



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 29 • NUMBER 6

NOVEMBER/DECEMBER 2021

At the Center

IN THIS ISSUE:

- God's Extravagant Love—Paula D'Arcy retreat
- Roots of Injustice, Seeds of Change
- Silent Night: Advent Singing Bowls
- Sip and Paint: The Nativity
- And programs on holiday stress, empathy and meditation

**ALSO INSIDE: ANNUAL
COMMUNITY REPORT**

REGISTRATION IS OPEN FOR THIS IN-PERSON EVENT

Women's Christmas

AN EPIPHANY
CELEBRATION FOR WISE WOMEN

Theme: Warm Hearts, Warm Hands

Women's Christmas is rooted in a delightful Irish tradition. On the Feast of Epiphany, the celebration of the coming of the Wise Men to the Infant Jesus, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. At the FSC, we bring together the tradition of Women's Christmas and the Feast of the Epiphany for this special program.

Come gather with other women to rest and reflect on the year that was, enjoy a simple but hearty meal, share our stories and receive a blessing for the new year.

January 6, 2022

Thursday, 5:30-8 p.m.

Presenter: FSC staff

Investment: \$50, includes meal and gift

Registration deadline: December 30

Spaces are limited, and this event sells out every year.

Register today: www.FSCenter.org or 608-791-5295.



Note: Each participant will receive a pair of Fair Trade knit mittens. Actual styles will vary.

Moving into the future



After a year in temporary rented space, the Franciscan Spirituality Center moved home on September 24. This fall marks 37 years since the Franciscan Sisters of Perpetual Adoration opened a spirituality center in the east wing of St. Rose Convent. The space that once housed young women preparing for religious life was no longer needed, and so FSPA remodeled classrooms and dormitories into offices and meeting rooms.

Until recently, you could still see signs of the FSC's history in details such as communal bathrooms on our guestroom floors. As the FSC added lay staff over the years, some of the guest bedrooms on second floor were claimed for offices. Most offices don't have towel racks, mirrors and lacy valances on the windows, but ours did.

Now, as a major renovation nears completion, this wing will be ready for a new generation of guests. Walls were opened up to reshape rooms and create new ones. The lower level of the east wing (formerly used by FSPA) was converted into offices and meeting rooms for FSC, and this space is ready to use.

The second floor is once again all bedrooms. Work on this area will continue for another couple months. When finished, each guest bedroom will have its own private bath and comfortable new furniture. There will be a private library and reading room, as well as a small kitchenette for guests to use.

We had no idea how important technology was to become during the pandemic, but major technology upgrades for each meeting room were part of renovation plans from the beginning. Guests who struggle with stairs now will be able to access our front entrance.

This issue of the newsletter contains our report on the year that ended June 30. We have a lot to celebrate about this very challenging year:

- Surviving a full year of the pandemic and successfully adapting to a new reality
- Completion of our endowment campaign, *Creating a Legacy of Peace and Goodness*
- Nearing the remodeling finish line in January 2022.

Thank you for your support this past year. We're looking forward to welcoming you to the new FSC!

Peace and all good,

Audrey Lucier

Audrey Lucier, FSC Director

FRANCISCAN SPIRITUALITY CENTER

Board of Directors

Lyell Montgomery, *Chairperson* Kristy Walz, *Secretary/Treasurer*
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Sharon Berger, *FSPA* Joyce Heil Janie Morgan
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Vince Hatt
Associate Spiritual Director



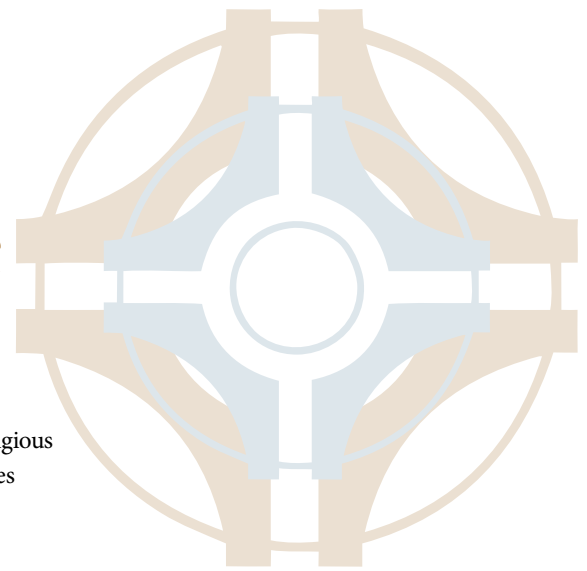
John McHugh
Associate Presenter



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



Sarah Hennessey, FSPA
Spiritual Director



Jean Pagliaro
Program & Retreat
Coordinator



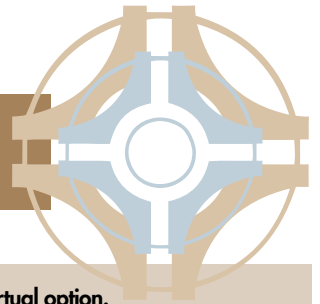
Stacey Kalas
Communications &
Marketing Coordinator



Laurie Swan
Office Manager



Kathy Holman
Administrative Assistant
& Receptionist



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 or the day of the program (depending on the time of the event), you will receive a courtesy email with a Zoom link and instructions on how to join the virtual gathering. If you have not received this link within 24 hours of the program start, please call our office at 608-791-5295 or email fscenter@fspa.org. Our office closes at 5 p.m. Monday through Friday and 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.

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

NOVEMBER 4 AND DECEMBER 2



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: November 3/December 1

Guided meditation is proven to reduce stress and promote relaxation. Join us for a time of rejuvenation. All are welcome. We'll start with a guided meditation that includes relaxed breathing, a body scan and a visualization. Afterward, we will have a brief discussion. Gatherings are on the first Thursday of the month, and you are invited to attend any or all sessions as your schedule permits.

