



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 33 • NUMBER 3

FALL 2025

# *At the Center*

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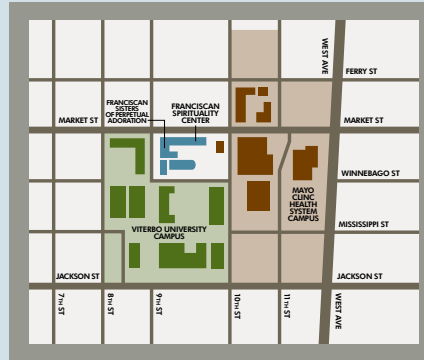
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Veterans and active duty service members receive a 15% discount off programs and retreats every day. Use code **MILITARY** when registering.



We welcome all who seek spiritual renewal, personal and professional growth, healing, community and connection.

The Franciscan Spirituality Center is located in the heart of scenic La Crosse, Wisconsin, sharing space with St. Rose Convent and next to Mayo Clinic Health System and Viterbo University. Guests may choose to stay in one of our 32 private bedrooms or three woodland hermitages. Other amenities include eight meeting rooms, a bookstore, a small library and accessible parking. The FSC is within walking distance of the Mississippi River, hiking trails and a vibrant downtown.



Your generous financial support helps sustain our mission. Here are ways to give:

- Drop off or mail a check to:  
Franciscan Spirituality Center,  
920 Market St., La Crosse, WI 54601
- Make a secure, online donation at  
[www.FSCenter.org/donate](http://www.FSCenter.org/donate)
- Text FSC to 608-292-2999 to make  
a gift through your mobile phone.
- Become a *Spirited Friends* monthly donor;  
call 608-791-5295 to learn more.



The Franciscan Spirituality Center respectfully acknowledges that our building occupies the unceded ancestral and traditional land of the Ho-Chunk people. As our staff works to better understand the impact of colonialism on Indigenous people, we seek opportunities for relationship-building, growth and healing.

*At the Center* newsletter is published four times a year on earth-friendly paper with a higher recycled content.

### Franciscan Spirituality Center

920 Market St., La Crosse, WI 54601  
608-791-5295  
[www.FSCenter.org](http://www.FSCenter.org) | [FSCenter@fspa.org](mailto:FSCenter@fspa.org)

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

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

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

### What We Do

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

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 [instagram.com/franciscanspiritualitycenter](https://instagram.com/franciscanspiritualitycenter)

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 [youtube.com/@franciscanspiritualitycenter](https://youtube.com/@franciscanspiritualitycenter)

 [atthecenterreflections.blogspot.com](http://atthecenterreflections.blogspot.com)





# We're grateful for 40 years of sacred stories and growth

We are 40 years old! On September 22, we will honor the day that Bishop John Paul dedicated the Franciscan Spirituality Center and officially established it as a ministry of the Franciscan Sisters of Perpetual Adoration. We have taken a look back at archives and have heard stories from the past 40 years. Some of those times have been significant, such as building renovations, updates to our mission statement and staff changes and additions.

But what we have heard more than the large-scale events are simple stories, the day-to-day occurrences of how the FSC has had an impact on individuals, the community and beyond. Add up those moments over the past 40 years and, wow, that is a lot of peace and good that has been sent out into the world!

We also look back with great appreciation for those who founded the FSC. Sisters and laypeople believed in creating this space for anyone seeking God, meaning and wholeness, where they could find support and spiritual nourishment. We truly stand on their shoulders. Their faith, courage and dedication laid the foundation for what the FSC is today.

We continue to carry forward the mission entrusted to us by FSPA, rooted in the Gospels and the Franciscan tradition of empathy, hospitality and joy. We are still called to be a bold and courageous presence in the world—welcoming all who enter here with open arms and a cup of fresh coffee or tea, and trusting that the many sacred moments of connection and spiritual growth continue to happen here.

We also celebrate our 40th year in uncertain and challenging times. Many are searching for peace, healing and connection. Now, more than ever, the FSC is called to be a space where all are invited to slow down, listen deeply, discover the sacred in their lives and then go out from this place to share that with others.

Thank you for journeying with us. You, too, are a part of our ongoing story, and we are grateful that you walk with us. Here's to the many years to come, filled with peace and all good!

Blessings,

*Jean Pagliaro*  
Jean Pagliaro, FSC Director

## FRANCISCAN SPIRITUALITY CENTER

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**Mark Thorn** | Altra Financial Advisors

**Bridget Todd-Robbins** | La Crosse County Human Services/School District of La Crosse

**The Rev. Grant Van Lishout** | Prince of Peace Lutheran Church, Eagle River, WI



## FRANCISCAN SPIRITUALITY CENTER STAFF



Steve Spilde  
Associate Director &  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Cathie Boerboom, RGS  
Spiritual Director



Karna Marks  
Spiritual Director



Hope Clements  
Director of Community  
Engagement



Laurie Swan  
Office Manager



Julie Helgerson  
Program & Retreat  
Coordinator



Stacey Kalas  
Communications &  
Marketing Coordinator



Kathy Holman  
Administrative Assistant  
& Receptionist



Melissa Bakkestuen  
Guest Services Specialist



Barb Kruse  
Partner Spiritual Director



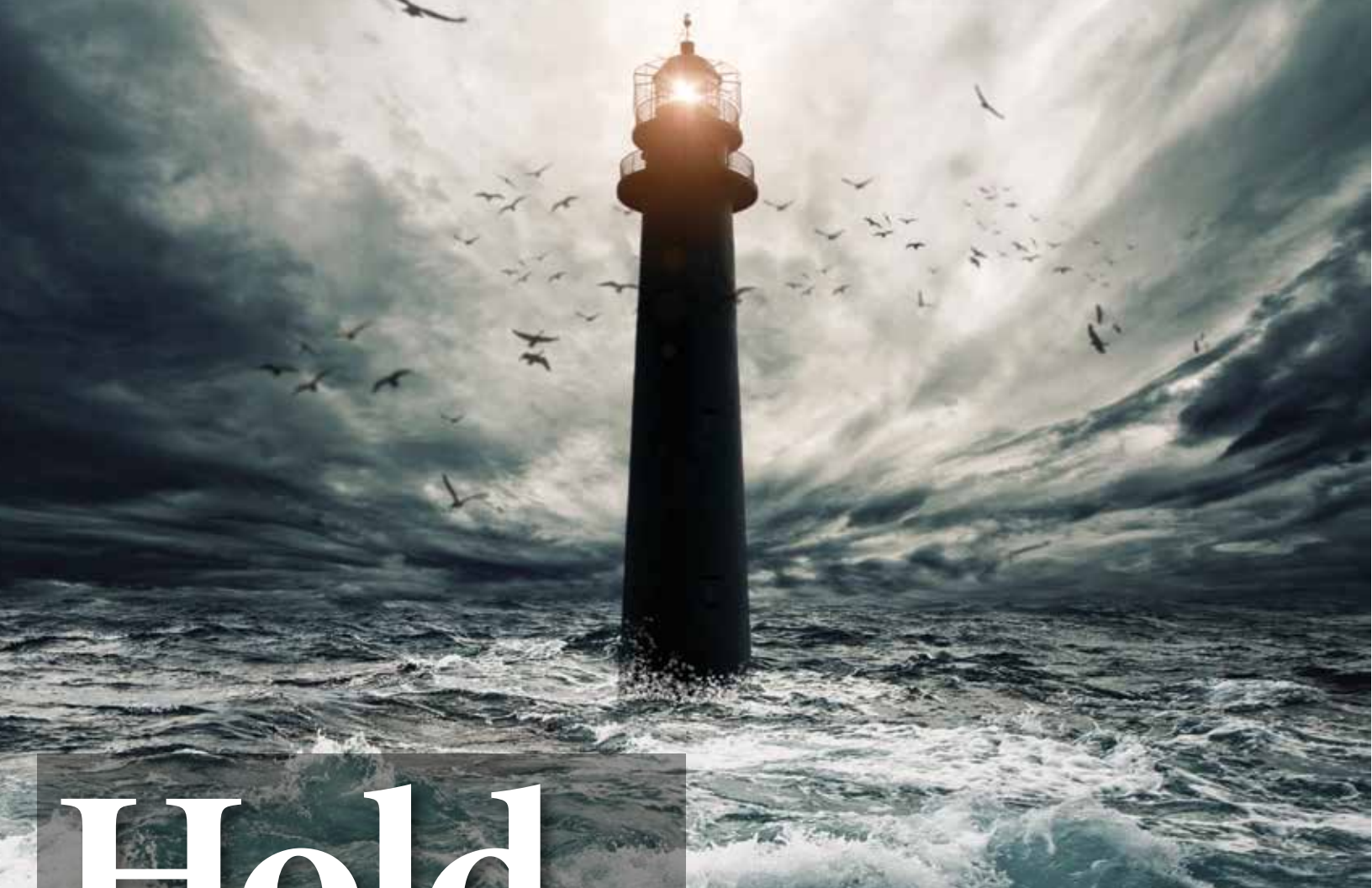
Chelle Belland  
Partner Spiritual Director



Alison Hendley  
Partner Spiritual Director



Katherine Krage  
Partner Spiritual Director



# Hold Steady

## SPIRITUAL PRACTICES for COURAGEOUS ACTION

**EIGHT-MONTH SERIES STARTS OCTOBER 2025**

Mix of in-person and Zoom gatherings

Budget-friendly fee options

Open to people of all faith traditions or none

Nonviolent Communication • Creating Moments of Joy for Inner Strength  
Strength in Community and Connection • Finding Your Voice  
Centering Practices for Purposeful Action • Embracing Gratitude to Create Meaningful Change

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



**Franciscan  
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

920 MARKET ST., LA CROSSE, WI 54601



• ANNIVERSARY •  
1 9 8 5 • 2 0 2 5

# Please join us

## for the Franciscan Spirituality Center's special 40th anniversary community event!

This year, we are joyfully celebrating the 40th anniversary of the Franciscan Spirituality Center. For four decades, we have had the privilege of walking with people from diverse backgrounds, offering a place of peace, reflection and spiritual growth. Our mission of being dedicated to anyone seeking God, meaning and wholeness remains strong.

