



**Franciscan**  
**Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 30 • NUMBER 1

JANUARY/FEBRUARY 2022

# *At the Center*

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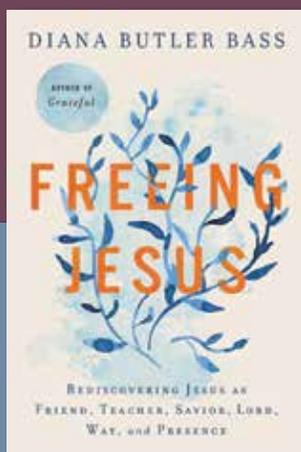
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IN-PERSON RETREAT WITH DIANA BUTLER BASS

# Spend a day with author Diana Butler Bass

We invite you to this in-person retreat and book signing with award-winning author Diana Butler Bass. *Freeing Jesus: A Retreat With Diana Butler Bass* is based on her latest book, *Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way, and Presence*.

Drawing from our own experience, we'll explore diverse images of Jesus—from the comforting ones, such as Jesus-as-friend, to more challenging ideas, such as Jesus-as-Lord. Throughout the day, we'll practice "memoir theology," crafting stories from our memories of Jesus with biblical texts, history of Christianity and insights from contemporary theologies. This is an opportunity to both affirm your experience and delve into challenging ideas. It's a retreat for heart and head, all focused on the ever-compelling, and sometimes confounding, figure at the center of Christian faith: Jesus.



Diana Butler Bass, Ph.D., is an award-winning author and internationally known public speaker and thought leader on issues of spirituality, religion, culture and politics.



**FREEING JESUS: A Retreat with Diana Butler Bass**  
**APRIL 9 • Saturday, 9 a.m.-4 p.m.**  
Registration now open at [www.FSCenter.org](http://www.FSCenter.org)

**PRESENTER:** Diana Butler Bass

**INVESTMENT:** \$95, includes retreat with lunch on Saturday and author reception/book signing on Friday, 6-8 p.m.  
Book an overnight stay for just an additional \$70 (breakfast included).

**REGISTRATION DEADLINE:** April 2

A LIMITED NUMBER OF SEATS ARE AVAILABLE AT A DISCOUNTED RATE. PLEASE CALL 608-791-5295 IF YOU ARE INTERESTED.

# A goodbye from the director



I have been listening to friends' retirement stories and advice for a few years now, knowing that day was approaching. And now here it is.

Many people can't wait to retire, but I have mixed feelings about it. For more than 50 years, work has structured my life. I think work also has provided purpose and meaning to my life, especially after I went back to school at age 40 and found work I really loved to do.

I am lucky to be ending my career at the Franciscan Spirituality Center. Here, I found the space and the support to explore the many ways we experience God and the divine presence. I now understand that spirituality is not the same thing as my religion. Sadly, religion often divides us, but I believe spirituality offers a common ground for important conversations.

One of the best ways to encounter God has been through the connections and community that form when people gather for a program or retreat here. I have been moved and graced by the stories and insights that people have shared. These gatherings have been led by many wonderful guest presenters. What a privilege it's been to participate and learn from them!

The FSC's staff has changed quite a bit during my 10 years here. I was greatly influenced by the generation leading things when I began, including Franciscan Sisters of Perpetual Adoration. More than anything, I will miss seeing and talking and praying with our amazing staff. I'm frequently reminded how they help me to see issues from a different perspective. This has made me a much better director.

I am grateful to have seen the successful completion of the *Creating a Legacy of Peace and Goodness* endowment campaign this past year. Now, I am waiting for the completion of our facility renovations, and then it will be time to go. The campaign, the renovations and especially the staff will help the FSC continue to meet emerging community needs.

Finally, I offer my profound gratitude to our board members, volunteers and other supporters. Your prayers, kind notes, financial and other assistance made this such a rewarding experience. Thank you.

Peace and all good,

*Audrey Lucier*

Audrey Lucier, FSC Director



## FRANCISCAN SPIRITUALITY CENTER Board of Directors

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Tom Roberts  
Associate Presenter

## FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



Stacey Kalas  
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Marketing Coordinator



Laurie Swan  
Office Manager



Kathy Holman  
Administrative Assistant  
& Receptionist

# 2022-2025

## THIS SPIRITUAL DIRECTION PREPARATION PROGRAM IS DESIGNED FOR THOSE WHO:

- Are older than 30 and drawn to a deeper understanding of spiritual direction.
- Have not had formal training in spiritual direction.
- Are preparing for a ministry of spiritual or retreat direction and/or the practice of redemptive listening.
- Would like to deepen their spiritual and personal development.
- Have at least one year of experience receiving regular spiritual direction.

## PARTICIPANTS LEARN BY:

- Attending required in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.

## EXPECTED OUTCOMES:

- Lifelong compassionate listening skills.
- Strong community development with cohort between 25-35 participants.
- Personal transformation and deeper spiritual understanding.
- Increased self-awareness and deeper interpersonal relationships.
- Certificate of completion as a trained spiritual director.

