



**Franciscan  
Spirituality Center**

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

VOLUME 31 • NUMBER 1

JANUARY/FEBRUARY 2023

# *At the Center*



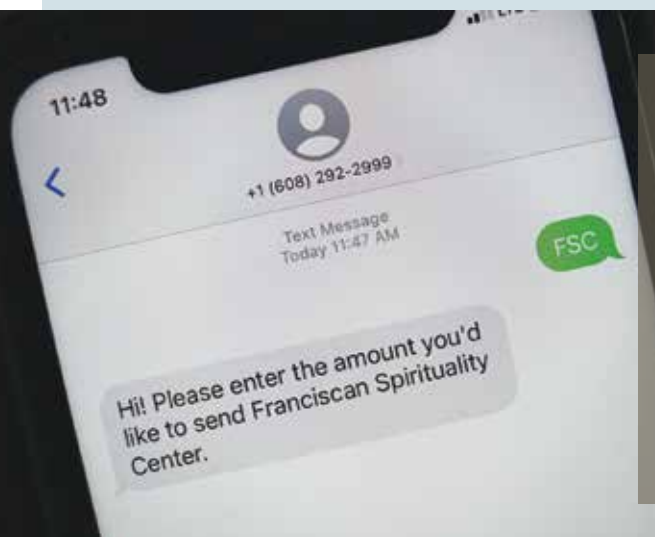
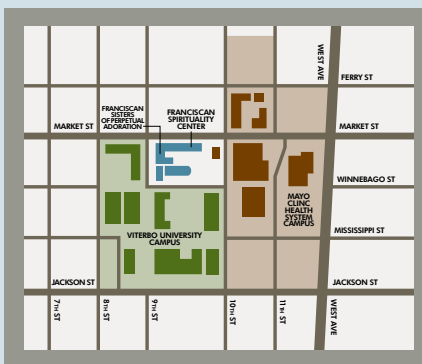
## IN THIS ISSUE:

- Gospel series with John McHugh
- Qigong and yoga classes
- Women's Christmas: An Epiphany Celebration
- You Are Here: A Courage & Renewal Retreat
- Praying the Lectionary
- Japanese Art of Kintsugi



Whether you are joining us for an in-person retreat or attending a program virtually, you are welcome and valued!

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.



Call 608-791-5295 or visit [www.FSCenter.org](http://www.FSCenter.org) for more information on how to plan your visit and experience Franciscan hospitality at its best.

*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

[www.FSCenter.org](http://www.FSCenter.org) [FSCenter@fspace.org](mailto:FSCenter@fspace.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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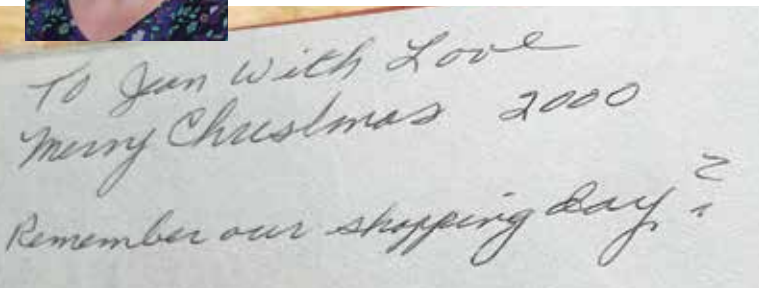


# Deeply loved and seen



My daughter has been reading the Harry Potter series. When she started Book 4, "The Goblet of Fire," she showed me an inscription that was written on the inside cover and asked about it. It read: "To Jean with love. Merry Christmas 2000. Remember our shopping day?"

I immediately recalled that day. It was my sophomore year of college. I had been caught up in the Harry Potter craze and was eager to buy the newly released Book 4.



My grandma picked me up from college, and we went to bookstore after bookstore trying to find a copy, but every place was sold out. Regardless, we had a fantastic day shopping and chatting about college and life in general.

When Christmas rolled around that year, my gift from her was the book with her little note inside. I still have no idea how she managed to find a copy of that book.

I hold that shopping day close to my heart because it brings me back to a moment when I knew that at my core, I was deeply loved and seen.

What better way to start a new year than with that knowledge? I think you'll find many opportunities over the next few months at the FSC that can help you claim that for yourself as well.

We have groups that intentionally listen and walk with you while you're experiencing grief or anxiety. In January, we will offer *Introduction to the Enneagram*, which will help you name your core motivations and needs. Our annual *Women's Christmas* event will be an evening filled with celebration and community, and our *Japanese Art of Kintsugi* retreat will use broken pottery as a metaphor for how shame and regret can be pieced back together into something that's beautiful.

We invite you to browse the pages of this newsletter and sign up for a program or group that speaks to your heart. We'd love to make new memories with you.

Wishing you peace and all good in this new year!

*Jean Pagliaro*

Jean Pagliaro, FSC Director

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# Meet Alison Hendley and Mary Louise Peters!

We are blessed to work with amazing program and retreat presenters. Today, we introduce you to two of them:

## ALISON HENDLEY

Alison is a trauma-informed spiritual director, ordained deacon in the United Methodist Church, monk with St. Brigid of Kildare Monastery (a dispersed Benedictine monastery) and a nature lover.