On **Monday, September 22, 2025**, the **Franciscan Spirituality Center** will celebrate this major milestone —**40 years of service, reflection and spiritual growth**— with a special event open to the public. This anniversary commemorates the original proclamation that established the center as a place of healing, learning and connection in the heart of the community.

Please join us at **4:30 p.m.**, with a formal **welcome at 5 p.m.** The evening will feature a special blessing by **Bishop Emeritus William Patrick Callahan, OFM Conv.**, honoring the FSC's mission of being dedicated to anyone seeking God, meaning and wholeness.

A highlight of the event will be the official proclamation by **Mayor Shaundel Spivey-Washington**, declaring **September 22 as "Franciscan Spirituality Center Day"** in recognition of our ongoing impact on the spiritual and emotional well-being of the wider community.

After the proclamation, we will host an **open house**, inviting all guests to enjoy our passion for hospitality, explore the space, engage with staff and program leaders, and learn more about our offerings.

We are deeply thankful for the incredible community that has supported us along this journey. Together, we've created a place where healing, transformation and renewal can occur. As we reflect on these 40 years, we cordially invite you to join us and kindly ask you to RSVP by calling 608-791-5295 or visiting [www.FSCenter.org](http://www.FSCenter.org).

We're looking forward to having you celebrate 40 incredible years with us!

With gratitude,

Hope Clements, Director of Community Engagement







**A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION: We offer a mix of in-person and virtual programs.**

If you register online, you will receive a confirmation email and receipt. If you do not receive this, please check your spam/junk folder or a secondary email address that you may have used. If it's not there, please call 608-791-5295 to verify that your registration was successfully completed.

**Before the program, you will receive a courtesy email with instructions and, if it's a virtual gathering, the Zoom link. If you have not received this link** within 24 hours of the program start, please call our office at 608-791-5295 or email [fscenter@fspa.org](mailto:fscenter@fspa.org). Our office closes at 5 p.m. Monday through Friday and typically is not staffed on weekends, so it is especially important to make sure you have your Zoom link prior to evening and weekend programs.

### WEEKLY GROUPS

#### DEPRESSED ANONYMOUS (IN-PERSON)

**EVERY MONDAY • 5:30-6:30 p.m.**

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions as your schedule permits.

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, please call Gayle at 608-406-7990.



#### CENTERING PRAYER (ZOOM)



**EVERY TUESDAY • 2:30-3 p.m.**

**Facilitator:** Marcia Bentley

**Investment:** Free

Do you enjoy practicing Centering Prayer (Christian meditation) but wish you could do it with a group sometimes?

Or are you curious to try it but don't know where to begin? Feel free to join our free virtual "drop-in" group. There's no obligation to attend every week; simply join us when you wish. We spend the first five minutes in conversation or reviewing the four simple guidelines for Centering Prayer. We then spend 20 minutes in silent prayer together.

You will receive the Zoom link upon registration.

**Marcia Bentley** is a spiritual director in Madison, Wisconsin, and is a former staff member of the Franciscan Spirituality Center. She can be reached at [marciabentley@msn.com](mailto:marciabentley@msn.com).



#### OPEN ART SPACE (IN-PERSON)

**EVERY TUESDAY • 5-7 p.m.**

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions as your schedule permits.

Have you struggled to dedicate time for creative expression? Ready to break open your new art or crafting supplies, or finally finish that project you started a while ago? We invite you to work on your art in a community setting. Be connected and inspired by the support of others, or simply use the space to work quietly on your own. You may wish to share supplies and ideas. This is a safe, nonjudgmental environment; all skill levels and mediums are welcome.



#### MENTAL HEALTH WELLNESS, CONNECTION AND HOPE SUPPORT GROUP (IN-PERSON)

**EVERY THURSDAY • 4-5:30 p.m.**

**Facilitator:** Therese Ann Roellich

**Investment:** Free

Registration is not required. Attend any or all sessions as your schedule permits.

For more information, please call Therese at 608-386-2965 or email [therese.recovery.resources@gmail.com](mailto:therese.recovery.resources@gmail.com).



This group is for anyone seeking mental health wellness, connection and hope. We gather weekly to listen to, and learn from, each other. We'll also share educational information about mental health. This group is based on the premise that it is a safe space, where what is shared is considered confidential. No one is required to speak or share their story. You can simply choose to listen if that feels best.

**Therese Ann Roellich** is the facilitator of the group, along with other support people. Therese is trained as a Peer Support Specialist with the state of Wisconsin. She has personal lived experience, being in recovery with both mental health conditions and substance-use addiction. Therese has spent many years advocating for those living with addictions or mental health conditions, and experiencing homelessness.

## MONTHLY PROGRAMS

## OPEN WRITING CIRCLE (IN-PERSON)

OCTOBER 6, NOVEMBER 3 (NO SEPTEMBER SESSION)

First Monday of the month, 6-8 p.m.

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions.

Do you love to write? All are welcome to meet with others who enjoy writing in an atmosphere of respect and acceptance. Based on Natalie Goldberg's basic principles of writing practice, we will write and listen. No critiques, no judgment. Sharing what you write is always optional. This is not a class and not about learning "how to write." The goal is to set free the writer within you through simply practicing writing. No experience is necessary; simply bring an open mind, a fast-writing pen and a plain spiral notebook. Feel free to bring your own snack and/or beverage.



## CREATION SPACE (IN-PERSON)

While the La Crosse Public Library's Creation Space undergoes renovations, the Franciscan Spirituality Center has opened the doors of its Clare Art Room to all community members for creative projects and drop-in making. All ages are invited to attend! Those 14 and younger should be accompanied by an adult.

**Creation Space hours are:**

- Monday: 9 a.m.-5 p.m.
- Wednesday: 9 a.m.-5 p.m.
- Tuesday: 9 a.m.-7 p.m.
- Thursday and Friday: 9 a.m.-noon

The FSC has free parking and is wheelchair accessible. If you need accommodation for any reason, please call the library at 608-789-7100 or email [info@lacrosselibrary.org](mailto:info@lacrosselibrary.org).

Instructor-led sessions are scheduled on the first Tuesday of the month. These are free to attend, but please register so we can plan enough supplies.

Prayer of Julian of Norwich:  
*God, of your goodness,  
 give me yourself,  
 for you are enough for me.  
 Only in you I have all.*

## COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

SEPTEMBER 3, 17; OCTOBER 1, 15, 29; NOVEMBER 5, 19

First and third Wednesday of the month, 6:30-7:30 p.m.

**Facilitator:** Robert Lynn**Investment:** Suggested donation of \$3 benefits the FSC

Registration is not necessary; drop-ins are welcome.

Christianity has a deep tradition of silent prayer in the form of contemplation or meditation. This community setting will practice Christian meditation in the tradition of John Main, OSB, learning to quiet the mind and open one's heart to divine presence. If you are new to meditation, this is a gentle place to start. If you have an established meditation practice, deepen your practice by sharing it in community. We honor the variety of traditions and streams of meditation practice that you might use. Followers of Thomas Merton will find a home here.

**Robert Lynn** is a graduate of Wartburg Seminary with additional studies at Nashotah House. He is a lay-ordained of Ryumonji Monastery and longtime meditation student of Santikaro Upasaka. Robert is a postulant in the Benedictine Oblates and serves as guest homilist at various regional churches. He has been practicing meditation individually and in a variety of group settings for several years.

## MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

SEPTEMBER 4, OCTOBER 2, NOVEMBER 6

First Thursday of the month, 6:30-7:30 p.m.

**Facilitator:** Sarah Hennessey, FSPA**Investment:** Freewill offering (payable online)**Registration deadline:** September 3/October 1/November 5

Meditation is proven to reduce stress and promote relaxation. All are welcome to 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 through videoconferencing; you are invited to attend any or all sessions as your schedule permits.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC.







## 2025 Programs and Retreats *continued.*

### LISTENING TOGETHER:

#### A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)

**SEPTEMBER 8, OCTOBER 13, NOVEMBER 10**

Second Monday of the month, 5:30-6:30 p.m.

**Facilitators:** Laurie Swan and Julie Helgerson

**Investment:** Free

Registration is not required. Attend any or all sessions.

This group provides a safe place for those who are experiencing grief and the loss of a loved one to share their stories. Grieving comes with a variety of emotions that may arise with the immediate loss of a loved one or can even surface years later. You'll have an opportunity to process your unique experience while receiving the comfort and compassion of others who understand.



**Laurie Swan** has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process. She is the FSC's office manager.

**Julie Helgerson** is a Certified Grief Educator through David Kessler and a graduate of the FSC's Spiritual Direction Preparation Program. She is the FSC's program and retreat coordinator.



#### FAMILY CAREGIVER SUPPORT GROUP (IN-PERSON)

**SEPTEMBER 11, OCTOBER 9, NOVEMBER 13**

Second Thursday of the month, 1:30-2:30 p.m.

