

**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

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JULY/AUGUST 2021

At the Center

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Be a part of our legacy

The Franciscan Spirituality Center has been a vital resource in the community for nearly 40 years. We invite you to contribute to our endowment campaign, *Creating a Legacy of Peace and Goodness*, to ensure the continued success of our mission.

All donations and pledges made between now and June 30, 2021, will be matched dollar for dollar by the Franciscan Sisters of Perpetual Adoration.

We are closing in on our \$3 million goal. Your support will help secure our future. The need for our services and the ability to reach people across the globe has only grown during this pandemic, and we look forward to doing even more good work in the decades ahead. We are dedicated to anyone in their search for God, meaning and wholeness. Our staff is committed to providing innovative services that help people achieve resilience and good mental health, foster community, deepen their connection to the Divine and all of creation, and cultivate compassion and deep listening skills that can have a ripple effect throughout the world.

To learn more, please visit www.FSCenter.org or call 608-791-5295.



"I don't have to fit into anyone's box of spirituality or religion [at the FSC]. It's finding a place of acceptance and people who are accepting—and that's a powerful thing."

— Dr. Joan Filla, campaign supporter

"There are not many places—not many spaces—where people can go to question and explore and discover new language for encountering themselves and God. This place offers that space."

— Ken Ford, campaign co-chair



"We want to be part of this campaign because we believe in the value of the Franciscan Spirituality Center."



Not only do we know people who have had life-changing experiences at the FSC, but we personally have been impacted in a very positive way here over the years."

— Barb and Joe Kruse, campaign co-chairs



An important deadline is approaching



We're approaching the finish line on the *Creating a Legacy of Peace and Goodness* campaign. On June 30, the dollar-for-dollar match on donations to the FSC provided by the Franciscan Sisters of Perpetual Adoration will end. If you make a pledge by June 30, your gift will be matched for an additional five years by FSPA.

Like most people, I'm not fond of asking for money. I remind myself, though, that it's another opportunity to tell others about the good work the Franciscan Spirituality Center has been doing in the community and region for nearly 40 years. I believe in the FSC mission and am a supporter myself.

In my presentations to local service clubs about the campaign, I explain how the FSC is a place where people from all faith traditions – or none – can feel comfortable. How our work has a profound impact on people's spiritual health, which in turn leads to better physical, mental and emotional health. Which helps people to grow, heal and become more resilient. That's been especially important during COVID.

This campaign has helped me meet some wonderful philanthropists. Merriam-Webster defines philanthropy as "goodwill to fellow members of the human race." Most philanthropists are not necessarily wealthy but are rich in goodwill. It has truly touched me to see how many philanthropists are operating in our community, doing what they can to support peace and goodness, health and well-being.

It's a historic time for retreat and spirituality centers across the U.S. The religious orders who founded many of them can no longer be their main source of support. The FSC is very fortunate that our sponsors, FSPA, have been helping us to move confidently into the future with the endowment match. We are also grateful that so many of you have now stepped up to partner with us.

Won't you join us? Remember, your gift or pledge will **double** if it's received by June 30!

You can learn more about the campaign, watch a video and make a pledge or gift online at www.FSCenter.org/donate.

Gratefully,

Audrey Lucier

Audrey Lucier, FSC Director

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Deb Hansen
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director

Finding God^{in all} Things

(VIA ZOOM)

THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

What do I really desire in my life? How can I make good decisions in an uncertain world? Where is God in my life? Who am I? Why doesn't my life make more sense?

Finding God in All Things is a nine-month virtual retreat based on the Spiritual Exercises of St. Ignatius of Loyola that invites you into a safe community to ask these questions and seek answers that reflect the uniqueness of you and your everyday life.