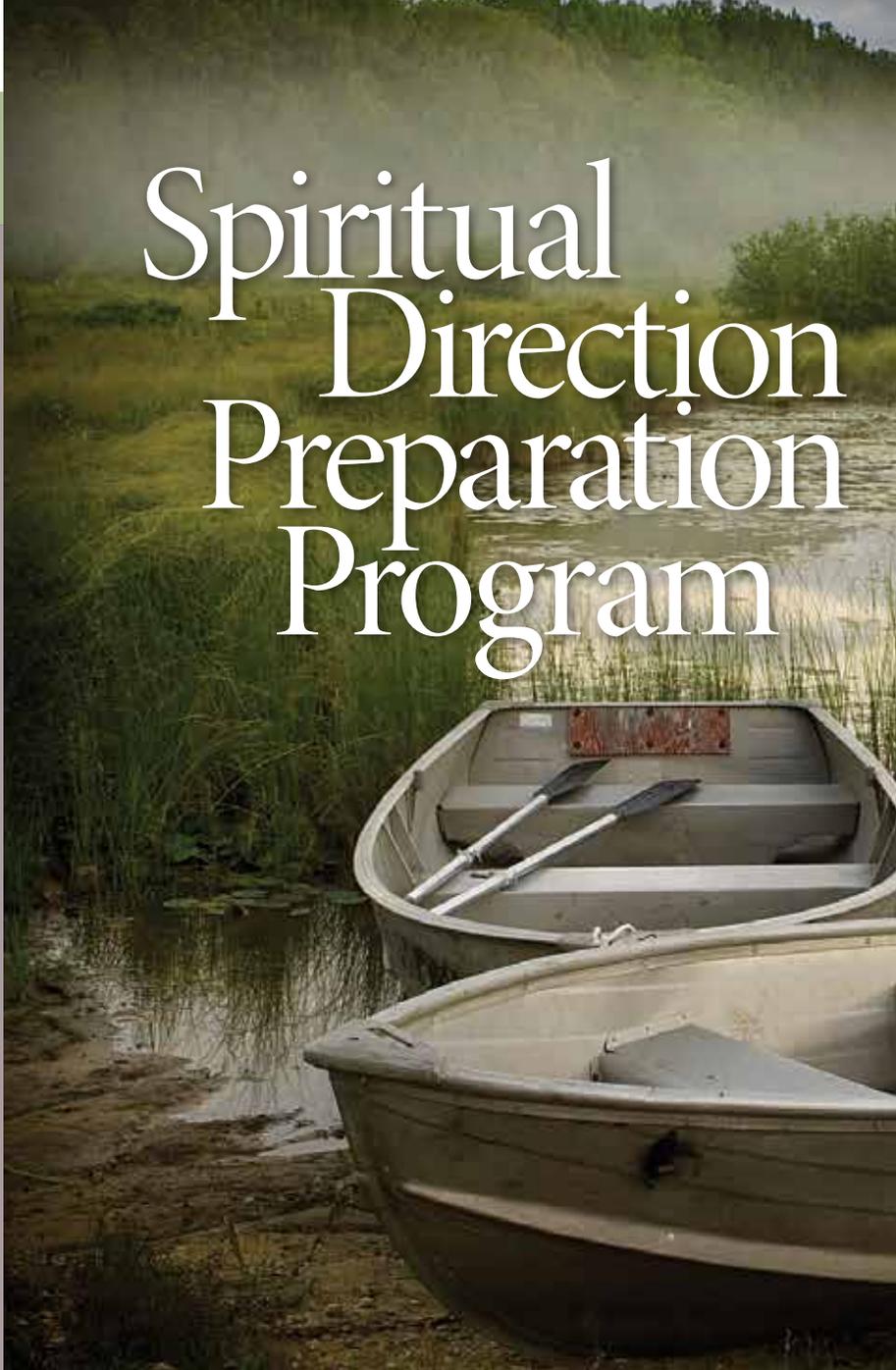
## PROGRAM FEES: \$2,950 PER YEAR

(\$150 discount if the tuition is paid in full by September 1 of each year)

Fees include tuition for all in-person workshops, Zoom workshops, practicum in Year 3, quarterly meetings, annual review with supervisor and all administrative fees, meals and snacks. Fees are payable in installments. Please contact Steve Spilde, program director, about individual plans. Limited scholarships are available.

Housing is available at the Franciscan Spirituality Center for all of the workshops for an additional fee. Other expenses include the cost of your books, fees for spiritual direction and the required six-day, individual retreat.

# Spiritual Direction Preparation Program



**D**o you wish to help others discover a personal, intimate relationship with God? Are you interested in preparing for retreat ministry or training to become a spiritual director? Are you looking to hone your deep, compassionate, nonjudgmental listening skills?

We invite you to consider our Spiritual Direction Preparation Program (SDPP).