She grew up in England and moved to California 25 years ago, and then to Minnesota a little more than four years ago. She pastors a small congregation and maintains a private practice for spiritual direction, nature guiding and supervision.

Alison has presented programs for us a few times now, and we are excited to welcome her back for the virtual series *Praying the Lectionary – Lectio Meditation on the Scripture Readings* starting January 9 (see page 5).

## WE ASKED ALISON A FEW QUESTIONS SO YOU CAN GET TO KNOW HER BETTER:

### Q: What do you enjoy most about leading programs and retreats?

**A:** I enjoy watching people open up and have experiences of God and witnessing healing taking place. Whether we are inside or in nature, when people share their hearts and feel the Spirit inviting them onto their next step in life, it is an honor and joy.

### Q: How do you nurture your spirituality?

**A:** The main ways I nurture my spirituality are by praying with my community and being in nature: walking the dog, camping, gardening, kayaking, really anything that gets me outside. I also feel nurtured when I work with people in spiritual direction sessions (some of which are in nature!) and when I see people grow and heal and move closer to God. I also love spending time with good friends.

### Q: What do you hope people gain or learn from attending *Praying the Lectionary*?

**A:** I hope that the *Praying the Lectionary* series will serve both pastors and lay for different reasons. As a pastor, I know this season of the church year – the time between Advent/Christmas/Epiphany and Lent – it can be hard to find focus as we are already looking forward to Lent and Easter. So, it's helpful to gather with others to listen to where the Spirit is inviting us to go with the sermon. And for all of us, the opportunity to slow down and spend time listening to the scripture and God's invitation for our lives is always a gift!

Learn more about Alison at [www.alisonhendleyhealing.com](http://www.alisonhendleyhealing.com).

## MARY LOUISE PETERS

Mary has been a retreat facilitator since 2010, having completed facilitator preparation with the Center of Courage & Renewal, co-founded by Parker J. Palmer.

She also has worked as a teacher in the School District of La Crosse, adjunct instructor at Viterbo University and as an educational consultant in Wisconsin and throughout the U.S. Her work continues to be focused on improving special education and expanding opportunities for young children and their families. Mary and her husband, Ed, live in Madison. They had previously called La Crosse home, and their three daughters attended La Crosse schools.

Mary has led several Courage & Renewal retreats for us and is a frequent contributor to our weekly Reflections From the Center. We're pleased to bring her back for *You Are Here: A Courage & Renewal Retreat* February 17-18 (see page 8).



## HERE IS HOW MARY ANSWERED THESE QUESTIONS:

### Q: What do you enjoy most about leading programs and retreats?

**A:** My enjoyment of expressive art, poetry and writing are shared in my retreats. Designing and facilitating retreats that allow people a sense of emotional safety and provide open reflection is very rewarding. I especially enjoy how people find space and time for listening to themselves.

### Q: How do you nurture your spirituality?

**A:** My spirituality is nurtured by time in nature, writing poetry, finding grace in solitude and in ordinary days with family and friends.

### Q: What do you hope people gain or learn from attending *You Are Here: A Courage and Renewal Retreat*?

**A:** The Courage & Renewal Touchstones are the cornerstones of what I hope people leave the retreat having experienced: learning from silence, feeling welcomed and “know[ing] that it's possible ... to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.” Simply said, my hope is that each person comes to value their own inner wisdom and feel the support of the circle that gathers together.



## A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION: We offer both 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.

**On the day before the program, you will receive a courtesy email with instructions and a Zoom link (if it's a 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 [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.

**POLICY UPDATE:** We follow local health guidelines and CDC recommendations regarding masks. Please call 608-791-5295 if you have a question about the policy in place when your program or retreat starts.

### FIVE-WEEK SERIES

#### GRIEF CIRCLE (IN-PERSON)

**JANUARY 3, 10, 17, 24, 31** • Tuesday, 10 a.m.- noon

**Facilitator:** Jean Pagliaro

**Investment:** \$50 for entire series

**Registration deadline:** December 27

We are able to offer a discounted rate of \$20 for anyone who would like financial help to attend. Please enter the code **GRIEF60** when you register online or call 608-791-5295.

This group is for those who are grieving the death of a loved one. It is a welcoming place to share your thoughts, feelings and concerns about what is happening to you. Here, you can talk about your loss with other people who understand because they also are 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.*

**Jean Pagliaro** is the director of the Franciscan Spirituality Center and has experience in grief care, mental health crisis response, hospital chaplaincy and trauma-informed care practices.



### FOUR-WEEK SERIES

#### INTRODUCTION TO THE ENNEAGRAM (ZOOM)

**JANUARY 3, 10, 17, 24** • Tuesday, 6:30-8 p.m.

**Presenters:** Audrey Lucier and Steve Spilde

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

**Registration deadline:** December 26

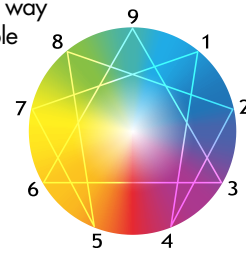
The Enneagram is a powerful tool for understanding ourselves and others, and refers to nine different personality styles (the Greek word ennea means nine). The style we favor affects what we see as important and how we act in our relationships. In this introduction to the Enneagram, you will learn about 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.