Sarah Hennessey, FSPA, is a spiritual director on staff at the Franciscan Spirituality Center.



REGISTER

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

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

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

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

REFRESH AND RENEW: A CAREGIVER SERIES (IN-PERSON)

This series meets once a month through March. Attend any or all sessions as your schedule permits. It is a collaboration between the FSC and the Aging and Disability Resource Center (ADRC) of La Crosse County.



SESSION 3: CREATING MOMENTS OF JOY

NOVEMBER 10 • Wednesday, 1-2 p.m.

Presenter: Rose Elsbernd, FSPA

Investment: Free, but registration required

Registration deadline: November 9

As we age, we tend to look at what we have lost. Yet, memories and freedom from responsibilities can bring us joy. Join us for an afternoon of finding joy in the simple things of life.



SESSION 4: SINGING BOWLS: HELPING THE HELPER

DECEMBER 8 • Wednesday, 1-2 p.m.

Presenter: Tom Roberts

Investment: Free, but registration required

Registration deadline: December 7

Tibetan singing bowls can help soften the effects of caregiver fatigue. A 2020 peer reviewed study of the benefits of sound waves from singing bowls included increased vigor and improvements in distress, negative emotions, anxiety, depression, tension, anger and confusion. Come experience these healing and deeply meditative sounds for yourself.

REFRESH AND RENEW: A CAREGIVER SERIES SESSIONS 5-7



SESSION 5 • JANUARY 12

ART AS MEDITATION AND/OR PRAYER

Mary Thompson

SESSION 6 • FEBRUARY 9

SELF-CARE IS NOT SELFISH

Steve Spilde



SESSION 7 • MARCH 9

LABYRINTH EXPERIENCE

Jean Pagliaro

A POWER AND A TENDERNESS: GOD'S EXTRAVAGANT LOVE (VIA ZOOM)

NOVEMBER 13 • Saturday, 10 a.m.-noon



Presenter: Paula D'Arcy

Investment: \$45

Registration deadline: November 12

Love shapes all things. Jesuit theologian Teilhard de Chardin calls it the structure of the universe. Sometimes, love is experienced as a tremendous power; at other times, a very gentle touch. How can we grow in recognition of love, especially when it comes disguised? How do we grow in gratitude to all that is being given? There will be an opportunity to ask Paula questions at the end of her talk.

Paula D'Arcy is a writer, international retreat leader, and the founder and president of Red Bird Foundation.



THE SOUND OF BOWLS (IN-PERSON)

NOVEMBER 16 AND DECEMBER 21 • Tuesday, 5:30-6:30 p.m.



Presenter: Tom Roberts

Investment: Free (suggested donation of \$10 at the door)

Registration deadline: November 15/December 20

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.

Support for this program is provided by the Mary Kathryn Fogarty, FSPA, Scholarship Fund.

ART AS PRAYER (IN-PERSON AND VIA ZOOM)

NOVEMBER 15 AND DECEMBER 20 • Monday, 6-7:30 p.m.



Instructor: Mary Thompson

Investment: \$15

Registration deadlines: November 12/December 17

Supplies needed: watercolor paint, brushes and paper; small water container; and paper towels/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. No previous art experience is necessary.



NOVEMBER SESSION:

"Once we decide to behold, we are available for awe and wonder. Gaze at the pear until you see it as a manifestation of the creativity of God. Allow it to become an epiphany and the walls of our world expand."

— Adapted from Richard Rohr

In this season of transition, we invite you to "behold" something of ordinary beauty. We will spotlight the humble pear as we paint to express the beauty of its simple shape and earthy colors.

Note: For this class, you'll need a pear (provided for in-person participants).

DECEMBER SESSION:

The Winter Solstice heralds the season of Divine Light. The profound stillness of winter offers ample opportunities for meditation and prayer. Practicing stillness while watching the light illuminate and change the dormant landscape can provide for deeper reflection within.

We will focus on designing with light. By seeking patterns of light and shade, we can define objects in non-traditional ways. We will see objects with new eyes and portray them using the subtle magic of watercolors, with a goal of realizing the joy of creative expression.



Note: For this class, you'll need a favorite winter photograph of a landscape you've taken or found online.

Mary Thompson has a degree in fine arts and a master's degree in education. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy. 2021 marks a decade of Mary's affiliation with FSPA, a constant source of joy for her.



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



2021 Programs and Retreats *continued.*

SIP AND PAINT: THE NATIVITY (IN-PERSON)

NOVEMBER 30 • Tuesday, 6-9 p.m.



Instructor: Laurie Swan

Investment: \$40

Registration deadline: November 26

The Nativity is an image that brings comfort, hope and joy to many. Join us as we create our own paintings. The evening will include a reflection, appetizers, wine and other beverages. No painting experience is necessary; Laurie will guide you step-by-step through the process. All supplies, including canvas, paints, brushes and stencil for the figures, are included. You may wish to bring an apron or painting smock.



Laurie Swan is the FSC's office manager and owner of Art & Soul (@artandsoul.laurie.swan). She hosts painting parties for all ages but especially enjoys working with kids.

ADVENT BEADED TREES (IN-PERSON)

DECEMBER 4 • Saturday, 9 a.m.-3 p.m.



Instructor: Kate Bausch

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

Registration deadline: November 26

Enjoy the meditative process of creating a beautiful beaded tree from start to finish as we contemplate Advent together during this daylong workshop. We will journey together as we first paint the trunk and branches of our trees on hardboard and then choose from a collection of vintage and contemporary beads to complete our one-of-a-kind mixed media art piece. (You are welcome to bring any personal, sentimental beads or other embellishments in addition to the nice selection we will provide.) No painting or art experience is needed!

Kate Bausch is a professional artist and FSPA affiliate. An alumnus of UW-Platteville, she studied graphic arts, photography, fine art and technical communications. Creating color-filled art is her passion. To see more of Kate's artwork, please visit www.katebausch.net.



