



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 30 • NUMBER 2

MARCH/APRIL 2022

At the Center

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Audrey Lucier honored with Iverson Freking Award

FSC Director Audrey Lucier joins a remarkable list of Iverson Freking Ecumenical Recognition Award honorees this year. The Rev. Jim Arends and Kay Berra are also 2022 recipients.

The award, initiated by Bethany St. Joseph Corp. and named in honor of the late Carl Iverson (of Lutheran faith) and the late Bishop Frederick Freking (of Catholic faith), reflects “unselfish dedication to foster and promote ecumenical endeavors based on mutual respect of all faiths, highlighted by cooperation, communication and service to others.”

Audrey has served as director since 2013, and while she has always exemplified the values of this award, her extraordinary leadership during the pandemic is noteworthy. Throughout this challenging time, she has shown an inspirational commitment to fostering community, ecumenism and access to spiritual resources.

Several events under Audrey’s direction have been specifically designed to help create a stronger sense of community, and she has been instrumental in organizing and leading listening sessions that help people with diverse political opinions come together to express their feelings and strive to understand others’ viewpoints. She is certified and trained in the Enneagram Spectrum of Personality Styles, through which she leads programs on site and at various churches and organizations to foster greater peace and mutual understanding. Additionally, Audrey has helped navigate the FSC through an extensive remodeling project and an impressive endowment campaign that will help ensure our sustainability for years to come.

Prior to joining the FSC staff, Audrey managed a veterinary clinic, worked for the Hiawatha Valley Mental Health Center, was a prevention specialist for Allamakee County (Iowa), was a family life educator for Lutheran Social Services and served as director of faith formation and finance for St. Mary’s Catholic Church in Caledonia, Minnesota.

Audrey has a deep, grounded personal faith. We have consistently seen here at the FSC that she is supportive and open to people of all backgrounds and traditions.

“Faith is essential,” she told the award committee. “It is a part of who I am. It makes for the wholeness as a human being—mind, body and spirit. . . . Our faith is like strong arms holding us up—the sense that there is something bigger than ourselves.”

Audrey earned her bachelor’s degree from Colorado State University in technical journalism, a master’s degree from the University of Wisconsin-La Crosse in community health education and a master’s degree in pastoral ministry from St. John’s School of Theology, Collegeville, Minnesota.

She is a member of the La Crosse Rotary Club and the Viterbo Board of Advisors, and says she’s looking forward to volunteering even more of her time and talents when she retires this year.



A special day of recognition was scheduled January 26 at the Radisson Center in La Crosse.

These photos show Audrey at the December 15 press conference at Bethany St. Joseph Care Center and here at the FSC when she was first informed that she was named a winner by Craig Ubbelohde and Gale Bruessel.

600 ways to clear your mind and connect



On nights when I awaken and find it impossible to go back to sleep, it's because my mind is full of all the projects and problems from the day. I get out of bed, grab a book and read.

Focusing my attention on the book seems to clear my anxious mind. After reading for a while, I feel ready to try to sleep again. I'm glad to have a book as a companion on sleepless nights and always keep a few on my nightstand.

I've been thinking about books a lot lately while working in the Sophia Bookstore. We have more than 600 titles in our bookstore. People have told me about coming to the FSC to meet with a spiritual director or to attend a program and then afterward seeing a book in our bookstore that was a perfect follow-up. Books are a way to continue the conversation we are having with God and others and ourselves about all manner of things.

Taking inventory of the books, I marveled at the range of feelings expressed in them. Some describe feeling uninspired, in a spiritual rut; they offer revitalizing practices or ways of praying. Some discuss the importance of gratitude or joy or creativity. Still others take on the difficult stuff: addictions, caregiving, aging or losing someone through death or divorce. Hope and resiliency are common themes in all of these books.

I've always been excited by ideas that make me think and see things in a new way. Some books discuss changes in how we think about God or religion, the ways we can learn from other faith traditions or spiritualities and the struggle to bring about peace and justice on earth. I find it comforting when I read in a book that I'm not alone in my questions or experiences. Books help us connect.

