



**Franciscan  
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

**VOLUME 29 • NUMBER 2**

**MARCH/APRIL 2021**

# *At the Center*

## **IN THIS ISSUE:**

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- The Passion Narrative in the Gospel of Mark
- Collage-Making Retreat
- Eliminating Stigma/Barriers to Quality Mental Health
- Finding Serenity in the Midst of Chaos

ALL SHALL BE WELL:

# Joyful Prayer With Julian of Norwich

(VIA ZOOM)



**May 14-15, 2021**

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

**Presenter: Carl McColman**

**Investment: \$75**

**Registration deadline: May 12**



Julian of Norwich was a 14th century mystic and author who, even in her own lifetime, was renowned as a visionary and spiritual director. She was the first woman to write a book in the English language, and her reflections on the Motherhood of God continue to inspire us today. This virtual retreat will weave together Julian's joyful, optimistic spirituality with contemplative prayer practices inspired by her teachings and by the wisdom of *The Cloud of Unknowing*.

**Carl McColman** is a contemplative blogger and podcaster. His books include *The Big Book of Christian Mysticism*, *Answering the Contemplative Call* and *Unteachable Lessons: Why Wisdom Can't Be Taught and Why That's Okay*. He is a lay associate of the Cistercian Monastery of the Holy Spirit in Conyers, Georgia.



# We need a little moonlight



*"The people must be moons to the divine sun. They must become a luminous community reflecting the light they receive. ... There can be no more 'us' and 'them,' for salvation is a cooperative effort."*

– Alice Camille in *Give Us This Day*

A priest friend used to talk about the meaning of the word salvation. He pointed out that it comes from the same root as salve, like the ointment you put on a

wound. Salvation, like salve, is about our healing.

This caught my attention at the time because my Catholic grade school understanding of salvation was being "saved," going to heaven when I die. I'd never connected salvation with healing or with the present moment.

The present moment needs healing. We need healing—individually, within our families, in our society. We need each other to heal. As Alice Camille writes, we are going to have to cooperate if this is to happen. We will have to find a way to cooperate with people we have come to think of as radically different from us, even our enemy.

As a teacher of the Enneagram, I understand that many of our difficulties in getting along with each other arise from a kind of reactivity that occurs in each one of us. These defensive reactions come from our personality and our memories of past injuries and grievances, and they are not part of our higher self. They come from a place within us that keeps us from understanding the other.

If we want to be moons reflecting God's light in our relationships and our world, we have to teach ourselves to pause and take a deep breath.

This doesn't mean we should stop holding each other to account. But instead of automatically reacting, we can pause and consider what is needed for this present moment. With this space, we then can respond in ways that save rather than destroy, heal rather than tear apart.

We not only reflect the divine light, it's within each of us. Let us help each other to see it.

Peace and all good,

*Audrey Lucier*

Audrey Lucier, FSC Director



FRANCISCAN SPIRITUALITY CENTER

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# Art Dash goes virtual!

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



**READY, SET, GOGH:** You don't even have to leave your living room to dash for original art during our fourth annual *Art Dash*. Our signature FUNdraiser will be presented in a virtual format on Thursday, March 25.

*Art Dash* brings together local artists and community members in a celebration of creativity, beauty and connection. If you've always wanted to attend but couldn't because of distance, now is your chance to join the party. (Most of the available pieces can be shipped if you are unable to pick up your winning artwork. Please call 608-791-5295 for more information.)

## WHERE ELSE CAN YOU GET A PIECE OF ORIGINAL ART AS A THANK YOU FOR YOUR \$100 DONATION?

Everyone who buys a \$100 ticket is guaranteed a piece of art—which one depends on how fast you can claim it. All of the art is worth at least \$100 and the proceeds of this event support our ever-increasingly vital mission, so you can't lose! We have 90 pieces of art available; you can view them at [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash).

**HOW IT WORKS:** A \$100 ticket buys you a spot in the Dash. We'll send you a link to the Zoom gathering, where we bring together artists and other guests in the race for art. We'll start randomly drawing names, three at a time, at 6:30 p.m. As your name is called, you'll indicate (in the chat function) which piece you want. If someone claims your top pick before you do, you'll need to make a different choice. Depending on when your name is called and what pieces are available at that point, you may get your top pick or you may need to select a second or third choice. We'll send you a check sheet of the art in advance so you can keep track during the Dash.