BODY | MOVEMENT CLASSES

GOLDEN YOGA (IN-PERSON AND VIA ZOOM)

SESSION 2: OCTOBER 19, 26; NOVEMBER 2, 9, 16, 23
BONUS SESSION: NOVEMBER 30; DECEMBER 7, 14, 21

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

Instructor: Amber Moesch

Investment: \$50 for six-week session; \$40 for four-week bonus session

Registration deadline: October 18/November 29

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 (IN-PERSON AND VIA ZOOM)

SESSION 2: OCTOBER 20, 27; NOVEMBER 3, 10, 17, 24
BONUS SESSION: DECEMBER 1, 8, 15, 22

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for six-week session; \$40 for four-week bonus session

Registration deadline: October 19/November 30

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.



LIVING WITH EMPATHY (VIA ZOOM)**DECEMBER 7** • Tuesday, 6-8 p.m.**Presenter:** Steve Spilde**Investment:** \$25**Registration deadline:** December 6

Empathy is a key component of a life many of us seek—a life filled with deeper connection and freedom from shame. Join us for this virtual evening program as we examine the skills that increase empathy and the traps that threaten it.

Steve Spilde is a spiritual director and Certified Daring Way facilitator.

**ROOTS OF INJUSTICE, SEEDS OF CHANGE: TOWARD RIGHT RELATIONSHIP WITH NATIVE PEOPLES (VIA ZOOM)****DECEMBER 9** • Thursday, 6-8 p.m.**Presenters:** Brenna Cussen Anglada and Paula Palmer**Investment:** \$10**Registration deadline:** December 2

Join us in an interactive two-hour exercise that traces the historic and ongoing impacts of the Doctrine of Discovery, the 15th century legal justification for European subjugation of the land and peoples of this continent. The workshop, a response to a call from Indigenous leaders of the UN and World Council of Churches, will help us increase awareness of these impacts, recognize them in ourselves and our institutions, and explore how we might begin to take actions toward right relationship with Indigenous peoples.

Brenna Cussen Anglada is an activist, organic farmer, facilitator, writer and co-founder of St. Isidore Catholic Worker Farm (Cuba City, Wisconsin), a project focusing on community, food justice, education and decolonization.

Paula Palmer is a sociologist, writer and activist for human rights, social justice and environmental protection. In collaboration with Native American advisers, she created this workshop.



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.

**'TIS THE SEASON OF JOY—AND STRESS AND GRIEF (VIA ZOOM)****DECEMBER 11** • Saturday, 9 a.m.-noon**Presenter:** Elizabeth Lewis**Investment:** \$60

Alternate rate: \$24 (**Note:** We are able to offer a discounted rate of \$24 for this program to anyone who would like financial help to attend. Please enter the code SEASONOFJOY60 when you register online or call 608-791-5295.)

Registration deadline: December 10

During the holiday season, gatherings and traditions that used to bring a sense of connection can instead trigger feelings of sadness, isolation and stress in those grieving the loss of a loved one. Although such feelings are normal—and even part of the grief-healing process—they can be hard to navigate when expectations of celebration, good cheer and joy abound. During this Zoom session, we will explore ways to be present to our losses in whatever form the holidays do or do not take. Practices for intentionally quieting the body and mind, ways to give time and space to your grief during the holiday season, writing exercises, guided meditations and more will all be part of this retreat.

This program is offered with the support of the Norman L. Gillette Sr. Scholarship Fund.

**SILENT NIGHT: AN ADVENT SINGING BOWLS EXPERIENCE (IN-PERSON)****DECEMBER 11** • Saturday, 6-8 p.m.**Presenters:** Tom Roberts, Viterbo University Campus Ministry and FSC staff**Investment:** Freewill offering at the door**Registration deadline:** December 10

Advent is a time of hopeful waiting. It is a season to anticipate the promise of the Holy One coming to dwell with us. Join the Franciscan Spirituality Center, Viterbo University Campus Ministry and Tom Roberts for an evening of Taize-style prayer, paired with the beautiful sounds of Tibetan singing bowls, choirs and hymns. This is a unique opportunity to reflect on your spiritual journey in a gathered community that shares varied faith traditions.



Note: We will gather at San Damiano Chapel located on the campus of Viterbo University for this event. Limited space is available, so advance registration is required.





2021 Programs and Retreats *continued.*

WINTER LABYRINTH WALK (IN-PERSON)

DECEMBER 16 • Thursday, 4-7 p.m.

Facilitator: FSC staff

Investment: Freewill offering at the door

In this Advent season and on the eve of the beginning of winter, you are invited to come walk the FSC's indoor canvas labyrinth. This is a silent, self-guided meditation and prayer walk.

Selections from Katherine May's book *Wintering: The Power of Rest and Retreat in Difficult Times* will be provided for reflection before beginning the walk. This labyrinth walk is suitable for older teens and adults. Please arrive by 6:30 pm to allow enough time for your walk. A brief instruction is available for those new to this practice.



LONGEST NIGHT: AN EVENING OF PRAYER AND REFLECTION (VIA ZOOM)

DECEMBER 21 • Tuesday, 6:30-8 p.m.

Facilitators: Sarah Hennessey, FSPA, and Jean Pagliaro

Investment: Freewill donations are appreciated at www.FSCenter.org/donate

Registration deadline: December 20

The Winter Solstice is the longest night. As the world is full of people proclaiming joy and light, we pause to remember the darkness, grief and the sadness we hold in our hearts during this season. Through prayer and conversation through Zoom videoconferencing, we will embrace the longest night and remember that all of our feelings and memories are OK to have during this time.



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 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.

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.

