



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 30 • NUMBER 6

NOVEMBER/DECEMBER 2022

At the Center

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- 'Tis the Season of Joy—and Stress and Grief
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- Advent Pause

**ALSO INSIDE: ANNUAL
COMMUNITY REPORT**



We have meeting space available for your group

COMFORTABLE SEATING | UP-TO-DATE TECHNOLOGY | REASONABLE RATES

Whether you are leading a training session, council meeting, staff retreat, support group or book club, the right environment makes a difference. You'll find exactly what you are looking for at the Franciscan Spirituality Center:

- 8 distinctive meeting rooms that can seat from 2 to 90 people
- State-of-the-art technology
- Professional, comfortable seating and flexible layout options
- Privacy and quiet
- In-house catered refreshments and meal options (dining room also can be reserved)
- All-day, half-day and economical two-hour rates
- Bedrooms that can be reserved for overnight retreats
- Franciscan hospitality and environmentally friendly service
- Historic charm and exquisite woodwork throughout the building



We invite you to call us at 608-791-5295 to discuss your group's needs and how we can make your next meeting memorable. Our experienced staff will work with you to design the ideal room setup for your event and explore refreshment options. The possibilities are endless. We'd love to give you a tour of our venue, or you can view our meeting spaces and a rate sheet online at www.FSCenter.org.

We're looking forward to welcoming you!



Grace Hall

EQUIPMENT AVAILABLE FOR NO EXTRA CHARGE:

- Large TV/display screens
- Computer access
- Microphones
- Listening assistance devices
- Flip chart with markers



Small Conference Room



Large Conference Room

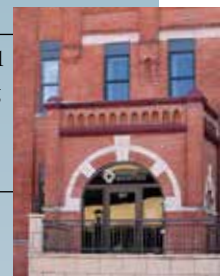
At the Center newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook and Twitter.

Franciscan Spirituality Center

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

You are always welcome at our table



The tables we gather around hold significant power. They can be a means for bold welcome and meaningful conversation, or they can do just the opposite: create feelings of rejection and shame.

I once attended an event where we were asked to sit at tables with people we didn't know so that we could create new connections. I went through the meal line and chose a table where a couple of people were already seated. I sat down, introduced myself and asked the people seated at the table who they were. I was met with one-word responses, and then they continued on with their conversation. More people found their way to that table, and most of them looked at me suspiciously when they sat down. I quickly realized that they all already knew each other and I was an unwelcome presence at their table.

Trying to make the best out of an awkward situation, I named that I was the outsider and asked about their organization. One person in the group explained what they did, but no one else engaged in any other conversation with me. No one asked my name. No one acknowledged I was there. I felt completely invisible. So, I gave up trying to make any kind of conversation and just focused on eating as quickly as I could. I specifically remember how I felt physically and emotionally. My cheeks were hot. My palms were sweating. My hands were a little shaky. I went from feeling perplexed to angry. I couldn't wait to get away from that table, and I remember thinking how grateful I was to belong to a place like the FSC, where I knew I was welcome around the table.

Hospitality is one of our core values at the FSC, and it is a tradition we uphold from our Franciscan founders. We "welcome all with compassion, acceptance and celebration." I realize we are not perfect, but we are committed to continual learning and conversation regarding our welcome, so that all feel like an important and wanted guest at the table.

Many of us will gather around tables during these holiday months, and these may be joyful, stressful or difficult gatherings. There may be empty spots at a table where a loved one used to sit. There may be opportunities for healing and forgiveness. There may be great joy and celebration. You'll notice that many of our programs and retreats in this newsletter offer opportunities for self-care or support or simply an occasion where you can receive our amazing hospitality in the midst of this season.

One of my favorite authors, Shauna Niequist, posted this on Facebook a few years ago, and I think it speaks to the FSC's mission and what we hope to offer:



We don't have cake at every staff meeting, but we do make a point to celebrate one another and to make our guests feel welcome.

"As we head into the holiday season, one of my favorite definitions of hospitality from my friend Sibyl: Hospitality is when someone leaves your home feeling better about themselves, not better about you. I LOVE this. Hospitality is about serving, not performing; creating space, not taking the stage; being with, not showing off for. May your homes and tables be safe places for people to be loved back to life this holiday season."

Peace and all good,

Jean Pagliaro

Jean Pagliaro, FSC Director



FRANCISCAN SPIRITUALITY CENTER STAFF



Steve Spilde
Associate Director &
Spiritual Director



Cathie Boerboom, RGS
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Karna Marks
Spiritual Director



Julie Connelly
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



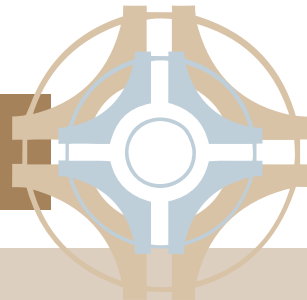
Laurie Swan
Office Manager



Natalie Smith
Guest Service Specialist



Kathy Holman
Administrative Assistant
& Receptionist


A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION: We offer both in-person and virtual programs.