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

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



Crystal Dulaney



Bob Witte



Joe & Barb Kruse



Joan Gundersen

**ART DASH** (via Zoom) ■ Thursday, March 25 ■ 6:30-8 p.m.

- \$100 Dash ticket (guarantees you a piece of art)
- \$50 Spectator ticket (donation to support our mission)
- Purchase tickets and preview the art at [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash)





Dani McAlister



Fieldstone Terrace



Marianne Stanke



Dan Henderson



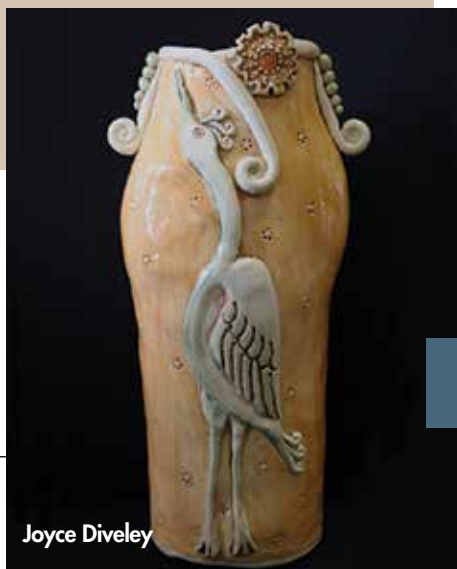
Beki Biesterfelt



Laura Siitari



Jamie Heiden



Joyce Diveley

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Laurie Swan  
The Frame Gallery

Pictured are just a few of the  
90 available pieces.



For your health, safety and peace of mind, most of our programs are offered through Zoom videoconferencing. 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 via our website, you'll be sent a confirmation email. You also will receive a courtesy email the day before or the morning of the program, containing the Zoom link. If you do not receive these emails, please check your spam/junk folder or a secondary email that you may have used. If you have not received this courtesy email by the afternoon of the program, please call 608-791-5295 before 5 p.m.

## MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

**MARCH 4 AND APRIL 8** • Thursday, 6:30-7:30 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** Freewill donations are appreciated at [www.FSCenter.org/donate](http://www.FSCenter.org/donate)

**Registration deadlines:** March 3/April 7



Guided meditation is proven to reduce stress and promote relaxation. Join us for a time of rejuvenation through videoconferencing. 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. (Note: The April session is scheduled a week later due to Holy Week.)

## STAYING PUT: TAMING OUR INSISTENCE TO SOLVE AND CONTROL (VIA ZOOM)

**MARCH 6** • Saturday, 9 a.m.-noon

**Presenter:** Tom Roberts

**Investment:** \$25

**Registration deadline:** March 5



*"The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer because smaller and more insignificant things begin to torture you in proportion to your fear of being hurt."* – Thomas Merton

We have traditionally been a culture of avoiding or eliminating pain as though there is something wrong with us for experiencing difficulties. This retreat will look at why we keep trying to fix and solve what we believe is deficient, missing or not good enough. The Divine is present in *all* experiences. It comes down to how we show up. The one thing that has been and will continue to be essentially useful on the spiritual path, has been to *stay put*, to remember, remind, and return to ourselves and the Divine Presence. We will explore what it means to "stay put" and to view each day, each moment, as the ultimate invitation to begin again. Drawing from the teaching of the Buddha, Jesus Christ, Thomas Merton, Eckhart Tolle and others, we will have time to both discuss and apply methods that help to stay put in the midst of chaos.

**Tom Roberts** is a retired psychotherapist, retreat leader and meditation teacher.



## R IS FOR RELAXATION: A FAMILY MEDITATION EXPERIENCE (VIA ZOOM)

**MARCH 7, 14, 21, 28**

Sunday, 6-6:20 p.m. • **CATERPILLAR** is for children (and adults) who can be still up to 15 minutes (approximately ages 6-8)

Sunday, 6:30-7 p.m. • **BUTTERFLY** is for children (and adults) who can be still for more than 15 minutes (approximately ages 9-12)

**Instructor:** Susan Tomashek

**Investment:** \$10 per family per session (please indicate if you plan to sign up for Caterpillar or Butterfly)  
\$25 per family for entire series

**Registration deadline:** March 4

*"If every 8-year-old in the world is taught meditation we will eliminate violence from the world within one generation."* – Dalai Lama

Experience the benefits of the ultimate family "Power Nap" while staying awake! Yoga Nidra meditation is both easy and enjoyable for any age. While in a comfortable seated or reclining position, experience an inward journey to a calm, relaxed state of being. Each session includes a short introduction, a time-appropriate meditation and a follow-up family practice to deepen the experience. A recording of the meditation will be emailed for continued practice during the week.

