



**Franciscan**  
**Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

**VOLUME 29 • NUMBER 3**

**MAY/JUNE 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 a third of the way toward 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](http://www.FSCenter.org) or call 608-791-5295.

*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





# Change is in the air



I recently had the opportunity to reflect on my past year of serving as the Franciscan Spirituality Center's director. What a year! First, in a scene right out of a science fiction movie, the world shut down and we fled to the safety of our homes because of a viral outbreak.

Later, when a limited reopening looked possible, I learned that we needed to move the FSC off-site because of renovations to our facility. (We'll be able to move back in October.)

The third major event was our endowment campaign, *Creating a Legacy of Peace and Goodness*. This campaign began because the Franciscan Sisters of Perpetual Adoration, hoping to help ensure our future, offered us a 100% match on all funds raised through June 30, 2021.

We looked at the gap between the support offered by the sisters, what we generate in fees and donations, and the actual cost of programs and services. We have received support from FSPA throughout our 36 years of history. The amount of support has by necessity come down in recent years as the sisters prepare for their own future. The sisters are hoping that other community partners will now step up to help support the FSC through its next 40 years.

To encourage this, the FSPA are making a one-time investment in our mission. They are doing this through a very generous match. In addition to matching all cash or stock gifts received by June 30, pledges made by June 30 will be matched up to five additional years.

FSPA is also funding 100% of the renovations to the FSC. No campaign gifts will be needed for this project. This positions the FSC well for the future by updating our technology, making our historic building fully accessible, and improving guest facilities.

Thanks to technology and the pandemic, we've now expanded our community into 25 states and Canada. I hope you will be one of those community partners who helps to usher the FSC into the next era. Please call 608-791-5295 or visit [www.FSCenter.org](http://www.FSCenter.org) for more details on how you can participate in *Creating a Legacy of Peace and Goodness*.

Gratefully,

*Audrey Lucier*

Audrey Lucier, FSC Director



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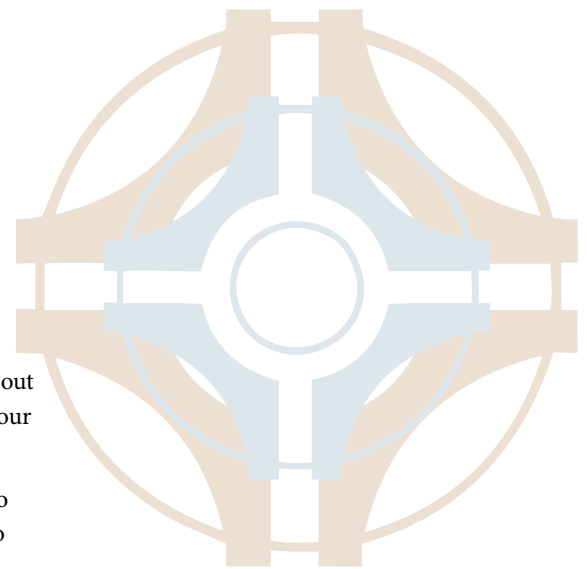
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Bernice Olson-Pollack  
Associate Presenter



Tom Roberts  
Associate Presenter



## FRANCISCAN SPIRITUALITY CENTER STAFF & ASSOCIATES



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director

# TOGETHER ON OUR WAY: Becoming Trauma-Informed Faith Communities (via Zoom)

**June 1-17**

**KEYNOTE:** June 1 • 6-7:30 p.m. (CST)

**TRACKS:** Tuesdays and Thursdays in June • 8:30 a.m.-3:30 p.m. (CST)

We each experience adverse events differently. When an event overwhelms a person so much that coping is not possible, it becomes traumatic and oftentimes people experience guilt, shame and an inability to trust or reach out for help. People frequently seek out a faith community to find hope, peace or healing. Many of us bring past or current trauma in hopes that our pain will be comforted.

**Together on Our Way: Becoming Trauma-Informed Faith Communities** will help equip faith leaders to foster individual and collective healing by raising awareness on Adverse Childhood Experiences (ACEs), trauma and how leaders and communities can walk together with someone on their way to wholeness. This is a unique opportunity to learn from local individuals and organizations who have already implemented trauma-informed care into their practices.