***Finding God in All Things* includes:**

- A spiritual "toolbox" of practices and ways of prayer to help you discern the fingerprints of God in your daily life and grow in knowing who you authentically are.
- Monthly gatherings offered through Zoom videoconferencing that invite you to reflect on the unconditional love of the Creator, God's boundless mercy, the life of Jesus, the Passion and Resurrection Living. (These gatherings will be followed by virtual lunches for conversation and community.)
- Weekly emails created to foster daily prayer and reflection.
- Monthly meetings with a spiritual director who will listen to you as you discern the presence of the Spirit in your daily life.



When the email about *Finding God in All Things* landed in Celeste's inbox during the summer of 2017, she was recovering from neurosurgery and a diagnosis of stage IV metastatic thyroid cancer.

"Something told me I needed to be a part of this new program. I believe it was the Holy Spirit," she said.

Finding God in All Things is a nine-month retreat experience based on the Spiritual Exercises of St. Ignatius of Loyola. Participants meet monthly and are invited to reflect on the presence of the Creator in their daily life, ask questions and learn from one another.

Celeste was in our first cohort of the program, led by FSC spiritual director Deb Hansen. We've since offered *Finding God in All Things* every other year. The new group that starts in September will meet virtually.

"This program changed my life," Celeste said. "Prior to my neurosurgery and cancer diagnosis, I had been struggling with my relationship with God. ... This program, with my monthly spiritual direction sessions, did help me find God. Ignatian Spirituality and the times of desolation and consolation in our lives really resonated with me and still does. I learned so much in this program, and what I have learned continues to help me heal."

Sue signed up because she was looking to deepen her prayer practices and find God in different times and seasons of the year.

"I have always known God was with me, but the program has reminded me and beautifully illustrated that a loving God is celebrating with me during the good times and comforting me through the difficult times," she said. "The materials provided during the class sessions and each week are phenomenal, and I continue to use them."

Shortly after joining our staff, Deb proposed this program because she had participated in a similar offering 10 years ago and also found it life-changing.

"I came to know God's love and myself as loved by God. I wanted to share with others what was so life-giving for me," she said.

Even though she is one of the presenters, she also personally benefits from the experience.

"Every time I immerse myself in the Exercises, I grow in all areas of my life. They are really so simple and practical, and yet that's what creates their depth. To date, I have been through the Exercises twice with a group, once on my own and twice as a presenter. They are a never-ending source of renewal for me."

Whether you are dealing with challenges in life, looking for community, feel the need to jump-start your prayer life or need some grounding, we invite you to register for *Finding God in All Things*.

Because of this year's virtual format, no travel is necessary and you can join us from anywhere in the world!

Monthly sessions:

Saturday, 9 a.m.-noon (optional community lunch via Zoom until 1 p.m.)

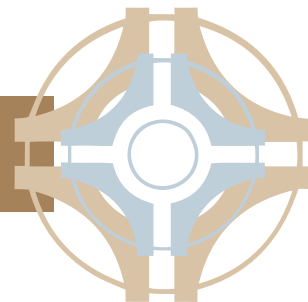
2021: September 18, October 16, November 20, December 18

2022: January 15, February 19, March 19, April 9, May 14

Presenters: Deb Hansen, Rose Elsbernd, FSPA, and Sarah Hennessey, FSPA
(all three are spiritual directors on staff at the Franciscan Spirituality Center)

Investment: \$450 Register at www.FSCenter.org

If you need financial assistance to attend this program or would like to pay in installments, please call 608-791-5295.



A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION:

Unless otherwise indicated, our programs are offered through Zoom videoconferencing for your health, safety and peace of mind. You can participate using a smartphone, laptop or tablet. If you do not have internet access, you can call in with a landline telephone and join the gathering that way.

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 fscenter@fspa.org. Our office closes at 5 p.m. Monday through Friday and is not staffed on the weekend, so it is especially important to make sure you have your Zoom link prior to evening and weekend programs.

MEDITATION FOR EMOTIONAL HEALTH (LIMITED IN-PERSON AND VIA ZOOM)

JULY 8, AUGUST 5 • 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 5/August 2



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 Franciscan Spirituality Center.



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.