**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. She is excited to bring this form of meditation and movement to the area with a desire to see the words of the Dalai Lama fulfilled during her lifetime.



We are always adding new online experiences.  
Be sure to check our website, [www.FSCenter.org](http://www.FSCenter.org), and Facebook page @FSCenterLaCrosse for updates.



## FSC BOOK DISCUSSION GROUP

## THE GREAT ALONE (VIA ZOOM)

MARCH 8 • Monday, 6:30-8 p.m.

Facilitator: Rose Elsbernd, FSPA

Investment: \$5 (please purchase book on your own and read it before the discussion)

Registration deadline: March 5



In this award-winning historical fiction novel by Kristin Hannah, a desperate family seeks a new beginning in the near-isolated wilderness of Alaska only to find that their unpredictable environment is less threatening than the erratic behavior found in human nature. *The Great Alone* has been described as "a daring, beautiful, stay-up-all-night story about love and loss, the fight for survival, and the wildness that lives in both human and nature."

**Rose Elsbernd, FSPA**, is a spiritual director on staff at the Franciscan Spirituality Center.



## THE PASSION NARRATIVE IN THE GOSPEL OF MARK (VIA ZOOM)

MARCH 9, 16, 23 • Tuesday, 7-8 p.m.

Presenter: John McHugh

Investment: \$10 per session

Registration deadline: March 8/March 15/March 22



All four Gospels tell the story of Jesus' passion and death. However, each Gospel writer adds their own style and content. Those subtle differences carry important messages for the reader, even 2,000 years later. Join biblical scholar John McHugh as he spends three evenings taking a closer look at the Passion of Jesus in the Gospel of Mark. The program is designed so that you can attend any individual session to understand a section of the Passion or attend all three to hear the complete story.

**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 earned 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, National Mutual Benefit Society, Viterbo University and Mayo Clinic Health System in La Crosse.

## BODY | MOVEMENT CLASSES

## GOLDEN YOGA (VIA ZOOM)

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

SESSION 3: MARCH 30; APRIL 6, 13, 20, 27; MAY 4

BONUS SESSION: MAY 11, 18, 25

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

Instructor: Amber Moesch

Investment: \$50 for six-week session or \$10 per class  
\$30 for bonus session

Registration deadline: February 15/March 29/May 10

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 demonstrated through Zoom videoconferencing. Participants will need a chair to offer modifications and balance support. The last 15 minutes of each class will include stretching exercises and conversation (over Zoom) to help foster a sense of community.

**Amber Moesch** loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping her students link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. Amber draws on her many years of experience and training in yoga and restorative exercise to create classes that are tailored to the students who show up.



## VINYASA YOGA (VIA ZOOM)

SESSION 2: FEBRUARY 17, 24; MARCH 3, 10, 17, 24

SESSION 3: MARCH 31; APRIL 7, 14, 21, 28; MAY 5

BONUS SESSION: MAY 12, 19, 26

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for six-week session or \$10 per class  
\$30 for bonus session

Registration deadline: February 16/March 30/May 11

Vinyasa flow is a moving meditation that guides you toward a sense of calm and links poses together with smooth sequencing. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self.

**Bernice Olson-Pollack, M.S.**, is a Community Counseling YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise-certified personal trainer. She has a harmonious blend of mind/body, health and wellness experience that she shares with her participants. Her accessible teaching style creates a comfortable learning environment for diverse abilities. She encourages all to discover their own path toward a healthier way of living.





## 2021 Programs and Retreats *continued.*

### AN EVENING OF REFLECTION ON THE PANDEMIC (VIA ZOOM)

**MARCH 11** • Thursday, 6-7 p.m.

**Facilitator:** Steve Spilde

**Investment:** Free, but registration is required

**Registration deadline:** March 10



By mid-March of 2020, COVID-19 had forced shutdowns and shelter-in-place orders throughout the country and in our local communities. People were scared and confused. As classes were canceled and in-person gatherings were paused, few could have imagined the length and depth of this disruption. One year later, there is hope on the horizon as the vaccines are distributed; however, the death toll from COVID-19 has surpassed 300,000 people in the U.S. and more than 1.5 million worldwide. Please join us for a virtual community gathering to share experiences from this past year and to honor and remember those who have died from the virus and its complications. Through readings, prayers and mutual sharing, we will take note of this important anniversary. Join us as we share our strength and hope.