Since 1985, we have trained more than 600 people in the practice of spiritual direction. This innovative training program provides a mix of workshops





## AN INNOVATIVE, THREE-YEAR TRAINING PROGRAM

The program will begin in September 2022. Program details are available on our website, [www.FSCenter.org](http://www.FSCenter.org). We will start accepting applications in January 2022.

Starting with this cohort, SDPP will integrate longer in-person gatherings with added virtual workshops. This will preserve the high-quality group interaction we treasure, yet reduce the travel time for those who come from a distance to participate in this long-respected program. This format also allows us to include much more content and provides additional opportunities for group processing of the material. There will be an in-person retreat option for the virtual weekends with an opportunity to stay at the Franciscan Spirituality Center and interact with fellow participants.



and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity to integrate theory and practice. While SDPP prepares the participant to direct others regardless of their faith or religious affiliation, the Franciscan Spirituality Center teaches from the Judeo-Christian tradition. This program is designed to form and train candidates through practical workshops, verbatims, reflections, readings, quarterly meetings and one-on-one supervision.



## SCHEDULE FOR SDPP COHORT 17:

### YEAR 1

Gathering: Thursday–Sunday  
September 8-11, 2022

Weekend: Friday–Sunday  
November 4-6, 2022

Weekend: Friday–Sunday  
February 10-12, 2023

Weekend: Friday–Sunday  
April 14-16, 2023

### YEAR 2

Gathering: Thursday–Sunday  
September 7-10, 2023

Weekend: Friday–Saturday  
November 3-4, 2023

Weekend: Friday–Saturday  
January 12-13, 2024

Weekend: Friday–Saturday  
April 5-6, 2024

### YEAR 3

Practicum: Sunday–Saturday  
July 28-August 3, 2024

Weekend: Friday–Sunday  
October 4-6, 2024

Weekend: Friday–Sunday  
March 7-9, 2025

Final Gathering: Thursday–Sunday  
July 24-27, 2025

- In-person at FSC in La Crosse
- Virtual weekend by Zoom



**A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION:** Most of our programs have both an in-person and a virtual option.

In response to direction from our local medical and public health authorities, we now require all participants who attend in-person events at the Franciscan Spirituality Center to be fully vaccinated and to also wear masks when gathered indoors. 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.

On the day before or the day of the program (depending on the time of the event), you will receive a courtesy email with a Zoom link and instructions on how to join the virtual gathering. If you have not received this link within 24 hours of the program start, please call our office at 608-791-5295 or email [fsccenter@fspa.org](mailto:fsccenter@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.

## MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM ONLY)

**JANUARY 6 AND FEBRUARY 3** • Thursday, 6:30-7:30 p.m.



**Facilitator:** Sarah Hennessey, FSPA

**Investment:** Free (online donations may be made at [www.FSCenter.org/donate](http://www.FSCenter.org/donate))

**Registration deadline:** January 5/February 2

Guided 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, and you are invited to attend any or all sessions as your schedule permits.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the Franciscan Spirituality Center.



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

**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.

**REGISTER**

## REFRESH AND RENEW: A CAREGIVER SERIES (IN-PERSON)

This series meets once a month through March. Attend any or all sessions as your schedule permits. It is a collaboration between the FSC and the Aging and Disability Resource Center (ADRC) of La Crosse County.



### SESSION 5: ART AS MEDITATION AND/OR PRAYER

**JANUARY 12** • Wednesday, 1-2 p.m.

**Presenter:** Mary Thompson

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No experience necessary.



### SESSION 6: SELF-CARE IS NOT SELFISH

**FEBRUARY 9** • Wednesday, 1-2 p.m.

**Presenter:** Steve Spilde

What are the struggles/challenges you face as a caregiver? What are resources/tools you have found helpful in your struggle? There is support in verbalizing our challenges as we remind ourselves of what we need to do to stay healthy. Join us for an informal discussion as we find new ideas and learn from others about self-care.



### SESSION 7: LABYRINTH EXPERIENCE

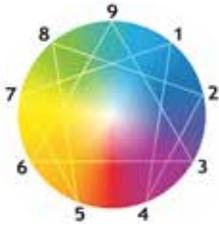
**MARCH 9** • Wednesday, 1-2 p.m.

**Presenter:** Jean Pagliaro

A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic of a pilgrimage and can help bring about clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the cathedral labyrinth in Chartres, France, which dates back to the 1200s. Participants will learn about this history of the labyrinth and have an opportunity to walk our labyrinth.

Unless otherwise specified, we do not make recordings of our programs and do not make recordings available after the event.

Participant interaction in real time is a valued element of the programs we offer.



**INTRODUCTION TO THE ENNEAGRAM  
(VIA ZOOM)**

**JANUARY 5, 12, 19, 26** • Wednesday, 6:30-8 p.m.

**Presenters:** Audrey Lucier and Steve Spilde

**Investment:** \$75 for four-week series, includes online assessment

**Registration deadline:** December 29

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 series, offered through Zoom videoconferencing, is ideal for people new to the Enneagram or who would like a refresher.

**Optional:** For those who want to go further in their personal understanding of the Enneagram, Steve Spilde offers as a follow-up a one-hour individual session at a special rate.