ICONOGRAPHY WORKSHOP: RUBLEV'S ANGEL OR ST. KATERI TEKAKWITHA (CHOOSE ONE) (IN-PERSON)



JULY 12-17 • Monday, 9 a.m.–Saturday, 10 a.m.

Instructor: Phil Zimmerman

Investment:

- **Full:** \$675, includes private bedroom, breakfast and lunch
- **Commuter:** \$550, includes lunch

Registration deadline: July 5

LIMITED TO 20 PARTICIPANTS.

Icons are often referred to as "windows into heaven." Master 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.

No experience is necessary, although a basic understanding of how to mix and apply paint is helpful. All materials and supplies are provided, including the icon board, brushes, acrylic paint and gold leaf. Participants may wish to bring an apron or painting smock. Icons will be varnished Friday evening and need to dry overnight. This is not a silent retreat, although there will be opportunities and space for quiet time.

This in-person workshop meets from 9 a.m.-5 p.m. Monday through Friday with a concluding session from 9-10 a.m. Saturday on the campus of Viterbo University. Overnight guests will stay in university housing (single occupancy) and are welcome to check into their room on Sunday evening. Participants are asked to observe Viterbo's COVID protocol. Updated guidelines will be shared prior to the event. Meals will be provided by Viterbo's dining services. Breakfast (included in FULL rate) will consist of multiple hot and cold food/beverage options. Lunch will consist of multiple entrée choices, salad bar, beverage and dessert choices. Dinner is on your own.

Phil Zimmerman is the owner of St. John of Damascus Icon Studio in Pennsylvania and has offered workshops at the Franciscan Spirituality Center since 2001.



Note: In-person events take place at our temporary office space at River Crossing Square, 500 Second St. S., Suite 201, downtown La Crosse.



SINGING BOWLS AT SUNSET (IN-PERSON)

JULY 13 • Tuesday, 7-8 p.m. (rain date July 15)

Presenter: Tom Roberts

Investment: Free; suggested donation of \$10 payable upon arrival

Registration deadline: July 12

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 out 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 will take place outdoors, at the Viterbo University courtyard (900 Viterbo Drive, La Crosse). Registered guests will receive an email with instructions for parking prior to the event.



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



REST INTO RELAXATION (LIMITED IN-PERSON AND VIA ZOOM)



JULY 14, 21, 28; AUGUST 4, 11, 18

Wednesday, 10-11 a.m.

Facilitator: Susan Tomashek

Investment: \$50 for six-week series

Registration deadline: July 12

Please bring a yoga mat, blanket and water.

The innate wisdom of the body to heal, refresh and restore has been forgotten in our busy world. Allow yourself an hour a week to begin the journey of reconnecting with this amazing body and the powerful healing of deep relaxation. This six-week session is designed to take the natural activity of a busy mind and allow it to guide you into deep relaxation. Breath work, body awareness and visualization work with the theta and delta brain wave states to refresh, restore and balance the body while staying awake. Relaxation allows our mind, body and soul to renew and develop even more strength and focus. People of all ages, abilities and experience with meditation are welcome.

Susan Tomashek is a former elementary and adult educator with a master's degree in communication theory. She has been passionately pursuing mindfulness for the past 20 years and is certified in I AM Yoga and I AM Yoga Nidra.



BODY | MOVEMENT CLASSES

NOW OFFERING IN-PERSON AND VIRTUAL OPTIONS!

GOLDEN YOGA SUMMER SESSION

JUNE 22, 29; JULY 6, 13, 20, 27

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

Instructor: Amber Moesch

Investment: \$50 for six-week session

Registration deadline: June 21



*** This session will offer a virtual or in-person option. In-person spots are limited to 9 people. Please call 608-791-5295 if you would like to reserve an in-person spot.**

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.



2021 Programs and Retreats *continued.*

A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

JULY 14 AND AUGUST 17 • Tuesday or Wednesday, 9 a.m.-4:30 p.m.