### UNTYING KNOTS (VIA ZOOM)

**MARCH 13** • Saturday, 9 a.m.-noon

**Presenter:** Michael McGillicuddy

**Investment:** \$25

**Registration deadline:** March 10



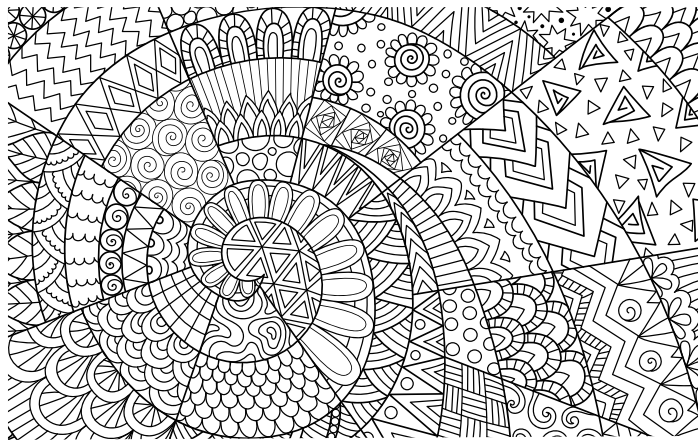
If we are better together, why are we so far apart? Why do we seem to be drowning in outrage and contempt? Pope Francis urges us to seek out new ways of thinking and deepen our capacity for kinship with those whose worldviews diverge sharply from our own. The focus of this session is charting a path from culture-war polarization to solidarity, kinship and culture peacemaking. The day will include an explanation of polarization's roots and remedies as well as paired conversations and modified peace circle participation.

**Mike McGillicuddy** is a member of the Ignatian Volunteer Corps and a retired psychiatric social worker. He is a former De La Salle Christian Brother whose career path also included teaching, government service and financial planning.



### GROUPS THAT MEET AT THE FSC

**Depressed Anonymous** continues to meet every Monday, from 5:30-6:30 p.m., by conference call. 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.



### ZENTANGLE: MEDITATION THROUGH ART (VIA ZOOM)

**MARCH 13** • Saturday, 6-8 p.m.



**Presenter:** Christine Isham

**Investment:** \$20

**Registration deadline:** March 12

The Zentangle Method is an easy-to-learn, relaxing and fun way to engage the mind and hands in drawing structured repetitive patterns that become abstract works of art. Focus and creativity are increased, along with a heightened sense of personal well-being. This is an excellent tool to enhance meditation or prayer. In this play-shop, you will learn the 11-step Zentangle process, practice several patterns and have the opportunity to create your own, unique Zentangle. No artistic experience is necessary!

#### SUPPLIES NEEDED:

- Artist pen (Micron/Pigma/Faber Castell) – black in .03 and .05 sizes.
- Drawing paper.
- Graphite pencil.

*If you don't want to invest in these materials for the class, buy fine- and medium-tip pens. However, be aware, these can smudge on the paper and on your hands.*

**The Rev. Christine Isham, Ph.D.**, has been tangling since 2012. She was introduced to the Zentangle Method during a spiritual retreat in a Benedictine Monastery. She serves as a hospice chaplain in the La Crosse area.

**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 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:vjhatt@gmail.com).



**ART AS PRAYER (VIA ZOOM)****MARCH 15 AND APRIL 19**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson**Investment:** \$10 per session**Registration deadlines:** March 12/April 16**Note:** Each month will have a special theme.Check our website, [www.FSCenter.org](http://www.FSCenter.org), for details.

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio offered through Zoom videoconferencing is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No art experience is necessary, but you will need watercolor paints, brushes, paper, pencil, kneaded eraser and paper towels.

**Mary Thompson** has a degree in fine arts and a master's degree in education. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy.

**A SHELTERED DAY OF SOLITUDE (VIA ZOOM)****MARCH 17 • CELTIC SPRINGTIME****APRIL 13 • EARTH AND ROOTS**

Wednesday or Tuesday, 9 a.m.-4:30 p.m.

**Facilitator:** Deb Hansen**Investment:** \$25, includes optional spiritual direction session**Registration deadline:** March 16/April 12

*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.

