and help at-risk youth. She is a member of the Wisconsin Anti Human Trafficking Advisory Council and is featured



in the Wisconsin Department of Children and Families documentary film about youth sex trafficking in Wisconsin. Lisa walks alongside parents, grandparents, caregivers and all others, giving hope that they are not alone in this journey.

SARAH JOHNSON • WINONA

Sarah is a licensed professional counselor and has more than 25 years of experience working in the prevention, youth development and counseling fields. She is the mental health director at the La Crosse Area Family YMCA and will be speaking as a human being who happens to be a mental health professional. Incorporating some mindfulness practices into her talk, Sarah will share about what led her to integrate mindfulness into her professional and personal life and the profound impact it has had on her quality of life.



CAROLYN BOSTRACK • LA CROSSE AREA



Carolyn is a fierce mother of three, corporate leader, author (*F.I.E.R.C.E.: Transform Your Life in the Face of Adversity, 5 Minutes at a Time!*), motivational speaker

and life and business strategist. Carolyn's life story is one of personal and professional transformation. From standing in a food line at the Salvation Army to earning her doctorate, Carolyn's life purpose is to provide hope and inspire people to move from fear into focus. As she writes on her website: "While my past has a permanent stamp on my life, it doesn't define me. My past trauma and abuse has positioned me to develop and leverage my grit so that I can serve other women who want to transform their lives, too."

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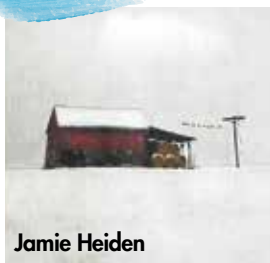
Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

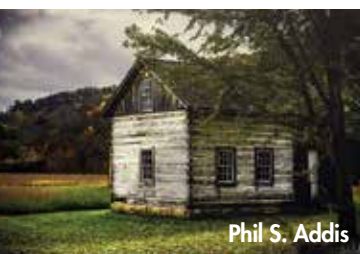
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Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Jamie Heiden



Phil S. Addis



Jennifer Williams

Art Dash rescheduled to March 25, 2021

Our signature fundraiser brings together artists and community members in a celebration of beauty and creativity each spring. We were disappointed that COVID-19 necessitated we postpone *Art Dash*, but we remained hopeful that we might still be able to gather this fall. At this time, we're not confident we can ensure the health and safety of our guests given the size of this event, so we'll see you March 25, 2021, at The Cargill Room at The Waterfront Restaurant and Tavern for food, fun and fine art!

We will honor all tickets already purchased and will have more available as we get closer to the date. If this rescheduled date doesn't work for you, please call 608-791-5295 for a full refund. Visit us online at www.FSCenter.org/artdash for updates and a look at the available art. We have 90 pieces up for grabs and a few surprises in the works!



PEACEFUL HERMITAGE EXPERIENCE



Book a restorative weekend experience in nature at one of our three hermitages in nearby St. Joseph's Ridge.

Each cozy cabin offers modern conveniences while providing silence and solitude. We invite you to spend your time praying, reflecting, writing or hiking the many trails. Reservations are for single occupancy at \$60 per night, Friday afternoon through Monday morning.

Please call 608-791-5295 or visit www.FSCenter.org for more information.



Follow us on :   

The Franciscan Spirituality Center is a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.

CURRENT OFFICE HOURS for the Franciscan Spirituality Center are 9 a.m.-3 p.m. Monday through Friday. Phone and email messages left after 3 p.m. will be answered the next business day. Thank you for your patience and continued support. Peace and all good!