You don't have to have a reason to visit the Sophia Bookstore other than to treat yourself on a cold winter's day. There are comfy chairs for reading, tables for writing, free coffee, tea and wi-fi. The bookstore is open 8:30 a.m.-5 p.m. weekdays or during programs.

The bookstore supports our work in the community. So does *Art Dash* on March 24, a fun evening celebrating the creativity of our local artists and supporting the FSC's programs and services. Enjoy drinks and appetizers, dash for a piece of original art or simply enjoy watching. I hope to see you there!

Peace and all good,

Audrey Lucier

Audrey Lucier, FSC Director



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Spiritual Director

Ready, set, Gogh...

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



TICKETS ARE ON SALE FOR OUR FIFTH ANNUAL ART DASH.

This signature event will take place Thursday, March 24, 2022, at The Cargill Room at The Waterfront Restaurant and Tavern in La Crosse. Cocktail hour and preview of the art starts at 5:30 p.m.; the Dash promptly begins at 6:30 p.m.

Art Dash brings together local artists and community members in a celebration of creativity, beauty and connection. 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!

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

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

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

The evening also will include a wine pull and caricatures by Tommy Orrico.

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

The FSC is a 501(c)(3) non-profit organization; your donation for a Spectator ticket is tax deductible as allowed by law.



Marianne Stanke



Phil S. Addis



Tim Hammond



Lynne Burgess

ART DASH ■ Thursday, March 24

Cocktail hour: 5:30 p.m. ■ Dash begins: 6:30 p.m.

TO PURCHASE TICKETS: Visit www.FSCenter.org or call 608-791-5295.

- \$100 Dash ticket (guarantees you a piece of art)
- \$50 Spectator ticket (donation to support our mission)

As we receive art, we post pictures at www.FSCenter.org/artdash. Check often to see what pieces will be available during *Art Dash*.



Rick Ross



Dan Henderson



Joyce Diveley



Karen Kappell, FSPA



Barb Lawless



Colleen Shore



Vera Snow



Mary Lou Ferguson



Georgina Kingsley



Marcia Thompson



Kate Bausch

THANK YOU TO OUR 2022 SPONSORS:

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MEDIA SPONSORS:



Pictured are just a few of the
many available pieces.

2022-2025

APPLICATION DEADLINE: JUNE 1, 2022
COHORT 17 BEGINS: SEPTEMBER 2022

THIS SPIRITUAL DIRECTION PREPARATION PROGRAM IS DESIGNED FOR THOSE WHO:

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

AN INNOVATIVE, THREE-YEAR TRAINING PROGRAM

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

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

Spiritual Direction Preparation Program



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

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

Since 1985, we have trained more than 600 people in the practice of spiritual direction. This innovative training program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

Spiritual directors are compassionate, nonjudgmental listeners who accompany people on their spiritual journeys. Spiritual directors come from all walks of life and do not offer counseling, advice or problem-solving but rather serve as trusted guides to help others discover their inner wisdom.





SDPP graduates now train others

Steve Spilde and Sarah Hennessey, FSPA, are not only spiritual directors on staff at the FSC and members of the core planning team for SDPP, but they received their training through our innovative program. Steve graduated in 2013, and Sister Sarah completed the program in 2017. Here they reflect on their experiences.

Q: WHY DID YOU CHOOSE FSC'S PROGRAM?

SARAH: The FSC provides a communal experience with gifted presenters, seasoned supervisors and listening opportunities that prove to be truly transformative. As I have heard the supervisors say, if you are looking to change your life and not just your listening, this is the program for you.

STEVE: I first looked at spiritual direction programs when I was living somewhere else. The programs I found through Google were distant to where I was living, and none made my heart sing so I never applied. A few years later, we had moved to an area near La Crosse and I did another search on Google. This time, I discovered the program at the FSC. Reading the description, this one did make my heart sing, and I became excited to apply. It was a bonus of grace to discover the program in my new backyard. It really felt like this was the program I was supposed to join, and I have never doubted it since.

Q: WHAT DID YOU RECEIVE FROM TAKING THIS TRAINING?

SARAH: I enrolled in this program primarily to be a better listener, not to necessarily be a spiritual director. In fact, in my discernment during the program I remember saying perhaps I was not called to be a spiritual director! Listening is a fundamental aspect of life and an art that is quickly being lost in our culture. I am continually learning to listen more deeply with my sisters, family and friends.