**WHAT IS SPIRITUAL DIRECTION? (VIA ZOOM)****MARCH 18 • Thursday, 6:30-7:30 p.m.****Presenters:** FSC spiritual directors**Investment:** Free, but registration is required**Registration deadline:** March 17

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy modern world. In spiritual direction, we are trying to listen very carefully to the voice of God in our life. It can be helpful to think of spiritual directors as spiritual companions or guides. Spiritual direction is a ministry of listening. A spiritual director listens very carefully, with compassion and without judgment, as we describe the milestones, detours and questions of our own spiritual journeys. At this brief, virtual 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 any appointment or commitment.

**ACCEPTANCE AND TRANSFORMATION (VIA ZOOM)****MARCH 20 • Saturday, 9 a.m.-noon****Presenter:** Sarah Hennessey, FSPA**Investment:** \$25**Registration deadline:** March 19

Acceptance is not resignation or giving in and it often can be the first step toward transformation in our personal lives and in the world. Relying on the wise insights of Tara Brach, psychologist, author and teacher of meditation, emotional healing and spiritual awakening, we will widen our hearts in acceptance through reflection, practice, and conversation.

*"The way out of our trance of unworthiness begins with accepting absolutely everything about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience."* – **Tara Brach**

**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.



## 2021 Programs and Retreats *continued.*

### COLLAGE-MAKING RETREAT (VIA ZOOM)

**MARCH 20** • Saturday, 9 a.m.-2 p.m.

**Instructor:** Mary Thompson

**Investment:** \$50 if supplies are needed OR  
\$40 if supplies are not needed

**Registration deadline:** March 16



*"What I want in my life is to be willing to be dazzled—to cast aside the weight of facts and maybe float a little above the difficult world."*

— Mary Oliver



Take the leap! Be willing to be dazzled and surprised using your creative spirit as a guide. All are welcome to join us on the first day of spring, the vernal equinox, which is a time of transformation of both spirit and our natural world.


On this day, we will create a collage of a native flower and a butterfly. You may choose your own flower and butterfly or use instructor Mary Thompson's piece as a template. Around the world, people view the butterfly as representing endurance, change,

hope and life. Our focus will be allowing that life force to guide us while enjoying the company of fellow creatives.

#### SUPPLIES NEEDED:

- 9-by-12-inch or 11-by-14-inch cradled wood painting panel or canvas-backed support (can be found at Michaels or online).
- A variety of papers: hand-painted paper (or bought) sheet music, poems, handwritten notes, old book pages, handmade papers, "found" papers, old mailing stamps.
- Brushes, medium and small for underpainting on board.
- Cheap or old brush for using glue.
- Acrylic paints: white, red, yellow, blue (Ultramarine). For a light sky blue, Cerulean blue is recommended.
- Water container.
- Liquitex Gloss Gel Medium can be found at Michaels or online. Another option is Aleen's Clear Gel, Tacky Glue (Michaels).
- Photograph of a native wildflower and butterfly (if needed, search online). You also may work from a photo of Mary's sample collage.

**Online art supply sites:** Blick Art Materials, Cheap Joe's Art Stuff or Jerry's Artarama

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



### ELIMINATING STIGMA/BARRIERS TO QUALITY MENTAL HEALTH (VIA ZOOM)

**MARCH 27** • Saturday, 9 a.m.-noon

**Presenter:** Walfsty Pierre

**Investment:** \$25

**Registration deadline:** March 26



This virtual program will provide an overview of various barriers people face when trying to connect with mental health services. We, as a society, must stop using the word stigma as a way to neglect the real issues prohibiting the ability to provide quality mental health services. The day will include large- and small-group discussion as well as time for guided meditation and reflection. If you need financial assistance to attend this program, please contact the FSC for confidential scholarships.

**Walfsty Pierre** was born in Haiti, raised in Miami and has lived in the Midwest since 2005. He planned to obtain an education and then go back to Miami to serve those in his community who have been marginalized; however, he quickly realized that Black and Brown children in the Midwest are also at risk and less likely to have someone that looks like them to provide the services they need for healing. Walfsty has more than 10 years' experience in the health and human service field. He is a local outpatient clinical therapist and a graduate of the Winona State Trauma-Informed Clinical Masters of Social Work program.

