



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

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JULY/AUGUST 2022

At the Center

IN THIS ISSUE:

- Family Day for Exploring Spirituality
- The Sound of Bowls at Sunset
- Family Pizza & Paint Night
- Intuitive Painting With Cold Wax and Oil
- Centering Prayer: Silent Listening

MARK YOUR CALENDAR!

Explore faith after doubt

with Brian D. McLaren

We are excited to welcome Christian thinker, author and activist Brian D. McLaren to the Franciscan Spirituality Center this fall for a virtual visit during our weekend retreat based on his latest book.

October 21-22

Friday, 7 p.m.–Saturday, 4 p.m.

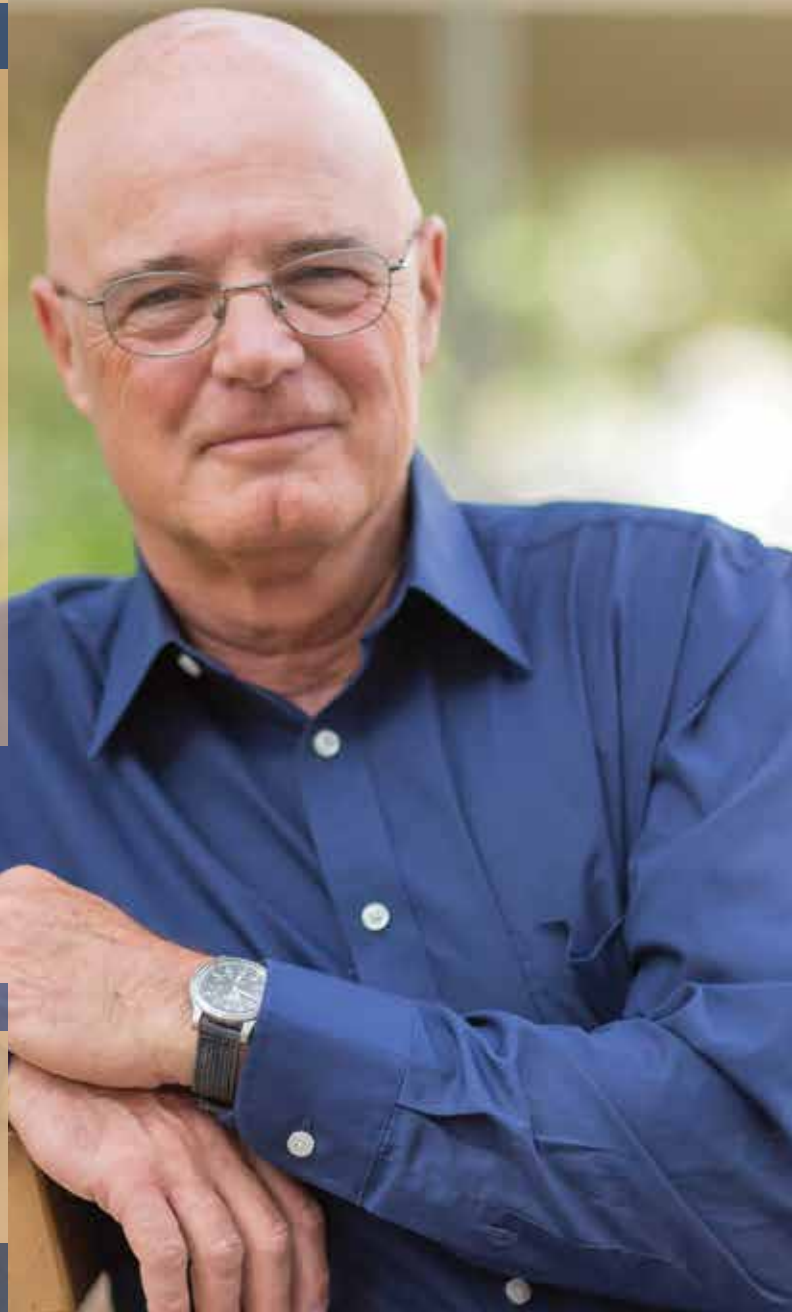
920 Market St., La Crosse

Faith After Doubt

with special guest **Brian D. McLaren**

Many people leave church when they feel they must choose between honest, authentic questions and rigid, pat answers. Best-selling author Brian D. McLaren shares hope in his latest book, "Faith After Doubt." He proposes a model of faith development in which questions and doubt are not the enemy of faith but rather a portal to a more mature and fruitful kind of faith.