**Facilitator:** ADRC/FSC staff

**Investment:** Free

Registration is not required. Attend any or all sessions.

This new support group is open to ALL family caregivers and is a partnership between the Aging and Disability Resource Center of La Crosse County and the Franciscan Spirituality Center. The focus will be on reducing the stress of family caregivers, not on a specific diagnosis. Meet other family caregivers and share the caregiving journey.

For more information, please contact Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org).



#### ZENTANGLE WEDNESDAYS (IN-PERSON AND ZOOM)

Meets 5:30-7:30 p.m. on the following Wednesdays:

**SEPTEMBER 17: Borders**

**OCTOBER 22: Huggins**

**NOVEMBER 12: Celtic Knot**

**Presenter:** Christine Isham

**Investment:** \$25 per session plus \$5 for supplies



yourself and others. Discover your inner artist! No previous art experience is necessary. We'll explore a different tangle and its variations during each session.

**SUPPLIES:** In-person participants can purchase supplies that can be used for all sessions for a single payment of \$5 upon arrival. Colored pencils will be available, but you are welcome to bring your own. Virtual participants will need to obtain their own supplies: 01 Black Sakura Micron pen, PN Sepia Sakura Micron pen, graphite pencil, tortillon and Zentangle Apprentice tiles (4.5-inch square).

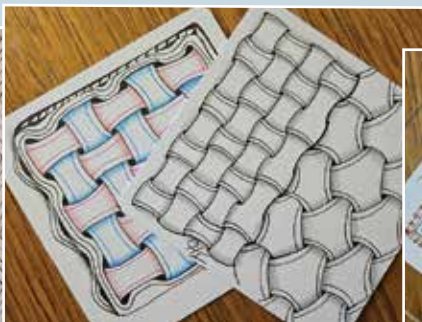
**Registration deadline:** September 15/October 20/November 10

Attend any or all sessions; registration is required for each one.

Set aside an evening each month to explore the creative side of your spiritual practice. The Zentangle Method is an easy-to-learn and relaxing way to explore simple patterns by drawing repetitive lines, orbs and squiggles. The process of creating Zentangles is an enjoyable way to focus, calm the mind and cultivate compassion for



**Borders**



**Huggins**



**Celtic Knot**



**ART AS PRAYER (IN-PERSON AND ZOOM)****SEPTEMBER 15**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson**Investment:** \$15**Registration deadline:** September 12

**Supplies needed:** watercolor paints and paper, pencil, pen, brushes, paper towels, water container. *Supplies are provided for in-person participants, but feel free to bring your own paints, brushes, etc.*

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.

**NOTE: Mary Thompson is retiring. Please join us for a final session and a few refreshments!**



For this final session of Art as Prayer, we'll celebrate the 800th anniversary

of the "Canticum of the Creatures," a composition composed by St. Francis during the last year of his life. Known for his love of nature, St. Francis wrote the canticum praising God through the wonders of creation. It included references to Brother Sun, Sister Moon and Stars, Brothers Wind and Air and Sister Water. He often referred to animals as "sisters and brothers to mankind."

"My sweet little sisters, birds of the sky," Francis wrote. "You are bound to heaven, to God your Creator. In every beat of your wings and every note of your songs, praise Him."

We'll honor St. Francis and look to nature as inspiration for our own paintings.

**Mary Thompson** has a degree in fine arts and a master's degree in education, having 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. She also has been an affiliate of the Franciscan Sisters of Perpetual Adoration for more than a decade.

**PROGRAMS AND RETREATS****HEROIC HUMILITY AND COURAGEOUS COMPASSION (IN-PERSON)****SEPTEMBER 4** • Thursday, 6-9 p.m.**Presenter:** Jesse Manibusan**Investment:** \$50**Registration deadline:** August 25

This evening program is a call to a faith that's awake and alive. There is enough humility and compassion in the world—more than enough—but it doesn't take much for us to be "asleep in the light." There are no easy answers or quick fixes to life's complexity. Only humility and compassion the size of a mustard seed will awaken us to the call of Jesus and the mission of a Church whose faith is alive and not asleep.

Through inspiring music, spoken word, laughter, reflection and meaningful conversation, we'll uncover how these small seeds of love can blossom into powerful change. Together, we'll celebrate the compassion we've received and learn how to offer it in sacred service to all creation.

**Jesse Manibusan** is speaker, singer, songwriter and storyteller. He is a 1999 graduate of the Franciscan School of Theology and a longtime lay Catholic witness. He is originally from Guam, and many of his songs (published by Oregon Catholic Press) are favorites around the world.

**JESUS IS THE COMPASSION OF GOD (IN-PERSON)****SEPTEMBER 6** • Saturday, 9 a.m.-noon**Presenter:** Jesse Manibusan**Investment:** \$50**Registration deadline:** August 25

**Note:** This event takes place at San Damiano Chapel, on the campus of Viterbo University in La Crosse.

Tag! We're it. Every generation takes their turn to live with and in compassion. Jesus was never in the business of fixing stuff, fixing people or fixing anything. St. Francis of Assisi and St. Clare saw this, knew this and lived this. The mission of Jesus is to walk with, remain with, encourage, affirm, empower and enlighten. To be, in a word, COMPASSION. Join us for a time of music, conversation and reflection during this wakeful call to live our faith more fully.

**CANTICLE OF THE CREATURES**

We have planned several programs throughout the year in conjunction with FSPA's celebration of the 800th anniversary of St. Francis' "Canticum of the Creatures."

We've highlighted them with this logo. Find more events at [fspa.org/centenary](http://fspa.org/centenary).



## 2025 Programs and Retreats *continued.*



### NINE-MONTH SERIES

#### COMPANIONS ON THE JOURNEY (ZOOM)

Meets 6-8 p.m. on the following Mondays:

**2025** SEPTEMBER 8 • OCTOBER 13  
NOVEMBER 10 • DECEMBER 8

**2026** JANUARY 12 • FEBRUARY 9 • MARCH 9  
APRIL 13 • MAY 11

**Presenters:** Julie Helgerson and Vicki Lopez-Kaley

**Investment:** \$300 for entire series

**Registration deadline:** September 2

Limited to 8 participants.

All who seek spiritual growth and community are invited to embark on this transformative group spiritual direction experience. Each monthly session will be a time of deep, personal sharing in an atmosphere of trust and confidentiality. We'll begin each virtual gathering with a poem for reflection and questions to bring us to a deeper level of application for our spiritual journeys. We will hold a space for individual sharing, group reflection and contemplative space. A commitment to the entire series is part of building community. Together, we will be companions on the journey.

**Julie Helgerson** is the program and retreat coordinator at the Franciscan Spirituality Center and a graduate of the FSC's Spiritual Direction Preparation Program.

**Vicki Lopez-Kaley** is a graduate of the FSC's Spiritual Direction Preparation Program and has participated in group spiritual direction. She brings her presence, compassionate listening and experience in education, parish ministry and spiritual care with elders.



#### GROUPS THAT MEET AT THE FSC (IN-PERSON)

**Saturday Morning Men's Group** meets to discuss a current book related to spirituality from 9-11 a.m. on the third Saturday of the month. For more information, please call Joe Bodnar at 608-461-1836.

**Conversations That Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. This group meets from 7-9 p.m. on the first and third Thursday of the month and 6-8 p.m. on the second and fourth Tuesday of the month. For more information, please call 608-791-5295.

#### SIX-WEEK SERIES

#### GRIEF CIRCLE (IN-PERSON)

SEPTEMBER 10, 17, 24;

OCTOBER 1, 8, 22

Wednesday, 10 a.m.-noon

**Facilitators:** Karna Marks and Sarah Hennessey, FSPA

**Investment:** \$100 for entire series

We are able to offer a discounted rate of \$50 to anyone who would like financial help to attend. Please enter the code GRIEF50 when you register online or call 608-791-5295.

Registration deadline: September 1

This series is for anyone who is grieving the death of a loved one. We'll open a space to share your thoughts, feelings and concerns with others who can empathize, 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.

*Support for this program is provided by the Mary Kathryn Fogarty, FSPA, Scholarship Fund.*

**Karna Marks** and **Sarah Hennessey, FSPA**, are spiritual directors on staff at the FSC.



### HOW TO REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance two weeks prior to 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.



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



## PERIMENOPAUSE: A TRANSITION IN BODY, MIND AND SPIRIT (ZOOM)

**Kelly Olson, PA-C, MTS**, is a physician assistant and has practiced in surgical subspecialties for 15 years. She also has completed a Master of Theological Studies in systematic theology at St. John's University School of Theology.



**Steve Spilde** is the director of SDPP.



**Char Peterson** is a retired hospice chaplain and a certified ANFT Forest Therapy Guide. Throughout her life, she has found peace and a sense of wholeness in nature, and is passionate about offering opportunities for others to experience the same.





## 2025 Programs and Retreats *continued.*

### 'THE GREEN THREAD: RECLAIMING OUR SPIRITUAL AUTHORITY' BOOK LAUNCH (IN-PERSON)



**SEPTEMBER 18** • Thursday, 6-8 p.m.

**Author:** Karen Lueck, FSPA

**Investment:** Free

**Registration deadline:** September 8

Please see related events on pages 14 and 15.

**Note:** Sister Karen will read an excerpt from her book at 7 p.m. Copies are available to purchase at the FSC's Sophia Bookstore.



