

**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 30 • NUMBER 5

SEPTEMBER/OCTOBER 2022

At the Center

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**IN-PERSON RETREAT
WITH VIRTUAL PRESENTATION**

October 21-22

Friday, 7 p.m.–Saturday, 4 p.m.

**Full: \$180, includes overnight stay, breakfast
and lunch on Saturday**

Commuter: \$110, includes lunch on Saturday

www.FSCenter.org | 608-791-5295

Faith After Doubt

with special guest Brian D. McLaren

Many people leave church when they feel they must choose between honest, authentic questions and rigid, pat answers

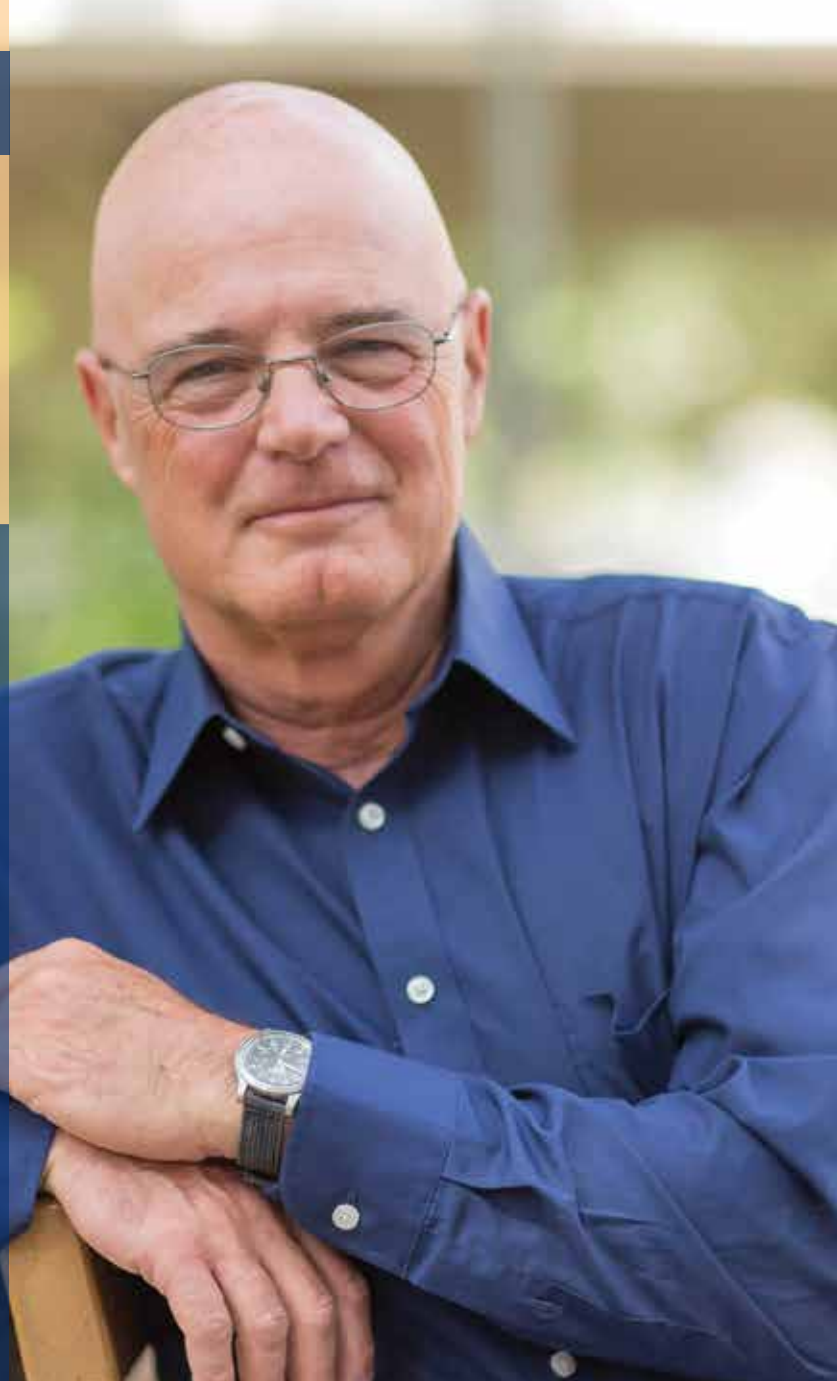
Best-selling author, Christian thinker and activist

Brian D. McLaren shares hope in “Faith After Doubt,” a book that draws on his own story and the stories of a diverse group of struggling believers. He proposes a model of faith development in which questions and doubt are not the enemy of faith but rather a portal to a more mature and fruitful kind of faith.

We’ll gather as a group in-person at the FSC to look at the four stages of faith development outlined in Brian’s book: simplicity, complexity, perplexity and harmony. Then, on Saturday afternoon, Brian will join us virtually to answer questions and provide guidance on where we go from here.