STEVE: I developed the capacity to listen to my mind. Prior to the program, my mind would be so busy with continuous thoughts that it would be impossible to fully hear what others were saying. Now, I have capacity to listen to my own thoughts in other times and capacity to quiet my thoughts if I am trying to listen to someone else. It is deep spiritual work. This is why it is called a program of spiritual formation.

Q: WERE THERE ANY PLEASANT SURPRISES FOR YOU IN THE PROGRAM?

SARAH: I loved finding spiritual peers with whom I could laugh and cry and share this listening journey.

STEVE: I loved the practicum experience. It reminded me of going to summer camp as a kid. I also was blessed by my week of silent retreat. I actually developed a new level of friendship with myself.

Q: WHAT WOULD YOU SAY TO SOMEONE WHO IS CONSIDERING SDPP?

SARAH: This is not a solo journey of self-improvement; instead, you are entering into a community of spiritual seekers who are longing to hear God in their lives and the world around them. The work commitment feels significant, and so are the benefits of reading, sharing, listening and writing.

STEVE: Do you sense it as a calling? If reading about the program excites you, then you might be called to do it. If it all seems like a lot of hard work, then you may be called somewhere else. I didn't really know what I was signing on for when I began the program, but it felt like something I was supposed to do. And it was so much more than I had expected. It was one of those gifts of Spirit where God had much greater hopes for me than I did. I wanted to learn some new skills. Instead, I was invited to grow and become a better person. And the journey continues. It really started me on a new path of life, one where I could serve others instead of focusing only on myself.

Q: WHAT WAS MOST MEANINGFUL TO YOU IN YOUR LEARNING?

SARAH: The relationship with the supervisor who became for me a gifted mentor who heard more than I was saying was absolutely priceless. As I shared my verbatims and other work, my supervisor walked with me gently through self-discovery.

STEVE: It is hard to pick just one thing. My relationship with my supervisor, Linda, was huge. She was more than a teacher; she became a mentor and a friend. I also was blessed by my relationships that developed within my cohort. Some of these individuals remain close friends a decade later.

Q: HOW HAS THIS PROGRAM CONTINUED TO BLESS YOUR LIFE?

SARAH: My cohort has stayed in touch through updates, visits and conversations. This gift of companions on the journey continues to enrich my life. Also, now as a spiritual director, I am amazed by how listening transforms people's lives.

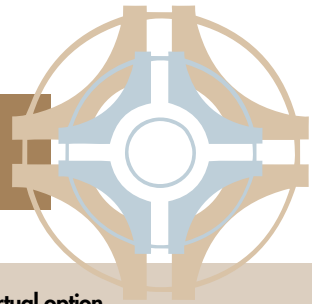
STEVE: I have grown in all of my relationships. I have capacity to listen to my daughter in ways I didn't have before. I can be present for my friends and simply listen in ways I didn't before. I would hope my wife would say that I am a better friend and companion. I believe I am.

PROGRAM FEES: \$2,950 PER YEAR (\$150 discount if the tuition is paid in full by September 1 of each year)

Fees include tuition for all in-person workshops, Zoom workshops, practicum in Year 3, quarterly meetings, annual review with supervisor and all administrative fees, meals and snacks. Fees are payable in installments. Limited scholarships are available.

PLEASE VISIT WWW.FSCENTER.ORG TO DOWNLOAD A BROCHURE AND APPLICATION.





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

In response to direction from our local medical and public health authorities, we now require all participants who attend in-person events at the Franciscan Spirituality Center to be fully vaccinated and to also wear masks when gathered indoors. If you register online, you will receive a confirmation email and receipt. If you do not receive this, please check your spam/junk folder or a secondary email address that you may have used. If it's not there, please call 608-791-5295 to verify that your registration was successfully completed.

On the day before 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.

COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

MARCH 2 AND 16; APRIL 6 AND 20

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

Facilitator: Robert Lynn

Investment: Freewill offering

Registration deadline: 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, James Finley and Sarah Bachelard. If you have an established meditation practice, deepen your practice by sharing it in community. If you are new to meditation, this is a gentle place to start and explore.

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



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.