**Sessions will provide insights into the following aspects of trauma-informed care:**

**SAFETY:** Creating spaces and communicating in ways that ensure safety and hospitality.

**EMOTIONAL REGULATION:** Providing tools and techniques to help individuals and groups de-escalate when meetings, events or life situations become traumatic, intense or overwhelming.

**CONNECTION:** Cultivating ways for people to connect to one another and the community through empathy, listening and building trust.

Other sessions will be experiential and will provide material and resources for trauma-informed preaching, liturgy and self-care for clergy and faith leaders who experience burnout or secondary trauma.

THANK YOU TO THE LA CROSSE COMMUNITY FOUNDATION FOR ITS GENEROUS FINANCIAL SUPPORT OF THIS CONFERENCE.



## KEYNOTE SPEAKER

**June 1 • Tuesday, 6-7:30 p.m. (via Zoom)**

**There Is a Balm: Faith Communities, Trauma and Their Call to Respond**

**Presenter: The Rev. Dr. Frederick Jerome Streets**

Faith communities can play a crucial role in recognizing trauma and creating spaces that support the healing of trauma experienced by individuals and communities. How can our faith

communities respond to that call? Join us as we examine the biblical understanding of offering balm and providing hospitality to those whom we serve. The evening will include prayer, study and lecture, and will serve as the basis for the entire *Together on Our Way* series.

Frederick (Jerry) Streets served as the Yale University chaplain and senior pastor of the Church of Christ in Yale. He is a member of the founding faculty of the Harvard Program in Refugee Trauma, which offers a Global Master's Certificate training program for people from across the medical and mental health fields who are assisting those around the world who have been traumatized by war and natural disasters. Additionally, he was

a Senior Fulbright Scholar at the University of Pretoria in South Africa, where he taught in the Department of Practical Theology and explored the intersection of religious, social welfare and medical institutional outreach services to those infected and affected by HIV and AIDS.

He is a chaplain-in-residence at the annual Samuel De Witt Proctor Institute for Child Advocacy Ministry of the Children's Defense Fund, where he offers daily meditations and facilitates discussions on the needs of children and offers pastoral support to participants. A native of Chicago, he has been nurtured by several faith traditions, including the Progressive Baptists, American Baptists, Roman Catholic Church and the United Church of Christ. He serves as senior pastor of the historic Dixwell Avenue Congregational United Church of Christ in New Haven, Connecticut, a multicultural church, founded in 1820, and the oldest African American congregational church in the world.





## CONFERENCE INFORMATION & SCHEDULE

### PRECONFERENCE SESSION: ACEs and Trauma 101

As a prerequisite, each participant is asked to attend (virtually) a free, introductory session focused on ACEs and trauma so that all will have shared language prior to the conference. Prerequisite session options (choose one):

May 11 . . . . . 8-9:30 a.m.

May 13 . . . . . 6-7:30 p.m.

May 17 . . . . . 8-9:30 a.m.

May 19 . . . . . 6-7:30 p.m.

### INVESTMENT: \$35 each track, includes Keynote evening

**Group Discount:** 20% for groups of 5 or more from your organization. Please call 608-791-5295 to register your group.

### TRACK 1: Walking With Youth . . . . . June 3, 8:30 a.m.-3:30 p.m.

8:30 a.m. . . . . Welcome

9 a.m. . . . . Cultivating Safe Spaces

10:30 a.m. . . . Addressing Grief and Loss With Youth

1 p.m. . . . . Creating Meaningful Connections

2:30 p.m. . . . How Youth Leaders Can Foster Emotional Regulation Skills

### TRACK 2: Walking With Adults . . . . . June 8, 8:30 a.m.-3:30 p.m.

8:30 a.m. . . . . Welcome

9 a.m. . . . . Creating an Atmosphere of Safety

10:30 a.m. . . . Accompanying Adults During Times of Crisis and Trauma

1 p.m. . . . . Practicing Empathy for Meaningful Connection

2:30 p.m. . . . Burnout and Secondary Trauma: Addressing Self-Care and Recovery for Faith Leaders