*This program is being offered in collaboration with Our Lady of the Prairie Retreat, Wheatland, Iowa.*



**WOMEN'S CHRISTMAS: AN EPIPHANY CELEBRATION FOR WISE WOMEN (IN-PERSON)**

**JANUARY 6** • Thursday, 5:30-8 p.m.

**Presenters:** FSC staff

**Investment:** \$50, includes meal and gift (Fair Trade mittens)

**Registration deadline:** December 30

Women's Christmas is rooted in a delightful Irish tradition. On the Feast of Epiphany, the celebration of the coming of the Wise Men to the Infant Jesus, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. At the FSC, we bring together the tradition of Women's Christmas and the Feast of the Epiphany for this special program.

This year's theme is *Warm Hearts, Warm Hands*. Come gather with other women to rest and reflect on the year that was, enjoy a simple but hearty meal, share our stories and receive a blessing for the new year.



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



**ENTERING THE NEW YEAR THROUGH PRAYER AND YOGA (IN-PERSON)**

**JANUARY 8** • Saturday, 9 a.m.-noon

**Presenters:** Sarah Hennessey, FSPA, and Bernice Olson-Pollack

**Investment:** \$45

**Registration deadline:** January 7



Through a variety of prayer modalities and yoga, we will enter the new year by setting our intentions through mind and body. Integrating prayer practices with movement and yoga poses will help us to deepen our practice. Using both active and restorative practices will help us to be both centered and open. We suggest that you arrive by 8:30 a.m. to prepare and settle in.

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

**Bernice Olson-Pollack** is a trained yoga and tai chi instructor, and certified personal trainer.

**VISION BOARD RETREAT (IN-PERSON)**

**JANUARY 15** • Saturday, 9 a.m.-2 p.m.

**Facilitators:** FSC staff

**Investment:** \$50, includes supplies and lunch

**Registration deadline:** January 12

The beginning of a new year is a natural time for us to set intentions or goals for the upcoming year. A vision board, which is a collection of pictures or words cut from magazines, can be a powerful tool as we consider our direction for the year ahead. Some people like to use materials that have personal meaning to them, such as photographs or cards. Our day will include a reflection, group discussion and plenty of time for contemplation and creativity as you create your unique and personal vision board. You also will have an opportunity to walk our canvas labyrinth for additional meditation or prayer.





## 2022 Programs and Retreats *continued.*

### ART AS PRAYER (IN-PERSON AND ZOOM)

**JANUARY 17 AND FEBRUARY 21** • Monday, 6-7:30 p.m.



**Instructor:** Mary Thompson

**Investment:** \$15

**Registration deadlines:** January 14/February 18

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.

Supplies needed: watercolor paints and paper, brushes, pencil and paper towels.



#### JANUARY SESSION:

Contemplative theologian Thomas Keating, O.C.S.O., said, "Silence is God's first language. Everything else is a poor translation." Join us for an evening exploring the Cosmos. We will immerse ourselves into

the silence and "luminous darkness," intuitively respond with color, movement and the powerful pull of the Cosmos.

Deep calls us into deep. (Psalm 42:8)

Note: If you have cotton medical gauze, please bring it. If not, we'll explore other ways to create texture. You also may wish to bring a photo of the cosmos to use as a reference as you paint.



#### FEBRUARY SESSION:

Since time immemorial, February has been associated with "love" and symbolized by the heart.

Our focus is expressing love for God's creation through the use of bright colors and lines. We will paint an "Angel With Heart" using the art of pop artist Peter Max for inspiration. The poet John O'Donohue said, "The human heart is the masterpiece of the primal artist." Together, we'll explore where our hearts lead us.

**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, she has supported the healing of women in recovery through the practice of art therapy. She describes her decade-long affiliation with FSPA as a constant source of joy.



## BODY | MOVEMENT CLASSES

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

**SESSION 1: JANUARY 4, 11, 18, 25; FEBRUARY 1, 8**

**SESSION 2: FEBRUARY 15, 22; MARCH 1, 8, 15, 22**

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

**Instructor:** Amber Moesch

**Investment:** \$50 for six-week session

**Registration deadline:** January 3/February 14

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. Participants will need a chair for 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.



### VINYASA YOGA (IN-PERSON AND VIA ZOOM)

**SESSION 1: JANUARY 5, 12, 19, 26; FEBRUARY 2, 9**

**SESSION 2: FEBRUARY 16, 23; MARCH 2, 9, 16, 23**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$50 for six-week session

**Registration deadline:** January 4/February 15

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.



### NAMING GOD (VIA ZOOM)

**JANUARY 22** • Saturday, 9-11 a.m.



**Presenter:** Elizabeth Lewis  
**Investment:** \$25  
**Registration deadline:** January 21

Healer. Mother. Father. Shepherd. By what name do you call God? And what does that name say, not only about God, but about your personal relationship with God? It is through the names we call God that the nature, and our individual understanding of the Mystery we call God, is revealed. Each name represents a different aspect of God that can meet our deepest needs, comfort us in times of challenge, and release us to new heights of praise and joy in prayer, meditation and reflection. In this virtual workshop, we will explore the many names of God as found in a variety of spiritual teachings as a way of looking at God in fresh

and deeper ways. Our experience will include meditation, writing, discussion and more.