If you register online, you will receive a confirmation email and receipt. If you do not receive this, please check your spam/junk folder or a secondary email address that you may have used. If it's not there, please call 608-791-5295 to verify that your registration was successfully completed.

On the day before the program, you will receive a courtesy email with instructions (and a Zoom link if it's a 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.

POLICY UPDATE: We follow local health guidelines and CDC recommendations regarding masks. Please call 608-791-5295 if you have a question about the policy in place when your program or retreat starts.

FIVE-SESSION SERIES
GRIEF RECOVERY (IN-PERSON)

NOVEMBER 1, 8, 15, 22; DECEMBER 6 •

Tuesday, 10 a.m.-noon

Facilitator: Cathie Boerboom, RSG, and Karna Marks

Investment: \$25 for the entire series

Registration deadline: October 25

We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code GRIEF60 when you register online or call 608-791-5295. With this discount, your cost would be \$10.

Adverse circumstances and difficult situations, especially those of great loss or grief, can "derail" us. It is during such challenging times that we may need assistance in healing. Everyone experiences loss and grief during their lives. Asking for assistance is a sign of courage and strength. It takes desire, time, effort and often support to heal grief. Anyone experiencing grief, including the loss of a person, pet, health or job, is encouraged to enter into this process, where you will find encouragement and assistance. However, the majority of the work will be yours, and it is important to be patient and compassionate with yourself.

Cathie Boerboom is a Good Shepherd Sister, a spiritual director on staff at the FSC and a trained grief recovery specialist.



Karna Marks is a spiritual director on staff at the FSC who has shepherded many people through the grief process in her role as a pastor.

Support for this program comes from the Mary Kathryn Fogarty, FSPA, Scholarship Fund.


STRONG AND GENTLE STEPS—HEALTHY JOURNEYING WITH PEOPLE WHO HAVE EXPERIENCED TRAUMA (IN-PERSON)

NOVEMBER 1 • Tuesday, 9:30 a.m.-3:30 p.m.

Presenter: Alison Hendley

Investment: \$50

Registration deadline: October 24



This program is a guide for professionals, church pastors, volunteers, spiritual directors and others who work with people experiencing trauma. As a woman who has worked through her own personal trauma from childhood abuse, Alison is gifted at working with others through trauma and abuse. She'll share tips and skills for taking care of yourself and setting boundaries (including emotional/spiritual ones) while traveling with those who are struggling.

Alison Hendley is a spiritual director, healer, deacon with the United Methodist Church and a professed monastic member of St. Brigid of Kildare Monastery. She has trained in eco therapy and has a deep love for nature. She grew up in London and now resides in Central Minnesota, where she enjoys hiking, kayaking, gardening and spending time with her pets.


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.



COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

NOVEMBER 2 AND 16 • 6:30-7:30 p.m.

Facilitator: Robert Lynn

Investment: Freewill offering

Advance registration appreciated; drop-ins welcome.

Christianity has a deep tradition of silent prayer in the form of contemplation or meditation. This community setting will practice Christian meditation in the tradition of John Main, learning to quiet the mind and experience divine presence. Other teachers in this tradition include Thomas Merton and Sarah Bachelard. If you have an established meditation practice, deepen your practice by sharing it in community. If you are new to meditation, this is a gentle place to start and explore.

Robert Lynn has earned a Certificate in Theological Studies from Wartburg Seminary, participates in ongoing studies at Nashotah House and has been practicing meditation individually and in a variety of group settings for several years.



MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

NOVEMBER 3 AND DECEMBER 1 • 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 2/November 30

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 FSC.



PAUSE FOR BREATH (ZOOM)

NOVEMBER 5 • Saturday, 9-10:30 a.m.

Presenter: Cheryl Killilea

Investment: \$12

Registration deadline:
November 3

Connect with your highest intentions and deepest desires, and learn to access deep, meditative states of consciousness to influence your well-being from an expanded self-awareness.

We'll explore a variety of breath techniques, and learn to breathe naturally and fully. When we pause for breath, we can master the mind and emotions, release tension and fear, and increase calm and resilience. Join us for simple and effective methods, and breathe your way to greater health, vitality, peace and joy!

Cheryl Killilea is an entrepreneur, trauma-informed coach/yoga instructor and dedicated mother and grandmother, who enjoys sharing her passion for breath work, yoga and other holistic tools to help others transform physically and emotionally so they live to their fullest potential.