THEMES: July: Simplicity • August: Gratefulness

Facilitator: Deb Hansen

Investment: \$25, includes optional spiritual direction session

Registration deadline: July 13/August 16



A Sheltered Day of Solitude gives you the gift of connecting to the Sacred, creation and others who are spending an intentional day of solitary reflection. We will begin our day by meeting together on Zoom for an opening blessing and suggestions for reflecting on the month's theme. You may choose to have an optional remote spiritual direction session

during your day. To bring the day to a close, we will gather together once again on Zoom to reflect on our experience and share a closing blessing. Reflections on the month's theme are sent with the Zoom link to provide a framework for the day. If you are not able to find complete solitude for the day, we recommend you create as peaceful of an environment as you can under your individual circumstances.

Deb Hansen is a spiritual director on staff at the FSC.

WRITING FOR YOUR OWN AMAZEMENT (IN-PERSON)

JULY 17 • Saturday, 9 a.m.- 5 p.m.

Presenter: Fran Rybarik

Investment: \$75, please bring your own lunch

Registration deadline: July 12

LIMITED TO 15 PARTICIPANTS.



Join local author Fran Rybarik for a day of exploring writing skills and thrills. From beginners to published authors, writers have expressed amazement at what their pen creates. This day will be filled with prompts to write in different genres, as well as time to reflect on transitions in our lives. We will identify what's changed or needs to change and wonder what the future might hold. You just might be amazed!

Fran Rybarik became a writer in 2004, after a career in nursing education. Her work has been published in journals, newsletters, health education materials and regional magazines. Her book, *Travels with David*, was published in 2015. She continues to write for her own amazement with a weekly writing partner and has been part of writing groups in the area, starting with the La Crosse Area Women Writers at the Franciscan Spirituality Center in 2006.

ART AS PRAYER (LIMITED IN-PERSON AND VIA ZOOM)

JULY 19 AND AUGUST 16 • Monday, 6-7:30 p.m.



Instructor: Mary Thompson

Investment: \$10 per session

Registration deadline: July 16/August 13

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.

During the summer months of June, July and August, we will create a series of still life paintings that reflect the sweet joys of summer. In the words of the poet John O'Donohue, we will "take time to celebrate the quiet miracles that seek no attention." Our celebration will include that which can be found in your garden and home (flowers, herbs, vegetables), treasured keepsakes, yard sale finds, old vases or teacups. Painting from life allows us to express our own unique vision. We also learn to "see" what's in front of us. Whimsy, imagination and expression with line and color will be encouraged.

Mary Thompson has a degree in fine arts and a master's degree in education. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy. 2021 marks a decade of Mary's affiliation with the Franciscan Sisters of Perpetual Adoration, a constant source of joy for her.



"Those who speak in spiritual terms routinely refer to God as Creator but seldom see 'creator' as the literal term for 'artist.' I am suggesting you take the term 'creator' quite literally. You are seeking to forge a creative alliance, artist-to-artist, with the Great Creator. Accepting this concept can greatly expand your creative possibilities."

— Julia Cameron, author of *The Artist's Way: A Spiritual Path to Higher Creativity*

The Franciscan Spirituality Center follows La Crosse County COVID-19 guidelines.

For on-site programming, we'll ensure our occupancy allows for physical distancing. We ask that guests wear a mask and that anyone with symptoms of COVID-19 or known exposure postpone their visit. Thank you.

STEPPING STONES TO MOVING FORWARD IN FAITH: A COURAGE AND RENEWAL RETREAT (VIA ZOOM)



JULY 24 • Saturday, 9 a.m.-2:30 p.m.

Presenter: Mary Louise Peters

Investment: \$60

Registration deadline: July 16

Note: You're invited to have writing or art materials on hand.

Personal reflection and renewal are pathways to living in faith. Standing still, silence and reflection aid our progress forward in prayerful self-reflection. Exploring these topics with companions offers us insight and support for the journey.