We'll gather as a group in-person at the FSC to look at the four stages of faith outlined in Brian's book. Then, on Saturday afternoon, Brian will join us virtually to answer questions and provide guidance on where we go from here.



Brian D. McLaren is an author, speaker, activist and public theologian. A former college English teacher and pastor, he is a passionate advocate for "a new kind of Christianity"—just, generous and working with people of all faiths for the common good. He is an Auburn Senior Fellow, a contributor to We Stand With Love and a leader in the Convergence Network, through which he is developing an innovative training/mentoring program for pastors and church planters.

Photo credit: Hannah Davis at Wild Artistry Photography

WATCH FOR REGISTRATION INFORMATION AT WWW.FSCENTER.ORG OR CALL 608-791-5295.

Encountering the holy in unexpected places



During a recent meeting with my spiritual director, I shared that I was in a really good place emotionally and spiritually, and felt like I wanted to celebrate that. She asked me how I was going to do that, and I told her that I'd like to stop on my way home from work to buy flowers.

That day after work, I stopped at my favorite floral shop but found out they were accepting call-ahead and delivery-only orders. I didn't have time to stop at another store. I was disappointed, but fine, and went home.

I didn't tell my family about the flowers. Later that evening, my daughter came out of her room and handed me a paper flower that she had just made. I asked her why she made it; she shrugged her shoulders and replied, "Just because." I was deeply moved, and it was a very holy experience.

I am grateful that I was paying attention, and I know I've probably missed countless other such experiences. But for that one moment, I felt like I was able to receive on many levels: a kind gesture from my daughter, a whisper of the spirit blowing through, a sense that I was connected to something greater than myself.

I know our spiritual journeys are more than simply receiving, and there are so many ways to actively live out our spiritual beliefs. But receiving – whether it's a simple gift or help and support when needed, or even receiving the beauty of a sunset or another delight in nature – is what gives us strength, conviction and courage to go out and continue what we're called to do and be.

I invite you to browse through our newsletter and see these programs and retreats that we hope will help you to receive whatever it is you need. There are opportunities for solitude, artistic expression, spiritual direction and group discussion. Whether you're here with us at the FSC or joining virtually from somewhere else, I hope you're able to pay attention and encounter the holy in surprising places as well. And, if you're willing to share, I'd love to hear how you've encountered the holy in unexpected places. You can email your stories to me at jpagliari@fspa.org.

Peace and all good,

Jean Pagliaro

Jean Pagliaro, FSC Director



FRANCISCAN SPIRITUALITY CENTER STAFF



Steve Spilde
Associate Director &
Spiritual Director



Rose Elsbernd, FSPA
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Karna Marks
Spiritual Director



Julie Connelly
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Kathy Holman
Administrative Assistant
& Receptionist

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yes!

You can stay here overnight!

People are sometimes surprised to learn that there are bedrooms at the Franciscan Spirituality Center. We have 32 to be exact (plus three hermitages in nearby St. Joseph's Ridge).

Our weekend and longer retreats typically include an option for overnight accommodations, but you can add a bedroom stay to just about any program for just \$65 per night. Meals are available, too, for a small charge.

We invite you to experience the peace and hospitality found within our sacred space. This is an ideal setting for rest and renewal – a break from the stress and busyness of life.

Both men and women are welcome to stay at the FSC.

We've just completed a major remodeling. Each bedroom now has a private restroom with shower, plus new flooring, furnishings, window treatments and bedding. Some of our rooms have queen-size beds, and some are handicap accessible. Other additions include a spacious kitchenette for guests and the Rosalie Hooper Thomas Library, where you'll want to curl up with a good book.

In addition to registering for any of our scheduled retreats, you are welcome to design a custom retreat with one of our trained spiritual directors. We're happy to work with your schedule and your needs to create a meaningful experience. Please visit www.FSCenter.org or call 608-791-5295 for more information.



"I am very honored to be a guest of FSC. It has been a sacred experience."

– Pat, overnight retreat participant



ROSALIE HOOPER THOMAS LIBRARY

One of the major contributors to our endowment campaign chose to honor Rosalie Hooper Thomas with her financial gift. In addition to being a friend of the FSC and generous supporter herself, Rosalie is a spiritual director and former staff member. Rosalie retired in 2014 after 12 years at the FSC, but we were fortunate that she continued to lead programs and facilitate groups for several years.