FRANCISCAN MUSIC FOR THE SOUL (IN-PERSON)

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

Presenter: Cathy Tisel Nelson

Investment:

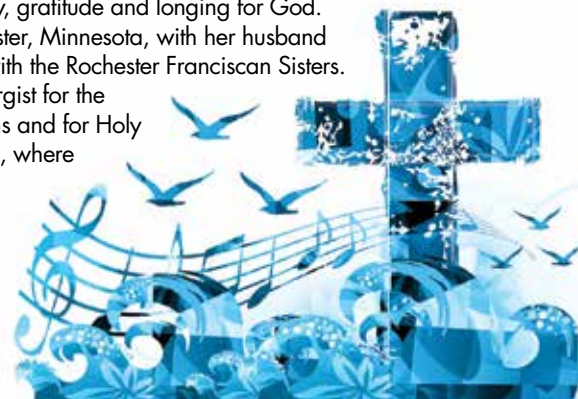
- **FULL:** \$165, includes private bedroom; breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

Registration deadline: November 4

Note: This retreat requires a minimum of 8 participants.

Deepen your relationship with God through music created by Franciscan composer Cathy Tisel Nelson. Our time together will include presentations, prayer and ritual, reflection and group sharing. Franciscan spirituality will be woven into the retreat. Experience the healing power of music inspired by St. Francis, St. Clare and the Holy Spirit!

Cathy Tisel Nelson has been composing music for prayer and worship since 1980. She seeks to create music that connects us deeply with God. She believes that music can open our hearts so we can more freely express our joy, gratitude and longing for God. Cathy lives in Rochester, Minnesota, with her husband and is a cojourner with the Rochester Franciscan Sisters. She was a music liturgist for the Rochester Franciscans and for Holy Spirit Catholic Parish, where she continues to volunteer in music ministry. Learn more at www.cathy-nelsonmusic.com.





2022 Programs and Retreats *continued.*



LISTENING TOGETHER: A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)

NOVEMBER 14 AND DECEMBER 12

Second Monday of each month,
5:30-6:30 p.m.

Facilitator: Laurie Swan

Advance registration appreciated; drop-ins welcome.

This group provides a safe place for those who are experiencing grief and the loss of a loved one to share their stories. Grieving comes with a variety of emotions that may arise with the immediate loss of a loved one or can even surface years later. You'll have an opportunity to process your unique experience while receiving the comfort and compassion of others who understand. Our facilitator, Laurie, has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process. Attend any or all sessions as needed.

FRANCISCAN DAY OF SOLITUDE (IN-PERSON)

NOVEMBER 16 AND DECEMBER 14 • Wednesday, 9 a.m.-4 p.m.

Facilitator: Karna Marks

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

Registration deadline: November 9/December 7

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude.

You will have a private, comfortable room and a simple meal. Options include using our art room and meeting with a spiritual director if you wish.



CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

CULTIVATING EFFECTIVE RETREAT EXPERIENCES (IN-PERSON)

NOVEMBER 18-19 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

Presenters: Jean Pagliaro and Steve Spilde

Investment:

- **FULL:** \$165, includes private bedroom; breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

Registration deadline: November 11

We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code RETREAT60 when you register online or call 608-791-5295. With this discount, your cost would be \$66 (FULL) or \$38 (COMMUTER).

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

Jean Pagliaro is the director of the FSC, having previously worked as our program and retreat coordinator.

Steve Spilde directs the Spiritual Direction Preparation Program.

Support for this program comes from the Blanche Klein, FSPA, Scholarship Fund.



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.

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, please call 608-791-5295.

Conversations That Matter is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. This group meets from 6-8 p.m. on the first and third Thursdays of the month and on the second and fourth Tuesdays of the month. For more information, please call 608-791-5295.

'TIS THE SEASON OF JOY—AND STRESS AND GRIEF (IN-PERSON)

NOVEMBER 19 • Saturday, 9 a.m.-3 p.m.

Presenter: Elizabeth Lewis

Investment: \$60

Registration deadline: November 11



We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code GRIEF60 when you register online or call 608-791-5295. With this discount, your cost would be \$24.

During the holiday season, gatherings and traditions that used to bring a sense of connection instead can trigger or heighten feelings of sadness,

isolation and stress in those grieving losses, new and old. 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. We will explore ways to be present to our stressors and 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, reflection time and more will all be part of this retreat. We'll also discuss methods for setting boundaries, as well as communicating with the challenging people in our lives during the holiday season.

Elizabeth Lewis is a grief support specialist, stress-resilience trainer, spiritual counselor, motivational speaker, artist and writer. Her areas of expertise include healing art and writing, resilience-building, grief support, forgiveness facilitation and trauma healing.

Support for this program comes from the Mary Kathryn Fogarty, FSPA, Scholarship Fund.

ART AS PRAYER (IN-PERSON AND ZOOM)

NOVEMBER 21 AND DECEMBER 19 • Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$15

Registration deadline: November 18/December 16

Supplies needed: Watercolor paints, paper and brushes; pencil and eraser; water container 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.