### TRACK 3: Walking With Our Congregations. . . June 10, 8:30 a.m.-3:30 p.m.

8:30 a.m. . . . . Welcome

9 a.m. . . . . Implementing Trauma-Informed Preaching, Rituals and Worship

10:30 a.m. . . . What Happened to You vs. What's Wrong With You:

Welcoming All Into Our Faith Communities

1 p.m. . . . . Becoming a Trauma-Informed Faith Community:

One Congregation's Story

2:30 p.m. . . . Experiential, Trauma-Informed Ritual/Liturgy

### TRACK 4: Walking With Staff/Personnel . . . . June 15, 8:30 a.m.-3:30 p.m.

8:30 a.m. . . . . Welcome

9 a.m. . . . . Creating Emotionally Safe and Responsive Work Environments

10:30 a.m. . . . Becoming a Trauma-Informed Supervisor

1 p.m. . . . . Being Seen and Heard: Making Meaningful Connections With Staff

2:30 p.m. . . . Not Just Team Building: Cultivating Authentic Staff Relationships

### TRACK 5: Walking With the Community: Local Organizations That Are Making Change Together . . . . . June 17, 8:30 a.m.-3:30 p.m.

8:30 a.m. . . . . Welcome

9 a.m. . . . . Community Connection: Safe Families for Children

10:30 a.m. . . . Community Connection: Better Together

1 p.m. . . . . Community Connection: La Crosse Area Mentorship Program

2:30 p.m. . . . Community Connection: TBD, check our website for updates!

### OTHER TRACK PRESENTERS

**Marcia Baumert, FSPA:** Chaplain, Gundersen Health System

**Nathaniel Coleman Jr.:** Founder and president of The Good Fight Community Center, La Crosse

**Deb Hansen:** FSC spiritual director

**Jennifer Kleven, MD, MPH, FAAP:** Chairwoman of the Gundersen Department of Pediatrics

**Greg Lovell:** Behavioral interventionist, Holmen Middle School

**Jackie Richter, LPC:** Counselor, Mayo Behavioral Health, Psychiatry & Psychology Department

**Leah Rosso:** Lead pastor, First United Methodist Church, Sartell, Minnesota

**Stacy Shapiro:** Shapiro Strategies

**Steve Spilde:** FSC associate director/spiritual director

**Bethany Thier:** Better Together project coordinator

**CALL 608-791-5295 OR VISIT [WWW.FSCENTER.ORG](http://WWW.FSCENTER.ORG) TO REGISTER.**

# Finding God<sup>in</sup> 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.



### 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**

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

### *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.



# Spend a day with Diana Butler Bass

(VIA ZOOM)

**June 19, 2021**  
Saturday, 9 a.m.-4 p.m.

We're pleased to present this virtual retreat day with award-winning author and thought leader Diana Butler Bass. Her presentation will be based on her new book, *Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way, and Presence*.

REGISTRATION DETAILS ARE ON PAGE 10.

## ABOUT THE PRESENTER:

Diana Butler Bass is an award-winning author and internationally known public speaker. She earned her doctoral degree at Duke University. She was born in Maryland, raised in Arizona and currently lives in Virginia. She has appeared on CNN, MSNBC, PBS, CBS and FOX, has been interviewed on numerous radio programs, including shows on NPR, CBC and Sirius XM, and has work featured in numerous print and online newspapers and magazines including *Time*, *USA Today* and the *Los Angeles Times*. From 1995-2000, she wrote a weekly column for the New York Times Syndicate. She was a founding blogger for both Beliefnet and The Huffington Post. Her bylines include the Washington Post and Atlantic.com. She has preached and taught in hundreds of church, college and conference venues in North America and beyond.

She is the author of 11 books, including *Grateful: The Transformative Power of Giving Thanks*, in which she offers suggestions for reclaiming gratitude that can lead to greater connection with God, loved ones, our world and even our souls.