The library (pictured above) is a warm and inviting spot to enjoy a cup of tea and read while you are on retreat here. You also are welcome to sit in the library between 8:30 a.m. and 5 p.m. Monday through Friday. Simply check in at the reception desk.





Meeting space for rent

Whether you are leading a training session, council meeting, staff retreat, support group or book club, the right environment makes a difference. You'll find exactly what you are looking for at the Franciscan Spirituality Center:

- 8 distinctive meeting rooms that can seat from 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



We invite you to call us at 608-791-5295 to discuss your group's needs and how we can make your next meeting memorable.



EQUIPMENT AVAILABLE FOR NO EXTRA CHARGE:

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

Our experienced staff will work with you to design the ideal room setup for your event and explore refreshment options. The possibilities are endless. We'd love to give you a tour of our venue, or you can view our meeting spaces and a rate sheet online at www.FSCenter.org. We look forward to welcoming you!



Another amazing Art Dash!

Our fifth annual signature fundraiser was hugely successful. More than 200 people gathered on March 24 at The Cargill Room in downtown La Crosse to support our mission. Art Dash tickets sold out in record time, and people were excited to gather in person again for this year's event. Dashers chose from among 87 pieces of original art, including woodworking, fabric art, printmaking, jewelry, photography, ceramics, paintings and more! The event also featured a wine pull and complimentary caricatures by Tommy Orrico. Thanks to our sponsors and ticket buyers, we raised more than \$12,000 and helped spread a little more beauty in the world!



Thank you!

THANK YOU TO OUR PARTICIPATING ARTISTS

Phil S. Addis	Shane Lamb (La Crosse Clay Center)
Sandy Andersen	Raelyn Larson
Terry Bauer	Tiffany Lavender
Kate Bausch	Barb Lawless
Dick Berendes	Sherri Lisota
Sharon Berger, FSPA	Dani McAlister
Elise Boam	Carol Monsebroten
Carissa Brudos	Dan Mullenbach
Lynne Burgess	Bruce Nuttall
Joyce Diveley	Lisa David Olson
Karen Dunn	Tim Pahs
Rose Dymetryszyn	Lois Peterson
Bill Eddy	Dave Piro
Mary Lou Ferguson	Leanne Poellinger
Jesse Gongaware	Mary Poellinger
Joan Gundersen	Raelene Roberts
Ashton Hall	Rick Ross (Summit Art Studio)
Tim Hammond	Colleen Shore
Burt Hammons	Laura Siitari
Nancy Heerens-Knutson	Vera Snow
Jamie Heiden	Jacob Speer
Dan Henderson	Marianne Stanke
Jess Hetchler	Linda Steine
Dan Howard	Susan Stoffel
Chris Johnson	Jason Stuemppes (Jason Ray Photography)
David Johnston	Marcia Thompson
Karen Kappell, FSPA	Mary Thompson
Chris Kerbaugh	Jennifer Williams
Georgina Kingsley	Bob Witte
Linda Klabo	Carol Witt-Smith
Barb and Joe Kruse	



THANK YOU TO OUR SPONSORS



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ARTIST SPONSORS:

Terry Bauer • La Crosse Graphics • Kish & Sons Electric • River City Gallery
Teresa Clark • State Bank Financial

MEDIA SPONSORS:



DOOR PRIZE CONTRIBUTORS:

Pump House Regional Arts Center • La Crosse Community Theatre
Leanne Poellinger • Tiffany Lavender • Lucy Slinger, FSPA

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER




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 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 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: At the time of publication, masks are optional at the FSC. We will continue to follow CDC guidelines and local health recommendations, and will post updates to this policy at www.FSCenter.org as needed.


COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

JUNE 1 AND 15, JULY 6 AND 20, AUGUST 3 AND 17



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

Facilitator: Robert Lynn

Investment: Freewill offering

Registration: Registration appreciated; drop-ins welcome

Christianity has a deep tradition of silent prayer in the form of contemplation or meditation. This community setting will practice Christian meditation in the tradition of John Main, learning to quiet the mind and experience divine presence. Other teachers in this tradition include Thomas Merton 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, participates in ongoing studies at Nashotah House and has been practicing meditation individually and in a variety of group settings for several years.

MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

JULY 7 AND AUGUST 4 • Thursday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

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

Registration deadline: July 6/August 3

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. 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 FSC.


REGISTER

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

DEPOSITS: If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event.

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

FINANCIAL ASSISTANCE: If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving all on their spiritual journey and will hold your request in confidence.

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.

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.

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 6-8 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.

ICONOGRAPHY WORKSHOP: ST. IGNATIUS OF ANTIOCH (IN-PERSON)

JULY 11-16 • Monday-Friday, 9 a.m.-5 p.m.;
Saturday, 9-10 a.m.



Instructor: Phil Zimmerman

Investment:

- **Full:** \$700, includes private bedroom Sunday through Friday nights, all meals and all supplies
- **Commuter:** \$575, includes lunch and dinner Monday through Friday and all supplies

Registration deadline: July 3

Both a meaningful prayer practice and a technical art form, iconography traces its history to the beginning of Christianity. Icons are often referred to as “windows into heaven” and continue to be venerated by Orthodox Christians and others. Noted American iconographer Phil Zimmerman will guide participants step-by-step through the process of “writing” or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist’s materials (acrylic paints, gessoed board, gold leaf). All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.

Note: The subject of this icon will be St. Ignatius, a convert of St. John the Theologian, an early Christian writer and the Patriarch of Antioch, known for his letters written en route to Rome, where he was taken in chains and martyred by being thrown to the lions.



FSC BOOK DISCUSSION GROUP

SLEEPING WITH BREAD: HOLDING WHAT GIVES YOU LIFE (VIA ZOOM)



JULY 12 • Tuesday, 6-7:30 p.m.

Facilitator: Karna Marks


Investment: \$10 (book not included; you can purchase it on your own or at the FSC’s Sophia Bookstore)

Registration deadline: July 11

During the bombing raids of World War II, thousands of kids were orphaned or hungry. Many of these children, who had lost so much, could not sleep at night. Nothing seemed to reassure them. Then someone came up with the idea to give each child a piece of bread to hold; by holding their bread, the children could sleep in peace. This story is recounted in the book “Sleeping With Bread: Holding

What Gives You Life” by Dennis Linn, Sheila Fabricant Linn and Matthew Linn. The Examen is a prayer practice developed by St. Ignatius of Loyola—a way of looking back at our day while resting in God’s love. It’s a way of welcoming our authentic selves and embracing our very human experiences in light of God’s grace and faithfulness. It’s a way of holding what gives us life. Join us as we explore this book and this prayer practice together.



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



THE SOUND OF BOWLS AT SUNSET (IN-PERSON)

JULY 12 • Tuesday, 7-8 p.m.

Presenter: Tom Roberts

Investment: Free, suggested donation of \$10 may be paid upon arrival

Those who have attended *The Sound of Bowls* with Tom Roberts at the FSC know how invigorating the experience is. All are invited to this special evening at St. Joseph’s Ridge (15 minutes east of La Crosse) to experience the power and beauty of traditional Tibetan singing bowls outside as the sun sets. Bring a chair or a blanket, and prepare to be opened to deep relaxation and meditation in the presence of ageless bell sounds.

Note: This event takes place outdoors, near Villa St. Joseph, about 10 miles east of La Crosse (W2658 WI-33, La Crosse, WI 54601). Pets are not allowed on the property.



SUMMER SESSIONS

GOLDEN YOGA (IN-PERSON AND VIA ZOOM)

SESSION 1: JUNE 14, 21, 28
SESSION 2: AUGUST 2, 9, 16

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



Instructor: Amber Moesch

Investment: \$30 for each three-week session

Registration deadline: June 13/August 1

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.





2022 Programs and Retreats *continued.*



FIVE-WEEK SERIES

AN INTEGRAL APPROACH TO SPIRITUAL DEVELOPMENT (VIA ZOOM)

JULY 13, 20, 27; AUGUST 3, 10

Wednesday, 6:30-8:30 p.m.

Presenters: Wendy Mitch and Steve Spilde

Investment: \$95

Registration deadline: July 11



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. This virtual series can offer guidance during these challenging times of transformation. Drawing on the work of Integral theorists Clare W. Graves, Don Beck and Ken Wilber and the similar work of Spiral Dynamics, 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, small-group sharing, facilitated discussions, journaling and integral practices incorporating head, heart and body, participants will find community and practices to encourage continued growth.