NOVEMBER THEME: SACRED OAK

The oak is one of the most loved trees in the world. It is a symbol of strength, resilience and knowledge. It's also considered a medicine tree by many Native American tribes. There is nothing quite as majestic as an oak. We'll gather to honor oaks with painting and prayers. Using color palettes, we'll strive to capture their transition from summer to fall using golds, crimson and oranges. We'll also explore color mixing while using the watercolor technique of lost and found edges.



Note: For this session, you'll need a photo of an oak tree in fall.



DECEMBER THEME: WINTER BIRDS

Birds soar as spiritual messengers between earth and sky. Revered and reflected through art by Native American cultures, they are seen as messengers of a divine nature. We will paint a bird in celebration of the Winter Solstice.

Note: Photos of birds will be provided for those attending in person; those attending virtually will need to supply their own.

WHEN BAD THINGS HAPPEN: THE BOOK OF JOB FOR TROUBLED TIMES (IN-PERSON)

DECEMBER 2-3

Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Peter Watkins

Investment:

- **FULL:** \$165, includes private bedroom; breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

Registration deadline: November 21

We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code BOOKOFJOB when you register online or call 608-791-5295. With this discount, your cost would be \$66 (FULL) or \$38 (COMMUTER).

In many ways, the Book of Job is the perfect story for what so many of us are experiencing today: loss, anxiety and fear. Job's story of suffering and his bold honest search for answers cuts right through easy and superficial platitudes, and clichés. This ancient story speaks to our hearts and guides us on a path toward real hope. During this retreat, we will courageously ask, "What do I do with my pain?" and "Where is God in suffering?" Through quiet reflection, contemplative prayer practices, engaging talks and small-group discussion, we will discover for ourselves how the God of life and love is present to each one of us, especially in times of struggle.

Peter Watkins, M.Div., is a certified spiritual director and retreat leader. He is a faculty member at Sacred Ground Center for Spirituality, where he is part of the formation program for aspiring spiritual directors. He has taught graduate level classes in Old Testament theology and is certified to give the Ignatian Spiritual Exercises.

Support for this program comes from the Mary Kathryn Fogarty, FSPA, Scholarship Fund.





2022 Programs and Retreats *continued.*

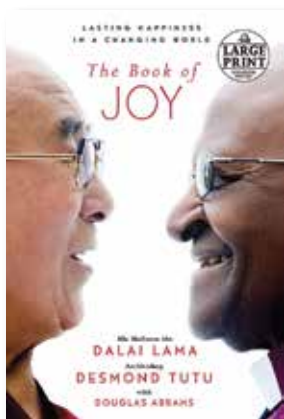
FSC BOOK DISCUSSION GROUP: THE BOOK OF JOY (ZOOM)

DECEMBER 8 • Thursday, 6:30-8 p.m.

Facilitators: Sarah Hennessey, FSPA, and Karna Marks

Investment: \$10 (book not included; you can purchase it on your own or from the FSC's Sophia Bookstore)

Registration deadline: December 1



"We are fragile creatures and it is from this weakness, not despite it, that we discover the possibility of true joy," says Nobel Peace Prize winner and theologian Desmond Tutu. What is true JOY, and how do we support it? The Dalai Lama and Desmond Tutu share a deep conversation in "The Book of Joy," with writer Douglas Abrams exploring the connections among joy, anger, suffering, vulnerability, meaning and perspective. These global spiritual leaders fearlessly address what can get in the way of our joy and how to live with courage. We invite you to read this insightful book and join us for a heartfelt conversation through

videoconferencing (Zoom in from anywhere in the world!).



ADVENT PAUSE (IN-PERSON)

DECEMBER 10 • Saturday, 9 a.m.-4 p.m.



Presenter: Eileen Hanson

Investment: \$50

Registration deadline: December 2

The liturgical seasons invite us to pause, check in and reflect on our spiritual journey. Advent comes at the darkest time of year as an invitation to slow down, sink in and rest in God. But it's not always easy to actually slow down enough to do that. Giving yourself the time to pause, with intentional practices and a community of support, can allow your body, mind and spirit to rest and restore. Through Lectio Divina, gentle movement, sacred chant and contemplative sitting, your body will be invited to settle into stillness and rest in God. No previous experience with any of these practices is necessary. All movement practice is accessible and adaptable. The day includes time on your own to walk, journal, create, read or rest so you can make this day your own unique Advent Pause.

Eileen Hanson (they|she) is an experienced contemplative practitioner and embodiment guide. With training in both Christian and non-Christian contemplative traditions, Eileen welcomes seekers of all traditions or none. Eileen is completing a Master of Divinity at United Theological Seminary and provides spiritual care and guidance for diverse individuals and groups. She also is a certified Yin Yoga and Modern Yoga teacher. Learn more at www.justbeinginwonder.com.

ADVENT LIGHT COLLAGE-MAKING RETREAT (IN-PERSON AND ZOOM)

DECEMBER 17 • Saturday, 9 a.m.-3 p.m.