UPCOMING PROGRAMS

INTRODUCTION TO THE ENNEAGRAM (VIA ZOOM)

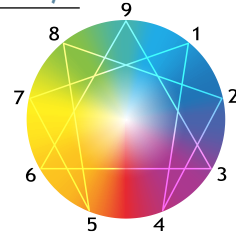
JANUARY 5, 12, 19, 26 • Wednesday, 6:30-8 p.m.

Presenters: Audrey Lucier and Steve Spilde

Investment: \$75 for four-week series, includes online assessment

Registration deadline: December 29

Optional: For those who want to go further in their personal understanding of the Enneagram, Steve Spilde offers as a follow-up a one-hour individual session at a special rate.



The Enneagram is a powerful tool for understanding ourselves and others, and refers to nine different personality styles (the Greek word ennea means nine). The style we favor affects what we see as important and how we act in our relationships. In this introduction to the Enneagram, you will learn about the gifts and challenges of your personality style, how to grow beyond your default way of doing things and how to better understand people with other styles. You'll have the opportunity to complete an online assessment to help begin your process of discovery. This series, offered through Zoom videoconferencing, is ideal for people new to the Enneagram or who would like a refresher.

This program is being offered in collaboration with Our Lady of the Prairie Retreat in Wheatland, Iowa.

Audrey Lucier, director of the Franciscan Spirituality Center, was trained and certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training through the International Enneagram Association and with Beatrice Chestnut, Ph.D.

Steve Spilde, associate director of the Franciscan Spirituality Center, was certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training from Russ Hudson.

THE MINDFUL EDUCATOR SERIES (IN-PERSON)

JANUARY 24-FEBRUARY 28 • Monday, 6-8 p.m.



Presenter: Daniel Widuch

Investment: \$60

Registration deadline: January 17

How do we develop a mindful way of being in the world? What are the potential challenges and roadblocks we might encounter on this journey? How is living a mindful life unique for those of us working in the profession of education? This six-week introduction to mindfulness will focus on the foundations of mindfulness, building sustainable mindful awareness practices and bringing mindfulness into everyday life. Discussions will focus on developing a mindful life in the midst of the realities of being an educator in 2022.

Daniel Widuch has been with the University of Wisconsin system for 20 years and immersed in both Tibetan and Theravada Buddhism and insight meditation practices for the past 15. He received Bodhisattva vows from Yongey Mingyur Rinpoche in 2016. He earned the Certified Mindfulness Teacher Certification through the Mindfulness Training Institute and is part of the Wisconsin Prison Mindfulness Initiative.

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

Franciscan Spirituality Center

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Identity

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

Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

Core Values

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

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

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

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

Hospitality: Welcome all with compassion, acceptance and celebration.

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

What We Do

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

FSC BOARD NEWS

Welcome, Lillian Wanjagi



The newest member of our board of directors is Lillian Wanjagi. Her delightful personality, commitment to excellence and expertise in leadership, strategic planning, budgeting and organizational development all contribute to our excitement in having her on our team.

Lillian was named vice president of administration and finance and chief financial officer for Viterbo University in July. Previously, she was the executive director of facilities administration at the University of Texas MD Anderson Cancer Center in Houston. She earned her bachelor's degree in accounting from Wingate University, a Master of Business Administration in international business from Garner-Webb University and a Doctor of Education in Higher Education Administration-Leadership from the University of Houston.

While she is new to the community, she was drawn to the FSC because of our Gospel-based mission. "Being on the board allows me to be a very small part of spreading peace and goodness," she said. "I am energized by all the community outreach programs offered, and I can't wait to learn more about all the incredibly amazing work being done here."

Lillian moved from Texas for the position at Viterbo and concedes she didn't know much about Wisconsin before taking on her new role, but she's enjoying getting to know the people and beauty of the region. "I love the work and ministry of Viterbo to students, and it is a great honor to be a part of that," she said.

Lillian has an "amazing" daughter, Hazina, who is a senior in high school. Lillian also is an avid recreational runner and is training to run her 11th marathon, the California International Marathon in Sacramento, California. She's also a run ambassador for Chevron Houston Marathon and shares her "running shenanigans" on Instagram and Facebook @SlowKenyanRunner.

FSC STAFF NEWS

Farewell, Deb Hansen

We said goodbye to FSC staff spiritual director Deb Hansen in mid-August. Deb accepted an offer to work part time in spiritual formation at a church in Cedar Rapids, Iowa. This move brings her and her husband closer to their grandchildren.

While we miss Deb, we are excited for her and grateful for all of the good work she did while on staff. Deb was hired six years ago as the program and retreat coordinator and then moved into a full-time spiritual director position. We first got to know Deb when she participated in our Spiritual Direction Preparation Program. Her attention to detail, her creativity and her nurturing spirit can be felt in the friendships she made and the many programs she helped launch.

We wish her all the best!



2022-2025

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.

PARTICIPANTS LEARN BY:

- Attending required in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews

EXPECTED OUTCOMES:

- Lifelong compassionate listening skills.
- Strong community development with cohort between 25-35 participants.
- Personal transformation and deeper spiritual understanding.
- Increased self-awareness and deeper interpersonal relationships.
- Certificate of completion as a trained spiritual director.

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. Please contact Steve Spilde, program director, about individual plans. Limited scholarships are available.

Housing is available at the Franciscan Spirituality Center for all of the workshops for an additional fee. Other expenses include the cost of your books, fees for spiritual direction and the required six-day, individual retreat.

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





AN INNOVATIVE, THREE-YEAR TRAINING PROGRAM

The program will begin in September 2022. Program details are available on our website, www.FSCenter.org. We will start accepting applications in January 2022.

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.

and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

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 and readings, quarterly meetings and one-on-one supervision.