**ABOUT THE BOOK:** *How can you still be a Christian?* This is the most common question Diana is asked today. It is a question that many people ponder as they wrestle with disappointment and disillusionment in their church and its leadership when they try to fit Jesus into a one-size-fits-all box. But while many Christians have left their churches, they find they cannot leave Jesus or their faith behind. Looking back over her life, Diana shares in her most intimate and incisive prose yet how her experience of Jesus has evolved over the years—viewing him as friend, teacher, savior, Lord, way and presence. *Freeing Jesus* blends this personal experience with the historical and theological background exploring how Christians have experienced Jesus in a multitude of ways. Let these words free you to embrace Jesus in his prismatic nature, and renew your hope in the Jesus you have known, the one you know now, and the one who will meet you ahead on the road.

Learn more at [www.dianabutlerbass.com](http://www.dianabutlerbass.com), her public author page on Facebook and on Twitter @dianabutlerbass.





#### 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](mailto: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.



#### CENTERING PRAYER: SILENT LISTENING (VIA ZOOM)

**MAY 1** • Saturday, 9 a.m.-5p.m.



**Presenter:** Marcia Bentley

**Investment:** \$50

**Registration deadline:** April 30

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

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

#### MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

**MAY 6 AND JUNE 3** • 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 deadline:** May 5/June 2

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.



#### RISING STRONG FOR SPIRITUAL GROWTH (VIA ZOOM)

**MAY 6-8** • Thursday and Friday, 6:30-8:30 p.m.;

Saturday, 9-11 a.m. and 1-3 p.m.

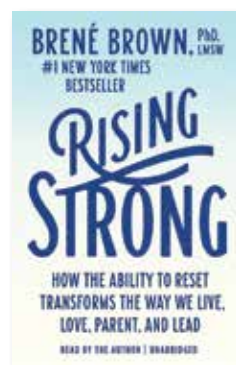
**Presenters:** Steve Spilde and Deb Hansen

**Investment:** \$75

**Registration deadline:** May 3

**Limited to 12 participants.**

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 template for spiritual growth. We will look at the power of shame and the fear of vulnerability. Understanding these powerful forces will add great insight to our work of spiritual deepening.

**Steve Spilde** and **Deb Hansen** are spiritual directors on staff at the Franciscan Spirituality Center. Additionally, Steve is a Certified Daring Way™ facilitator.



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.



## A SHELTERED DAY OF SOLITUDE (VIA ZOOM)

**MAY 11 AND JUNE 16** • Tuesday or  
Wednesday, 9 a.m.-4:30 p.m.

**Facilitator:** Deb Hansen

**Investment:** \$25, includes optional spiritual direction session

**Registration deadline:** May 10/June 15

**Themes:** May: Buds and Blooms/June: Listening to Our Hearts

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.



## ALL SHALL BE WELL: JOYFUL PRAYER WITH JULIAN OF NORWICH (VIA ZOOM)

**MAY 14-15** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

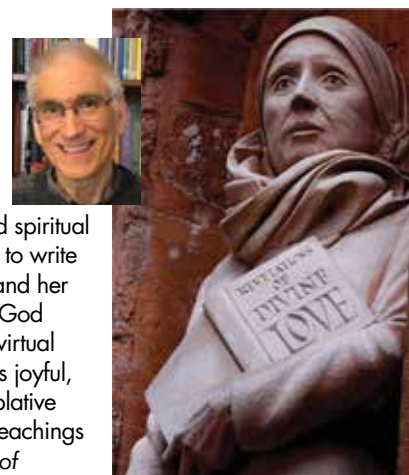
**Presenter:** Carl McColman

**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 writer, speaker, teacher, soul friend and storyteller. **See pages 12-13 for our Q&A with Carl.**



## BODY | MOVEMENT CLASSES

**NOW OFFERING IN-PERSON AND VIRTUAL OPTIONS!**

### GOLDEN YOGA

**MAY 11, 18, 25; JUNE 1, 8, 15**

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

**Instructor:** Amber Moesch

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

**Registration deadline:** May 10

**You may opt to attend this session virtually (through Zoom videoconferencing) or in person. In-person spots are limited to 9 people. Proper distancing and masks are required. Please call 608-791-5295 or visit [www.FSCenter.org](http://www.FSCenter.org) to register.**

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.