If you missed our recent podcast episode with Brian, please visit www.FSCenter.org to have a listen.

You can purchase copies of “Faith After Doubt” and Brian’s newest book, “Do I Stay Christian?: A Guide for the Doubters, the Disappointed, and the Disillusioned” in the FSC’s Sophia Bookstore.



Brian D. McLaren is an author, speaker, activist and public theologian. A former college English teacher and pastor, he is a passionate advocate for “a new kind of Christianity”—just, generous and working with people of all faiths for the common good. He is an Auburn Senior Fellow, a contributor to We Stand With Love and a leader in the Convergence Network, through which he is developing an innovative training/mentoring program for pastors and church planters.

Photo credit: Hannah Davis at Wild Artistry Photography

“Let’s see the doubt in ourselves and each other not as fault or failure to be ashamed of, but as an inescapable dimension of having faith and being human, and more: as an opportunity for honesty, courage, virtue and growth, including growth in faith itself.”

– Brian D. McLaren in “Faith After Doubt”

Ready, steady... go!



Both of our children are amateur logrolling competitors. My husband and I initially were not familiar with the sport and learned alongside our children about the world of logrolling. We've come to deeply appreciate the logrolling community, and I highly recommend attending one of the tournaments in the area. They're exciting, especially when the pro division competes!

I've been reflecting on one particular feature of logrolling lately. There is a judge assigned to each match who determines when the two competitors on the log are ready to start rolling. The logrollers need to show that they're balanced and not wobbling around. Oftentimes, that judge will say, "Ready, steady ... go!"

The rollers need to steady themselves before they begin. It's a powerful life proverb, isn't it?

"Ready, steady ... go!" We've been practicing the art of holding steady here at the FSC and engaging in activities that help us remain balanced and centered.

We recently took time away as a staff for our yearly retreat. It was a day of rest, camaraderie and, of course, fun! We begin and end each weekly staff meeting with reflection and prayer. Staff members are encouraged to take time off and participate in events and activities that are life-giving for them and that keep them steady.

All of this in turn helps us to keep the FSC as a place of steadiness in a tumultuous world.

Looking for a space to quiet your soul? We have a beautiful, quiet library. We have our bookstore with coffee, tea and water available during business hours. We have bedrooms available for private retreat days, as well as our three hermitages in a woodland setting just outside of town.

Our staff spiritual directors are available walk with you and help you remain steady in your spiritual journey. We have many upcoming programs, both in-person and online, that can help you create peace and balance while holding steady in the midst of life's challenges.



Whatever it is that throws you off balance, may you trust that you will never fully fall because the Holy is present in the midst of it all and there are those who will help you regain your footing and remain steady (including the FSC).

Blessings to you,

Jean Pagliaro

Jean Pagliaro, FSC Director

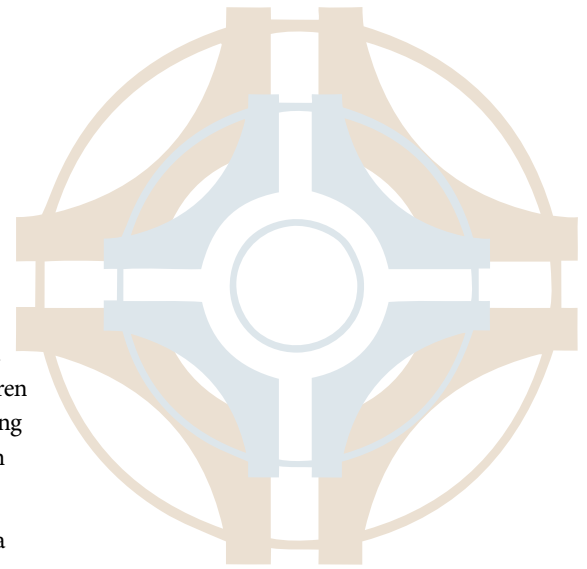
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Best wishes on your retirement, *Sister Rose*



After eight years on staff at the FSC as a spiritual director, Rose Elsbernd, FSPA, is retiring, effective August 1. However, we expect to see her often and are hoping she'll continue to periodically bake for us.

In addition to the delicious homemade cookies and pies she has treated us to, Sister Rose also has generously shared her wisdom, her sense of humor, her willingness to jump in and help wherever needed, her sewing and embroidery skills, her love of trivia and of books, her beautiful singing voice and her genuine friendship.



Sister Rose exemplifies compassionate listening; those she met with for spiritual direction and those of us who regularly ate lunch with her can attest to her insightful questions and her deep respect for all.