Wendy Mitch is the director of training and development for Portesi Italian Foods, a certified Integral Coach through New Ventures West and the owner of Shifting Perspectives: Integral Coaching and Consulting, based in Plover, Wisconsin. She earned her master's degree in servant leadership from Viterbo University in 2003.

Steve Spilde serves as director of the Spiritual Direction Preparation Program. He is a student of Ken Wilber, Don Beck and other teachers of Spiral Dynamics and Integral Spirituality.

"Come and see what we're about. We won't try to convert you to any particular faith tradition. The coffee is always hot. The space is always welcoming, and you might be surprised at what you learn about yourself and your spirituality. We'd love to welcome you here."

— Jean Pagliaro, FSC director

CENTERING AT THE CENTER: A SELF-DIRECTED RETREAT (IN-PERSON)

JULY 17-19 • Sunday, 6 p.m.–Tuesday, noon

Facilitators: FSC staff

Investment: \$265, includes two nights' stay and all meals

Optional spiritual direction: \$30 per session

Registration deadline: July 11

We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code CENTER40 when you register online or call 608-791-5295. With this discount, your investment would be \$159.

Enter into three days of rest, solitude and an opportunity for centering. Unplug and enjoy a private room at the FSC or stay at one of our cozy hermitages, about 10 miles east of La Crosse. This is an opportunity to take time for yourself and listen to what your spirit needs. You may walk our indoor labyrinth, explore the Sophia Bookstore, take a walk outside, read, journal, visit the Mary of the Angels Chapel, meet with one of our spiritual directors or simply rest. You are welcome to book additional nights with us if you'd like to extend your centering experience. Please call 608-791-5295 for details.

This program is offered with the support of the Blanche Klein, FSPA, Scholarship Fund.



FRANCISCAN DAY OF SOLITUDE (IN-PERSON)



JULY 20 AND AUGUST 10 • Wednesday, 9 a.m.-4 p.m.

Facilitator: Karna Marks

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

Registration deadline: July 13/August 3

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 in prayer, spending the remainder of the day 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 if you wish.



POP-UP VINYASA YOGA (IN-PERSON AND VIA ZOOM)**JULY 20 AND AUGUST 24** • Wednesday, 5:30-6:30 p.m.**Instructor:** Bernice Olson-Pollack**Investment:** \$10 per session**Registration deadline:** July 19/August 23

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.

**FAMILY PIZZA & PAINT NIGHT (IN-PERSON)****JULY 21** • Thursday, 5:30-7 p.m.**Instructor:** Laurie Swan

Investment: \$30 for first two participants, and then \$5 per additional participant (payable at the door); includes dinner and one painting per family.

Registration deadline: July 14

We invite you to spend a fun evening with your loved ones, together creating a beautiful painting that celebrates your family. Children will add the leaves in the scene, either by painting them in or using their fingerprints. As each of you contributes to the painting, it becomes a treasured, one-of-a-kind keepsake. The evening includes a pizza dinner and opportunity for fellowship.

Laurie Swan is the FSC's office manager and the owner of Art & Soul, through which she hosts painting parties for all ages.

**FAMILY DAY FOR EXPLORING SPIRITUALITY (IN-PERSON)****AUGUST 14** • Sunday, 2-6 p.m.**Facilitators:** FSC staff

Investment: \$12 per participant, includes all activities and dinner. Youth must be accompanied by an adult.

Registration deadline: August 8

Our staff has designed this interactive event for young people to explore

spirituality and various practices that might help them grow in their own spiritual journey. Activities include Tibetan singing bowls, journaling, body movement, meditation/mindfulness, art, Centering Prayer and story time. This will be a fun and enriching afternoon for the whole family!

**CENTERING PRAYER: SILENT LISTENING (IN-PERSON)****AUGUST 19-20** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.**Presenter:** Marcia Bentley**Investment:**

- **Full:** \$165, includes overnight stay, breakfast and lunch on Saturday
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: August 12

Centering Prayer is a modern form of meditation that began in a Trappist monastery in Massachusetts. It is a Christian prayer of silence, a surrendering of ourselves to God. While some Eastern forms of meditation deal with the disciplined focusing of one's attention (on breath, for example), Centering Prayer is a prayer of intention—we give our consent to God's presence and action within us. It is a movement toward the center of our being, from our ordinary psychological awareness to our spiritual being, our true self. The intentional letting go of our emotional programs for happiness and our over-identification with various groups frees us to enter into a deeper relationship with God. Join us as we uncover the dynamics that make up Centering Prayer, practice silent prayer together and sample some of the traditions that have grown up around Centering Prayer.