The Franciscan Spirituality Center has four trained spiritual directors on staff. They are available to meet with you by phone or video chat to listen deeply and nonjudgmentally as you discover your inner wisdom and discern how God is moving in your life. Call 608-791-5295 for more information.

Your first chat to see whether spiritual direction is right for you is free! You also may wish to register for our information session on March 18 (see page 7).





### GARDENS OF NEW LIFE AND BLESSING (VIA ZOOM)

**MARCH 30** • Tuesday, 1-2 p.m. • April's theme: Planting and Sprouting

**APRIL 27** • Tuesday, 1-2 p.m. • May's theme: Tending and Flourishing

**JUNE 1** • Tuesday, 1-2 p.m. • June's theme: Flowering and Fruiting

**JUNE 29** • Tuesday, 1-2 p.m. Concluding session: Blessing Our Gardens



**Presenter:** Deb Hansen

**Investment:** \$25 for entire series

**Registration deadline:** March 29

Sunny days and spring rain entice us to head to the garden center for seeds and potted plants. Let's have the sunshine and rain invite us to bring some new life to the gardens of our lives! This virtual series will offer reflections and practices that invite us to plant seeds of new beginnings, tend the growth and watch for flowers and fruit. We will begin each month with a Zoom gathering that introduces the month's theme. (Sessions will be recorded if you are unable to attend "live.") Each week, you will receive an email with reflection materials as well as simple practices to help you tend your garden.

**Deb Hansen** is a spiritual director on staff at the Franciscan Spirituality Center.

### FSC BOOK DISCUSSION GROUP

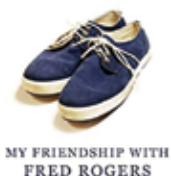
#### I'M PROUD OF YOU: MY FRIENDSHIP WITH FRED ROGERS (VIA ZOOM)

**APRIL 6** • Tuesday, 6:30-8 p.m.

**Facilitator:** Steve Spilde



I'm Proud of You



MY FRIENDSHIP WITH  
FRED ROGERS

With a new afterword by the author  
Tim Madigan

**Investment:** \$5 (please purchase book on your own and read it before the discussion)

**Registration deadline:** April 5

**Tim Madigan** was a newspaper reporter sent to interview the beloved children's television icon Fred Rogers. A friendship developed, and Mr. Rogers became a powerful force for healing in the life of the author, which is chronicled in this poignant, inspirational book. The correspondence between these two men will affirm your spirit and restore your faith in the power of love and friendship.

### COMPASSION OF POWER AND LOVE (VIA ZOOM)

**APRIL 10** • Saturday, 9 a.m.-noon



**Presenter:** Sarah Hennessey, FSPA

**Investment:** \$25

**Registration deadline:** April 9

Compassion is empathy put into action. The power of love, as Pope Francis says, is capable of building a new world. We sometimes throw around words like compassion and love, but do we understand the full scope and impact of their meaning? Together, during this virtual program, we will take a deep dive into compassion and love through contemporary readings and concrete practices that help to manifest them in our lives.

### SERENITY RETREAT

#### FINDING SERENITY IN THE MIDST OF CHAOS (VIA ZOOM)



**APRIL 16-17** • Friday, 7 p.m.-Saturday, 4 p.m.

**Facilitator:** Susan Seeby, CSA

**Investment:** \$75

**Registration deadline:** April 16

How do we apply the 12 steps to our lives during a time when the entire world seems upside down? As recovering people, we are on a spiritual journey. In times like these, the 12 steps and program practices are made to keep us sane and centered.

Join with fellow travelers as we explore the richness of the gift of this spiritual program with practical ways to apply the steps and traditions to life when it is interrupted by unforeseen events. This is a closed retreat, open to men and women who are members of a 12-step fellowship and active in their recovery from alcohol or drugs. Confidential financial assistance to attend is available through the Norman L. Gillette Sr. Scholarship Fund.

**Susan Seeby, CSA**, is a spiritual director; serves on the leadership team of the Congregation of the Sisters of St. Agnes in Fond du Lac, Wisconsin; and has experienced the power of God and the 12 Steps in her own life.



#### FINDING CALM (VIA ZOOM)

**APRIL 18** • Sunday, 3-6 p.m.

**Presenter:** Christine Isham

**Investment:** \$25

**Registration deadline:** April 16

In the past year, finding one's calm center has been elusive at best. During our time together, we will explore both the ingredients of finding calm and the barriers.