SCHEDULE FOR SDPP COHORT 17:

YEAR 1

Gathering: Thursday–Sunday
September 8–11, 2022

Weekend: Friday–Sunday
November 4–6, 2022

Weekend: Friday–Sunday
February 10–12, 2023

Weekend: Friday–Sunday
April 14–16, 2023

YEAR 2

Gathering: Thursday–Sunday
September 7–10, 2023

Weekend: Friday–Saturday
November 3–4, 2023

Weekend: Friday–Saturday
January 12–13, 2024

Weekend: Friday–Saturday
April 5–6, 2024

YEAR 3

Practicum: Sunday–Saturday
July 28–August 3, 2024

Weekend: Friday–Sunday
October 4–6, 2024

Weekend: Friday–Saturday
March 7–8, 2025

Final Gathering: Thursday–Sunday
July 24–27, 2025

- In-person at FSC in La Crosse
- Virtual weekend by Zoom

MESSAGE FROM OUR BOARD CHAIRPERSON

Dear friends,

These are exciting times at the Franciscan Spirituality Center as we prepare to move into our renovated space at 920 Market Street and expand both in-person and virtual program offerings.

On behalf of the FSC Board of Directors, I'd like to extend a huge **THANK YOU** to the staff and presenters for successfully navigating the transition from in-person programming to virtual programming and now to our hybrid offerings. In the past fiscal year, we welcomed more than 4,800 participants from 37 states and two other countries to programs at the FSC.

Spiritual directors met with individuals seeking support in their search for God, meaning and wholeness for nearly 1,000 sessions. As we were able to open up again, guests made 79 reservations for our three hermitages in St. Joseph's Ridge for a total of 222 nights. We successfully transformed *Art Dash* into a virtual fundraising event, proceeds from which help fund operations and other needs. The FSC awarded \$11,731 in scholarships to make access to programs and services more readily available. Just this past summer, 23 people graduated from the Spiritual Direction Preparation Program. Truly, the FSC's ministry is alive and well.

This year, we have seen big changes to our operating board, with five board members' terms ending. Thank you to Mike Hesch, Emilio Alvarez, Annie Berendes, Glenna Temple and Joan Weisenbeck, FSPA, for your service and dedication to the FSC. Four new board members have joined the operating board. Welcome, Lillian Wanjagi, Janie Morgan, the Rev. Nate Oldenkamp and Joyce Heil.

Wrapping up with the fiscal year, the *Creating a Legacy of Peace and Goodness* endowment campaign was a huge success. Thank you to everyone who contributed. I invite you to visit www.FSCenter.org to make a one-time gift online or learn how you can become a *Spirited Friends* sustaining member.

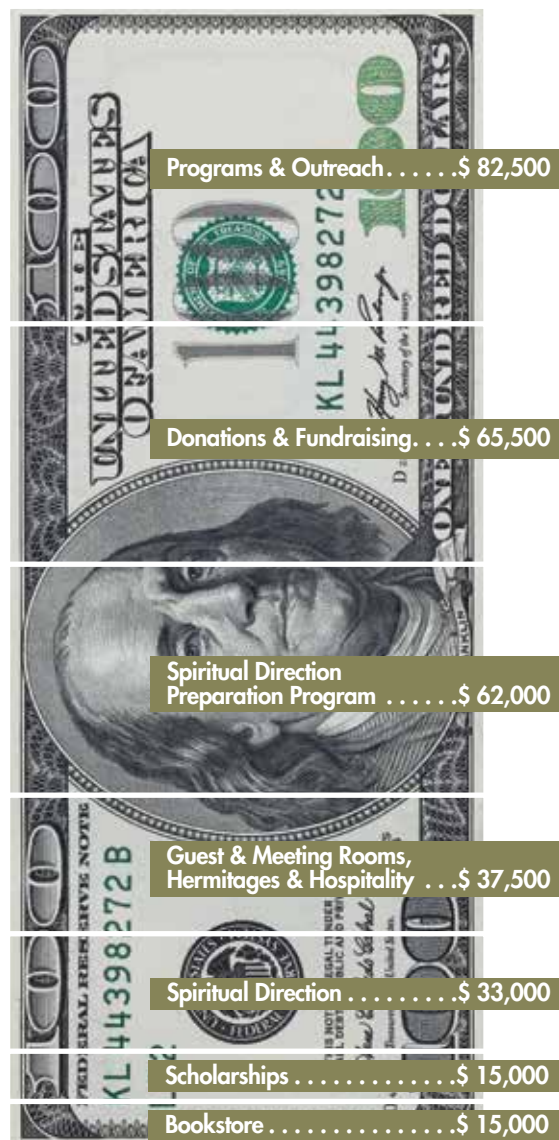
We look forward to seeing you at our newly renovated space.

Peace,

Lyell Montgomery
Lyell Montgomery, FSC Board Chairperson



Anticipated Revenue Sources for 2021-22



Financial Report

INCOME

COVID Assistance from FSPA	\$ 793,483
Programs & Retreats	182,789
Donations & Fundraising	39,714
Spiritual Direction	38,811
Hermitages/Facilities/Hospitality	17,316
Endowment Interest (Scholarships)	11,731
Sophia Bookstore	1,701

Total Income \$ 1,085,545

Current Assets \$ 469,057

Investments \$ 3,600,750

EXPENSES


Salaries & Benefits	\$ 502,331
Programs & Retreats	60,378
Administration	38,078
Communications & Marketing	37,216
Professional Services	15,593
Hermitages/Facilities/Hospitality	5,083
Sophia Bookstore	720

Total Expenses \$ 659,399

Current Liabilities \$ 5,365

NET ASSETS \$ 4,072,646


Hermitages



79
Reservations

.....