Marcia Bentley is a spiritual director formerly on staff at the Franciscan Spirituality Center. She lives in Madison, where she practices spiritual direction, leads a weekly Contemplative Prayer Group and supervises students enrolled in the FSC's Spiritual Direction Preparation Program. Marcia is a regular practitioner of Centering Prayer, which she credits for contributing to the transformation in her own life from a fast-paced career in the computer field to a deeper, more fulfilling contemplative lifestyle today.

We're putting finishing touches on our renovated space!

We enjoyed seeing so many people at our open house in April. If you missed it, please feel free to schedule a time to look at all of the new improvements. One of our staff members would be happy to show you around.

With all of the extra space, we still need to purchase a few more items for the bedrooms and hallways. Donations of any amount are welcome. You can make a secure, online contribution at www.FSCenter.org/donate or call 608-791-5295 to make other payment arrangements. Thank you!





2022 Programs and Retreats *continued.*

NATURE JOURNALING (IN-PERSON)

AUGUST 20 • Saturday, 9 a.m.-2 p.m.

Presenter: Jan Wellik

Investment: \$40, includes a boxed lunch

Registration deadline: August 15

Note: This event takes place outdoors. In case of inclement weather, we'll move inside the FSC.

Rest, relax and connect with yourself while enjoying the beautiful nature that surrounds the Franciscan Spirituality Center. We will explore the natural world through guided soulful writing and watercolor painting, incorporating time for solitude and sharing our creative expressions with others in community. You will have time to refresh your spirit by journaling on your own with the sounds and sights that nature offers. This retreat day is open to people of all ages and abilities, and no artistic experience is necessary. Bring a sketching journal if possible. All other art materials will be provided.

Jan Wellik is the founder of Eco Expressions, a nature writing program, and the author of the "Nature Writing Field Guide for Teachers" and "Embodied Nature: Poetry Collection."



CELEBRATING CREATIVITY: INTUITIVE PAINTING WITH COLD WAX AND OIL (IN-PERSON)

AUGUST 27-28 • Saturday, 9 a.m.-4 p.m. and Sunday, 9 a.m.-4 p.m.

Instructor: Rick Ross

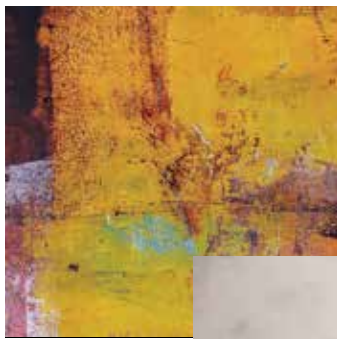
Investment:

- **Full:** \$190 (plus cost of supplies), includes lunch on Saturday, breakfast and lunch on Sunday
- **Commuter:** \$120 (plus cost of supplies), includes lunch on Saturday and Sunday

Registration deadline: August 20

Art invites us to encounter a spiritual gift that might bring us into a deeper relationship with ourselves and the Divine. Painting with cold wax medium is a popular artistic expression throughout the world. During this retreat, you will explore the basic principles of using cold wax medium through instructor-led demonstrations, individual guidance and exploration of individual pieces.

The techniques are fun, creative and led by your spiritual imagination. We will explore the process of building layers using printmaking methods, mark making and adding textures. There are no mistakes in this class, only results that are yet to be discovered from within! You will leave with basic knowledge of the medium, a finished painting and some works in progress.



Rick Ross is a full-time artist and stay-at-home dad based in Mount Horeb, Wisconsin. He earned his MBA at William Woods University in Missouri and continues to take countless art classes to learn as much as possible. Learn more at www.summitartstudio.com.



NOTE FROM INSTRUCTOR ABOUT SUPPLIES:

A variety of tools, substrates and materials will be used, along with my favorite methods to achieve fantastic results. We will play with materials such as oils, powder pigments, wax crayon, oil pastels, pigment sticks, metallic leaf and much more. Tools will consist of brayers, palette knives, brushes, tissue paper, wax paper, skewers, scrapers, silicone scrapers or shapers, hand brooms, clay shaping tools and other favorites. Once you register, we will send you the list of supplies that will need to be purchased prior to the retreat. The investment in supplies could cost up to \$150; however, you will leave with multiple pieces of art and supplies to create more!