Instructor: Mary Thompson

Investment: \$60 in-person, includes supplies and lunch \$40 via Zoom; please purchase supplies on your own

Registration deadline: December 9

SUPPLY LIST FOR VIRTUAL GUESTS:

- Wood painting panels (9-by-12 or 11-by-14 inches), stretched canvas boards or sturdy watercolor paper.
- Acrylic paints, brushes, water container and rags.
- Found papers, personal ephemera, decorative papers along with vintage and music papers.
- GOLDEN Acrylic Medium, semi-gloss or Aleen's Tacky Glue and an old brush for glue.

Creating art is a contemplative practice, where we find peace over perfection. Join us for this day of playful exploration, as you are guided through the steps of creating a collage featuring an Advent wreath with luminous candles. We'll use hand-painted papers, music sheets and written poetry and prayer. This process is designed to provide a meaningful way to prepare your heart for the season. Using an intuitive approach to getting in touch with Spirit, our intention will be on the four Advent candles, which represent hope, love, joy and peace.



SILENT NIGHT:

AN ADVENT SINGING BOWLS EXPERIENCE (IN-PERSON)

DECEMBER 17 • Saturday, 6-7:30 p.m.

Presenters: Tom Roberts and Viterbo University's 9th Street Singers choral ensemble

Investment: Freewill offering at the door

Registration deadline: December 16

Advent is a time of hopeful waiting. It is a season to anticipate the promise of the Holy One coming to dwell with us. This special evening is a collaboration between the Franciscan Spirituality Center and Viterbo University Campus Ministry. Please join us for an evening of Taize-style prayer paired with the deeply meditative sounds of Tibetan singing bowls and beautiful choir music and hymns for the season. 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.



WINTER SOLSTICE LABYRINTH WALK (IN-PERSON)**DECEMBER 21** • Wednesday, open between 4-7 p.m.**Facilitators:** FSC staff**Investment:** Freewill offering at the door

Registration is appreciated but not required.



During this Advent season and on the official first day of winter, you are invited to walk the FSC's indoor canvas labyrinth.

A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic

of a pilgrimage and can help bring about clarity, peace and healing. Ours is designed in the pattern of the cathedral labyrinth in Chartres, France. This is a silent, self-guided practice suitable for older teens and adults. Please arrive by 6:30 p.m. to allow enough time. A brief instruction is available for those new to this practice.

**LONGEST NIGHT:
AN EVENING OF PRAYER AND REFLECTION (ZOOM)****DECEMBER 21** • Wednesday, 6:30-8 p.m.**Facilitators:** Sarah Hennessey, FSPA,
and Cathie Boerboom, RGS**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 via Zoom videoconferencing, we will embrace the longest night and remember that all of our feelings and memories are OK to have during this time.

Sarah Hennessey, FSPA, and **Cathie Boerboom, RGS**, are spiritual directors on staff at the FSC.

**BODY | MOVEMENT CLASSES****GOLDEN YOGA
(IN-PERSON AND VIA ZOOM)****SESSION 2: OCTOBER 18, 25; NOVEMBER 1, 8, 15, 22**
BONUS SESSION: NOVEMBER 29; DECEMBER 6, 13, 20

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 17/November 28

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

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 18/November 29

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. Her accessible teaching style creates a comfortable learning environment for diverse abilities.



Welcome, Sister Cathie and Natalie!

We've had the pleasure of welcoming two new staff members this past summer: **Cathie Boerboem, RGS**, and **Natalie Smith**.



Cathie is a Good Shepherd Sister who completed our SDPP program a few years ago and joined our staff in July as a spiritual director and program presenter. She grew up on a farm in Southwest Minnesota and thoroughly enjoys her large extended family. She entered the convent after a year of

college, later receiving a BA in sociology at St. Catherine's in St. Paul, Minnesota, and a master's degree in applied behavioral science from the LIOS institute in Spokane, Washington.

In addition to being a spiritual director, Sister Cathie is also trained as a grief recovery specialist. She enjoys helping people learn how to understand their night dreams. She has had extensive experience working with people who have been abused, without a home or incarcerated. She is available for listening to 5th Steps, and to offer spiritual direction, retreats and grief work.

Sister Cathie has ministered in Minnesota, Washington, Hawaii, Colorado, France and Oregon. Her ministries have included working with troubled youth both in Good Shepherd homes and in jail, families in shelters, women trapped in prostitution, in jail, abused and/or without a home. She walked the streets of Portland assisting women and men, listening to their stories, offering resources and thoroughly enjoying the diversity, beauty and generosity of these amazing people. Her experience on the streets led to her spearhead the creation of a community and intervention center for women and children (Rose Haven).

After offering spiritual direction, retreats and classes in her parish and parish school, she returned to the Midwest to help care for her mother and to be part of FSC's ministries.

"For three years I flew here from Oregon while participating in SDPP," she said. "The welcome, acceptance and respect I experienced then is lived here every day. I am so grateful to be able to be a staff member in this sacred place."