222 Nights




Financial Assistance given: **\$11,731**
(271 scholarships)


To attend Programs & Retreats & for Spiritual Direction




331
Programs & Retreats
Sponsored by the FSC



4,830
Participants

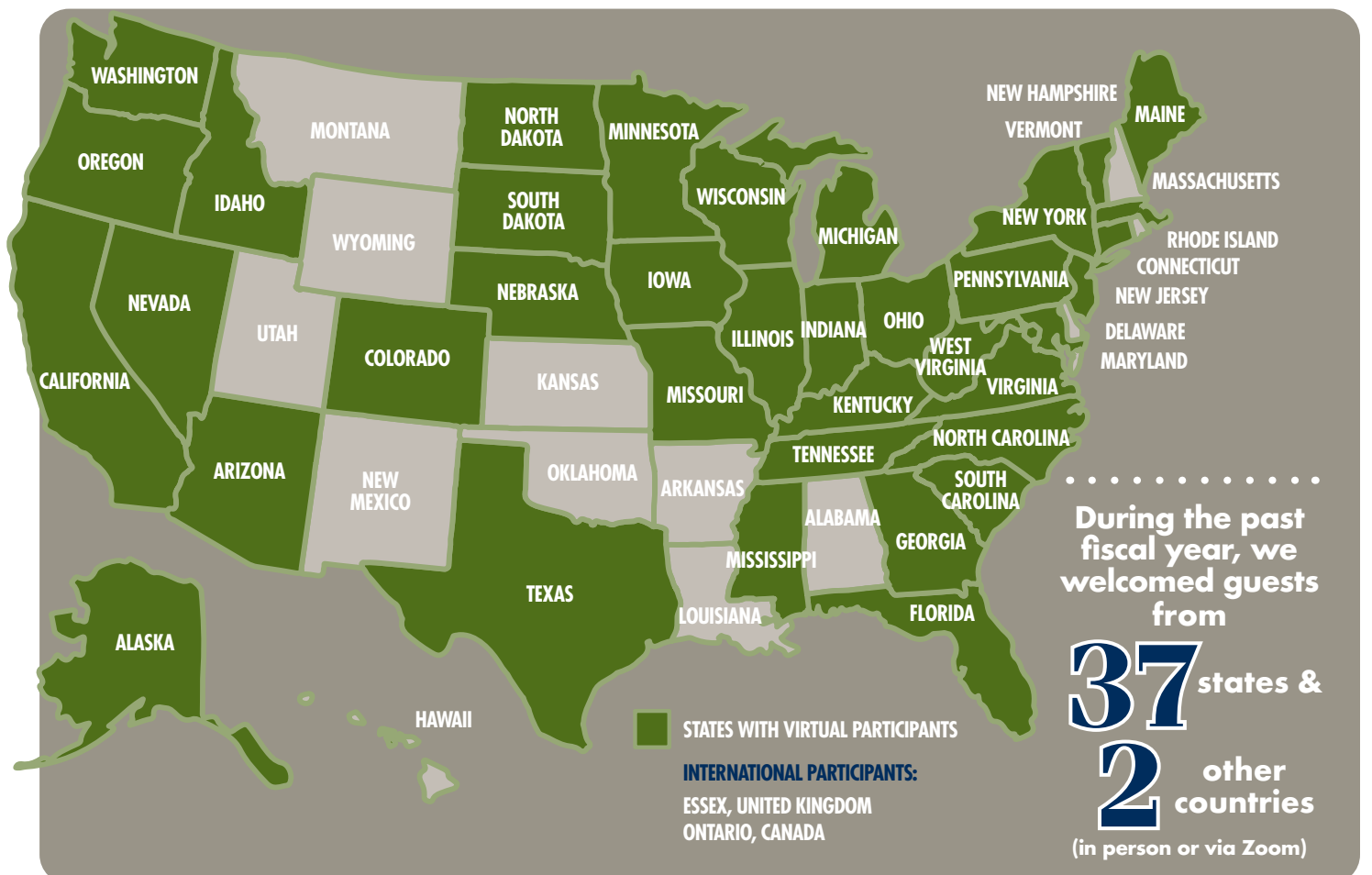


STAFF OUTREACH:
43
EVENTS



SPiritual DIRECTION

983
SESSIONS

The Franciscan Spirituality Center continued to offer programs, spiritual direction and other services throughout the pandemic. We increased our digital communications and continued to publish our *At the Center* newsletter and *What is Spirituality?* podcast. Signature events and other retreats were presented virtually when necessary, and Viterbo University graciously helped us with classroom space, overnight accommodations and its courtyard for some of our in-person events.

Many of our staff members worked remotely, but Laurie Swan and Kathy Holman kept the office and bookstore open at our temporary location at River Crossing Square, Second and King streets, while construction continued at St. Rose Complex. We're looking forward to welcoming guests into our newly remodeled space!

Our 2020/21 events included:



■ *Exploring Supervision: A Workshop for Spiritual Director Supervisors* presented by Lucy Abbott Tucker

■ *Overcoming Challenges With Grit and Grace* presented by Kao Kalia Yang, Lisa McCormick, Carolyn Bostrack and Sarah Johnson

■ *Peace and Justice Stations of the Cross*

■ *Racism and the Coulee Region: A Community Dialogue Series*



■ *Virtual Women's Christmas: An Epiphany Celebration for Wise Women*

■ *Art Dash*

■ *Eliminating Stigma/Barriers to Quality Mental Health* presented by Walfsty Pierre

■ *Iconography Workshop: Rublev's Trinity* presented by Phil Zimmerman

■ *All Shall Be Well: Joyful Prayer With Julian Norwich* presented by Carl McColman



■ *Spiritual Practices for Living With Depression: A Retreat With Monica A. Coleman*

■ *Cheering for the Good: Leading When It Matters* presented by Karen Lueck, FSPA

■ *Together on Our Way: Becoming Trauma-Informed Faith Communities*, which included a keynote talk, free ACES training, five separate tracks and dozens of collaborators, launched in June.

■ John McHugh presented two popular series: *The Christmas Story in the Gospel of Luke* and *The Passion Narrative in the Gospel of Mark*.



Keeping Connected

Print newsletter mailed to **4,420** people six times a year.