STAFF RECOMMENDATION

"I first met Rick Ross when I signed up for a similar cold wax and oil workshop that he taught elsewhere in the state. I immediately fell in love with the process. I didn't have much experience creating abstract art, but this is fun, intuitive and accessible—a chance to play with color, shapes and textures. And Rick is a wonderful, encouraging teacher—generous with his knowledge and materials. After the workshop, I invited Rick to participate in Art Dash (for which he generously donated two pieces) and we started working with him to develop this retreat. The materials list is a little more extensive than some of our other offerings, but I think you'll find that the more paints and tools you have to experiment with, the more you'll enjoy the process. I've found great deals online through Jerry's Artarama and Blick Art Materials."

— Stacey Kalas, FSC marketing & communications coordinator

Welcome, Julie!

We're pleased to introduce you to our newest staff member, **Julie Connelly**. She started work as our program and retreat coordinator in mid-April. Julie may be somewhat of a familiar face, as she is a recent graduate of our Spiritual Direction Preparation Program and was a frequent volunteer at the FSC before being hired.

She also was born and raised in the La Crosse area and continues to call this beautiful area home. Julie attended Holmen High School and enlisted in the Army National Guard her junior year of high school, serving for six years. She graduated from Western Technical College and received degrees in marketing, retail management and fashion marketing. She then went on to earn her bachelor's degree in business with a focus on leadership from Capella University. She previously worked at LHI and has several owned businesses. Most recently, she served as the office manager at North Presbyterian Church.

We first got to know Julie through SDPP, an experience she described as transformational.

"I've had the opportunity to meet some amazing presenters, staff and peers who will be a part of my life forever," she said. "Receiving spiritual direction on a regular basis and participating in the Spiritual Direction Preparation Program has helped me remain grounded and rooted in my faith, as well as witnessing how the Holy Spirit moves within me and others."

Julie is a welcome addition to our staff. She is compassionate, open and friendly, and has a genuine curiosity about people and ideas. Other strengths include attention to detail and superb organizational skills.

When she first encountered the FSC, Julie shared, she was "moved by the hospitality, peace and solitude the sacred space had to offer. Even as our SDPP program shifted online during COVID, I could still feel that same sense of grace virtually with all the wonderful staff and my peers."

In her new role here, she said, she is most looking forward to working with staff and presenters to design and develop programs that offer spiritual growth.

Julie has one son, Mason, who is pursuing a degree in accounting at UW-La Crosse and is in ROTC. Julie loves spending time with her family, friends and adorable dog, Buster. She also

enjoys participating in activities with her church family, being outside, reading, shopping, traveling and exploring.

Julie can be reached at jconnelly@fspa.org or 608-791-5264.



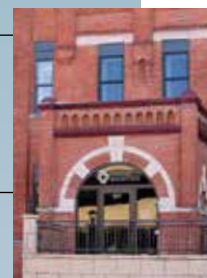
At the Center newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook and Twitter.

Franciscan Spirituality Center

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Identity

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



Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

Core Values

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

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

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

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

Hospitality: Welcome all with compassion, acceptance and celebration.

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

What We Do

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



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

IN NEARBY ST. JOSEPH'S RIDGE

A hermitage stay offers rest and renewal

Why not treat yourself to a weekend retreat in one of our three cozy hermitages set on the edge of woodland in scenic St. Joseph's Ridge? This is an ideal setting to experience silence and solitude, spend time in nature, connect to God and simply rest. If you enjoy hiking, nature photography or birdwatching, there are miles of trails to explore. Many guests spend their time indoors reading, praying, journaling or writing poetry.

Each hermitage has a twin bed, easy chair, writing table and chair, electricity, stove, microwave, refrigerator, restroom and shower, electric fireplace, CD player and telephone for emergency. Guests provide and prepare their own food in the apartment-sized kitchen. Towels and bed linens are provided; please bring your own toiletries. Choose from three hermitages: Thea, Chiara and Sophia. No pets and no smoking, please.



Hermitages may be reserved for a private or directed retreat (minimum two-night stay). Please call 608-791-5295 for more information. Cost is \$70 per night (spiritual direction is an extra fee). If you are staying on a Tuesday, you may wish to join a FSPA-sponsored Green Thumb Gathering to work on garden projects.