Personal interests include weaving, playing card games, making greeting cards, walking, gardening, dreamwork, laughing and sharing life stories.

Natalie joined the FSC staff in August after working in the kitchen at Villa St. Joseph for a year and a half. In her role here, she assists at the FSC front desk, provides hospitality for retreats and programs, and helps with housekeeping and food service needs. She also is enrolled at Western Technical College and plans to go into a people-oriented field.

She grew up in the Minnesota side of the area and lives with her two furry kids (cats), Alaska and Finn. Natalie said she looks forward to enhancing her spirituality through her work at the FSC and meeting everyone she can on this path.

Natalie is a quick learner and a fast worker, and we've enjoyed getting to know her. "My favorite thing so far is the people I work with and people I meet," Natalie said. "Everyone is so willing to help and has such positive attitudes toward the days, which energizes me to be here and enjoy my job."



Ongoing support is vital to sustaining our mission

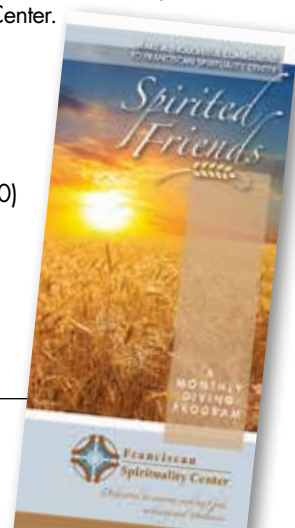
Please call us at 608-791-5295 to get started or to request more information. You can download a brochure at www.FSCenter.org (under the Support tab).

We are grateful to all of our financial supporters. Reliable, recurring support especially helps us live out our mission. Perhaps you are interested in becoming part of *Spirited Friends*—a special group of people who make a monthly gift to the Franciscan Spirituality Center.

Your consistent financial contributions help us plan and budget while continuing to offer transformative programs and services, and scholarships to all who ask.

Spirited Friends is easy and efficient.

You decide on a monthly gift amount that fits your budget (minimum \$10) and authorize your bank to transfer this amount from your checking account directly to the Franciscan Spirituality Center. There is also an option to use your credit card. No need for stamps, checks, envelopes, trips to the post office or reminders! And you can change your commitment at any time.



MESSAGE FROM OUR BOARD PRESIDENT

Dear friends,

It's hard to believe that we have been in our renovated space for almost a year, and what a great year it has been! As you review this annual community report, I think you'll be as impressed as I am with the variety of programs and the number of people the FSC serves.

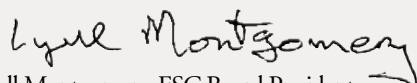
Thank you to the staff and presenters for your continued dedication and outstanding service to the Franciscan Spirituality Center. And a special thank you to the Franciscan Sisters of Perpetual Adoration for your continued sponsorship and unwavering support of the FSC.

I am excited for the future of the FSC as we continue our ministry of supporting anyone in their search for God, meaning and wholeness.

I invite you to visit www.FSCCenter.org to learn more about upcoming programs and how you can make a one-time gift online or learn how to become a *Spirited Friends* sustaining member.

The Franciscan Spirituality Center is here for you, and we look forward to seeing you in the future. Thank you for your support.

Peace,



Lyell Montgomery, FSC Board President



Financial Report

INCOME

Donations, Fundraising and Grants	\$ 419,713
Programs & Retreats	145,415
Spiritual Direction	46,568
Hermitages/Facilities/Hospitality	31,715
Endowment Interest (Scholarships)	14,480
Sophia Bookstore	10,431

Total Income \$ 668,322

EXPENSES

Salaries & Benefits	\$ 501,968
Programs & Retreats	60,363
Administration	57,012
Communications & Marketing	35,707
Professional Services	13,363
Hermitages/Facilities/Hospitality	6,231
Sophia Bookstore	8,973

Total Expenses \$ 683,617

Current Assets \$ 383,751

Investments \$ 4,146,199

Current Liabilities \$ 59,125

NET ASSETS \$ 4,470,825

FRANCISCAN SPIRITUALITY CENTER Board of Directors



Lyell Montgomery, *Chairperson*
Joyce Heil, *Vice Chairperson*
Kristy Walz, *Secretary/Treasurer*

Sharon Berger, FSPA
Teresa Clark
Jane Comeau
Helen Elsbernd, FSPA
Dan Henderson
Catherine Kolkmeier

Jeffrey Lokken
Karen Lueck, FSPA
Janie Morgan
Nate Oldenkamp
Mark Thorn
Lillian Wanjagi



A message from our board.