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

**Steve Spilde** is associate director of the Franciscan Spirituality Center and a 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.

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

**SAVE THE DATE** for *Understanding Relationships: An Intermediate Enneagram Retreat* (March 14).



## 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 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.

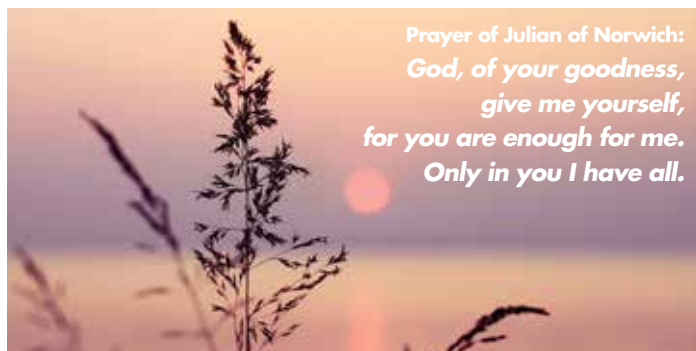
**REFUND POLICY:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

**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.





## 2023 Programs and Retreats *continued.*



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)

**JANUARY 4, 18; FEBRUARY 1, 15**

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

**Facilitator:** Robert Lynn

**Investment:** Suggested offering of \$3

Registration appreciated; drop-ins welcome.

We look to the simple, life-grounding virtue teaching of St. Francis to ground us in the contemplative path, learning to quiet the mind and open our hearts to divine presence. In this community setting, we will follow the tradition of John Main, OSB, and Laurence Freeman, OSB, of the World Community for Christian Meditation to guide the contemplative journey. However, we honor the variety of traditions and streams of meditation practice that you may use. Followers of Trappist monks Thomas Merton and Thomas Keating will find a home here. Attend any or all sessions as your schedule permits.

**Robert Lynn** is a lifelong learner at Wartburg Theological Seminary and Nashotah House, and a meditating student of Santikaro Upasaka. He has been practicing meditation individually and in a variety of group settings for several years.



### WOMEN'S CHRISTMAS: AN EPIPHANY CELEBRATION (IN-PERSON)

**JANUARY 5** • Thursday, 5:30-8 p.m.

**Presenter:** FSC staff

**Investment:** \$50, includes meal and gift (pictured)

**Registration deadline:** December 29

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. Come gather with other Wise 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.

### MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

**JANUARY 5 AND FEBRUARY 2**



First Thursday of the month, 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 4/February 1

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



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

### AWAKENING TO THE NEW YEAR WITH MINDFUL JOY (IN-PERSON)



**JANUARY 7** • Saturday, 9 a.m.-4 p.m.

**Presenter:** Kendra Holzer

**Investment:** \$60, includes lunch

**Registration deadline:** January 4

This retreat offers an opportunity to embrace joy and strengthen your capacity to encounter unfolding moments in the new year with openness, acceptance and steadiness. Throughout the day, we will collaboratively discuss the underpinnings of joy, differentiate between inner and outer joy, explore the interconnection between joy and suffering, and focus on mindfulness strategies that can accentuate your ability to more fully know joy. We also will attend to aspects of life experience that hold the potential for cultivating joy, including joy found within sacred being and breath, ordinary responsibilities, movement, nature, the arts and relationships. Our connection with one another will involve a blend of psychoeducation and group processing, with significant emphasis on experientially based activities and mindfulness meditations. Although some structure and "togetherness" will define our time, there also will be space for personal reflection and a chance to sit in stillness with joy. As echoed by Emily Dickinson, "Find ecstasy in life. The mere sense of living is enough joy."



**Kendra Holzer, Ph.D., LP**, has been a practicing clinician for more than 20 years, focusing on community mental health, county-based programs, Veterans Affairs and college counseling centers. She has a doctorate in counseling psychology and postdoctoral education in energy psychology, and has undertaken extensive training in mindfulness. She recently created Mindful Way, a psychotherapy practice in downtown La Crosse, and she is the mother of two children.



### LISTENING TOGETHER: A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)

**JANUARY 9 AND FEBRUARY 13**

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

**Facilitator:** Laurie Swan

**Investment:** Free

No registration necessary.

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. Our facilitator, Laurie, has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process. Attend any or all sessions as your schedule permits.



### FIVE-WEEK SERIES

### PRAYING THE LECTIONARY: LECTIO MEDITATION ON THE SCRIPTURE READINGS (ZOOM)

**JANUARY 9, 16, 23, 30; FEBRUARY 6** • Monday, 9-10 a.m.

**Investment:** \$50 for entire series

**Presenter:** Alison Hendley

**Registration deadline:** January 2

Are you a pastor who wants inspiration? A layperson who wants to pray and deepen their listening skills? We will use a reading from the lectionary for the following Sunday to sit within the style of both Lectio and Visio Divina. Bring a journal, and pay attention to how God is speaking to you through the scripture and/or how God is using this passage to bring the Word to your congregation.

**Alison Hendley** is a deacon with the United Methodist Church and a professed monastic member of St. Brigid of Kildare Monastery. As a woman who has worked through her own personal trauma from childhood abuse, Alison is gifted at working with others through trauma and abuse. She grew up in London and now resides in Central Minnesota, where she enjoys hiking, kayaking, gardening and spending time with her pets.