**Elizabeth Lewis** is a personal development coach, spiritual counselor, motivational speaker, writer and artist.



### SIX-WEEK SERIES

### THE MINDFUL EDUCATOR SERIES (IN-PERSON)

**JANUARY 24-FEBRUARY 28** • Monday, 6-8 p.m.



**Presenter:** Daniel Widuch  
**Investment:** \$60  
**Registration deadline:** January 17

How do we develop a mindful way of being in the world? What are the potential challenges and roadblocks we might encounter on this journey? How is living a mindful life unique for those of us working in the profession of education? This six-week introduction to mindfulness will focus on the foundations of mindfulness, building sustainable mindful awareness practices and bringing mindfulness into everyday life. Discussions will focus on developing a mindful life in the midst of the realities of being an educator in 2022.

**Daniel Widuch** has been with the University of Wisconsin system for 20 years and has been deeply immersed in both Tibetan and Theravada Buddhism and insight meditation practices for the past 15 years. He received Bodhisattva vows from Yongey Mingyur Rinpoche in 2016. He earned the Certified Mindfulness Teacher Certification through the Mindfulness Training Institute and is part of the Wisconsin Prison Mindfulness Initiative.



### NAVIGATING TOGETHER: A GRIEF RETREAT (IN-PERSON)

**JANUARY 29** • Saturday, 9 a.m.-4 p.m.

**Facilitator:** Jean Pagliaro  
**Investment:** \$50, includes lunch



**Alternate rate:** \$20 (Note: We are able to offer a discounted rate of \$20 for this retreat to anyone who would like financial help to attend. Please enter the code GRIEFRETREAT60 when you register online or call 608-791-5295.)

**Registration deadline:** January 26

Grieving the death of a loved one involves many difficult challenges. Often, we feel overwhelmed with tasks and emotions. You're invited to spend a day in community with other people who are experiencing grief. Through discussion, time for reflection and creative expression opportunities, there will be space for you to both express your grief and consider new paths that might be part of your healing.

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

### COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

**FEBRUARY 2 AND 16; MARCH 2 AND 16**

First and third Wednesday of each month, 6:30-8 p.m.

**Facilitator:** Robert Lynn  
**Investment:** Freewill offering



**Registration deadline:** February 1 and 15; March 1 and 15

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, learning to quiet the mind and experience divine presence. Other teachers in this tradition include Thomas Merton, James Finley and Sarah Bachelard. If you have an established meditation practice, deepen your practice by sharing it in community. If you are new to meditation, this is a gentle place to start and explore.

**Robert Lynn** has earned a Certificate in Theological Studies from Wartburg Seminary and has been practicing meditation individually and in a variety of group settings for several years.





## 2022 Programs and Retreats *continued.*

### ZENTANGLE RETREAT (IN-PERSON)



**FEBRUARY 5** • Saturday, 9 a.m.-noon

**Instructor:** Christine Isham

**Investment:** \$30, plus cost of optional supplies at the door (\$5 - Pigma Micron Pen, pencil, smudger)

**Registration deadline:** January 31

Relax, explore your creative side, practice gratitude and take time for reflection and meditation as we draw together using the Zentangle method. Zentangle is a meditative art form that anyone can learn. We will tangle together step by step while we create something beautiful and unique to keep or give away. This class will be focused on what we all think of in February: love.

*Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. ... Love never ends.*

**Corinthians 13:4-8a (ESV)**

**Supplies recommended:** Pigma Micron Pen - PN or size 8, graphite pencil, smudger. Limited quantities will be available for purchase at the class, so please indicate on your registration if you would like to purchase them from the instructor. Other pens may be used, but they might smudge and smear.

**Christine Isham** first learned about Zentangle as a spiritual practice at a Benedictine monastery while on retreat. She has been practicing and exploring for almost 10 years using the Zentangle method of drawing. Christine, a hospice chaplain by profession, brings her knowledge of pastoral care and compassion into each class, taking joy in facilitating the spiritual journey of her students through this method of art.



### GROUPS THAT MEET AT THE FSC

**Depressed Anonymous** meets every Monday, from 5:30-6:30 p.m. 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.

**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 Thursdays of the month and on the second and fourth Tuesdays of the month. To see whether the group meets your needs, contact Vince Hatt via email at [vjhatt@gmail.com](mailto:vjhatter@gmail.com).

**Saturday Morning Men's Group** meets to discuss a current book related to spirituality from 9-11 a.m. every other Saturday. For more information, contact Vince Hatt via email at [vjhatt@gmail.com](mailto:vjhatter@gmail.com).