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

MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

MARCH 3 AND APRIL 7 • 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: March 2/April 6



Meditation is proven to reduce stress and promote relaxation. All are welcome to join us for a time of rejuvenation. We'll start with a guided



meditation that includes relaxed breathing, a body scan and a visualization. Afterward, we will have a brief discussion. Gatherings are on the first Thursday of the month, and you are invited to attend any or all sessions as your schedule permits.

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

FRANCISCAN DAY OF SOLITUDE (IN-PERSON)

MARCH 8 AND APRIL 13 • Tuesday or Wednesday, 9 a.m.-4 p.m.

SAVE THE DATES: Additional sessions offered May 10 and June 8

Facilitator: FSC staff

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

Registration deadline: March 7/April 12

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.



REFRESH AND RENEW: A CAREGIVER SERIES (IN-PERSON)**SESSION 7: LABYRINTH EXPERIENCE****MARCH 9** • Wednesday, 1-2 p.m.**Presenter:** Jean Pagliaro**Investment:** Free, but registration is required**Registration deadline:** March 7

This in-person series meets once a month through March and is a collaboration with the Aging and Disability Resource Center (ADRC) of La Crosse County.



A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic of a pilgrimage and can help bring about clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the

cathedral labyrinth in Chartres, France, which dates back to the 1200s. Participants will learn about this history of the labyrinth and have an opportunity to walk our labyrinth.

**SPRING LABYRINTH WALK (IN-PERSON)****MARCH 9** • Wednesday, 4-7 p.m.**Facilitator:** FSC staff**Investment:** Freewill offering at the door

Registration is appreciated but not required.

As we enter into the season of Lent and await the first day of spring, people of all faith traditions and spiritual backgrounds are invited to walk our indoor canvas labyrinth. A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic of a pilgrimage and can help bring about clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the cathedral labyrinth in Chartres, France, which dates back to the 1200s. This is a silent, self-guided practice suitable for older teens and adults. Please arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to the labyrinth.

**BODY | MOVEMENT CLASSES****GOLDEN YOGA (IN-PERSON AND VIA ZOOM)****SESSION 2: FEBRUARY 15, 22; MARCH 1, 8, 15, 22****SESSION 3: MARCH 29; APRIL 5, 12, 19, 26; MAY 3****BONUS SESSION: MAY 10, 17, 24**

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

Instructor: Amber Moesch**Investment:** \$50 for six-week session; \$30 for three-week bonus session**Registration deadline:** February 14/March 28/May 9

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Each class includes a gentle flow of seated stretches, standing poses and balance exercises. Participants will need a chair for modifications and balance support. The last 15 minutes of each class will include stretching exercises.

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

**VINYASA YOGA (IN-PERSON AND VIA ZOOM)****SESSION 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**

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

Instructor: Bernice Olson-Pollack**Investment:** \$50 for six-week session; \$30 for three-week bonus session**Registration deadline:** February 15/March 29/May 10

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.





2022 Programs and Retreats *continued.*



AN INTEGRAL APPROACH TO SPIRITUAL DEVELOPMENT (IN-PERSON)

MARCH 11-12 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Wendy Mitch

Investment:

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

Registration deadline: February 25

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

An Integral Approach to Spiritual Development can offer guidance during these challenging times of transformation. Drawing on the work of Integral theorist Ken Wilber and others, we will look at the various phases of human development. Words such as “God,” “Spirit” and “religion” will take on different meanings depending on where we are on our journey. We don’t lose our faith; it simply transforms.

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

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



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

WHAT IS SPIRITUAL DIRECTION? (VIA ZOOM)

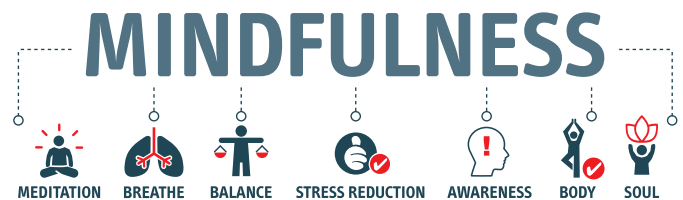
MARCH 14 • Monday, 6:30-7:30 p.m.