**Karen Lueck, FSPA**, has spent her life trying to recognize and affirm the goodness within herself and others through her ministries as teacher, pastoral counselor, spiritual director and leader of her religious community: Franciscan Sisters of Perpetual Adoration. Now she is speaking out of her newly recognized spiritual authority to confront institutions that try to keep people subservient, and she is urging others to do the same. Her new book, "The Green Thread: Reclaiming Our Spiritual Authority," is a work of creative nonfiction using her own story and the story of her ancestors, the Old Saxons, to claim the ways in which they were traumatized by church and imperial authorities through the centuries, and the ways in which they have been resilient. It chronicles a journey from pain and silence to claiming spiritual authority in order to speak out and help heal the world.

#### From Sister Karen:

"After reading the words of the Dalai Lama in 2009—'The world will be saved by the Western woman,' I felt deeply the call to act. This was especially true in light of the more recent urging by Black and Indigenous people to white Western women to explore their own trauma before trying to accompany others on their search for freedom. As a therapist and counselor, I had already begun the work of healing myself from shame, which I chronicle, but I knew the call was not just about me. It involved getting in touch with my ancestors to see who they were before and after the trauma and how they have influenced me. I use many examples from my own life to illustrate how this trauma was passed down and still persists to this day."

### FOUR-WEEK SERIES

#### INTRODUCTION TO THE ENNEAGRAM (ZOOM)

**SEPTEMBER 23, 30; OCTOBER 7, 14** • Tuesday, 6:30-8 p.m.

**Presenters:** Audrey Lucier and Steve Spilde

**Investment:** \$100 for entire series, includes online assessment

**Registration deadline:** September 15

The Enneagram is a powerful tool for understanding ourselves and others, and refers to nine different personality styles (the Greek word "ennea" means nine). The style we favor affects what we see as important and how we act in our relationships. In this introduction to the Enneagram, you will learn about the gifts and challenges of your personality style, how to grow beyond your default way of doing things and how to better understand people with other styles. You'll have the opportunity to complete an online assessment to help begin your process of discovery. This virtual series is ideal for people new to the Enneagram or who would like a refresher.



**Audrey Lucier** is a former director of the Franciscan Spirituality Center. She was trained and certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and has taught the Enneagram since 2015.

**Steve Spilde** is the associate director of the Franciscan Spirituality Center and director of the FSC's Spiritual Direction Preparation Program. He is a spiritual director and Certified Daring Way™ Facilitator. He was certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training from Russ Hudson.

### JOURNEY INTO THE WOODS WITH CELTIC WISDOM (IN-PERSON)

**SEPTEMBER 20** • Saturday, 9 a.m.-4:30 p.m.



**Presenter:** Char Peterson

**Investment:** \$95, includes lunch and supplies

**Registration deadline:** September 15

**NOTE:** This retreat takes place at

DragonFly Connection: Respite-Renewal Retreat (4 miles south of Stoddard).

Limited to 10 participants.

Add a night at the FSC before or after the program for an additional \$75!

Join us for a journey of exploration and connection to the earth. This nature-immersion retreat will draw on the wisdom found within the natural world and within Celtic spirituality. DragonFly Connections is home to a seven-circuit Labyrinth of Connection and offers many acres to wander, sit under a tree or watch the river flow. The day will include a forest bathing walk, guided meditations, creative expression and time to share and hear the wisdom of others. This nature-immersion experience will take place rain or shine.

For those who have attended a *Journey Into the Woods* retreat in the past, this one will follow a similar structure, but the content and individual experience will be different.

**Char Peterson** is a lifelong learner of a variety of healing modalities that encourage the recovery of our sense of the sacred in all of creation. She is a retired hospice chaplain and has a master's degree in theology and a master's level Certificate of Pastoral Ministry from St. Catherine University in St. Paul, Minnesota.







## ICONOGRAPHY WORKSHOP (IN-PERSON)

**SEPTEMBER 22-27**

Monday through Friday, 9 a.m.-5 p.m. and Saturday, 9-10 a.m.

**Instructor:** Phil Zimmerman

**Investment:**

- **OVERNIGHT:** \$700, includes private bedroom Sunday through Friday nights, all meals and all supplies. Overnight guests may check in Sunday between 5 and 7 p.m.
- **COMMUTER:** \$575, includes lunch and dinner Monday through Friday and all supplies

**Registration deadline:** September 8

**NOTE:** Icon to be determined. Class may extend into the evening hours on Friday for varnishing.

Limited to 30 participants.

Both a meaningful prayer practice and a technical art form, iconography traces its history to the beginning of Christianity. Icons are often referred to as “windows into heaven” and continue to be venerated by Orthodox Christians and others. Noted American iconographer Phil Zimmerman 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 (acrylic paints, gessoed board, gold leaf). All materials and supplies are included. By the end of the week, each student will have a beautifully completed icon varnished and ready to display.

Beginners and advanced students are welcome. While previous iconography experience is not necessary, it is helpful to have a basic understanding of painting and color mixing.

**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.

## DEATH CAFÉ (IN-PERSON)

**SEPTEMBER 29**

Monday, 6-8 p.m.

**Facilitators:** Erica Srinivasan and Maddie Jo Baumann

**Investment:** Freewill offering

**Registration deadline:** September 22

Let’s chat about death! A death café is an opportunity for community members of all ages to gather and have open-ended group discussions about death—one thing we all have in common. A movement that started in the UK, death cafés normalize conversations around death and related topics such as loss and grief, while creating awareness, connection and outlets for expression and exploration. Also, it’s just interesting to talk about death! Please join us for thoughtful conversations.

**Dr. Erica G. Srinivasan** is an associate professor of psychology at the University of Wisconsin-La Crosse, where she serves as the director for the Center for Grief and Death Education. She also is the lead instructor for the Grief Support Specialist Certificate Program and the upcoming Dementia Support Specialist Certificate through UW extended learning programs.

**Maddie Jo Baumann** is a student at the University of Wisconsin-La Crosse in the Public Health and Community Health Education Department.



## POETRY CAFE (ZOOM)

**SEPTEMBER 29 • Monday, 6:30-8 p.m.**

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** September 28

Bring your favorite poetry, either an original composition or a poem from another author, for a time of sharing and reflection. After a time of introductions and setting the scene, we each will share our chosen poem. After some silence, the rest of the group will identify words that they really liked in the poem and other observations. All poetry lovers are invited to gather for this virtual evening of words and community.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC.



## THIS LITTLE LIGHT OF MINE: A TINSMITHING RETREAT (IN-PERSON)

**SEPTEMBER 27 • Saturday, 9:30 a.m.-3 p.m.**

**Presenters:** Kitty Latané and Karna Marks

**Investment:** \$70, includes lunch and supplies

**Registration deadline:** September 15

Limited to 12 participants.



In this unique hands-on program, we’ll explore the traditional art of tinsmithing by creating a votive candle holder cover. Along the way, we’ll reflect on poems and readings that honor the inner light within all of us and explore how we’re being called to shine in our world today. Join us for meaningful conversation, community building and a chance to create something unique—together! No prior tin working experience is necessary, and all materials will be provided.

**Kitty Latané** is a tinsmith based in Pepin, Wisconsin, where she co-owns T&C Latané [www.spaco.org/latane/TCLatane], an original metalwork business with her husband. Kitty teaches tinsmithing around the Midwest. **Karna Marks** is a spiritual director on staff at the FSC who loves exploring art and the joy of creating together.





## 2025 Programs and Retreats *continued.*



### CANTICLE OF THE CREATURES VISIO DIVINA (IN-PERSON)

**OCTOBER 2** • Thursday, 5:30-6:30 p.m.

**Presenters:** Chelle Belland and Lynn Wegner

**Investment:** \$10

**Registration deadline:** September 22

Visio Divina, Latin for “divine seeing,” is a method of meditation, reflection and prayer through a process of intentional seeing. Visio Divina extends the 6th century Benedictine practice of Lectio Divina by the use of visual imagery. This program will be a time of guided meditation, silent reflection and group sharing about artwork depicting the “Canticle of Creatures” by St. Francis of Assisi.



**Chelle Belland** is a trained spiritual director with a mental-health therapy background.

**Lynn Wegner** has worked as the life enrichment director for the Franciscan Sisters of Perpetual Adoration for four years. In addition, she works part time as the music director at Halfway Creek Lutheran Church.

### CONNECT WITH COURAGE: A ONE-HOUR COURAGE & RENEWAL EXPERIENCE (ZOOM)



CENTER for  
**COURAGE &  
RENEWAL**

**OCTOBER 6** • Monday, 6-7 p.m.

**Presenters:** Mary Louise Peters and  
Amy Christianson

**Investment:** Free

**Registration deadline:** September 29

**Please see related event on page 16.**

Join us for a one-hour Courage & Renewal® experience on Zoom. We will create a welcoming space for you to tap back into personal renewal. If Courage & Renewal is new to you, this is an opportunity to have a small taste of exploring personal renewal through story, music, poetry and self-reflection. A brief question-and-answer session will follow the experience (10 minutes, optional).

**Mary Louise Peters** is a Courage & Renewal® Facilitator.

**Amy Christianson** is enrolled in the Courage & Renewal Practicum Program.



### THREE-PART SERIES

#### EXPANDING OUR HOSPITALITY (ZOOM)

Meets 5:30-7:30 p.m. on the following Tuesdays:

**OCTOBER 7: Graceful Engagement**

**NOVEMBER 4: Common Language**

**DECEMBER 2: Good Conversations**



**Presenter:** Aubrey Thonvold

**Investment:** \$12 per session

**Registration deadline:**

October 6

November 3

December 1

Attend any or all sessions; registration is required for each one.