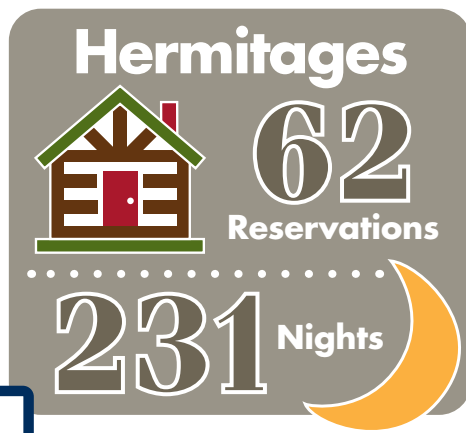
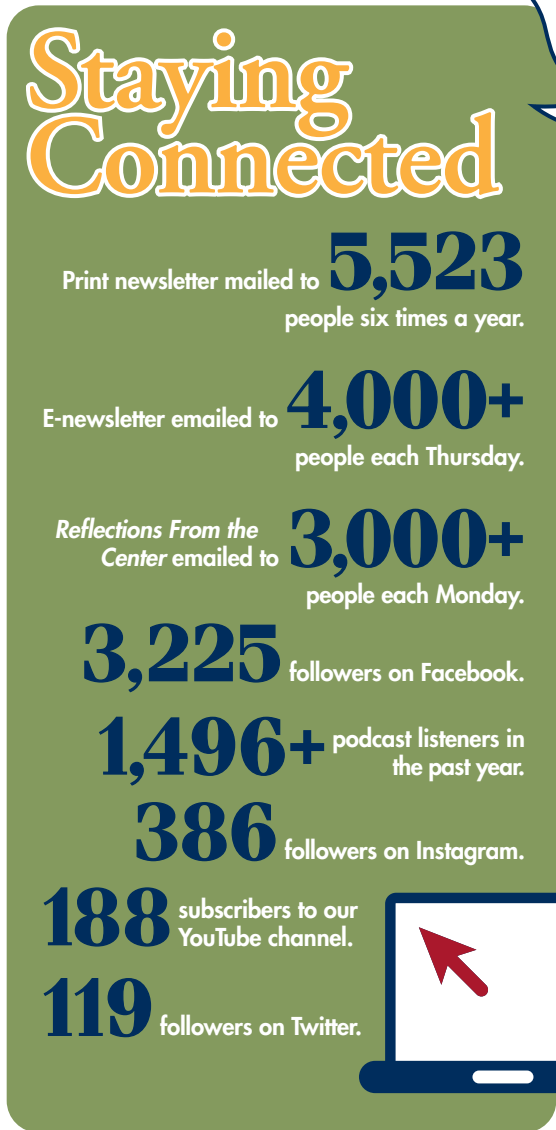
A HEARTFELT THANK YOU TO ALL OUR VOLUNTEERS:



Sharon Berger, FSPA • Maggie Bjorkquist
Patricia Boge • Carma Burfield • Teresa Clark
Jane Comeau • Karen Ekiss • Mary Kathryn Fogarty, FSPA
Maria Friedman, FSPA • Joyce Heil • John Hempstead
Dan Henderson • Linda Kerrigan • Jeff Lokken
Audrey Lucier • Karen Lueck, FSPA • Mary McClintock
Annette McGinley • Sharon Montalbano
Lyell Montgomery • Janie Morgan
Grace Nicholson-Maly • Nate Oldenkamp • Sue Roberts
Don Thomas-Kremmer • Mark Thorn • Kristy Walz
Lillian Wanjagi • Missy Wells

It is with great sadness that we said goodbye to longtime volunteer Joe Leuck, who died on July 25, 2022, at age 84. He was a welcome presence at our front desk and instrumental in getting the three hermitages in St. Joseph Ridge built.





OUR SIGNATURE FUNDRAISER

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Our fifth annual Art Dash on **Thursday, March 24, 2022**, at The Cargill Room at The Waterfront Restaurant and Tavern could not have been more fun! People were eager to gather again and came out in force to celebrate creativity, community and beauty.

Thanks to ticket sales, sponsorships and our first-ever wine pull, we raised more than \$12,000 to support our mission. Sixty-two artists contributed 87 pieces of art.

We're grateful to everyone who made the event so successful: our sponsors, participating artists, guests, board members and other volunteers.

SAVE THE DATE: The sixth annual event will take place Thursday, March 23, 2023, at The Cargill Room. Details coming soon.

IF YOU ARE INTERESTED IN SPONSORING THIS EVENT, PLEASE VISIT WWW.FSCENTER.ORG/ARTDASH.