Facilitators: Karna Marks and Steve Spilde

Investment: Free, but registration required

Registration deadline: March 13

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy modern world. In spiritual direction, we are trying to discern the voice of God in our life. A spiritual director listens carefully as we describe the milestones, detours and questions of our own spiritual journeys. 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.



MINDFULNESS FOR EVERYBODY (IN-PERSON)

MARCH 15, 22, 29 • Tuesday, 6-7 p.m.

Presenter: Greg Lovell

Investment: \$30 for entire series

Registration deadline: March 8



This three-week series focuses on Mindfulness Basics, Mindfulness for Stress Reduction and Mindfulness for Self-Care. Mindfulness meditation is an ancient practice that helps people calm their minds, gain insight and improve well-being. Modern-day researchers have uncovered a host of mental, emotional and physical benefits to mindfulness practices. This class will introduce the basic concepts and principles of mindfulness as well as provide background information.

Please wear comfortable clothing and bring a device or pen and paper to write on.

Greg Lovell serves as the behavioral interventionist at Holmen Middle School and has worked in education for more than 14 years. He has taught mindfulness in a variety of settings, including schools, colleges, agencies and clinics. Greg is a lifelong resident of the Coulee Region, currently living in La Crosse with his wife and son.



THE SOUND OF BOWLS (IN-PERSON)

MARCH 15 AND APRIL 19 • Tuesday, 5:30-6:30 p.m.



Presenter: Tom Roberts

Investment: Suggested donation of \$10 at the door

Registration deadline: March 14/April 18

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

GROUPS THAT MEET AT THE FSC

Depressed Anonymous meets every Monday, from 5:30-6:30 p.m. This is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. If you are interested in participating in this free meeting, please call Gayle at 608-406-7990.

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. This group meets from 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.

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.

COLLAGE-MAKING RETREAT: LENTEN PRAYER SPIRAL (IN-PERSON AND VIA ZOOM)

MARCH 19 • Saturday, 9 a.m.-3 p.m.

Instructor: Mary Thompson

Investment:

- \$60 in-person (includes supplies and lunch)
- \$40 via Zoom (please purchase supplies on your own)

Registration deadline: March 16

Join us for a day of playful exploration with color, papers, poetry and prayer during the Lenten season. You will be guided through the steps of making a collage featuring a prayer spiral, which celebrates the wisdom that God is the centerpoint and while we are all on different paths, our lives intersect. You'll be encouraged to follow the path of your unique prayer spiral with your own creative spirit.



SUPPLY LIST for Zoom participants:

- **12-by-12-inch support:** cradled wood panel, canvas-backed support or sturdy watercolor paper
- **A variety of papers:** hand-painted/handmade paper, sheet music, poems, old book pages, "found" papers, old mailing stamps, etc.
- **Brushes:** medium and small for underpainting on board
- **Cheap or old brush:** for using glue medium
- **Acrylic paints:** white, red, yellow, ultramarine blue
- **Basics:** Water container, rags, paper towels
- **Liquitex Gloss Gel Medium** or **Aleen's Clear Gel Tacky Glue**
- **Ideas:** what colors you would like to use in your collage or you may work from the photo of collage provided.

Materials can be purchased at local art supply stores or online sites such as Blick Art Materials, Cheap Joe's Art Stuff or Jerry's Artarama.

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.

Our three HERMITAGES ON ST. JOSEPH'S RIDGE will re-open for the season in March, depending on the weather. Visit www.FSCenter.org to learn how you can book an overnight stay to experience silence and solitude in nature.



2022 Programs and Retreats *continued.*

ART AS PRAYER (IN-PERSON AND ZOOM)

MARCH 21 AND APRIL 18 • Monday, 6-7:30 p.m.



Instructor: Mary Thompson

Investment: \$15

Registration deadlines: March 18/April 15

Supplies needed: watercolor paint and brushes, pencil, watercolor paper, water container, paper towels or rags

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.