Courage & Renewal

This daylong retreat will be held virtually and includes time for you to nurture your faithfulness in large-group, small-group and individual (offline) activities. Through individual written reflection and group interaction, you will have opportunities to deepen your understanding that grace is always abundantly available, guiding our lives. Our time together will include facilitated discussion, experiences with poetry, wisdom tradition essays and art experiences. The retreat is based on the Circle of Trust® approach developed by Parker J. Palmer, writer, activist and co-founder of the Center for Courage & Renewal.

Mary Louise Peters, MS, is a facilitator prepared by the Center for Courage & Renewal, www.couragerenewal.org. She has been designing and creating Circle of Trust® retreat experiences since 2010. She has facilitated retreats at Franciscan Spirituality Center since 2018 and is a frequent contributor to the FSC's *Reflections From the Center*. She has an extensive background in education and provides consultation and training throughout the U.S. to build state and local system capacity to improve outcomes for children with disabilities and their families.

GROUPS THAT MEET AT THE FSC

Depressed Anonymous meets every Monday, from 5:30-6:30 p.m., in the FSC's temporary office space at River Crossing Square, 500 Second St. S., Suite 201, downtown La Crosse (please wear a mask). 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 via Zoom videoconferencing 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:vjhett@gmail.com).

Saturday Morning Men's Group meets via Zoom videoconferencing 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:vjhett@gmail.com).

THE WAY IN THE 21ST CENTURY (VIA ZOOM)

JULY 26, AUGUST 2, AUGUST 9 • Monday, 6-8 p.m.

Presenters: Elizabeth Allen and Jean Pagliaro

Investment: \$5 per session;

The Way in the 21st Century book is included

Registration deadline: July 23/July 30/August 6

Too often we are set apart from one another based on our differing beliefs and backgrounds. Too often we are divided by labels; yet, there is a collective wisdom that unites us much more than what separates us. In this

three-part virtual series, participants will explore the universal values of reflection, presence, simplicity, humility, peacemaking, stewardship and service in the context of the 21st century. Sessions will include large- and small-group discussion, as well as time for individual reflection and perspectives offered by staff members of the Franciscan Sisters of Perpetual Adoration and the Franciscan Spirituality Center. Participants of all religions, cultures and spiritual traditions are welcome.

Elizabeth Allen is director of affiliation for the Franciscan Sisters of Perpetual Adoration. **Jean Pagliaro** is the program and retreat coordinator for the Franciscan Spirituality Center.



THE LANGUAGE OF EMOTIONS (VIA ZOOM)

AUGUST 7 • Saturday, 9 a.m.-noon

Presenter: Elizabeth Lewis

Investment: \$25

Registration deadline: August 6

Emotions—especially the uncomfortable ones we judge as bad—hold a tremendous amount of energy. We've all experienced how far we can travel away from our best selves when we repress or blindly express anger, anxiety and fear. Learning to ask yourself what your feelings are trying to tell you can help you welcome uncomfortable emotions and receive their wisdom. By doing this, you can safely and effectively move toward resolution and inner peace, and thus promote a deeper sense of connection with your best self, others, the world and God. During this virtual program, we will explore how to embrace your full spectrum of feelings to more skillfully work with your own and others' emotions with fluency and ease. We'll accomplish this through discussion, writing, guided meditations and visualizations, and more.

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





2021 Programs and Retreats *continued.*

DISCOVERING THE POSSIBILITIES OF THE PRESENT MOMENT (LIMITED IN-PERSON AND VIA ZOOM)



AUGUST 14 • Saturday, 9 a.m.-noon

Presenter: Tom Roberts

Investment: \$25

Registration deadline: August 13

"You do not need to know precisely what is happening or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope." – Thomas Merton

Sometimes, our search for the meaning, the remedy, the five steps to happiness keeps us from being fully aware of what is happening in the present moment. Our focus is on something just over the horizon, rather than what is already emerging in this time and space. A patient and curious immersion into embracing the unknown helps us to discover and not overlook the true wisdom and understanding we are seeking. During this retreat, we will go deeper in our spiritual inquiry, expanding our awareness of what is already showing up and the meaning it holds for us.