THANK YOU TO OUR PARTICIPATING ARTISTS

Phil S. Addis	Dan Henderson	Lois Peterson
Sandy Andersen	Jess Hetchler	Dave Piro
Terry Bauer	Dan Howard	Leanne Poellinger
Kate Bausch	Chris Johnson	Mary Poellinger
Dick Berendes	David Johnston	Raelene Roberts
Sharon Berger, FSPA	Karen Kappell, FSPA	Rick Ross
Elise Boam	Chris Kerbaugh	(Summit Art Studio)
Carissa Brudos	Georgina Kingsley	Colleen Shore
Lynne Burgess	Linda Klabo	Laura Siitari
Joyce Diveley	Barb and Joe Kruse	Vera Snow
Karen Dunn	Shane Lamb	Jacob Speer
Rose Dymetryszyn	(La Crosse Clay Center)	Marianne Stanke
Bill Eddy	Raelyn Larson	Linda Steine
Mary Lou Ferguson	Tiffany Lavender	Susan Stoffel
Jesse Gongaware	Barb Lawless	Jason Stuempges
Joan Gundersen	Sherri Lisota	(Jason Ray Photography)
Ashton Hall	Dani McAlister	Marcia Thompson
Tim Hammond	Carol Monsebroten	Mary Thompson
Burt Hammons	Dan Mullenbach	Jennifer Williams
Nancy Heerens-Knutson	Bruce Nuttall	Bob Witte
Jamie Heiden	Lisa David Olson	Carol Witt-Smith
	Tim Pahs	



Thank you to our donors



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 Debera & Mark Hayes
In honor of Meg Earsley's final vows

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In memory of Patricia Smith
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In honor of Paula Stephens & Tammy Barthels
 Eva Plank
In memory of Darwin McClintock
 Michael Porter
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In memory of Ruth Westbrook
 Donna Westerling
 Jean Wilhelm
 Valerie Wyer
 Alan & Marilyn Youel
 Kathleen Young
In memory of Geraldine Perkins
 Evelyn Yungerberg
In memory of John Yungerberg

*denotes Spirited Friends-monthly givers

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
 Bethany St. Joseph Corp.
 Better Together in La Crosse County
 Coulee Recovery Center
 Coulee United for Families
 English Lutheran Church
 First Lutheran Church, Cedar Rapids, IA
 First United Methodist Church, Sartell, MN
 Great Rivers 2-1-1
 Gundersen Health System
 La Crosse ADRC
 La Crosse Area Family YMCA

La Crosse Area Chamber of Commerce
 La Crosse Jail Ministry
 La Crosse School District
 La Crosse Mentorship Program
 Lakeview Moravian Church, Madison, WI
 Lay Mission Helpers
 Mayo Clinic
 Onalaska School District
 Our Lady of the Prairie Retreat
 P.E.O. Sisterhood of La Crosse
 Peace and Justice Office, FSPA
 Prince of Peace Lutheran Church, La Crescent, MN
 REACH, La Crosse

Resilient and Trauma Informed Communities
 Rotary Club of La Crosse
 Rotary Club of La Crosse East
 Rotary of La Crosse-Valley View
 Sacred Grounds
 Safe Families, WI
 Salvation Army of La Crosse County
 Salvation Army of WI and Upper MI
 Tau Shalom Emerging Fraternity
 Viterbo Campus Ministry
 Viterbo University
 Workforce Connections - Workforce Forum
 Zion Lutheran Church, Madison, WI



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601



An invitation from our sponsor

All friends of the Franciscan Spirituality Center are invited to join the Franciscan Sisters of Perpetual Adoration for a preview showing of "Going Home Like a Shooting Star, Sister Thea Bowman's Journey to Sainthood." The documentary will air on ABC stations starting in October.

AS A FRIEND OF FSPA, WE INVITE YOU TO JOIN US AS WE SCREEN THE DOCUMENTARY

Monday, September 26, 2022

Viterbo University's Nola Starling Recital Hall • 929 Jackson Street
Reception: 6 p.m. • Showtimes: 6:30 & 7:45 p.m. (All showings are in Central Time)

No RSVP necessary. Light refreshments will be served.

The film, part of the Interfaith Broadcasting Commission's fall documentary season, begins airing on ABC stations nationwide in October. In the La Crosse, Wisconsin, viewing area, WXOW will air the film at 2 p.m. Sundays, October 2 and 30. Streaming opportunities will be announced soon by the Diocese of Jackson, Mississippi (and we'll share these at fspa.org/theabowman).

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



COMING IN JANUARY AND FEBRUARY



INTRODUCTION TO THE ENNEAGRAM

January 4, 11, 18, 25 • with Audrey Lucier and Steve Spilde

PRAYING THE LECTIONARY—LECTIO MEDITATION ON THE SCRIPTURE READINGS

January 9, 16, 23, 30; February 6 • with Alison Hendley

JOURNEY THROUGH MOTHERHOOD: CELEBRATING ALL PHASES AND STAGES

February 4-5 • with Emily Sustar and The Motherhood Collective

YOU ARE HERE: A COURAGE & RENEWAL RETREAT

February 17-18 • with Mary Louise Peters

JAPANESE ART OF KINTSUGI: EMBRACING OUR IMPERFECTIONS WITH GRACE AND COURAGE

February 24 • with Jean Pagliaro and Julie Connelly

THE GOSPEL OF JESUS CHRIST

February 28; March 7, 14, 21 • with John McHugh

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