### VINYASA YOGA

**MAY 12, 19, 26; JUNE 2, 9, 16**

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

**Instructor:** Bernice Olson-Pollack

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

**Registration Deadline:** May 11

**You may opt to attend this session virtually (through Zoom videoconferencing) or in person. In-person spots are limited to 9 people. Proper distancing and masks are required. Please call 608-791-5295 or visit [www.FSCenter.org](http://www.FSCenter.org) to register.**

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.*

### ART AS PRAYER (VIA ZOOM)

**MAY 17 AND JUNE 21**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$10 per session

**Registration deadline:** May 14/June 18

**Supplies needed:** watercolor paints, paper and brushes, drawing pencil and paper towels.

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No experience necessary; Mary is a gentle and encouraging teacher!

**May's theme:** "Blessed is the Radiant One who has created a world filled with much beauty." When summer arrives, we will realize the promise of good company with bees and bugs. The local buzz is bees demonstrate wise stewardship of nature. They can teach us a thing or two! Please join us on the cusp of summer for an evening of energized

painting. You will create your own rendition of a bee on your choice of flower. This session will emphasize creation of a lively piece with bold splashes of color using different types of brushwork.

Visit [www.FSCenter.org](http://www.FSCenter.org) closer to the date for details about June's theme.



### REACHING IN & REACHING OUT: OUR CALL TO ECOLOGICAL RELATIONSHIP (VIA ZOOM)

**MAY 22 • Saturday, 9 a.m.-noon**

**Presenters:** Staff members from the Franciscan Spirituality Center, Marywood Franciscan Spirituality Center and Prairiewoods Franciscan Spirituality Center

**Investment:** \$5

Net proceeds will be donated to Catholic Climate Covenant.

**Registration deadline:** May 20

In today's world of isolation, we feel a call in our hearts to create connections of love and hope. Join us as we deepen our relationship with the Creator and all of creation in a day of discovery, play, reflection and inspiration. This three-hour program will include online prayer and discussion, and offline reflecting, including an invitation to interact with nature in your own environment. This is a collaborative event with Marywood FSC in Arbor Vitae, Wisconsin; Prairiewoods FSC in Hiawatha, Iowa; and the FSC in La Crosse.

**Angie Pierce Jennings** is the hosted groups and hospitality coordinator at Prairiewoods. She is a people person, a lover of nature, an outdoorswoman and an advocate for education and environmental sustainability.



**August Stolba** is the land care and holistic ecology coordinator at Prairiewoods. As a design ecologist, August focuses his energy on the anthropogenic factors that affect social, economic and environmental sustainability.



**Meg Earsley, FSPA**, is ministering at Marywood during her Apostolic year as a novice with the Franciscan Sisters of Perpetual Adoration. She is a Laudato Si' Animator (a champion of Catholic action on climate change) and is enthusiastic about sharing the beauty and interconnectedness of creation with others.



**Sarah Hennessey, FSPA**, is a spiritual director on staff at the Franciscan Spirituality Center in La Crosse and a member of the FSPA Ecospirituality Committee, deeply committed to environmental efforts.

### 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.

**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:vjhatt@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:vjhatt@gmail.com).





### EXPLORING SUPERVISION: A WORKSHOP FOR SPIRITUAL DIRECTOR SUPERVISORS (VIA ZOOM)

**MAY 24-28** • Monday–Friday, 9 a.m.–5 p.m.



**Presenter:** Lucy Abbott Tucker

**Investment:** \$500

**Registration deadline:** May 20

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. 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.

Visit [www.FSCenter.org](http://www.FSCenter.org) and click on the podcast link to hear our chat with Lucy.