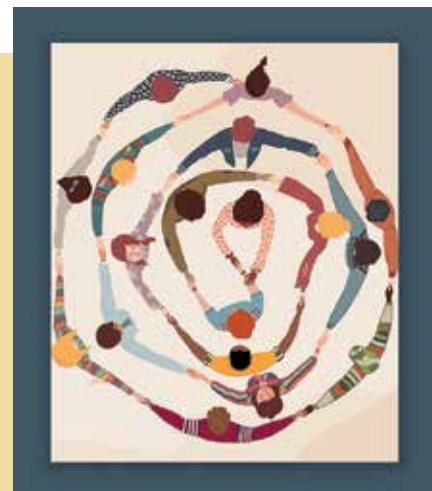
Explore simple ways we can build community through our hospitality for people of all sexual orientations, gender identities and gender expressions.

**Graceful Engagement:** This helpful tool reminds us to root ourselves in the love of God as we seek to build relationships with our neighbors. Join us for a time of guided breathing, reflection and learning how to love and care for our neighbors in divisive times.

**Common Language:** Loving our neighbor requires us to take time to learn more about who they are. We will learn more about the diversity and difference around sex assigned at birth, gender identity, gender expression and sexual orientation, and how this can impact our ways to be intentional in our hospitality and welcome.

**Good Conversations (with time for 1:1 practice):** Let's put our new tools and awareness into practice. Learn how to have meaningful and productive conversations in which you practice intentional invitation, hospitable curiosity, listening more than speaking, finding shared values and experiences, and building ongoing relationships.

**Aubrey Thonvold** (she/they) is a lifelong Lutheran who is committed to work centered in justice and equity for LGBTQIA+ people and their families within religious and faith communities. With a master's degree in transforming spirituality from The School of Theology and Ministry at Seattle University, she strives to bring people in and invite all to the table.





## EIGHT-MONTH SERIES

## HOLD STEADY: SPIRITUAL PRACTICES FOR COURAGEOUS ACTION

One of our greatest callings as humans is to care for others. Often, this requires both compassion and courage as we address the many injustices in our world today. As we engage in this crucial work, how do we take courageous action and, at the same time, care for our own spirit? During each monthly session, we will present spiritual resources from teachers such as Brian McLaren; Richard Rohr, OFM; Brené Brown; Bishop Mariann Budde; Thomas Keating, O.C.S.O.; and Julian of Norwich.

## PARTICIPANTS WILL:

- Explore practices that help us stay spiritually grounded.
- Learn ways to call forth our courage for action.
- Connect with participants in a cohort group to share wisdom, encouragement and challenges as we engage in this work.

## SCHEDULE:

Sessions are a mix of in-person (9 a.m.-4 p.m.) and Zoom (9 a.m.-noon) gatherings.

**Presenters include** Jean Pagliaro, Steve Spilde, Julie Helgersen, Karna Marks, Marcia Bentley, Barb and Joe Kruse, Kennedy Cortes; Sarah Hennessey, FSPA; Jolynn Brehm, FSPA

## 2025

**OCTOBER 4** • Spiritual Practices for Courageous Action (in-person)

**NOVEMBER 15** • Nonviolent Communication: Listening with Courage (Zoom)

**DECEMBER 20** • Finding Your Voice: The Power of Words (Zoom)

## 2026

**JANUARY 17** • Creating Moments of Joy for Inner Strength (Zoom)

**FEBRUARY 21** • Finding Strength in Community and Connection (Zoom)

**MARCH 14** • Centering Practices for Purposeful Action (Zoom)

**APRIL 18** • Embracing Gratitude to Create Meaningful Change (Zoom)

**MAY 2** • A Look Back to Unleash Courage Ahead (in-person)

## INVESTMENT:

**Tier A: \$700** • Covers full program costs plus offsets facility expenses and support staff. This tier helps to support the long-range sustainability of the program and the FSC.

**Tier B: \$600** • Covers basic program expenses including presenter fees and a portion of staff time. This is the break-even point for the FSC to offer this program. Tier B can be paid in monthly installments of \$75 per month.

**Tier C: \$400** • Thanks to funding from our generous donors, we can offer a subsidized payment amount for those who need additional support. Tier C can be paid in monthly installments of \$50 per month.

If paying in monthly installments, please call 608-791-5295 to make arrangements.

## THREE-WEEK SERIES

## RELAX AND RENEW LUNCH SERIES (ZOOM)

**OCTOBER 16, 23, 30** • Thursday, 11:30 a.m.-12:30 p.m.



**Presenter:** Elizabeth Lewis

**Investment:** \$30 for entire series

**Registration deadline:** October 6

Resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge and adversity. We'll explore several easy-to-learn, resilience-building practices; guided meditations that can serve as a mini-mental vacation; and strategies for navigating the changing of the season and the challenges of everyday life.

**Elizabeth Lewis** is a certified grief support specialist, grief educator, trauma-sensitive HeartMath provider, stress-resilience trainer, spiritual counselor and motivational speaker. She is trained in mindfulness-based stress reduction, a modality that includes therapeutic yoga. She has a private-client practice in Mequon, Wisconsin.

## SINGING BOWLS MEDITATION (IN-PERSON)

**OCTOBER 16** • Tuesday, 5:30-6:30 p.m.

**Also offered: NOVEMBER 13**

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

**Presenter:** Joan Filla

**Investment:** Suggested donation of \$10 (payable at the door or online)



Registration is appreciated; drop-ins are welcome.

Tibetan singing bowls produce sounds that invite deep states of relaxation, enhancing the ability to meditate and enter

expanded states of consciousness. The sounds and vibrations can create a sense of grounding that facilitates a connection to the deepest parts of our being. Join



us for an evening of exploration and 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. Questions and hands-on experience with the bowls will be offered at the end of the session.

**Joan Filla, M.D.**, is a local physician who was introduced to Tibetan singing bowls while recovering from the trauma of her past. Singing bowls and meditation became an integral part of her healing journey, and she hopes to share these powerful tools with others.



## 2025 Programs and Retreats *continued.*

### EXPRESSIVE MASK MAKING (IN-PERSON)

**OCTOBER 17-18** • Friday, 6:30-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Elizabeth Lewis

**Investment:**

- **OVERNIGHT:** \$210, includes private bedroom, breakfast and lunch on Saturday, and supplies
- **COMMUTER:** \$130, includes lunch on Saturday and supplies

**Registration deadline:** October 6

Mask making is an expressive way to broaden your self-perception, explore issues of grief, delve into various personas or develop another side of your character. This workshop is an opportunity to allow some of the varying and unexpected sides of yourself to emerge in a safe space and way. In addition to making two masks, this experience will include breathwork, visual journaling and guided meditation.

No artistic experience is needed. A mask form and most art materials (glues, tissue paper, yarns, fabric swatches, etc.) are provided.

Please feel free to bring any items you want to use to embellish your mask. For the guided meditations, you might want to also bring a yoga mat or blanket.



**Elizabeth Lewis** is a certified grief support specialist, grief educator, trauma-sensitive HeartMath provider, stress-resilience trainer, spiritual counselor and motivational speaker. She is trained in mindfulness-based stress reduction, a modality that includes therapeutic yoga. She has a private-client practice in Mequon, Wisconsin.



### WHAT IS SPIRITUAL DIRECTION? (ZOOM)

**OCTOBER 20** • Monday, 6:30-7:30 p.m.

**Presenters:** Sarah Hennessey, FSPA, and Karna Marks

**Investment:** Free

**Registration deadline:** October 19

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy, modern world. During spiritual direction, you are guided to listen carefully

to the voice of God in your life. A spiritual director listens with compassion and without judgment as you describe the milestones, detours and questions of your spiritual journey. This brief introduction is an opportunity to learn more about the process and ask questions. Depending on what you hear, you may wish to make an appointment to meet individually with a spiritual director, but there is no obligation.

**Sarah Hennessey, FSPA,** and **Karna Marks** are spiritual directors on staff at the FSC.



### 'THE GREEN THREAD: RECLAIMING OUR SPIRITUAL AUTHORITY' BOOK GROUP DISCUSSION (ZOOM)

**OCTOBER 22** • Wednesday, 5:30-7 p.m.

**Author:** Karen Lueck, FSPA

**Facilitator:** Karna Marks

**Investment:** \$10

**Registration deadline:** October 13



Join us for a powerful conversation with Karen Lueck, FSPA, author of "The Green Thread," a book about personal and historical exploration of healing, resilience and spiritual authority.



In response to the Dalai Lama's 2009 call that "the world will be saved by the Western woman," Sister Karen reflects on her own journey of healing from shame and ancestral trauma, especially as a descendant of the persecuted Saxons.

"The Green Thread" invites readers to examine how intergenerational wounds, particularly those inflicted by patriarchy, white supremacy and religious violence, still shape us today. Through stories of pain and perseverance, the author calls women to reclaim their spiritual authority and speak truth to power.

This discussion will explore themes of grief, healing and empowerment in both personal and collective contexts.

The book is available for purchase at the FSC's Sophia Bookstore.

### FOUR-WEEK SERIES

#### DREAM WORK (ZOOM)

**OCTOBER 28; NOVEMBER 4, 11, 18**  
Tuesday, 5:30-7 p.m.

**Presenter:** Cathie Boerboom, RGS

**Investment:** \$65 for entire series

**Registration deadline:** October 20

Dreams are gifts to help us learn more about ourselves.