### PRAYING WITH CLARE (VIA ZOOM)



**FEBRUARY 5**

Saturday, 9 a.m.-noon

**Presenter:** Sarah Hennessey, FSPA

**Investment:** \$25

**Registration deadline:** February 4

*What you hold, may you always hold. What you do, may you do and never abandon.*

– **St. Clare of Assisi**

Clare of Assisi is not only the co-founder of the Franciscan movement but a spiritual teacher in her own right. What do St. Clare's words of wisdom mean for us today personally? We will look at her life and her gifts as a woman to Franciscanism. Also, we will dive contemplatively into some of her writings, particularly her letters to Agnes of Prague. Clare's unique contributions have sometimes been overlooked, and so we will uncover her particular perspective through prayer, presentation and discussion.



### MAKING SENSE OF LIFE'S CHANGES (IN-PERSON)

**FEBRUARY 12** • Saturday, 9 a.m.-noon

**Presenters:** Mike Hesch and Ramona Schmelzer

**Investment:** \$40

**Registration deadline:** February 9



Change is inevitable. Change disrupts our lives. Even positive change poses challenges. Whether it is a change in jobs, family, marriage, retirement, loss of a loved one or societal, we can all learn from each other's journeys. Join us for an interactive look at transition, and learn helpful strategies that will guide you on the path to joyful acceptance.

**Mike Hesch** is a personal and executive coach, facilitator, educator and consultant with more than 25 years of experience working with teams and individuals to achieve the best version of themselves they can envision. His expertise is in servant leadership, group facilitation and personal and team development. He serves on several boards and previously served on the Franciscan Spirituality Center's board of directors.

**Ramona (Moni) Schmelzer** is a skilled consultant, coach and group facilitator with more than 40 years of experience in leadership and organizational development, and adult learning. She is a Professional Certified Coach through the International Coach Federation and has additional certifications in a variety of leadership and team assessment tools and techniques.





**THE SOUND OF BOWLS (IN-PERSON)**

**FEBRUARY 15** • Tuesday, 5:30-6:30 p.m.



**Presenter:** Tom Roberts

**Investment:** Suggested donation of \$10 at the door

**Registration deadline:** February 14

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

**WHEN BAD THINGS HAPPEN:**

**THE BOOK OF JOB FOR TROUBLED TIMES (IN-PERSON)**

**FEBRUARY 18-19** • Friday, 7-9 p.m.–Saturday, 9 a.m.-4 p.m.



**Presenter:** Peter Watkins

**Investment:** \$95, includes retreat with lunch on Saturday. Book an overnight stay for just an additional \$70 (breakfast included).

**Registration deadline:** February 11

In many ways, the Book of Job is the perfect story for what so many of us are experiencing today: loss, anxiety and fear. Job’s story of suffering and his bold honest search for answers cuts right through easy and superficial platitudes and cliches. This ancient story speaks to our hearts and guides us on a path toward real hope. We will courageously ask, “What do I do with my pain?” and “Where is God in suffering?” during this retreat.

Through quiet reflection, contemplative prayer practices, engaging talks and small-group discussion, we will discover for ourselves how the God of life and love is present to each one of us, especially in times of struggle.

**Peter Watkins, M.Div.**, is a certified spiritual director and retreat leader. He is a faculty member at Sacred Ground Center for Spirituality, where he is part of the formation program for aspiring spiritual directors. He has taught graduate level classes in Old Testament theology and has co-authored a high school textbook, “Guarding the Fire: A Spiritual Guide for Young Men” (Good Ground Press). He is also certified to give the Ignatian Spiritual Exercises.



**SILENT DIRECTED RETREAT WEEKEND (IN-PERSON)**

**FEBRUARY 25-27** • Friday, 7 p.m.–Sunday, noon

**Facilitator:** Rose Elsbernd, FSPA

**Investment:** \$225, includes two nights’ stay, all meals and three spiritual direction sessions.

**Alternate rate:** \$90 (Note: We are able to offer a discounted rate of \$90 for this retreat to anyone who would like financial help to participate. Please enter the code SILENTRETREAT60 when you register online or call 608-791-5295.)

**Registration deadline:** February 18

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

*Support for this program is provided by the Norman L. Gillette Sr. Scholarship Fund.*



**SACRED LISTENING (IN-PERSON)**

**FEBRUARY 26** • Saturday, 9 a.m.-4 p.m.

**Presenter:** Shannon K. Evans

**Investment:**

- \$95, includes retreat with lunch on Saturday and **author reception/book signing on Friday, 6-8 p.m.**
- Book an overnight stay for just an additional \$70 (breakfast included).

**Registration deadline:** February 19

The Bible describes God’s movement as a “still, small voice.” Incredibly, we have access to that voice at any time and in every place—because it arises from within us. How do we learn to hone in on that voice and tune out the false self? How do we grow in trusting the movements of God inside of us? How do our physical bodies serve us in this practice? Join us for a full-day retreat exploring the art of sacred listening.