### ENNEAGRAM BASICS: PART 2 (VIA ZOOM)

**JUNE 5** • Saturday, 9 a.m.–3 p.m.

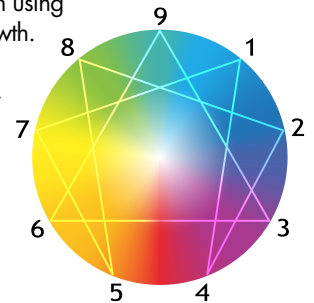
**Presenters:** Audrey Lucier and Steve Spilde

**Investment:** \$50

**Registration deadline:** May 28

If you've had an introduction to the nine personality styles of the Enneagram and have identified your own core style, this program is for you. We will focus on using the Enneagram for personal and spiritual growth. Topics will include using our three centers of intelligence; developing the gifts of our wings, stress and growth points; and transforming our inner critic into an inner witness. There will be a break for lunch.

**Prerequisite:** A basic knowledge of the Enneagram and your Enneatype.



### THE HEART OF SELF-CARE (VIA ZOOM)

**JUNE 5** • Saturday, 9 a.m.–noon



**Presenter:** Greg Lovell

**Investment:** \$25

A portion of the proceeds will be donated to La Crosse WAFER and ELCA World Hunger relief.

**Registration deadline:** June 4

This virtual session will provide a relaxing respite for caregivers from all walks of life, including parents, health care providers, educators, human services workers and others. Participants will learn about the concepts of self-care and mindfulness, experience guided practices and gain tools for personal use. There will be time for discussion, reflection and small-group conversation.

**Greg Lovell** is an area educator and presenter on mindfulness, social emotional learning and self-care, with more than 15 years of experience. He has presented at numerous organizations, agencies and universities. Greg is the behavioral interventionist at Holmen Middle School, and his professional interests include neuropsychology, motivation, social emotional learning and trauma.



## 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.*

### VIRTUAL POETRY CAFÉ – HOPE (VIA ZOOM)

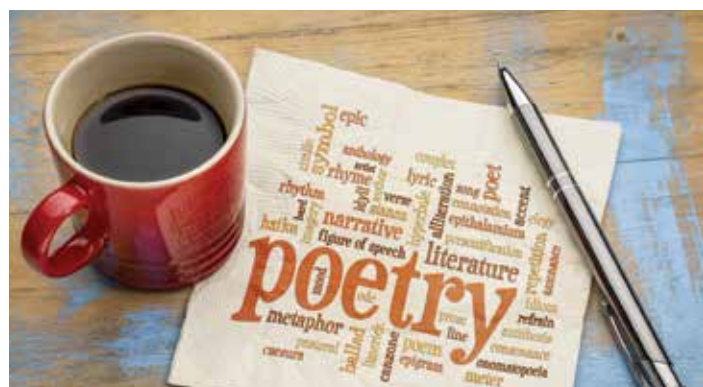
**JUNE 7** • Monday, 6:30-8 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** June 4

Bring your beverage of choice and your favorite poetry, by yourself or another author, for a time of sharing and reflection. Hope, or the lack thereof, is a theme in all of our lives. Bring an original poem or one by another author related to the topic of hope, either its presence, absence, elusiveness or any aspect at all.



### WRITING TOWARD YOUR PURPOSE (VIA ZOOM)

**JUNE 12** • Saturday, 9 a.m.-2 p.m.

**Presenter:** Jerry Ruff

**Investment:** \$35


**Registration deadline:** June 9



We will share ideas and strategies for more clearly identifying both our target audience and primary purpose for any given piece during this virtual retreat.

The experience is designed to help us move “toward” achieving our identified purpose in our writing. Ultimately, however—and with no sense of defeat—we must be satisfied with getting closer. We may never finally get to the promised land of literary perfection, but we can achieve a better and better purpose. We also will take time to discuss a specific question appropriate to many working writers: Does faith, spirituality or religious belief inform your own purpose in writing? Participants will bring or generate their own work to share and discuss using a series of exercises and prompts to facilitate them in speaking to their target audience and achieving their self-identified purpose in writing.