E-newsletter emailed to **3,800+** people each Thursday.

Reflections From the Center emailed to **3,700+** people each Monday.

2,922 followers on Facebook.

1,800+ podcast listeners in the past year.

197 followers on Instagram.

147 subscribers to our YouTube channel.

115 followers on Twitter.



Additionally, we offered multiple writing workshops and poetry cafes, Enneagram programs, divorce and grief support, programs focused on gratitude, self-compassion, self-care, acceptance and transformation, several collage-making and *Art as Prayer* sessions, opportunities for *Centering Prayer*, meditation and other prayer practices, collaborative programs on Franciscan values and ecology, virtual book discussion groups, yoga (in-person and Zoom options) and continuing education for spiritual directors.

PICTURED: 1. Pat Ruda leads a prayer during the Justice and Peace Stations of the Cross. 2. Lucy Abbott Tucker offers training for spiritual directors via Zoom. 3. Thank you to Michael Scott for doing such a great job as emcee for Art Dash. 4. John McHugh shares a story during his series on the Gospel of Mark. 5. Amber Moesch leads Golden Yoga for in-person and virtual participants.

Thank you to our donors

Archie & Priscilla Achterkirch

Karen Acker*

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In honor of Vince Hatt

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*In memory of Marlene Bauer, FSPA,
& James Bauer*

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In honor of the FSC staff &

in memory of her parents

Victoria Danielson

In memory of Cheri Loveless

Jacqueline Daul

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In memory of Catherine DeKrey

Beverly Deprey*

Mary J. Dietzman

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In memory of Louise Rahe, FSPA

Lynn & Kirk Donskey

Karen Dosemagen

Maryann Dunn

Michael & Cindy Dunn

In appreciation of SDPP

Tammy Dunnigan

Dr. Tim & Sue Durtsche

Rose Dymetrysyn

In honor of St. John the Baptist Day

**Phil Zimmerman
varnishes finished icons.**



Karen Ekliss

Patricia Ellenz

In memory of Michael Ellenz

Sarah Ellingson

Richard Ellis

Helen Elsbernd, FSPA

Rose Elsbernd, FSPA

Mary Lou & Philip Eubanks

Patricia Ewens

Alise Feeney

In memory of Roxi Statz

Suzanne & Stan Ferguson

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Ken Flottmeier

In memory of Barbara Flottmeier

Erin Flottmeyer

In honor of the FSC staff

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*In memory of George & Evelyn Frisch
& Merolla Fernholz*

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Mary Ann Gerrard

Frank & Linda Gillette

May Golden

In memory of Don & Alice White

Regina Golding

Marty Gora

In memory of Fay Gora

Marlys Graettinger

In memory of all victims of the pandemic

Brian Gray

Drs. Margaret Grenisen &

John Cochran

In memory of Luke Cochran

Ron & Patty Green

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Diane Withers

Jane Harrison

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Christine Magnuson
In honor of the important work that the FSC does
 Layna Maher

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In memory of deceased members of the Marshall & Austin families
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In memory of John Poloncsik & John Stanley Poloncsik
Kris & Todd Portinga
In memory of Cheri Loveless
 Dennis Priebe



God does not abandon us - ever

Monica A. Coleman discusses spiritual practices for living with depression via Zoom.

Samuel & Elizabeth Rahberg

Lee Rasch

In honor of Susan Fox

Cindy Rasmussen

Margie Rauen

Roxanne Rawson

Jane Ray

M. Therese & Mike Regner

Cameron & Jodi Reider

Everett & Maureen Rice

Silvana Richardson

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*In honor of Donna Ritter &
in memory of Barbara Walsh*

Laurie Roehl

In honor of spiritual companionship

Sheryl & Philip Rose

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Connie Scharlau

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In memory of Betty Burnett

Mary Schiller

Sandy Schiltz

In memory of Kyle Schiltz

Joanne Schlaefel

Karla Schmidt

*In honor of Mary Kathryn
Fogarty, FSPA & Vince Hatt*

Gail Schneider

Roz Schnick

In memory of Ronald Schnick

Ruth Ann Schober

Mary Paul Schroeder &

Gregg Schroeder

In memory of Arlene Paul

Gail & Allen Schultz*

Father John Schultz

Judith Schure

In memory of Sharon Friet

Terri Sersch

Gloria Servais

Kim Seward

Stacy Shapiro & Dan Baumgardt

Robert Shaver

Debra Shuda

Susan Sieger

In memory of Nancy Sieger

Rita Simon

*In memory of
Elizabeth Haberkorn Burnett*

Samuel & Jean Skemp Sr.

In memory of Dr. Archie Skemp

Larry & Missy Skendzel

In memory of John J. Hearn Sr.

Lucy Slinger, FSPA

Edna & Wenzel Smetana

*In memory of the McCarthy &
Smetana families*

Jean Marie Smith*

Loretta Smith

Patricia Soell

Louise Sunday*

Amber Spaniol

Steve and Jeannette Spilde*

Mark Stahlhut

In honor of Vince Hatt

Carla & Jason Stanton

Jane & Paul Steingraeber

Deb Stelmach

Cindy Stenavich

Paula Stephens*

Marsha Stross

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in memory of Gloria Strupp*

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Larynda Thoen

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Tom & Rae Ann Thomas Gust

In memory of Cheri Loveless

Wayne A. and Joan Spieker Wojciechowski Memorial Fund

We're grateful for a substantial gift bestowed to the Franciscan Spirituality Center through estate planning.

Wayne Wojciechowski has named the FSC as beneficiary of a gift, estimated to exceed \$150,000, to be used as an endowment upon his death.

The Wayne A. and Joan Spieker Wojciechowski Memorial Fund will help support programs at the FSC, as well as helping individuals to attend programs that may be financially out of reach.