We'll look at some offerings from neuroscience as well as share our own experiences. During this virtual gathering, we'll strive to gain a better understanding of how our minds find calm and we'll practice finding calm. Be prepared to go deep; this is part of finding calm. When the surface of the water is choppy and the waves are crashing, deep below the water is calm and still. You may want to have paper and pen or a journal handy during the program.



IN NEARBY ST. JOSEPH'S RIDGE

# Hermitage stays

**Nothing is so beautiful as spring**, opined the poet Gerard Manley Hopkins.

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.

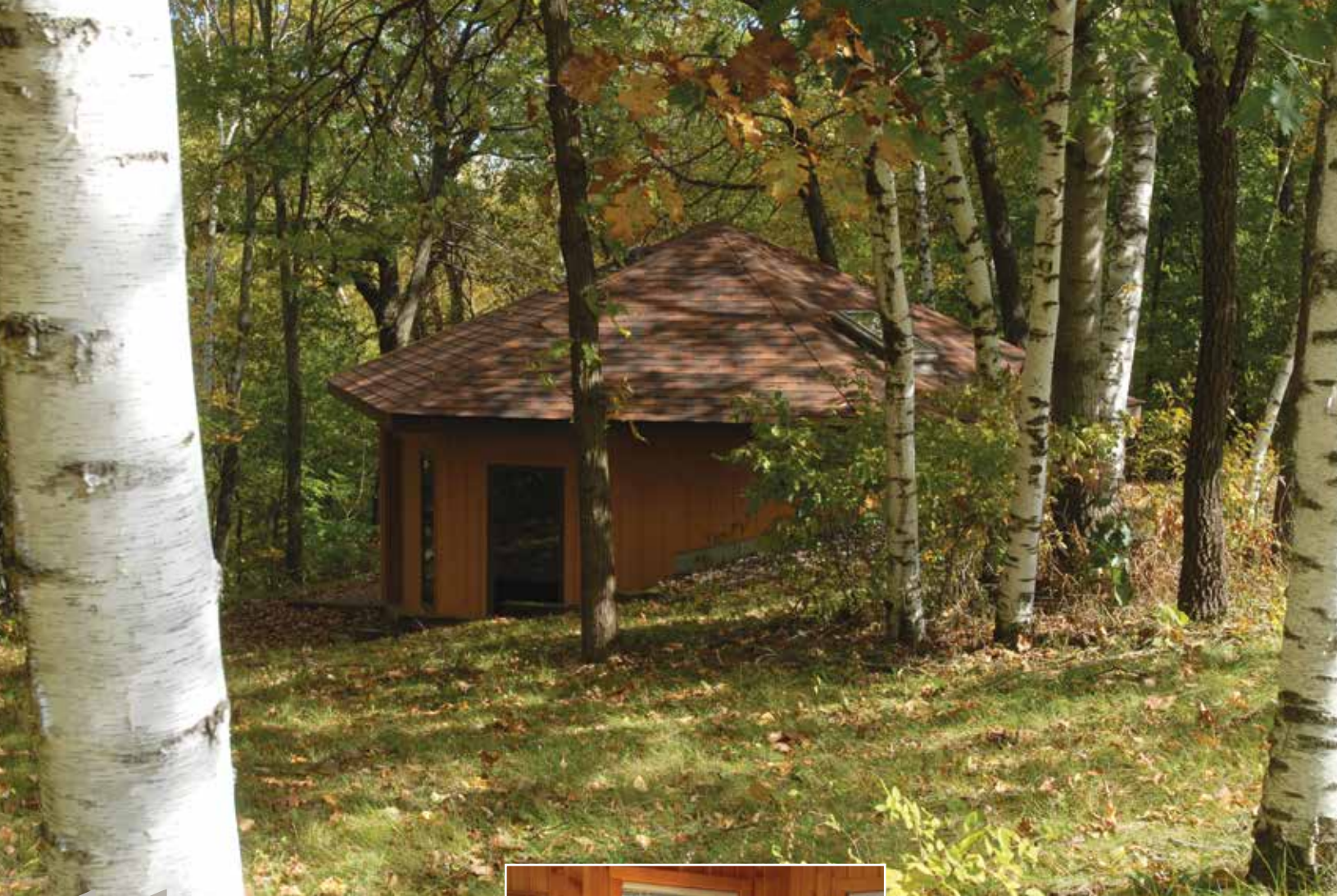
Choose from three hermitages: Thea, Chiara and Sophia. We're open for weekend stays only (Friday afternoon through Monday morning). Reservations are for single occupancy at \$60 per night and may be made for up to three nights (a minimum of two nights is required). No pets and no smoking, please.