**Jerry Ruff** has worked as a professional writer, editor, managing editor and editorial and acquisitions director for more than three decades. Prior to entering the worlds of journalism and book publishing, he taught college literature, composition and creative writing for about five years. Now retired, Jerry is immersed in writing children’s picture books, as well as an occasional poem or blog or other piece of writing.

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



### SHELTERED-AT-HOME SILENT DIRECTED RETREAT WEEKEND (VIA ZOOM)

**JUNE 11-13** • Friday, 3 p.m.–Sunday, noon

**Facilitator:** Deb Hansen

**Investment:** \$120, includes three spiritual direction sessions

**Registration deadline:** June 10 • **Limited to 5 participants.**

**Theme:** Summer Joy

Each day, through Zoom videoconferencing, we will reflect together on the joys of summer: leisure, play, beauty and abundance. You are then invited to set aside time and space in your own home where you can enter into silence, solitude and personal reflection with the day’s readings and suggested practices. Daily spiritual direction sessions will provide a time for you to share what is personally unfolding within you with a compassionate listener.



### FREEING JESUS: A RETREAT WITH DIANA BUTLER BASS (VIA ZOOM)

**JUNE 19** • Saturday, 9 a.m.-4 p.m.

**Presenter:** Diana Butler Bass

**Investment:** \$75

**Registration deadline:** June 18



A limited number of seats are available at a discounted rate.

Please call 608-791-5295 if you are interested.



Join Diana Butler Bass for a virtual retreat based on her latest book, *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 like 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—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.



# Resources at the FSC

**SPIRITUAL DIRECTION:** Spiritual direction is the process of sharing one's sacred stories with a trained, compassionate listener. It can be helpful to anyone seeking spiritual growth, healing or a deeper connection with God and others. It is a time-honored practice of compassionate, nonjudgmental listening to another in a safe setting where what is shared is held with reverence and confidentiality. We have four trained spiritual directors on staff. You can meet by phone, video chat or in person, and your first visit is free. Call 608-791-5295 to get started. Visit [www.FSCenter.org](http://www.FSCenter.org) for a video introduction to our spiritual directors.

**HERMITAGES:** Enjoy a quiet and peaceful weekend 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. Reservations are for single occupancy at \$70 per night and may be made for up to three nights (a minimum of two nights is required). Find more information at [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295.



**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](http://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](http://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](http://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.



**Franciscan Spirituality Center**  
920 Market St., La Crosse, WI 54601  
608-791-5295  
[FSCenter@fspa.org](mailto: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.

ALL SHALL BE WELL:

# Joyful Prayer With Julian of Norwich

(VIA ZOOM)

May 14-15, 2021

Friday, 7-9 p.m. and 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 writer, speaker, teacher, soul friend and storyteller, based near Atlanta. He is the author of numerous books, including *The Big Book of Christian Mysticism*, *Answering the Contemplative Call*, *An Invitation to Celtic Wisdom* and *Unteachable Lessons*. His latest book, *Eternal Heart*, will be published in the summer of 2021. He is a Life-Professed Lay Cistercian: a layperson under formal spiritual guidance with the Trappist monks. Learn more about him and his work at [www.anamchara.com](http://www.anamchara.com).



# 5 QUESTIONS WITH CARL McCOLMAN

## 1 How does Julian of Norwich, who lived in the 14th century, speak to us today?

Julian was tremendously ahead of her time. She spoke of God as “Mother” and saw the spiritual life as a joyful response to love, not a burdensome duty to appease an angry God. She is especially relevant to our time because she lived through a horrific pandemic: the bubonic plague, which ravaged Europe multiple times during her lifetime. The fact that she maintained such a joyful spirituality in the wake of such a difficult time is truly inspirational for us here in the 21st century.

## 2 What does joyful prayer mean to you?

Joy is the second fruit of the spirit, second only to love. So, I see it as a dimension of love. Teilhard de Chardin said, “Joy is the most infallible sign of the presence of God.” It’s more than just feeling happy or blissful. Just like love is a choice even more than it is an emotion, so too joy is an orientation of life toward hope, trust and optimism. The fact that joy often feels, well, joyful, that’s a perk. As for “joyful prayer,” that’s prayer oriented toward an understanding that God is Love, and we are therefore beings of Love, created in Love’s image and likeness. Prayer that trusts in Love and understands that spirituality means finding the eternal Love within our own hearts that responds to the eternal Love of the Divine—such prayer is based in joy and returns us to joy, no matter how much we may be suffering or struggling at the present moment.