MARCH THEME: FULL MOON IN MARCH



*Don't think.
Don't get lost in your thoughts.
Your thoughts are a veil
On the face of the moon.
That moon is your heart.
So let them go –
Just let them fall to the earth*

– Rumi

The full moon in March is one of the harbingers of spring, known

by many names: Crow Moon, Lenten Moon, Sap Moon, Syrup Moon, Worm Moon. This March, shortly after the full moon, we will gather in the evening to celebrate presence and gratitude, honoring the deep meaning of moon cycles in our daily lives. The session will begin with a gentle meditation and, much like the sap moon, flow into creative expression using our paints as our prayer and our hearts as a guide.

Note: You'll need a photo of the moon for this session.

APRIL THEME: SPRING EPHEMERALS

"Ever renewing and energizing Creator, help me shake loose the old leftover oak leaves and clear out my wintered debris. Light-filled Being, my Joy, my Hope, let the greening in me begin!"

– Joyce Rupp

The first hint of warm weather triggers spring ephemerals to grow in our woodlands and damp areas. These plants are marked by their short life cycles; the word ephemeral means transitory. Our focus this April evening will be painting your individual interpretation of an ephemeral flower. Using stock photos, pick a woodland flower that appeals to your Spirit and get creative.

Here is a list of just a few spring ephemerals:

- Bloodroot
- Dutchman's Breeches
- Great White Trillium
- Jack-in-the Pulpit
- Virginia Bluebell

Mary Thompson has a degree in fine arts and a master's degree

in education. She has been an affiliate of the Franciscan Sisters of Perpetual Adoration for more than a decade. 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.



LOOKING AHEAD

Iconography Workshops (IN-PERSON)

Master iconographer Phil Zimmerman returns to the FSC to lead two, in-person iconography workshops:

May 16-21: The Good Shepherd
July 11-16: Icon to be determined

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



Icon based on this prototype.

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.

Phil Zimmerman is the owner of St. John Damascus Icon Studio in Pennsylvania and has led icon workshops at the FSC since 2001.



CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

CULTIVATING EFFECTIVE RETREAT EXPERIENCES (IN-PERSON)

MARCH 25-27 • Friday, 7 p.m.–Sunday, 11 a.m.

Facilitators: Jean Pagliaro and Steve Spilde

Investment:

- **Full:** \$265, includes two nights' stay and all meals
- **Commuter:** \$125, includes lunch on Saturday

Registration deadline: March 18

Note: We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code EDUCATION40 when you

register online or call 608-791-5295. With this discount, your investment would be \$159 for Full and \$75 for Commuter.

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

New spiritual directors are often eager to share with others who are interested in spiritual growth.

By offering programs and retreats, spiritual directors can foster personal growth and create effective pathways for connecting with future clients. During this weekend experience, FSC staff members will share how they plan, design and lead various types of workshops and programs. Participants will come away with ideas on how to develop such programs for faith congregations, local community groups or various staff settings.



SILENT DIRECTED RETREAT (IN-PERSON)

APRIL 1-6 • Friday, 3 p.m.–Wednesday, noon

Facilitator: Steve Spilde

Investment: \$550, includes five nights' stay, all meals and six spiritual direction sessions. You may choose to have this retreat at one of our three hermitages, which are surrounded by trails for nature exploration and hiking.

Registration deadline: March 26

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

Steve Spilde is a spiritual director on staff at the Franciscan Spirituality Center.



ZENTANGLE RETREAT (IN-PERSON)



APRIL 2 • Saturday, 9 a.m.–noon

Instructor: Christine Isham

Investment: \$30. Optional supplies (Pigma Micron Pen, pencil, smudger) may be purchased upon arrival for \$5.

Registration deadline: March 28

Relax, explore your creative side, practice gratitude and take time for reflection and meditation as we draw together using the Zentangle method. Zentangle is a meditative art form that anyone can learn. We will tangle together step by step while we create something beautiful and unique to keep or give away.

This workshop will focus on the concept of love.

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. ... Love never ends. 1 Corinthians 13:4-8a (ESV)

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

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



FSC BOOK DISCUSSION GROUP

HOW TO BE A GOOD CREATURE:
A MEMOIR IN THIRTEEN ANIMALS (VIA ZOOM)

APRIL 5 • Tuesday, 6-7:30 p.m.