Tom Roberts is a retired psychotherapist and hypnotherapist. He has more than 40 years of experience in clinical psychotherapy and has been a practicing Zen Buddhist for nearly 50 years. In 1992, he received lay Buddhist vows from Thich Nhat Hanh. Based in La Crosse, Tom presents at training sessions, workshops and retreats throughout the country. He is the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion*.

PEACE PRAYER OF ST. FRANCIS (VIA ZOOM)



AUGUST 16 • Monday, 6-8 p.m.

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

Investment: \$10

Registration deadline: August 13

Lord, make me an instrument of your peace. The Peace Prayer attributed to St. Francis provides rich material for spiritual reflection. Through stories of Francis and his life, we will center our attention on this prayer and how it applies to our lives today. We will use prayerful reflection, Franciscan material and conversation to make St. Francis come alive for us.

Sisters Rose Elsbernd and Sarah Hennessey are spiritual directors on staff at the FSC.



WHEAT-WEAVING RETREAT (LIMITED IN-PERSON AND VIA ZOOM)

AUGUST 21 • Saturday, 9 a.m.-noon



Facilitator: Deb Hansen

Investment: \$30, supplies included

Registration deadline:
August 16

Weaving is simple, meditative and just plain fun! Spend a morning in conversation and craft as you weave a simple wall hanging made with yarn and wheat. We will use wheat stalks for our looms and weave with bulky yarns in a variety of colors. We'll embellish our projects with found objects from home and nature. Your finished weaving will be a delightful gift for you or for a friend. Or better yet, bring a friend with you to join the fun! No experience is necessary, and all supplies will be provided.



PRAYER PRACTICE: DAILY REFLECTION (VIA ZOOM)



AUGUST 23 • Monday, 6-8 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$10

Registration deadline: August 20

How can you make daily reflection a deep and abiding prayer practice? For St. Ignatius, a review of the day, or Examen, is the indispensable prayer and the cornerstone of living a life of discernment. We will explore this prayer in depth through practice, reflection and conversation. During this virtual program, we also will explore practical ways to incorporate this prayer into our life.



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.

WHAT IS SPIRITUAL DIRECTION? (VIA ZOOM)

AUGUST 26 • Thursday, 6:30-7:30 p.m.

Presenters: FSC spiritual directors

Investment: Free, but registration required

Registration deadline: August 25

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy, modern world. Spiritual direction is a ministry of listening. In spiritual direction, we are trying to listen to the voice of God in our life. A spiritual director listens very carefully as we describe the milestones, detours and questions of our own spiritual journey. The term "spiritual director" can be misleading or confusing to some. It can be helpful to substitute the terms spiritual companion or spiritual guide.

During this brief introduction, FSC staff spiritual directors will be available to describe the process of spiritual direction and answer questions. If you have never experienced spiritual direction, this will be an easy way to learn more before you make an appointment or commitment.



Resources at the FSC

REFLECTIONS FROM THE CENTER: Every Monday, we send out our weekly *Reflections From the Center* to 4,000 email subscribers. These thoughtful, inspirational poems, short essays and prayers are written by community members and shared free of charge. If you are not receiving these yet and would like to, please visit www.FSCenter.org and click on the JOIN OUR LIST! button. You also can find them published at <http://atthecenterreflections.blogspot.com>.



SOPHIA BOOKSTORE: We've set up a satellite bookstore at our new, temporary space at River Crossing Square, 500 Second St., Suite 201, downtown La Crosse, featuring a lovely selection of books, cards and gift items. You are welcome to browse during regular office hours (thank you for wearing a mask) or we are happy to set aside items for curbside pickup; please call 608-791-5295 for more information.