**Please note:** Hermitages will reopen in March, weather permitting. We're taking precautions to ensure your safe visit. Hermitage sit vacant after a guest's departure and then are disinfected per CDC guidelines.



To check availability and make a reservation, please contact office at:  
608-791-5295 • [www.FSCenter.org](http://www.FSCenter.org) • [fscenter@fspa.org](mailto:fscenter@fspa.org)





“The hills and the woods and the animal inhabitants provided all the hospitality one could hope for. God provided the conversation.”

— Barbara H.





## Supervision training with Lucy Abbott Tucker

Train with the best! If you supervise spiritual directors, please join us for this exciting five-day workshop with one of the most distinguished spiritual directors and supervisors in the country.

# Exploring Supervision:

A Workshop for Spiritual Director Supervisors (VIA ZOOM)

May 24-28, 2021

Monday–Friday, 9 a.m.–5 p.m.

Investment: \$500

Registration deadline: May 20

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

This virtual workshop includes presentation and practice. We'll look at supervision as a process that includes self-reflection, education and consultation. Processes for both individual and group supervision will be presented and explored.

Participants are asked to prepare two one-paragraph summaries of recent spiritual direction sessions that they would like to explore in supervision.

**Lucy Abbott Tucker** is one of the founders of Spiritual Directors International, and she led the task force to write and establish SDI's official Guidelines for Ethical Conduct for all spiritual directors. She studied at the Institute for Spiritual Leadership and Catholic Theological Union, Chicago, where she obtained a master's degree in theology. Lucy worked for many years at the Institute for Spiritual Leadership in Chicago and recently served as president of the board of directors for that organization. She also has been involved in retreats and workshops throughout the world.



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



### Franciscan Spirituality Center

920 Market St., La Crosse, WI 54601

608-791-5295

FSCenter@fspa.org • [www.FSCenter.org](http://www.FSCenter.org)

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

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

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

### What We Do

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



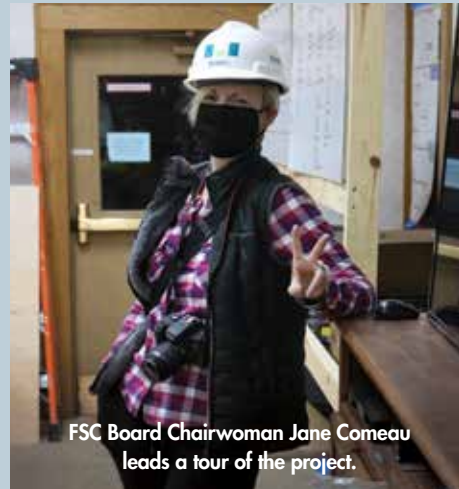


## Pardon Our Dust!

The construction project at the Franciscan Spirituality Center is in full swing.

Once completed, the second and third floors will feature remodeled bedrooms, all with private bathrooms. FSC staff offices and additional meeting rooms will be in the lower level, where the FSPA Wellness Department was previously housed.

We're looking forward to moving back to our home in fall 2021.



FSC Board Chairwoman Jane Comeau leads a tour of the project.



The therapy pool has been filled in, and the space will be used for meetings, programs and retreats, and equipped with new, improved technology.



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

VISIT US IN OUR NEW SPACE

# The Sophia Bookstore is open!

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.

We also have a limited number of signed copies of *Cheering for the Good: Leading When it Matters* by Karen Lueck, FSPA. Get yours today!



FOR CURBSIDE PICKUP: PLEASE CALL 608-791-5295

COMING IN MAY AND JUNE



**Centering Prayer: Silent Listening**  
May 1 • Marcia Bentley



**Rising Strong for Spiritual Growth**  
May 6-8 • Steve Spilde and Deb Hansen

**All Shall Be Well: Joyful Prayer  
with Julian of Norwich**  
May 14-15 • Carl McColman

**Exploring Supervision: A Workshop for  
Spiritual Director Supervisors**  
May 24-28 • Lucy Abbott Tucker

**Directed Retreat Weekend: Summer Joy**  
June 11-13 • Deb Hansen

ALL RETREATS WILL BE PRESENTED VIA ZOOM.

Follow us on :     

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