Facilitator: Karna Marks

Investment: \$10 (you can purchase the book on your own or at the FSC's Sophia Bookstore)

Registration deadline: April 3

Author, naturalist and adventurer Sy Montgomery's memoir is a deep dive into the human spirit, exploring the otherness and sameness of people and animals—and the connection we share with all living things. It's a beautiful book that invites us to open our hearts to joy, forgiveness and hope, and to consider the wonder of creatures all around us and just how much they can teach us about being human. Join us for a heartfelt, online conversation.

Karna Marks is a spiritual director on staff at the Franciscan Spirituality Center.





2022 Programs and Retreats *continued.*

FREEING JESUS: A RETREAT WITH DIANA BUTLER BASS (IN-PERSON)

APRIL 8-9

Book signing/reception: Friday, 6-8 p.m.
Retreat: Saturday, 9 a.m.-4 p.m.

Presenter: Diana Butler Bass

Investment:

- \$95, includes retreat with lunch on Saturday and Friday evening event
- Book an overnight stay for just an additional \$70.

Registration deadline: April 2

A limited number of seats are available at a discounted rate. Please call 608-791-5295 if you are interested.

We invite you to this in-person retreat and book signing with award-winning author Diana Butler Bass, whose latest book is *Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way, and Presence*. Drawing from our own experience, we'll explore diverse images of Jesus—from the comforting ones, such as Jesus-as-friend, to more challenging ideas, such as Jesus-as-Lord. Throughout the day, we'll practice "memoir theology," crafting stories from our memories of Jesus with biblical texts, history of Christianity and insights from contemporary theologies. This is an opportunity to both affirm your experience and delve into challenging ideas. It's a retreat for heart and head, all focused on the ever-compelling, and sometimes confounding, figure at the center of Christian faith: Jesus.

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



JUSTICE AND PEACE STATIONS OF THE CROSS (IN-PERSON)

APRIL 15 • Friday, 10 a.m.-noon

Location: Meet in front of the St. Rose Convent sign at the corner of Market and 9th streets



This form of the Way of the Cross is a two-mile silent prayer walk from the heart of the city to the Mississippi River, stopping at 10 stations along the route to sing, pray and reflect on injustices and suffering in our community and the world. Prayer leaders

at each station will include people who work at or are otherwise affiliated with those stops. The walk, which recalls the journey of Jesus as he carried his cross to Calvary, will take about two hours. People of all ages and faith backgrounds are invited to participate.

There is no cost to participate and no registration necessary. Please note that you will have to walk back to the stations' starting point or arrange for a ride back from Riverside Park. We encourage you to check the weather forecast and dress accordingly.

BEADED TREES – GRIEF RETREAT (IN-PERSON)

APRIL 23 • Saturday, 8:30 a.m.-4 p.m.

Facilitators: Kate Bausch and Jean Pagliaro

Investment: \$60, includes lunch and cost of materials

Registration deadline: April 18

This is an opportunity to connect with others who are grieving while using an artistic process as a means to expressing your grief. The day will include group discussion as well as ample time to create

your beaded tree art piece. Please feel free to bring in, and incorporate, pieces that are meaningful to you and your loved one, such as coins, beads or buttons.

Kate Bausch is a La Crosse-based artist and FSPA affiliate. **Jean Pagliaro** is the program and retreat coordinator at the FSC and has been facilitating grief groups since 2017.



RISING STRONG FOR CHURCH LEADERS (IN-PERSON)

APRIL 24-27 • Sunday, 6:30 p.m.-Wednesday, 1 p.m.

Presenters: Karna Marks and Steve Spilde

Investment:

- **Full:** \$560, includes three nights' stay and all meals
- **Commuter:** \$350, includes retreat with lunch on Monday, Tuesday and Wednesday

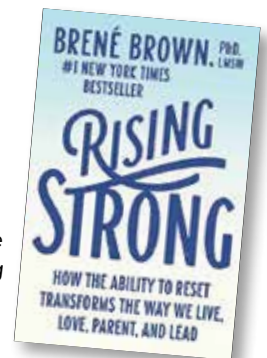
Registration deadline: April 15

Note: We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code **RISINGSTRONG50** when you register online or call 608-791-5295. With this discount, your investment would be \$280 for Full and \$175 for Commuter.

This program is offered with the support of the Joan Weisenbeck, FSPA, Scholarship Fund.