WHAT IS SPIRITUALITY? PODCAST: FSC spiritual director Steve Spilde is guided by many questions in life. One of his favorites is: "What

is spirituality?" In our new podcast series, he introduces some of the spiritual mentors in his life as they reflect on this question and share what they have discovered on their own personal journeys. Please visit our website, www.FSCenter.org, for a link to the podcast and enjoy great conversation and spiritual wisdom.

You also can find information and updates on our Facebook, Twitter and Instagram pages, plus our YouTube Channel. Find links to these platforms at www.FSCenter.org.



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.

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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.



IN NEARBY ST. JOSEPH'S RIDGE

Hermitages

offer a path to peace, nature and God

For more than 30 years, the Franciscan Spirituality Center has managed three hermitages on Solitude Ridge, located on FSPA-owned land in the rural village of St. Joseph (commonly referred to as St. Joseph's Ridge), 10 miles east of La Crosse.

This retreat ministry offers our guests an opportunity to enter into solitude, prayer and contemplation. The hermitages are one-room cottages equipped with modern conveniences and nestled on the edge of woodland. Included in your hermitage stay is an invitation to explore several miles of hiking trails on the property.

There are three main trails and several smaller ones. One follows the top of the ridge; one leads down through the woods to the valley floor, where cold water springs feed a trout stream; and one ends at a scenic overlook.

Here are a few pictures taken mid-April along the trails.



**Our three, single-occupancy hermitages may be reserved for \$70 per night.
Please call 608-791-5295 to check availability and make a reservation.**



Philosophy of the Hermitages

Written May 1990 by FSPA/FSC staff

The hermitage concept of withdrawing to a secluded place for prayer, solitude and contemplation is rooted in the life of Jesus, in the Rule of Francis and Lady Clare, in the promise

of Mother Antonia to establish perpetual adoration, in the community's faithfulness to that promise through years of uninterrupted prayer and contemplation before the Blessed Sacrament, and in the FSPA tradition of integrating contemplation and ministry.

The hermitage is a space to go in stillness, to search for inner wholeness—holiness, in darkness and light, in desolation and consolation, in the giftedness of God's presence, in the poverty of human limitations. The hermitage is a place where the wisdom of God is present in all of nature, in the songs and sounds of the creatures, in the touch of the earth, in the rhythm of the seasons, in the great and total silence.

A hermitage experience invites the hermit to listen with compassion of heart, to reverence and accept the dyings and risings of life, to observe oneself and come to a degree of self-awareness, to strive for union with God, self, others and of the whole of the universe, to give praise and glory to God for blessings and all good things.

A hermitage experience is an opportunity for a person to reverberate with the contemplative peace and joy of Francis; to recognize in the midst of all living, the most profound reality, God; to find a spiritual harmony and human balance that renew and energize so that the hermit may go forth to minister with God's healing presence and Spirit of peace, joy and reverence for all creation.





Thank you for an amazing Art Dash

Thank you to everyone who helped make our fourth annual Art Dash such a huge success.

Redesigning our signature fundraiser into a virtual experience was a challenge that our amazing staff embraced with creativity and gusto.

More than 120 people joined us via Zoom videoconferencing as either Dashers or Spectators. Our emcee, Mike Scott, and his fabulous assistant, Sue Tomashek, kept the event moving with humor and style.

We enjoyed meeting the winners as they came down to the office to pick up their pieces, and a couple of Dashers have followed up to show us how and where they are displaying their new artwork.

As much fun as we had, we are looking forward to gathering in person for next year's event.



SAVE THE DATE:

Art Dash 2022 • Thursday, March 24
The Cargill Room at The Waterfront
Restaurant and Tavern.



Thank you...