Learn more about Alison on page 2.



### FIVE-WEEK SERIES

### RISING STRONG (ZOOM)

**JANUARY 10, 17, 31\*; FEBRUARY 7, 14**  
\*NO SESSION ON JANUARY 24

Tuesday, 11:30 a.m.-1 p.m.

**Presenter:** Karna Marks

**Investment:** \$140 for entire series

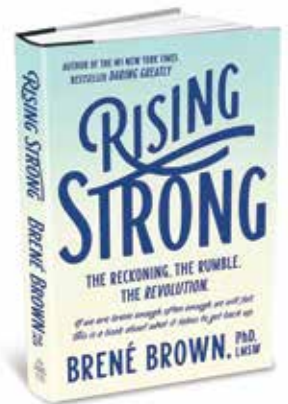
**Registration deadline:** January 2



Rising Strong™ is a workshop based on the groundbreaking work of author and research professor Brené Brown. All of us face transitions, setbacks, disappointments, failures, grief, heartbreak and challenges in this very human experience we're living. This virtual program is about what it takes for us to get back up with courage, to live wholeheartedly, and how we can write daring new endings to our stories. The curriculum is based on video clips with Brené, experiential exercises and personal exploration. Together, we'll explore the power of vulnerability, define and re-define courage, get curious about emotions, cultivate resiliency, and practice gratitude, joy and authenticity in a supportive, positive environment.

Note: Rising Strong is not therapy, but if you have a therapist, please check in with them to make sure this is a good match for you.

**Karna Marks** is a spiritual director on staff at the FSC and a Certified Daring Way Facilitator™.



Brené Brown has written several great books, including "Rising Strong," "Daring Greatly," and "The Gifts of Imperfection," but they're not a prerequisite to the workshop.

### FRANCISCAN DAY OF SOLITUDE (IN-PERSON)

**JANUARY 11 AND FEBRUARY 15** • Wednesday, 9 a.m.-4 p.m.

**Facilitator:** FSC staff

**Investment:** \$45, includes lunch and optional spiritual direction session

**Registration deadline:** January 4/February 8

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God. We will gather together as a group to begin and end the day in prayer, spending the remainder of the time in solitude. You will have a private, comfortable room and a simple

meal. Options include using our art room and meeting with a spiritual director.







## 2023 Programs and Retreats *continued.*

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

**JANUARY 16 AND FEBRUARY 20** • Monday, 6-7:30 p.m.



**Instructor:** Mary Thompson

**Investment:** \$15 per session

**Registration deadline:** January 13/February 17

**Supplies needed:** watercolor paints, paper, paint brushes, pencil and eraser, water container and paper towels.

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.



#### JANUARY THEME: PILLARS OF CREATION

*"The trees, the flowers, the plants grow in silence. The stars, the sun, the moon move in silence. Silence gives us a new perspective." – Mother Teresa*

NASA's Hubble Space Telescope captured spectacular photos of stars being born, evoking images of Creation. The now iconic "Pillars of Creation" image, set within the Eagle Nebula 6,500 light-years away, will be our inspiration. During this session, we will immerse ourselves in silence and "luminous darkness" while creating art in response to the powerful pull of the cosmos.

Join us for a gentle evening of cosmic expression as we create our own galaxy of stars using a variety of watercolor techniques.

**Note:** For this session, you will need table salt. A "Pillars of Creation" photo will be provided, but you may prefer to bring your own photo of the cosmos.

#### FEBRUARY: PAINT FROM YOUR HEART

*"The human heart is the masterpiece of the primal artist. When God created it, it was fashioned for an eternal kinship with beauty." – John O' Donohue*

Wassily Kandinsky is considered the pioneer of abstract art. His masterful work combined vivid colors and abstract forms to express deep spirituality. For this session, we will use his renowned painting "Squares with Concentric Circles" to inspire our spontaneous expression of feelings with paint. Join us for an evening of chromatic fun as we splash colors and shapes in a visual manifestation of our creative spirit.

**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.



### NEW YEAR, NEW MOON WOMEN'S YOGA RETREAT (IN-PERSON)

**JANUARY 20-22** • Friday, 3-9 p.m.;

Saturday, 9 a.m.-9 p.m.; Sunday, 9 a.m.-noon

**Presenter:** Heather Henry

**Investment:**

- **OVERNIGHT:** \$280, includes private bedroom and all meals
- **COMMUTER:** \$180, includes dinner on Friday and lunch on Saturday

**Registration deadline:** January 13

This new moon retreat offers an opportunity to reconnect to our body in a sincere and loving way, and to clearly set intentions for this season and the ones ahead. We will listen compassionately to our body's language and communication, responding tenderly and gently inviting stuck patterns to dislodge and release. We will reset our inner rhythm to a pulse that is healthy, beneficial and reflects nature's cadence. Together, through gentle movement and postures, breath, meditation, sacred sound and with Ayurvedic wisdom woven throughout, we will create a healing opportunity for ourselves and our planet. This experience is designed to help you—whether you are new to a practice or deepening one—to return home with a renewed relationship with your body, your self and your life.