Church leadership during a pandemic can be overwhelming, triggering the painful emotions of fear and vulnerability. Millions of people worldwide have been touched by the work and books of research professor and author Brené Brown. Her pattern of *the Reckoning*, *the Rumble* and *the Revolution* as outlined in her book *Rising Strong* is a helpful map as we embark on the process of self-compassion and spiritual growth.

This program will invite participants to share courage and practice skills that expand resilience, freedom and empathy to face our shame and vulnerability. There will be time each day for presentation along with space for rest, personal reflection, creativity and group processing. Church leaders can receive a certificate of continuing education hours by request.





CONTEMPLATIVE LIVING RETREAT (IN-PERSON)

APRIL 29-30 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Marcia Bentley

Investment:

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

Registration deadline: April 22

Many of us who practice contemplative prayer find ourselves changing over time, from the inside out. It's not so much that we set goals for a different way of life, but a different way of life seems to evolve organically from our spending time contemplatively. This retreat will consider the spirituality of different aspects of our lives as we learn to let go and surrender our desire for control:

- Prayer practices
- Silence, solitude and simplicity
- Work and service
- Money
- Aging
- Forgiveness
- Discernment

We will listen to wisdom and guidance shared by others who have journeyed this path before us, spend time in small-group discussions and reflect privately on our own lives, choices and values.

Marcia Bentley is a spiritual director formerly on staff at the Franciscan Spirituality Center. She currently 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.



Welcome, Karna!

PLEASE JOIN US IN WELCOMING OUR NEWEST STAFF MEMBER, KARNA MARKS.

Karna joined our team in mid-December as a spiritual director. She has a background in retreat

leadership, individual and group direction, and resiliency practices. In addition to meeting with people for spiritual direction, she'll also present programs and retreats. Karna is a Daring Way™ facilitator, and you may recall she led a popular retreat on the teachings of Brené Brown at the FSC a few years ago.

Prior to joining our staff, Karna served as pastor at Immanuel in Pepin, Wisconsin, for 22 years. She studied education and sociology at Moorhead State University and has a Master of Divinity degree from Luther Seminary. Her spiritual direction training is through the Christos Center for Spiritual Formation, and she is a Mayo-certified wellness coach.

We've enjoyed getting to know Karna, and we know you will, too. She has a gentle, thoughtful demeanor and, as you might expect, is an attentive listener. She was new to parish ministry when she met Sister Monica, a spiritual director who listened in love, asked thoughtful questions and prayed with her. "Together, we explored the joys, challenges and sorrows life brings in conversation, silence and prayer," Karna recalled. "There was a sense of resiliency and hope that came to light in this sacred time together." Many years later, Karna studied spiritual direction, too. "It is an honor and a joy to walk alongside people as they explore their own stories and questions," she said.

Karna and her husband, Stephen, enjoy spending time with family and friends, reading, biking on beautiful trails and chasing after their dog, Scout.

She can be reached at kmarks@fspa.org or 608-791-5601.

Prairiewoods Franciscan Spirituality Center presents:

Spirituality in the 21st Century

Spirituality & Stories of the Land

with **Jim Enote**

(Zuni tribal member & spiritual guide)

Friday, April 29–Saturday, April 30

via Zoom

www.Prairiewoods.org



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

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

Our mission is to support anyone in their search for God, meaning and wholeness. People of all faith traditions and backgrounds are welcome. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

RENOVATION UPDATE

WE'RE OPEN!

WHERE: 920 Market St. in La Crosse

HOURS: 8:30 a.m.-5 p.m. Monday through Friday

ADDITIONAL HOURS: Events and meetings are scheduled most evenings and weekends.

We are open and more accessible than ever! We invite you to visit us for a program, retreat or workshop, or simply browse our bookstore. Our meeting rooms feature state-of-the-art technology, and we are looking forward to welcoming guests and hosted groups. Our spiritual directors can meet with you in their new offices or, if you prefer, virtually.

At the time of publication, work on the upper bedroom floors was nearing completion. Once those are finished, we're looking forward to showing off all of the exciting improvements to make your stay even more private and comfortable. If you have questions, please call us at 608-791-5295.

Follow us on :



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



All Are Welcome