Sometimes, they also can guide us in choices to make regarding life situations. During this series, you will learn about the importance of dreams and ways to help recall and understand your dreams. We'll explore dream work using remembered dreams of people in the group along with samples of dreams from others.

**Cathie Boerboom, RGS,** is a spiritual director on staff at the FSC.



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



## CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

## WALKING EACH OTHER HOME: THE ART OF GROUP SPIRITUAL ACCOMPANIMENT (IN-PERSON)

OCTOBER 24-25

Friday, 6:30-8:30 p.m. and  
Saturday, 9 a.m.-4 p.m.**Presenter:** Diane Millis**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday

- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** October 13

**Note:** This continuing-education opportunity is designed for spiritual directors, spiritual directors in training and any listening professional who is discerning a call to small-group ministry.

We yearn for deeper, authentic connections in our hyperconnected, wounded world. Our souls desire to see and be seen, to hear and be heard, to love and be loved.

We seek spaces for belonging—small groups—where we can practice together the contemplative ways of being most needed in our current age. Those of us trained as spiritual directors are well suited for forming and facilitating such groups. This session will introduce the core capacities for hosting and holding space in a small group.

**You'll have the opportunity to practice a model of group accompaniment that can be used in a variety of settings:**

- Group spiritual direction
- Spiritual growth small groups
- Staff workshops
- Grief or recovery groups
- Shared-experience gatherings
- Retreats

**Diane Millis, Ph.D.**, has explored best practices for hosting contemplative spirituality groups in a wide array of sectors and settings for more than 20 years. She founded Companions on a Journey and the Journey Conversations Project, and served as a coach for Lilly Endowment, Inc. She is the author of three books: "Conversation—The Sacred Art," "Deepening Engagement" and "Re-Creating a Life." Learn more at [www.dianemillis.com](http://www.dianemillis.com).



## THREE-WEEK SERIES

## EXPLORING THE SPIRIT OF ST. FRANCIS (ZOOM)

NOVEMBER 3, 10, 17 • Monday, 6:30-8 p.m.

**Presenter:** Leonard Desroches**Investment:** \$36 for entire series**Registration deadline:** November 1

This virtual series explores the Gospel values lived out by St. Francis of Assisi, particularly his radical love of enemy, commitment to nonviolence and ability to overcome fear and anger. Through stories about Francis, we'll consider how love can transform hostility, how true power is found in compassion and justice, and how faith can guide us through fear and suffering. Gain inspiration and practical insight for living with courage, gentleness and Gospel-centered conviction.

**Leonard Desroches** lives in Toronto, Canada, and is a resource person for the practice and spirituality of nonviolence. He is the author of "Allow the Water: Anger, Fear, Power, Work, Sexuality, Community and the Spirituality and Practice of Nonviolence" and "Jesus and Mature Love: Reflections on Love of Enemy."



## THREE-WEEK SERIES

THE GREEN THREAD:  
WOMEN SHARING THEMSELVES (IN-PERSON)

NOVEMBER 6, 13, 20 • Thursday, 5:30-7 p.m.

**Presenter:** Karen Lueck, FSPA**Investment:** \$36 for entire series**Registration deadline:** October 27

"The Green Thread: Reclaiming Our Spiritual Authority" is part memoir, part researched narrative about what happens when church and earthly powers form an unholy alliance to keep people, especially women, subservient. The author, a Franciscan Sister of Perpetual Adoration, will lead a three-week sharing session for women, exploring our own intergenerational trauma and the resilience and spiritual authority we can claim when we support and empower one another.

**Session 1:** Where Did Our Shame (or Negative Views of Ourselves) Originate?

**Session 2:** Patriarchy, Misogyny and Christian Imperialism Through the Ages.

**Session 3:** Foremothers and Sisters Claim Spiritual Authority.

Please read the book in advance. It is available for purchase at the FSC's Sophia Bookstore and online.





## 2025 Programs and Retreats *continued.*



### JUST KEEP GROWING (IN-PERSON)

**NOVEMBER 7-8** • Friday, 6:30-9 p.m.  
and Saturday, 9 a.m.-4 p.m.

**Presenter:** Martha Boehm

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** October 27



Take this opportunity to reflect more deeply on what brings you joy, what's on your heart and how we share hope. We will answer the question: How do you know you are well? Drawing from her book, "Just Keep Growing: 25 Servant Leadership Lessons," local author Martha Boehm will explain how stories reveal purpose. She will tell real, relatable and relevant stories on leadership lessons that you can move forward in your personal and/or professional life. With wit, wisdom and grace, you will have the opportunity to develop deeper connections with yourself, your fellow retreat goers and with your community—whether that's at home or with an organization.

**Note:** It is recommended that you purchase Martha's book in advance of the retreat to become familiar with the work. While you will be given time during the retreat to dive deeper into the text, we suggest reading the preface and chapters 1 and 2 before the retreat.

**Martha Boehm** loves telling a good story. She began her career as an award-winning journalist and later shifted to communications and marketing in addition to leadership development. She received a Servant Leader Award from Viterbo University, where she earned a Master of Arts in Servant Leadership. She also earned a Master of Arts in media studies and a Bachelor of Arts in journalism and mass communication from the University of Wisconsin-Milwaukee.

### HEALING GRIEF THROUGH CREATIVITY (IN-PERSON)

**NOVEMBER 8** • Saturday, 9 a.m.-4 p.m.

**Presenters:** Julie Helgerson  
and Char Peterson

**Investment:** \$130, includes lunch and supplies

**Registration deadline:** October 27



Grief is hard and can even be painful work, but it is not something to be avoided or denied. Grief is a vital and healthy process that helps us to understand the importance a person held in our life. You will walk through memories, reflecting and meditating on the beauty and complexity of your relationship with a special person who has died, and make a creative piece of art to honor their memory. Please bring any items you'd like to incorporate into a piece of art, such as a piece of jewelry, photo, keychain, coins, a letter, tie clip, dried flowers or an image that reminds you of the person. We'll also have some items you can work with. No artistic ability is necessary—just a willingness to be curious and tap into your creative side.



**Julie Helgerson** is the FSC's program and retreat coordinator and a Certified Grief Educator through David Kessler.

**Char Peterson** is a retired hospice chaplain and retreat leader.

### COURAGE & RENEWAL: FINDING AND MOVING TOWARD GRACE IN OUR LIVES (IN-PERSON)

**NOVEMBER 7-8**

Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenters:** Mary Louise Peters and  
Amy Christianson

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** November 1



Personal renewal allows us to live with self-acceptance, gratitude, compassion and the acceptance of grace. The possibilities are in every moment, with each thought, in every action. Through individual written reflection and group interaction, you will have opportunities and time to recognize the grace that is abundantly available.

Our time together will include silence, guided discussion and experiences with poetry, wisdom tradition essays and art. Claim time for your own personal renewal while strengthening a sense of community with those present.

**There will be opportunities to experience the practices of the Courage & Renewal® approach to:**

- Revitalize your commitment to the core values that give meaning to life and work.
- Learn reflective practices to become more self-aware and intentional.
- Discover a process for discernment to reach clarity around deeper questions of identity and integrity.
- Expand your capacity to build trustworthy and authentic relationships.
- Improve your ability to listen openly and be present.
- Continue to find truth and healing in your own life and in your relationships.

**Mary Louise Peters** is a Courage & Renewal® Facilitator, providing retreats since 2010. She has worked as an educator and consultant at local, state and national levels to improve early childhood and special education for children and families.

**Amy Christianson** is enrolled in the Courage & Renewal Practicum Program. She has been a participant in a number of seasonal and Circle of Trust® retreats, and actively embraces the Courage & Renewal approach in her life and work. Her background includes educational leadership, organizational change and working with diverse populations.



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## LEARNING TO LEAD GRIEF CIRCLES (IN-PERSON)

**NOVEMBER 14-15**

Friday, 6-9 p.m. and Saturday, 9 a.m.-3:30 p.m.

**Presenters:** Karna Marks, Jean Pagliaro and Julie Helgersen

### Investment:

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** November 4



We're thankful for your partnership in the world as compassionate listeners. Grief Circles are a longstanding tradition at the FSC. Here, people gather to explore the questions, feelings and experiences that follow the death of a loved one. With good courage, we open our hearts and listen to the stories of others. We also listen for our own sacred wisdom and courage.

This retreat is designed for individuals who are already serving in roles that involve grief support, spiritual care or companioning others through loss, such as chaplains, spiritual directors, therapists, clergy or trained lay ministers. Participants should have prior experience holding space for others and be prepared to share their own grief as part of the learning process. This retreat offers tools and insights for those looking to deepen and expand their grief companioning practices within their communities. You may be contacted by one of our facilitators to ensure the process aligns with your calling.

**Karna Marks, Jean Pagliaro and Julie Helgersen** are on staff at the FSC, helped develop this curriculum and regularly lead grief groups and retreats.

## BREATH, BODY, BOWLS (IN-PERSON)

**NOVEMBER 24 • Monday, 5:30-7 p.m.**

**Presenters:** Joan Filla and Bernice Olson-Pollack

**Investment:** \$15

**Registration deadline:** November 21



Join us for the opportunity to integrate conscious breathwork and restorative movements while being bathed in the soothing sounds and vibrations of Tibetan singing bowls. The body is a vessel of all life experiences and personal stories. Movement therapy deepens your relationship to your physical, mental and emotional well-being. Qigong is a movement therapy that dates back thousands of years and is rooted in ancient Chinese medicine. Qigong brings awareness to the breath, postural alignment and intention to optimize energy flow throughout the body. The sound of Tibetan singing bowls vibrationally harmonize to promote deep relaxation on both sides of the brain.