**Heather Henry** has been teaching heart-led yoga for nearly 25 years. She looks toward nature, as divine expression, to connect to the rhythms that bring balance to our lives.



### ZENTANGLE RETREAT (IN-PERSON)

**JANUARY 28** • Saturday, 9 a.m.-noon



**Presenter:** Christine Isham

**Investment:** \$38, includes all supplies

**Registration deadline:** January 24

This retreat day combines hands-on learning and meditation. The Zentangle Method is the process of drawing simple, repetitive shapes and focusing on each pen stroke. Can you draw a line, circle, triangle or "S" shape? Then you can tangle—no matter what your level of artistic abilities. As a spiritual practice, the Zentangle Method can quiet the mind and still the spirit. The philosophy of "no mistakes" encourages practitioners to incorporate every stroke into their meditation and quiet the voice of self-criticism and worrying about outcomes. Students will leave with an understanding of the basics of the Zentangle Method, a finished Zentangle and some supplies to continue tangling on their own.

**Christine Isham** has been tangling since 2012 and leading classes in the Zentangle Method for several years. She and her wife live in Holmen and enjoy walking, kayaking and exploring the Driftless Region.

**Note:** Even if you've participated in past Zentangle retreats, you will be introduced to new techniques.







## JOURNEY THROUGH MOTHERHOOD: CELEBRATING ALL PHASES AND STAGES (IN-PERSON)

**FEBRUARY 3-4** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Emily Sustar

**Investment:**

- **OVERNIGHT:** \$170, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** January 29

Conception, pregnancy, birth, postpartum and parenthood—this is a continual process of change and transformation. The transition into motherhood actually has a name: matrescence. At no other time does the body, mind, spirit and emotions go through such intense changes. Each time you birth a new baby, you birth a new version of yourself. Once the baby is here (or babies), the transformation doesn't stop. Each age, phase and stage of motherhood stretches us to grow in ways that we never could have imagined. During this retreat, we will consciously celebrate the different stages and phases of motherhood as a spiritual journey of human growth, from conception to mothering all ages of children to mothering ourselves. Join us for mindfulness practices, yoga, healing rituals, art, meditation, discussion, fresh food, plus time to connect and hold space as a community.

**Emily Sustar** is a registered prenatal/postpartum yoga teacher and the founder of The Motherhood Collective in La Crosse. She also is a Birthing From Within childbirth education mentor, a former Montessori early childhood teacher and the mother of three.

## MINDING THE GAP: CHOOSING GROWTH, APPRECIATION, AND PRESENCE (IN-PERSON)

**FEBRUARY 9** • Thursday, 6-7:30 p.m.



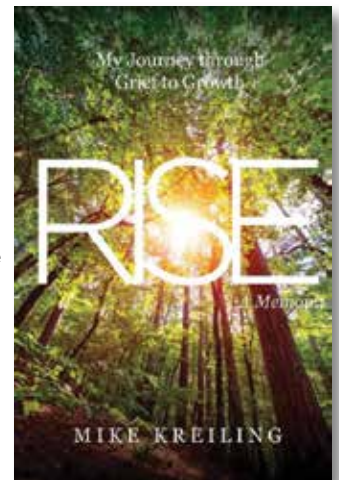
**Presenter:** Mike Kreiling

**Investment:** \$15

**Registration deadline:** February 6

We all have a choice to make, especially during the most difficult and stressful of times. For Mike Kreiling, the crucible was the sudden and unexpected loss of one of his best friends, mentor and hero: his dad. Mike found healing through growth, appreciation and presence. He has written a book about that experience and how three simple concepts can help brighten our lives even through the darkest of times. Whether we're facing something truly terrible or merely a stressful moment, the simple process of "minding the GAP" (growth, appreciation, presence) can help light our spiritual path, he says. We invite you to hear more of his story. After his presentation, there will be an opportunity to purchase Mike's book, "Rise: My Journey Through Grief to Growth."

**Mike Kreiling** is a local author, speaker, entrepreneur and family man. Whenever possible, he spends time with his wife and two sons. In addition to writing his book about the power of gratitude and growth amid grief, he writes a daily blog on the topic of gratitude at Thankful4Forty.com. Mike also can be found working in one of the handful of Express Employment Professionals franchises he owns.



## WOMEN STRONGER TOGETHER (IN-PERSON AND ZOOM)

**FEBRUARY 14, 21, 28; MARCH 7, 14, 21**

Tuesday, 4-5 p.m.



**Presenter:** Bernice Olson-Pollack

**Investment:** \$60 for entire series

**Registration deadline:** February 7

We are able to offer a discounted rate of \$30 for anyone who would like financial help to attend. Please enter the code WELL50 when you register online or call 608-791-5295.

The word strong most likely brings to mind physical strength: working out by lifting weights, using body weight for resistance, and machines and equipment to increase strength. A strong woman can set her mind to reaching goals while overcoming obstacles in her path. As women, let us begin to integrate the physical, mental and emotional strength together. Each one-hour session combines women-empowered topics and strength-based movements.

**Please bring a medium exercise band and yoga mat if you have one.**

*"I am stronger because I had to be. I am smarter because of my mistakes. I am happier because of the sadness I've known. I am wiser because I have learned."*

— Jackie Kerekes, personal trainer and founder of The Training Loft.