## 3 You’ve written elsewhere that Julian introduced you to the God who loves. Can you elaborate?

I was raised in a very strict church that stressed the idea that God is wrathful and that human beings are barely saved only by the extraordinary actions of Christ. This image of God may be “orthodox” in a technical sense, but it never communicated God’s lavish love and joyful care for us human beings, God’s own creation. I struggled with this limited image of God as a young adult, but then a priest advised me to read Julian just to find a new way to envisioning God. Needless to say, Julian gave me an entirely new way of understanding God—and of discovering, really for the first time, that “God is Love” really does mean that God is joyful, compassionate, caring and truly cherishes and takes delight in us human beings, even despite our failings. Julian doesn’t rewrite theology, but her emphasis on what really matters truly gave me an entirely new way of approaching faith. In doing so, I learned to fall in love with God, which means to fall in love with Love. It’s been an adventure ever since.

## 4 What is a favorite or especially helpful prayer practice for you?

I love silence. I’ve been a practitioner of Centering Prayer for many years now, and I find that it never gets old and it continues to offer me subtle insights into my own journey of learning to respond more and more to God’s love. It’s so simple: 20 minutes of silence, twice a day—and yet it is challenging, because it involves a continual process of gently setting aside distracting thoughts. It’s really a simple gesture of resting in God’s loving presence. While Julian herself does not speak about the prayer of silence, her contemporary—the anonymous author of *The Cloud of Unknowing*—really “wrote the book” on Centering Prayer. So, it means a lot to me, continues to nourish me, and I’ll be inviting the participants on the retreat into restful silence as well.

## 5 What do you hope people “take away” from this virtual retreat experience?

If you’re new to Julian, I hope you will discover just how extraordinary she is, as a teacher, a mystic and a spiritual director (we know she had a ministry of spiritual direction, one of her directees wrote about it). And even if you and Julian are old friends, I hope that you’ll learn something new: I’ve been reading Julian for almost 40 years now, and I certainly keep learning new things from her. Most of all, I hope we will all support one another in orienting our spiritual lives toward love, prayer and joy—which is truly a lifelong journey, so hopefully this weekend will be a beautiful step along the way.



## Franciscan Spirituality Center

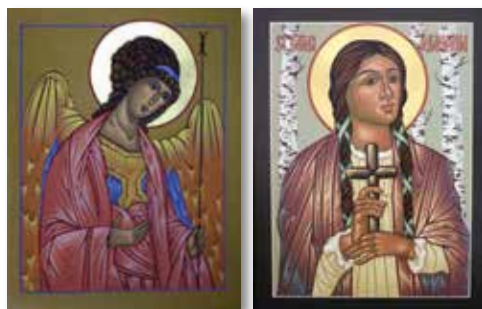
FSPA • 912 Market Street  
La Crosse, WI 54601

SAVE THE DATES: JULY 11-16

# In-person Iconography Workshop



We are pleased to welcome back master iconographer Phil Zimmerman for a new iconography workshop. You may choose to paint (write) Rublev's Angel or St. Kateri Tekakwitha.



Both a meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. Icons are often referred to as "windows into heaven." Phil 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.

This is not a silent retreat, although there will be opportunities and space for quiet time.

**NOTE:** This retreat will take place off-site due to construction at the FSC. Watch for updates on housing/meals and pricing at [www.FSCenter.org](http://www.FSCenter.org).

### LOOKING AHEAD



**Neuroscience of Shame/Compassion**  
Starting September 9 • Raymond List

**Virtual Finding God in All Things**  
Starting September 18 • Deb Hansen

*"Listen for the whisper of God  
everywhere. Work for justice. Know that  
your life is in communion with all life."*

- Diana Butler Bass

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