**Shannon K. Evans** is a monthly columnist for [Jesuits.org](http://Jesuits.org) and a regular contributor to [Franciscan Media](http://Franciscan Media). She is the author of “Rewilding Motherhood, Embracing Weakness” and “Luminous.” Shannon speaks

regularly on topics related to prayer, justice and feminine spirituality, and leads groups in guided meditation. She is a mother of five and lives in Ames, Iowa.



# Save the date for *Art Dash*

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Our fifth annual signature event will take place Thursday, March 24, 2022, at The Cargill Room at The Waterfront Restaurant and Tavern. Cocktail hour begins at 5:30 p.m., and the dash for art starts promptly at 6:30 p.m. Tickets will go on sale in early 2022. Watch for details at [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash).

*Art Dash* brings together local artists and community members for a celebration of creativity, beauty and connection. Everyone who buys a Dash ticket is guaranteed a piece of art—which one depends on how fast you can claim it. All of the art is worth at least \$100, and the proceeds of this event support our ever-increasingly vital mission, so you can't lose!

### **Where else can you get a piece of original art as a thank you for your \$100 donation?**

**HOW IT WORKS:** A \$100 ticket buys you a spot in the Dash. After a preview of the art, we'll start randomly drawing names, three at a time. As your name is called, you'll dash to the piece you want. If someone claims your top pick before you do, you'll need to make a different choice. Depending on when your name is called and what pieces are available at that point, you may get your top pick or you may need to select a second or third choice.

Even though these are serious works of art, the Dash itself is meant to be a lighthearted competition. Plus, it's all for a good cause, so we recommend you have a game plan and an attitude of openness and surprise. You are bound to end up with the piece of art you were meant to have!

If you'd like to support the Franciscan Spirituality Center but are not interested in receiving artwork, please consider purchasing a Spectator ticket. As a thank you for your \$50 donation, we'll invite you to the gathering to watch the fun, cheer on your favorite "dashers" and artists, and have a chance to win door prizes. The event also will include a wine pull and caricatures by Tommy Orrico.

Whether you are looking to build your art collection, need a unique gift idea or just want to support the FSC, we'd love for you to join us!



## ART DASH ■ Thursday, March 24

- **WHERE:** The Cargill Room at The Waterfront Restaurant and Tavern, La Crosse.
- **TIME:** Social hour at 5:30 p.m. The Dash for art at 6:30 p.m.
- **TICKETS:** Go on sale in early 2022 [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash)



# Share your talents

Last year's event featured more than 90 pieces of art. We're grateful for the generous response we've had and are open to highlighting new artists. If you are an artist who would like to donate your work, please contact Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org) or 608-791-5296.

While we don't jury art donations, per se, we do ask that artwork meet the following criteria:

1. Artwork should be professional quality and categorized as fine art.
2. Artwork must be original and created by the artist who is donating it.
3. Artwork should have a value of at least \$100.
4. Artwork should be framed (when applicable).

All mediums of art are welcome. Art does not need to have a spiritual or otherwise specific theme.



If you are interested in sponsoring this event, please contact Audrey Lucier at [alucier@fspa.org](mailto:alucier@fspa.org) or 608-791-5264.



# Spirited Friends

A MONTHLY GIVING PROGRAM

# Become a Spirited Friend today!

Spirited Friends are a special group of people who make a monthly gift to help sustain the ministry of the Franciscan Spirituality Center.

This monthly giving program is an easy and efficient way to provide reliable support for our vital mission.

You decide on a monthly gift amount that fits your budget and authorize your bank to transfer this amount from your checking account directly to the Franciscan Spirituality Center. If you want to make a change to this commitment, simply call us. We also can arrange to have your credit card billed each month.

It's also a more convenient way to give, with no repetitive checks to write and no envelopes to mail. Plus, your donation goes further by reducing our administrative, postage and paper costs. Your commitment goes directly to the needs and ministry of the FSC.

You can use the attached form to get started or please call 608-791-5295 for more information.

## Become a Spirited Friend today; it's easy to begin!

### 1 Transfer your monthly gift from your bank account.

- I have enclosed a check made payable to Franciscan Spirituality Center for my first month's contribution. The monthly giving program then will deduct my contribution from my checking account on the 17th of each month.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### 2 Indicate the desired monthly gift amount:

- \$20  \$35  \$50  \$100  \$125  Other (\$10 min.) \_\_\_\_\_

#### Use my gift as follows:

- Where the need is the greatest  
 Blanche Klein, FSPA, Scholarship Fund (*for SDPP and Spiritual Direction*)  
 Mary Kathryn Fogarty, FSPA, Scholarship Fund (*for FSC programs and retreats*)  
 Joan Weisenbeck, FSPA, Scholarship Fund (*for SDPP and Spiritual Direction*)  
 Norman L. Gillette Sr. Scholarship Fund (*for those recovering from addictions*)  
 Sustaining support (*FSC Endowment*)

### 3 Complete the personal information form and return it to: Franciscan Spirituality Center, 920 Market St., La Crosse, WI 54601-4782

Name \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Day phone (\_\_\_\_) \_\_\_\_\_ Evening phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

**IMPORTANT:** Please include your check with your first month's gift. If you'd prefer to use your credit card, please call 608-791-5295 to make arrangements.