Wayne's wife, Joan, passed away in 2019. She had enjoyed a long career with Bethany Lutheran Homes, and had worked as a social worker and director of social services.

Wayne is retired from Viterbo University, where he is professor emeritus.

He said he decided to include the FSC in his legacy because of the important role we play in supporting health and wholeness in the La Crosse area. He also appreciates all the Franciscan Sisters of Perpetual Adoration have done for the community. He thinks the FSC, as a sponsored ministry of FSPA, is well-equipped to carry on the sisters' legacy for many years to come.

Don & Nancy Thomas-Kremmer

Jonathan Thometz & Rita Koch

Mary & Craig Thompson

*In honor of Sarah Hennessey, FSPA,
Mary Kathryn Fogarty, FSPA, &
Blanche Klein, FSPA*

Tom & Jean Thompson

Mark & Ellen Thorn*

Marianne Torkelson

In honor of Kristy Walz

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Joanne & Michael White

Gayle Wilcox

In memory of Cheri Loveless

Maripat Willis

Elizabeth Wirtz

In honor of Deb Hansen

Diane Withers

Wayne Wojciechowski

In memory of Joan Wojciechowski

Jennifer Wolfe

In honor of Rita Wolfe

Sally Wong

In honor of Steve Spilde

Margaret Wood

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*In memory of Pastor Charles Coon
& Alice Brue*

James Zabransky

Peg Zappen

*In honor of Meditation for
Emotional Health*

* Denotes Spirited Friends monthly givers

BOLD denotes endowment campaign donors

Dashing Success

Thanks to the flexibility and generosity of our artists and art patrons, our fourth annual Art Dash ended up being our most financially successful to date. We were charting new territory as we moved this signature fundraiser to Zoom videoconferencing, but with the help of our quick-witted emcee, Michael Scott, and his delightful assistant, Susan Tomashek, we were able to retain a sense of excitement and fast-paced fun.

We're excited to bring this event back to The Cargill Room at The Waterfront Restaurant and Tavern on **Thursday, March 24, 2022**. Please save the date. Once we are in person again, we'll be able to include the wine pull, caricatures by Tommy Orrico and more!

ART DASH 2021 PARTICIPATING ARTISTS

In total, 92 pieces of art were donated. Thank you to the following artists (some donated multiple pieces and many have supported our event from the beginning):

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

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



THANK YOU TO OUR GENEROUS SPONSORS

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Karen Lueck, FSPA

DOOR PRIZE CONTRIBUTORS:

Pump House Regional Arts Center
Kristy Walz
The Frame Gallery
Steve Spilde
Laurie Swan

Watch for updates at www.FSCenter.org/artdash

Community Outreach and Collaboration

We were pleased to partner with the following organizations, either through programming, special projects or donated meeting space, during the past fiscal year:

Benedictine Center, St. Paul, MN
 Better Together in La Crosse County
 English Lutheran Church
 First Free Church
 First Lutheran Church, Cedar Rapids, IA
 First United Methodist Church, Sartell, MN
 Great Lakes Synod of the Evangelical Lutheran Church in America
 Gundersen Health System
 Holmen Lutheran Church
 Homeless Veterans Support Committee
 Hope for the Day, Chicago
 Kiwanis
 La Crosse Area Family YMCA
 La Crosse Area Society of Human Resource Management
 La Crosse Jail Ministry

La Crosse Local Podcast by River Travel
 La Crosse Mentorship Program
 Manitou Center, Winona, MN
 Marine Credit Union
 Mayo Clinic
 Moravian Church in America
 Onalaska First Lutheran Church
 Onalaska United Methodist Church
 P.E.O. Sisterhood of La Crosse
 Peace and Justice Office, FSPA
 Prince of Peace Lutheran Church, La Crescent, MN
 Resilient and Trauma Informed Communities
 Rotary Club of Caledonia, MN
 Rotary Club of La Crosse
 Rotary Club of La Crosse East
 Rotary of La Crosse-Valley View

Safe Families, WI
 Salvation Army of La Crosse County
 Salvation Army of WI and Upper MI
 SE Minnesota Synod of the Evangelical Lutheran Church in America
 Shapiro Strategies
 St. Bridget's Catholic Church, River Falls, WI
 St. Mary's Parish, Coon Valley, WI
 Survivors of Suicide
 The Good Fight Community Center
 UW-La Crosse MFI Briefs
 Viterbo University
 Viterbo University Department of Mental Health Counseling
 WAFER Food Pantry
 Wisconsin Public Radio Newsmakers

Creating a Legacy of Peace and Goodness

THANK YOU to everyone who contributed to our endowment campaign, *Creating a Legacy of Peace and Goodness*, which concluded on June 30, 2021.

When all pledges are paid, we will have raised \$1,560,212 for the FSC's Spirit Fund endowment. This endowment helps ensure a sustainable future for the FSC.

Though the official campaign is over, anyone interested in still making a financial contribution may do so at www.FSCenter.org/donate. Every dollar makes a big difference!

Our campaign committee, co-chaired by Ken Ford and Joe and Barb Kruse, first met on August 1, 2019. The campaign was paused for five months because of COVID-19, but our team worked hard at raising the needed donations and we're thrilled at the investment that the community at large has made in our mission. **THANK YOU!**

For nearly 40 years, the FSC has responded to spiritual needs in the community through programs, retreats, support groups and spiritual direction. More than ever, we are finding that people hunger for connection, community and healing. Whether they have joined us safely in person or virtually, our guests have expressed profound gratitude for the consistent and compassionate resource we have been during these challenging times.

We've always sought to be as accessible and affordable as possible, relying on the generosity of donors to help bridge the gap between actual costs and program fees. Thanks to your support, we will be able to meet the ever-growing needs of all those who seek God, meaning and wholeness for years to come.





Franciscan Spirituality Center

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Here's a look at some of the remodeled spaces on the lower level and work in progress on the main level.