**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.





## 2023 Programs and Retreats *continued.*

### YOU ARE HERE:

#### A COURAGE & RENEWAL RETREAT (IN-PERSON)

**FEBRUARY 17-18** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Mary Louise Peters

**Investment:**

- **OVERNIGHT:** \$165, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

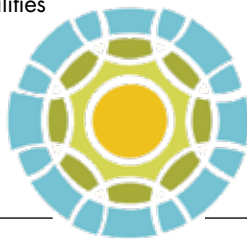
**Registration deadline:** February 10

*Quiet your mind and the busyness of life to return “here”  
— to your soul.*

During this retreat, we will explore and map where our lives have traveled. Through individual written reflection and group interaction, you will have opportunities to deepen what it means for you to “be here now” and recognize the grace of the present moment is always abundantly available. Our time together will include guided discussion, experiences with poetry, spiritual writing, wisdom tradition essays and art experiences. This retreat is based on the Circle of Trust® approach developed by Parker J. Palmer, writer, activist and co-founder of the Center for Courage & Renewal.

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

Learn more about Mary on page 2.



CENTER *for*  
**COURAGE &  
RENEWAL**

### JAPANESE ART OF KINTSUGI:

#### EMBRACING OUR IMPERFECTIONS WITH GRACE AND COURAGE (IN-PERSON)

**FEBRUARY 24-25** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Facilitators:** Jean Pagliaro and Julie Connelly

**Investment:**

- **OVERNIGHT:** \$165, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

**Registration deadline:** February 20

The Japanese art of Kintsugi takes broken pottery and repairs the cracks with gold. These restored bowls, formerly considered worthless, become treasured items of great worth and beauty. We will use this art as a symbol of our spiritual life. Our wounds and failures can easily harden into shame and regret. Yet, if we look at our lives through the eyes of grace and compassion, our painful experiences can be transformed into great sources of inspiration, beauty and wisdom.

This retreat will include a session of Tibetan singing bowls. It also will include creative expression, presentation time, individual reflection and small-group processing.



#### THE GOSPEL OF JESUS CHRIST (IN-PERSON AND ZOOM)

**FEBRUARY 28; MARCH 7, 14, 21**  
Tuesday, 5:30-6:30 p.m.



**Presenter:** John McHugh

**Investment:** \$10 per session

**Registration deadline:** February 21

**Note:** Come to any or all sessions. You'll need to register for each session you plan to attend.

There are four Gospel accounts of the life of Jesus. Although Matthew, Mark, Luke and John have similar themes, they each speak about Jesus in unique ways. Biblical scholar John McHugh will share insights into select passages from all four Gospels. As always, John will weave scriptural commentary with personal stories to help us see the relevancy of the Gospels for our daily lives. Participants need not attend all four sessions; join us whenever it fits your Lenten journey!

**John McHugh** is the director of corporate communications, leadership development and training for Kwik Trip, Inc., based in La Crosse. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He has degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy. John serves on the boards of Trust Point, Betterlife Insurance and Viterbo University. He and his wife, Maggie, live near Sparta, Wisconsin.





## BODY | MOVEMENT CLASSES

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

**SESSION 1: JANUARY 3, 10, 17, 24, 31; FEBRUARY 7**

**SESSION 2: FEBRUARY 14, 21, 28; MARCH 7, 14, 21**

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

**Instructor:** Amber Moesch

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

**Registration deadline:** January 2/February 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. Participants 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: JANUARY 3, 10, 17, 24, 31; FEBRUARY 7**

**SESSION 2: FEBRUARY 14, 21, 28; MARCH 7, 14, 21**

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

**Instructor:** Bernice Olson-Pollack

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

**Registration deadline:** January 2/February 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." Using 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. With Qigong, stress reduction occurs through the combination of breathing, movement and internal focus.

**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. Her accessible teaching style creates a comfortable learning environment for diverse abilities.



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

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

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

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

**Instructor:** Bernice Olson-Pollack

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

**Registration deadline:** January 3/February 13



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. Her accessible teaching style creates a comfortable learning environment for diverse abilities.



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

**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.

**Saturday Morning Men's Group** meets to discuss a current book related to spirituality from 9-11 a.m. on the first and third Saturday of the month. For more information, please call 608-791-5295.

**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.

SAVE THE DATES: MARCH 31-APRIL 1

# Weekend Retreat



## with Jan Richardson

Renowned author and artist **JAN RICHARDSON** will join us virtually during our in-person retreat *Transforming Sorrow: Creativity and the Healing of Grief* at the Franciscan Spirituality Center.

During this special weekend event, we will explore the intersection of grief and creativity, using Jan's art and sharing her poetry as we move to transform sorrow into blessing.

Jan often collaborated with her husband, the singer/songwriter Garrison Doles, until his sudden death in December 2013. Her reflections on pain, loss and transformation have touched millions of readers.