**Joan Filla, M.D.**, is a local physician who was introduced to Tibetan singing bowls while recovering from the trauma of her past.

**Bernice Olson-Pollack** is a certified personal trainer who teaches healthy body movement classes at the FSC.



## THE ART OF SACRED WORDS: WRITING AS A SPIRITUAL PRACTICE (IN-PERSON)

**NOVEMBER 21-22 • Friday, 6-9 p.m. and Saturday, 9 a.m.-3:30 p.m.**

**Presenter:** Debie Thomas

### Investment:

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday



**Registration deadline:** November 10

Spiritual writing is writing that opens up possibilities, asks probing questions and challenges easy assumptions. It can take many forms, but it always honors process over product and probes the deep places in our lives – places ripe for exploration, confrontation, healing, celebration and lament. We will consider what it means to write as a practice of the soul. We'll read and discuss masterful examples of spiritual writing and do a LOT of writing ourselves, guided by a variety of free-writing exercises and

prompts. We will practice shaping our experiences of the numinous, the painful, the mysterious and the transcendent into writing that draws us closer to what is real, true and sacred.

At the conclusion of our time together, participants who wish to share a brief piece of their writing will be welcome to do so during an "open mic" reading.

This retreat is open to anyone interested in exploring spiritual writing. If you are brand new to the practice, the retreat will offer you gentle, accessible ways to begin. If you already have an established writing routine, you'll have opportunities to deepen your practice and benefit from the company of fellow writers.

**Debie Thomas** is a sought-after speaker on Scripture, faith, writing and spiritual practice. She holds a master's degree in English literature from Brown University and an MFA in creative writing from The Ohio State University. A columnist and contributing editor for The Christian Century, Debie is also the author of "Into the Mess and Other Jesus Stories" and "A Faith of Many Rooms: Inhabiting a More Spacious Christianity." She is a seminarian at the Church Divinity School of the Pacific and lives in northern California.





## BODY | MOVEMENT CLASSES

### GOLDEN YOGA (IN-PERSON AND ZOOM)

**SESSION 1: SEPTEMBER 2, 9, 16, 23, 30; OCTOBER 7**  
**SESSION 2: OCTOBER 14, 21, 28; NOVEMBER 4, 11, 18**

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

**Instructor:** Amber Moesch

**Investment:** \$60 for each six-week session

**Registration deadline:** September 1/October 13



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. You will need a chair to offer modifications and balance support. The last 15 minutes of each class will include stretching exercises.

**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.

### QIGONG (IN-PERSON AND ZOOM)

**SESSION 1: SEPTEMBER 2, 9, 16, 23, 30; OCTOBER 7**  
**SESSION 2: OCTOBER 14, 21, 28; NOVEMBER 4, 11, 18**

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

**Instructor:** Pennie Pries

**Investment:** \$60 for each six-week session

**Registration deadline:** September 1/October 13

The fundamental principle of qigong (pronounced CHEE-gung) is that everything in the universe is a form of energy, including every cell in our bodies. "Qi" means "energy" and "gong" means "to work with" — so, the mind-body practice of qigong translates to "working with the body's energy." Through the use of simple movements, breathing and meditation, you can experience improved health and wellness. Qigong sustains and improves the health of the immune system, nervous system and internal organs. Stress reduction occurs through the combination of breathing, movement and internal focus.

**Pennie Pries** is a certified qigong instructor and certified Arthritis Foundation Exercise Program instructor based in Rochester, Minnesota. She has a bachelor's degree from Luther College, having studied physical education, health and biology. Her own life challenges over the years have broadened her expertise in healthy lifestyle choices and healing opportunities for better overall health.

**Note:** Whether you attend this class at the FSC or virtually, Pennie will teach by Zoom (other than a first day in-person introduction).



### SLOW FLOW YOGA (IN-PERSON AND ZOOM)

**SESSION 1: SEPTEMBER 3, 10, 17, 24; OCTOBER 1, 8**  
**SESSION 2: OCTOBER 15, 22, 29; NOVEMBER 5, 12, 19**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$60 for each six-week session

**Registration deadline:** September 2/October 14

A simple definition of the word "yoga" means "to yoke or unite." An intentional and consistent yoga practice promotes a healthier connection between the body, mind and spirit. This union brings forth a greater sense of physical and emotional balance. Slow Flow Yoga is designed to guide the participant steadily from one aligned posture (asana) into another. It is an accessible style of fluid movements that encourages you to calmly focus on your body, to breathe consciously and to remain in the present moment. Meditation at the end of a yoga session can improve mental clarity and concentration, relax the mind and develop a sustainable feeling of calm.



**Bernice Olson-Pollack** has a Master in Science in Community Counseling and is a 200-hour YogaFit-trained instructor and American Council on Exercise certified personal trainer. She provides a slow and steadily moving style of teaching that offers a comfortable yet quietly challenging yoga practice for her participants.





## SILENT DIRECTED RETREATS (IN-PERSON)

A silent directed retreat is an invitation to deepen your connection to the Sacred and to your inner wisdom through solitude, silence, prayer and compassionate listening. You will have a private, comfortable bedroom, delicious meals and sessions with a spiritual director who will listen to you and your unfolding story. Your days will be open for time in quiet spaces for reflection, with options for attending liturgy, praying in the chapel and creating art.

You are welcome to add overnight stays before or after your retreat for \$75 per night. Call 608-791-5295 for details.

**Note:** These retreats begin with a gathering of all participants.



### CHOOSE FROM ONE OR MORE OF THE FOLLOWING OPTIONS:

#### SEPTEMBER 14-19

Choose a six-day or three-day retreat option. The spiritual director will reach out to you to confirm your start and end times for the retreat.

**Facilitator:** Dawn Schweizer

**Six-day investment:** \$775, includes five nights' stay, all meals and five spiritual direction sessions

**Three-day investment:** \$375, includes two nights' stay, all meals and three spiritual direction sessions

We are able to offer a discounted rate of \$542/\$262 to anyone who would like financial help to attend. Please enter the code SILENT30 when you register online or call 608-791-5295.

**Registration deadline:** September 1

Limited to 3 participants.

**Dawn Schweizer** is a spiritual director from Iowa and a graduate of the FSC's Spiritual Direction Preparation Program.



#### NOVEMBER 11-16 • Tuesday, 2 p.m.–Sunday, 11 a.m.

**Facilitators:** Brian Singer-Towns and Cathie Boerboom, RGS

**Investment:** \$775, includes five nights' stay, all meals and five spiritual direction sessions

We are able to offer a discounted rate of \$542 to anyone who would like financial help to attend. Please enter the code SILENT30 when you register online or call 608-791-5295.

**Registration deadline:** October 27

Limited to 6 participants.

**Brian Singer-Towns** is a retired ecclesial minister, author and certified spiritual director. **Cathie Boerboom, RGS**, is a spiritual director on staff at the FSC.



#### NOVEMBER 28-30 • Friday, 2 p.m.–Sunday, 1 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$375, includes two nights' stay, all meals and three spiritual direction sessions

We are able to offer a discounted rate of \$262 to anyone who would like financial help to attend. Please enter the code SILENT30 when you register online or call 608-791-5295.

**Registration deadline:** November 17

Limited to 3 participants.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC.



#### SEPTEMBER 26-28 • Friday, 2 p.m.–Sunday, 1 p.m.

**Facilitators:** Brian Singer-Towns and Sarah Hennessey, FSPA

**Investment:** \$375, includes two nights' stay, all meals and three spiritual direction sessions

We are able to offer a discounted rate of \$262 to anyone who would like financial help to participate. Please enter the code SILENT30 when you register online or call 608-791-5295.

**Registration deadline:** September 15

Limited to 4 participants.

**Brian Singer-Towns** is a retired ecclesial minister, author and certified spiritual director. **Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC.



*“The peace and quiet and no interruptions made this Silent Directed Retreat feel better than home to me. I was able to center myself and maintain it throughout the whole time I was here. My room was a comfortable, relaxing place to just be with my writing and reading. The bed was extremely comfortable I got some good sleep there. Great food. Warm and friendly staff. Love the bookstore! Spending time at Mass and in the chapels was very special.”*

– Barbara S.

## BOARD MEMBER SPOTLIGHT: CATHERINE KOLKMEIER

# Why I Serve



At first, I wasn't sure that I would be a good fit for the board of the Franciscan Spirituality Center. Professionally, I had partnered with the FSC on a mental health project and had long admired the work of the Franciscan Sisters of Perpetual Adoration, but I didn't come from a religious tradition or practice and thought that would have been desired in a board member. Getting to know the FSC better, I found that it is the value we place on the diversity of perspectives that is one of the strengths of the organization and its work.

As a history student, I learned much about the history of the Church, and later I was intrigued by the teachings of various spiritual leaders in Zen Buddhism and other faiths. I appreciate the importance of spiritual health, regardless of whether it includes following a religious

path. What I like most about the FSC is that we recognize that people's spiritual needs come in many forms and that they are best met in a variety of ways, and it changes from person to person, each in their own time.

It's the emphasis on cultivating curiosity, the openness to learning and the desire to build a supportive community that makes the FSC a place for all people to seek meaning and hope, whether they are people of faith or not. What matters is that we come together, break out of our bubbles and echo chambers, and see the commonality of each other's values. The FSC was designed to provide the place where we can build that community, and that is why I serve.