To the artists who generously donated their original work (92 pieces in all!):

Phil S. Addis	David Johnston
Sandy Andersen	Karen Kappell, FSPA
Lisa Anderson	Georgina Kingsley
Candace Bahr	Linda Klabo
Terry Bauer	Joe & Barb Kruse
Kate Bausch	Raelyn Larson
Terri Beck-Engel	Barb Lawless
Sharon Berger, FSPA	Johnathan Lawson
Beki Biesterfelt	Jacqueline Leiter, OSB
Elise Boam	Linda Lewis
Cathy Bulera	Sherri Lisota
Lynne Burgess	Nan Marshall
Colleen Burke-Shore	Jordan Marti
Susan Cushing	Dani McAlister
Joyce Diveley	Carol Monsebroten
Jean Donohoe	Janet Mootz
Crystal Dulaney	Dan Mullenbach
Karen Dunn	Marcia Newquist
Larry Durfey	Tim Pahs
Rose Dymetriszyn	Dave Piro
William Eddy	Leanne Poellinger
Rich Egan	Joy Davis Ripley
Melissa Fannin	Jill Rippe
Mary Lou Ferguson	Tom Roberts
Fieldstone Terrace (Lynn Dolezel)	Laura Siitari
Kathy Fitchuk	Marianne Stanke
Diane French	Linda Steine
Jesse Gongaware	Susan Stoffel
Joan Gundersen	Dan Stokes
Ashton Hall	Marcia G. Thompson
Tim Hammond	Mary Thompson
Burt Hammons	Howard Von Ruden
Nancy Heerens-Knudson	Shirley Wagner, FSPA
Jamie Heiden	Jennifer Williams
Dan Henderson	Jensine Wing
Jess Hetchler	Bob Witte
Jason Ray Photography	Pauline Wittry, FSPA
Chris Johnson	Carol Witt-Smith

To our sponsors and contributors, whose support helped make this event our most financially successful to date:

PLATINUM LEVEL:

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Coulee Bank

Hoffman Planning, Design & Construction, Inc.

WKBT-TV/Phase 3 Digital

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SILVER LEVEL:

Franciscan Sisters of Perpetual Adoration

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Karen Lueck, FSPA

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Pump House Regional Arts Center

Kristy Walz

The Frame Gallery

Steve Spilde

Laurie Swan



Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER





Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

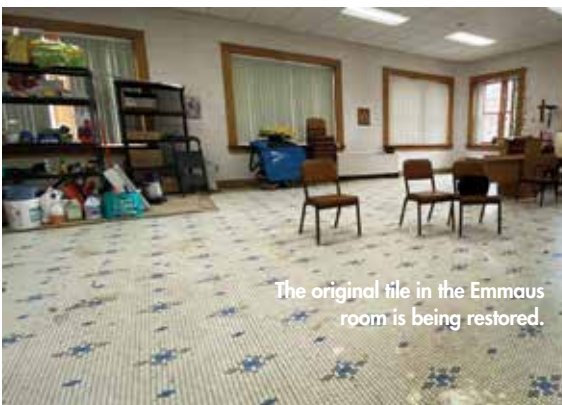


The front entrance will feature a ramp.
The awning was removed to reveal
a beautiful cross.



Pardon our dust

Renovations to the Franciscan Spirituality Center are on schedule, and we are excited to return home this fall and unveil the new bedrooms and meeting spaces, and other improvements. In the meantime, you are welcome to visit us at River Crossing Square, 500 Second St. S., Suite 201, downtown La Crosse.



The original tile in the Emmaus
room is being restored.



Staff offices will move to the
lower level to accommodate more
bedrooms on second floor.

COMING THIS FALL



Finding God in All Things
Starts September 18 • Deb Hansen

Book Discussion Group: *Braiding Sweetgrass*
September 21 • FSC/Marywood/Prairiemoons staff

The Beatitudes: Engaging in Social Justice
September 24-25 • John Heagle

The Neuroscience of Shame/Compassion
September 9, 16, 23, 30 • Raymond List

**The Origins of Consciousness and
Our Maturing Spirituality**
October 2 • Tom Roberts

Divorce Recovery
October 5-November 9 • Audrey Lucier

**Shifting Perspectives:
A Transformative Approach to Life and Love**
October 22-23 • Wendy Mitch

A Power and a Tenderness: God's Extravagant Love
November 13 • Paula D'Arcy

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