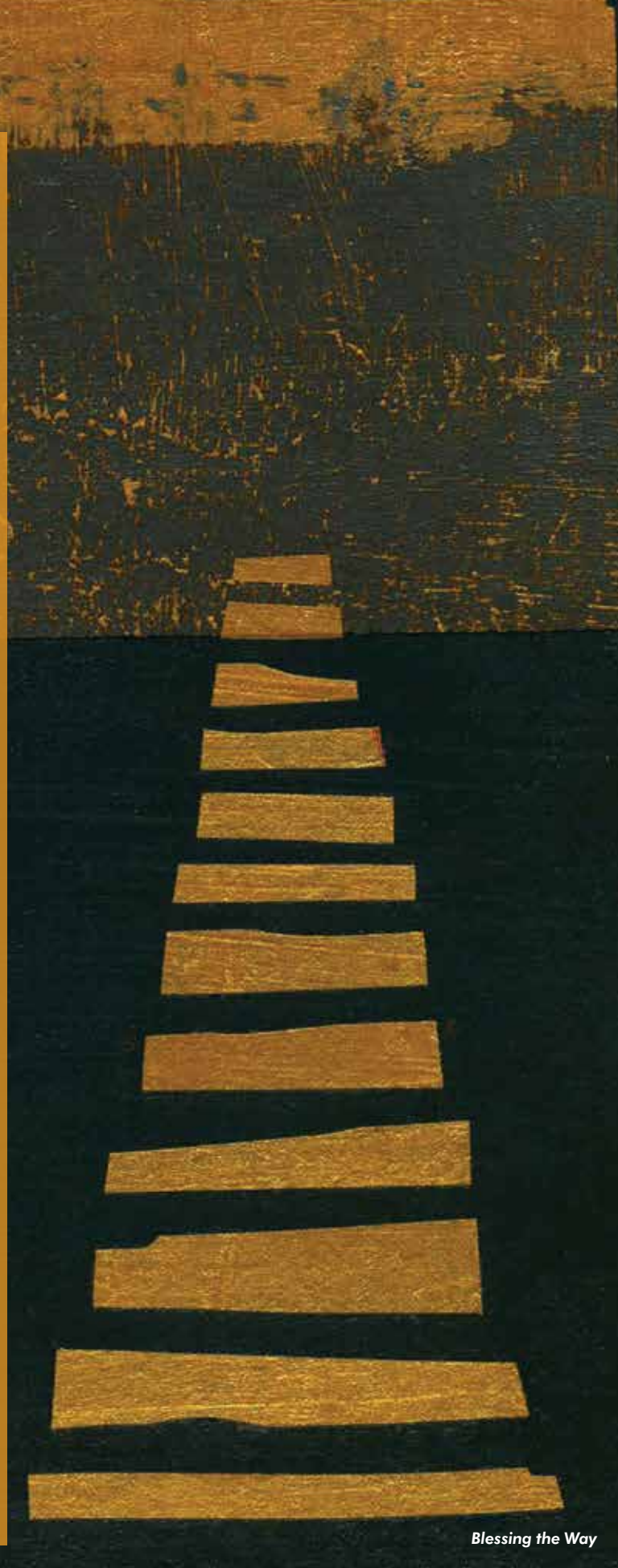
Thanks to state-of-the-art technology, we can welcome Jan into our sacred space from her home in Florida. We invite you to hear from her directly and experience for yourself how your creative energy might lead to something new and meaningful.

Watch for upcoming registration details at [www.FSCenter.org](http://www.FSCenter.org) or on Facebook @FSCenterLaCrosse.

### ABOUT JAN RICHARDSON

With work described by the Chicago Tribune as "breathtaking," Jan has attracted an international audience drawn to the spaces of welcome, imagination and solace that she creates in both word and image. Her beloved books include "The Cure for Sorrow," "Night Visions," "In the Sanctuary of Women" and the recently released "Sparrow: A Book of Life and Death and Life."

In addition to being an artist and a writer, Jan is an ordained minister in the United Methodist Church and serves as director of The Wellspring Studio, LLC. She is widely sought out to lead retreats and speak at conferences.



*Blessing the Way*



TICKETS WILL GO ON SALE IN EARLY 2023. HOPE TO SEE YOU!



# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



## March 23

COCKTAIL HOUR • 5:30 P.M.  
DASH FOR ART • 6:30 P.M.

We are getting ready for another spirited night of food, fun and fine art. Our sixth annual *Art Dash* will take place Thursday, March 23, 2023, at The Cargill Room at The Waterfront Restaurant and Tavern. This signature fundraiser brings together more than 200 people for a celebration of creativity and beauty, showcasing local and regional artists while supporting the FSC's vital work of promoting peace, building community, transforming lives and offering healing spaces.

Last year, our event featured nearly 90 pieces of original art. We are excited about the donations we have received so far, and we'll unveil a preview of the available art on our website ([www.FSCenter.org/artdash](http://www.FSCenter.org/artdash)) in the coming weeks.



Stitchery artwork by  
Marcia G. Thompson (left)



THANK YOU TO OUR ART DASH 2023  
SPONSORS SO FAR:

### ART PATRON



MAYO CLINIC  
HEALTH SYSTEM

### ART ADVOCATES



GUNDERSEN  
HEALTH SYSTEM



### FOOD SPONSORS

Franciscan Sisters of Perpetual Adoration  
Great Lakes Cheese Company  
Kwik Trip, Inc. • McCabe Roofing, Inc.