## BOARD NEWS

# Welcome, Grant and Scott

Please help us welcome two new members of the FSC Board of Directors: Grant Van Lishout and Scott Johnson.



**Grant Van Lishout** is an ordained pastor at Prince of Peace Lutheran Church (ELCA) in Eagle River, Wisconsin. He previously served as outreach coordinator and spiritual

director at Marywood Franciscan Spirituality Center (also sponsored by FSPA) in Arbor Vitae, Wisconsin, from August 2019 to January 2023. Before that, he served as pastor of churches in Atlantic, Iowa, and Viroqua, Wisconsin. He earned his Master of Divinity from Lutheran School of Theology at Chicago.

He's no stranger to the FSC, having first encountered the FSC in 2007 through the care of a spiritual director. Grant graduated from our Spiritual Direction Preparation Program in 2017 and then became a member of the SDPP core planning team. In that capacity, we've come to rely on his leadership, wisdom, compassion, willingness to serve and technology-related skills. We are sure to discover even more of his gifts in this new role as board member!

"Retreat centers have been a huge part of my spiritual walk and have grounded me, especially in the day-to-day life of ordained ministry," he said. "It is exciting to see how the FSC has evolved virtually, grown in programming with new staff and involved spirit-filled volunteers

from a variety of walks of life. Since I have known the center, many partnerships have developed, and individuals have changed, including myself. I have opened up both internally and externally, valuing the spirit's work in others."

He has a keen interest in meditation, contemplation and working with small groups, which aligns with our mission. He added that he "looks forward to supporting the leadership of the FSC as well as finding creative ways to help individuals seek God, meaning and wholeness."

Grant lives on a growing hobby farm with his wife of 20 years, Sherry, and two daughters, Lily (age 14) and Hope (age 11). They enjoy taking their two dogs on walks and playing board games as a family.

**Scott Johnson** is a retired health insurance executive (president of Molina Healthcare of Wisconsin from 2013-2020) with a deep knowledge of analytics, operations and information technology, and an even deeper spirituality. He thrives on solving challenges and has worked with dozens of nonprofits. He has served on the boards of Salvation Army of Milwaukee and Lakes Area Free Clinic.

We're excited to welcome him to our board and lean on his expertise.

Scott lives in Oconomowoc, Wisconsin, but also is no stranger to the FSC. He has attended

many programs over the years, including Enneagram retreats, grief workshops and special programs with guest speakers. He's in the first year of our three-year Spiritual Direction Preparation Program. He earned his Master of Divinity from Luther-Northwestern Theological Seminary and served two Lutheran parishes over six years.

"The FSC holds a special place in my heart," he said. "All of my engagements [here] have strengthened my faith and deepened my spiritual walk."

He said he is honored to support the FSC's mission to reach others in whatever ways he can. "I believe our world so desperately needs spirituality centers," he continued. "People, like me, are seeking new and trusting connections with God."

Scott is married and has two adult daughters who both live in Madison. He enjoys visits with his granddaughters, ages 5 1/2 and 1 1/2. He enjoys swimming, boating and watching sunsets over the water. He also enjoys reading and biking. His electric bike has been a real boon as he gets older for conquering hills and just making it back home.





# Welcome, Melissa!

If you've been to the FSC lately and noticed everything seems to be sparkling, you can thank our new guest services specialist, Melissa Bakkestuen.



Melissa joined our team in April and has been scrubbing and dusting ever since! Franciscan hospitality comes naturally to her. We've found her to be warm and friendly, with a huge heart and a strong desire to serve. We're thrilled to have her on staff and hope you'll help us welcome her!

She has been working for area nonprofits for the past five years. Her background is in lending and HUD financial wellness counseling. She's been an active participant in FSC programs over the years and is an

affiliate of the Franciscan Sisters of Perpetual Adoration.

She and her husband, John, have four children. In their free time, they are beginning to enjoy traveling, river activities and spending time with family, friends and a very spoiled Bichon-Maltese named Miss Lucy.

## WE ASKED MELISSA A FEW QUESTIONS ABOUT HER NEW JOB:

### What have you enjoyed the most about working here?

"What I enjoy most about this role is the sense of community at FSC. Before working at FSC, I had the opportunity to attend multiple events here, and I appreciated the feeling of inclusiveness and warmth that the FSC provides. I enjoy the conversations with our guests and the opportunity to ensure that they enjoy their visits with us, whether it's a brief check-in or an overnight stay. The Franciscan Spirituality Center feels like home, and I appreciate the opportunity to be part of this team."

### What has surprised you about working here?

"I was surprised by the amount of staff who work here dedicated to the sisters, the FSPA programs and the FSC programs. This is truly a great place to work with many moving parts. And, I am happy to disclose, I haven't gotten lost lately!"



## Retreat brings survivors of trauma together for rest and community

With its emptiness and fullness, its brokenness and flaws, and its many blessings, the cup is a rich symbol of life, Joyce Rupp explains in her best-selling book, "The Cup of Our Life: A Guide to Spiritual Growth."

We used this book as inspiration for our annual retreat for survivors of trauma, trafficking, addiction and domestic abuse. This past summer, we welcomed another incredibly resilient group of women from Minnesota and Wisconsin for a weekend of renewal and self-care. Our community health intern, Leah Hawbaker, helped plan and facilitate the experience with FSC staff members Julie Connelly and Sarah Hennessey, FSPA.

We partner with various nonprofits to connect with women who are interested in a retreat experience and offer it free of charge. We gifted each woman with a self-care kit and honored their stories and confidentiality. Activities included healthy body movement, trauma-informed massage, sound meditation, creative expression, reflection, optional prayer and time to rest.

### Some of the feedback comments they shared with us:

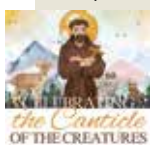
*"I enjoyed meeting new people and learning from them."* • *"So much love and good food."*  
*I really enjoyed being able to be me without judgment."* • *"I loved, loved, loved my time here. Sarah, Julie and Leah are amazing women."* • *"Thank you. I would come again."*



We would like to extend our heartfelt gratitude to Dr. Joan Filla and Bernice Olson-Pollack, as well as Jen McGee, Rachel Sherman and Maddy Harr of Synergy Wellness Center in La Crosse, for their time and services.

We rely on donations to cover expenses for this retreat. If you would like to learn more about sponsoring this retreat or connecting with us on future events, please call 608-791-5295 or visit [www.FSCenter.org/donate](http://www.FSCenter.org/donate).

## SAVE THE DATE



As part of the Celebrating the Canticle of the Creatures collaboration, we will participate in Viterbo University's Blessing of the Pets on October 4 in the Assisi Courtyard. Keep up with us on social media and our website, [www.FSCenter.org](http://www.FSCenter.org), for more details.

We'll also be the site of a Pet Supply Donation Drive starting September 2 and concluding October 4. Items can be dropped off at 920 Market St. between 8:30 a.m. and 5 p.m. weekdays.

All donated items must be new and unopened to ensure the safety and health of shelter animals.

Visit [fspa.org/centenary](http://fspa.org/centenary) for more information, including a wish list of needed items and a link to make secure online monetary gifts.



## Franciscan Spirituality Center

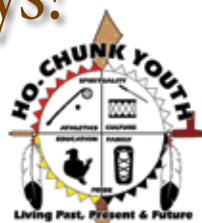
FSPA • 912 Market Street  
La Crosse, WI 54601

# All are welcome to Craft Days!

The Franciscan Spirituality Center has partnered with the La Crosse Youth & Learning Center to help facilitate Craft Days on the second Saturday of the month at Three Rivers House, 724 Main St., La Crosse.

These sessions, from 10 a.m. to 2 p.m., are open to anyone and include both traditional Ho-Chunk and contemporary crafts and activities. It is free to attend. Lunch is provided.

So far, we've experienced hide tanning, rock painting, bracelet making and more. You are welcome to participate in an instructor-led activity or bring your own supplies and work on individual projects.



### Here is what's scheduled for the remainder of 2025:

#### **OCTOBER 11: Traditions on the Table: Recipes From Our Roots**

We will learn how to make two recipes from different family traditions: native fry bread and pasties from the Upper Peninsula.

#### **NOVEMBER 8: Harvesting Gratitude: Honoring Story, Spirit and Season**

We will craft table centerpieces that reflect the harvest season and spirit of gratitude.

#### **DECEMBER 13: Gathered in Joy: A Cookie Decorating Day**

Celebrate the season as we decorate winter-themed cookies, share stories and enjoy community!

**FOR MORE INFORMATION, PLEASE CALL THE FSC AT 608-791-5295.**

# Call for Art

## CELEBRATING 800 YEARS OF THE CANTICLE

In celebration of the 800th anniversary of "The Cantic of the Creatures," the FSC, in partnership with Franciscan Sisters of Perpetual Adoration, Prairiewoods Franciscan Spirituality Center and Marywood Franciscan Spirituality Center, invite you to honor this milestone through the gift of art. We're creating a special e-zine to commemorate the occasion, and we welcome your Cantic-inspired expressions of beauty, reverence and wonder.

Submissions may include paintings, sculpture, poetry, photography or other forms of creative work. All visual art should be submitted as photographs (minimum 300 dpi), and all written works should be under 500 words and submitted as Word documents. A blind review panel will select pieces for inclusion in this digital keepsake, which will be shared widely across our Franciscan network.

For more information and a submission form, please email Stacey Kalas, FSC marketing coordinator. **All work is due by September 30, 2025.** No late submissions will be accepted.