#### This gift is:

- In memory of \_\_\_\_\_  
 In honor of \_\_\_\_\_

If you would like us to notify those you are honoring, please complete the following:

Name \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

For questions, please call 608-791-5295.

Thank you for supporting the Franciscan Spirituality Center, a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.

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

### Franciscan Spirituality Center

920 Market St., La Crosse, WI 54601  
608-791-5295  
FSCenter@fspa.org • www.FSCenter.org

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

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

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

### What We Do

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

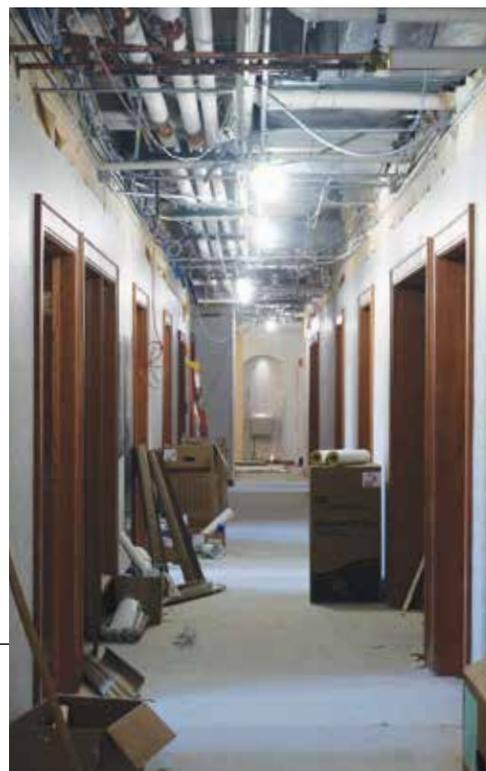


# Making progress

The remodeling project at the Franciscan Spirituality Center continues. Our lower level is set up for offices and in-person programming. On the main level, Emmaus Room and the Sophia Bookstore have been getting steady use. At the time of publication, we were still awaiting carpeting in San Damiano and Grace Hall. The upper floor bedrooms are coming along nicely. Each room will have its own restroom and shower! Once the rails are installed on our front ramp, we'll be able to greet you in the reception area at 920 Market St.

In the meantime, we ask that you ring the bell at 912 Market St. when visiting. Thank you for your continued patience and support. Peace and all good!

You can follow the progress on Facebook ([www.facebook.com/FSCenterLaCrosse](http://www.facebook.com/FSCenterLaCrosse)) and Instagram (@franciscanspiritualitycenter).





## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

### COMING THIS SPRING

JOIN US FOR A NEW PROGRAM WITH WENDY MITCH:

# An Integral Approach to Spiritual Development



### MARCH 11-12

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

Presenter: Wendy Mitch

Investment: \$95, includes lunch on Saturday

Book an overnight stay for just an  
additional \$70 (breakfast included).

Registration deadline: March 7

As people embark on a journey of self-discovery, they often reach these “in-between” places. Their old understandings of reality don’t work anymore; yet, the journey forward can feel lonely as they leave a place that felt like home.

*An Integral Approach to Spiritual Development* can offer guidance during these challenging times of transformation. Drawing on the work of Integral theorist Ken Wilbur and others, we will look at the various

phases of human development. Words such as “God,” “Spirit” and “religion” will take on different meanings depending on where we are on our journey. We don’t lose our faith; it simply transforms.

Through the use of facilitator input, group processes, facilitated discussions, journaling and integral practices incorporating head, heart and body, participants will find community and practices to encourage continued growth.

**Wendy Mitch** has been challenging, training and developing others for more than 25 years. She is the director of training and development for Portesi Italian Foods and has 30 years of professional service in the Catholic Church. She will complete the yearlong Integral Coaching Certification Program through New Ventures West in February 2022. Wendy earned her master’s degree in servant leadership from Viterbo University in 2003 and is the owner of Shifting Perspectives: Coaching and Consulting, based in Plover, Wisconsin.

REGISTER AT [WWW.FSCENTER.ORG](http://WWW.FSCENTER.ORG) OR 608-791-5295.

### COMING IN MARCH AND APRIL



#### FRANCISCAN DAY OF SOLITUDE

March 8 and April 13 • with FSC staff

#### COLLAGE-MAKING RETREAT: LENTEN PRAYER SPIRAL

March 19 • with Mary Thompson

#### DEVELOPING EFFECTIVE RETREATS AND PROGRAMS: CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

March 25-27 • with Jean Pagliaro and Steve Spilde

#### JUSTICE AND PEACE STATIONS OF THE CROSS

April 15 • with FSC staff and community leaders

#### RISING STRONG FOR CHURCH LEADERS

April 24-27 • with Karna Marks and Steve Spilde

#### A RETREAT IN CONTEMPLATIVE LIVING

April 29-30 • with Marcia Bentley

Follow us on :    

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