### OTHER CONTRIBUTORS

AssuredPartners • Kish and Sons Electric  
La Crosse Graphics

We are still lining up sponsorships. If you'd like to partner with us, please contact Jean Pagliaro, FSC director, at [jpagliari@fspa.org](mailto:jpagliari@fspa.org) or download a sponsor sheet at [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash).

**HOW ART DASH WORKS:** Everyone who buys a \$100 Dash ticket will go home with a piece of original art, but which piece is up for grabs. Your ticket buys you a spot in the Dash. After a preview of the art, we'll start randomly drawing numbers, three at a time. When your number 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 number 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!



Karen Kappell, FSPA



Rose Dymetrszyn



Lynne Burgess



Emmaus



Large Conference Room

# Meeting Spaces

YOU'LL FIND EXACTLY WHAT YOU ARE LOOKING FOR AT THE FRANCISCAN SPIRITUALITY CENTER:

- 8 distinctive meeting rooms that can seat 2 to 90 people
- State-of-the-art technology
- Professional, comfortable seating and flexible layout options
- Privacy and quiet
- In-house catered refreshments and meal options (dining room also can be reserved)
- All-day, half-day and economical two-hour rates
- Bedrooms that can be reserved for overnight retreats
- Franciscan hospitality and environmentally friendly service
- Historic charm and exquisite woodwork throughout the building



Grace Hall

## EQUIPMENT AVAILABLE FOR NO EXTRA CHARGE:

- Large TV/display screens
- Computer access
- Microphones
- Listening assistance devices
- Flip chart with markers



CALL US AT 608-791-5295 TO DISCUSS YOUR GROUP'S NEEDS AND HOW WE CAN MAKE YOUR NEXT MEETING MEMORABLE.

## A note from a friend

We recently collaborated with Peter Grabow of Mayo Clinic Health System for a special event celebrating the health system's 30th anniversary.



Jean, Laurie, Kathy, Natalie,  
all at Franciscan  
Spirituality  
Center  
Thank you so much for your  
warmth & hospitality yesterday  
(all for all of your patience with me and  
my millions of questions in planning for this  
event :) Everything was Splendid  
and we look forward to working with you  
on similar events in the future. Thank you so much!  
Peter Grabow, on behalf of the Mayo team





JOIN US FOR THIS INSPIRATIONAL ANNUAL WOMEN'S CONFERENCE!

OVERCOMING CHALLENGES WITH

# Grit & Grace

SATURDAY, MAY 6 • 9 a.m.-3 p.m.

INVESTMENT: \$65, includes lunch

(We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code GRIT when you register online or call 608-791-5295. With this discount, your cost would be \$50.)

Four amazing women share their personal stories of resilience and faith. Our keynote speaker this year is LORA DEVORE, author, therapist and educator.

Her memoir, "Darkness Was My Candle: An Odyssey of Survival and Grace," traces her life as a survivor of child abuse, sex trafficking, illegal pharmacological drug research and institutional abuse. It's also a story about transcendence, healing and the possibility of living a luminous life.

With an advanced degree in clinical psychology and recognized as a national expert and catalyst for change, Lora is also known as a powerful storyteller. She has witnessed how stories shift consciousness around the world.

Lora can speak for those like her, who have been silenced for decades, and she can show those who've experienced trauma the way through the dark.

#### ADDITIONAL PRESENTERS ARE:

Kathleen Jensen: *The Little Heart Project: What Can You Do To Make This World a Kinder Place?*

Cheryl Killilea: *Journey Through Wellness With Courage Faith and Joy*

Jodie Rubenzer: *Infinitely Connected*



KEYNOTE SPEAKER:  
Lora DeVore



Kathleen Jensen



Cheryl Killilea



Jodie Rubenzer

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



Franciscan  
Spirituality Center





## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

### VISIT THE SOPHIA BOOKSTORE

## Find interesting books, gift items and more!

Tucked away inside the FSC, the Sophia Bookstore is a treasure awaiting your discovery. This warm and inviting space features an excellent selection of books, cards and gift items. Current book categories include spiritual healing, self-awareness, eco-spirituality, modern theology, Franciscan values, poetry, healing and grief, and more. You'll also find handmade soaps, lotions, scarves, prayer cards, Tibetan singing bowls and FSC T-shirts, among other thoughtful gift items. Enjoy free WiFi and complimentary coffee and tea while you browse.



OPEN TO THE GENERAL PUBLIC FROM 8:30 A.M.-5 P.M. MONDAY THROUGH FRIDAY

### COMING THIS SPRING



**Lenten Pause Retreat • March 3-4**

**Understanding Relationships:  
An Intermediate Enneagram Retreat • March 11**

**SoulCollage Retreat • March 17-19**

**Nourish Your Soul: A Retreat for Caregivers and  
Those Working in Healthcare • March 24-25**

**Justice and Peace Stations of the Cross • April 7**

**Resurrection Rest for Church Professionals •  
April 10-13**

**Pilgrimage: A Journey of Mind, Heart, & Soul •  
April 21-22**

**Peace in Our Bodies, Peace for Our Bodies,  
Peace With Our Bodies • April 28-30**

**Family Art and Journaling • May 13**

**Intuitive Painting With Cold Wax and Oil •  
May 19-20**

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