Sister Rose joined our staff in 2014, after finishing her term as a mission councilor on the leadership team for the Franciscan Sisters of Perpetual Adoration. She has two master's degrees, one in religious education and one in counseling. She previously served as the director of Villa Maria Retreat and Conference Center in Frontenac, Minnesota, and as the director of Sacred Heart House of Prayer in Rock Island, Illinois. She has served as a FSPA novice director and FSPA vocation director, worked as a counselor in Iowa, taught elementary school, and worked in campus and parish ministry in Oklahoma.



While on staff at the FSC, she facilitated several book groups, spiritual direction groups, silent retreats and grief circles. She has been a longtime supervisor in our Spiritual Direction Preparation Program. She has organized our used book sales and sewed all of our napkins. She is a frequent volunteer with The Salvation Army and recently traveled to the southern border to help those seeking asylum.

We wish her well in retirement and look forward to seeing how she might continue to serve in the community.





She has a huge heart.

We asked the FSC spiritual directors who work so closely with Rose Elsbernd, FSPA, to share a bit of wisdom or advice they have learned from her. Here is what they said:

*"I fondly recall this wisdom from Rose at least once a week:
You are not responsible for how others feel."*

– STEVE SPILDE

"Sister Rose has taught me to be brave, perhaps by simply being yourself in the fullest way possible. As a newer sister, I follow in her footsteps, and she has shown me how to show up, how to listen to the silences and many diverse ways of finding God in all things."

– SARAH HENNESSEY, FSPA

"Thanks, Sister Rose, for welcoming me to the FSC so warmly, for sharing your joy for Franciscanism and all that you have taught me, and for your contagious and bold courage. Grateful for you!"

– KARNA MARKS





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: At the time of publication, masks are optional at the FSC. We will continue to follow CDC guidelines and local health recommendations, and will post updates to this policy at www.FSCenter.org as needed.

MEDITATION FOR EMOTIONAL HEALTH (VIA ZOOM)

SEPTEMBER 1 AND OCTOBER 6 • Thursday, 6:30-7:30 p.m.



Facilitator: Sarah Hennessey, FSPA

Investment: Freewill offering (online donations may be made at www.FSCenter.org/donate)

Registration deadline: August 31/October 5

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

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

FIVE-WEEK SERIES

GRIEF CIRCLE (IN-PERSON)

SEPTEMBER 6, 13, 20, 27; OCTOBER 4 • Tuesday, 10 a.m.-noon



Facilitator: Karna Marks

Investment: \$25 for the entire series

Registration deadline: September 3

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.

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

This group is for those who are grieving the death of a loved one. It is a welcoming place to share your thoughts, feelings and concerns, where you can talk about your loss with other people who understand, because they are also grieving. Sometimes friends

and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.

Karna Marks is a trained spiritual director on staff at the FSC.



COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

SEPTEMBER 7, 21; OCTOBER 5, 19

First and third Wednesday of each month, 6:30-7:30 p.m.



Facilitator: Robert Lynn

Investment: Freewill offering (online donations may be made at www.FSCenter.org/donate)

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.



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



NINE-MONTH SERIES

COMPANIONS ON THE JOURNEY (VIA ZOOM)

2022: SEPTEMBER 12, OCTOBER 10, NOVEMBER 14, DECEMBER 12

2023: JANUARY 9, FEBRUARY 13, MARCH 13, APRIL 10, MAY 8



6:30-8:30 p.m.

Presenters: Sarah Hennessey, FSPA, and Julie Connelly**Investment:** \$225 for entire series**Registration deadline:** September 6**Limited to 7 participants.**

We invite you to join us for a time of deep personal sharing as you are held in a community of trust and confidentiality. Each session will begin with a poem for reflection and questions to bring us to a deeper level of application for your spiritual journey. We will hold

a space for individual sharing, group reflection and contemplative space. A commitment to the entire series is part of building community. Together, we will be companions on the journey.

Sarah Hennessey, FSPA, and **Julie Connelly** are FSC staff members and graduates of the Spiritual Direction Preparation Program.



LISTENING TOGETHER:

A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)

**SEPTEMBER 12 AND OCTOBER 10**

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

Facilitator: Laurie Swan**Investment:** Free**Advance registration appreciated; drop-ins welcome.**

This group meets the second Monday of every month and 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.

BOOK STUDY FOR FAITH AFTER DOUBT RETREAT (VIA ZOOM)

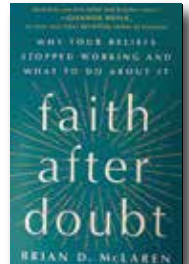
SEPTEMBER 15, 29; OCTOBER 13 • Thursday, 6:30-8 p.m.

**Facilitator:** Steve Spilde**Investment:** \$15**Registration deadline:** September 9

Note: Please purchase the book "Faith After Doubt" on your own. It is available in the FSC's Sophia Bookstore.

In preparation for the weekend retreat with guest presenter Brian D. McLaren on October 21-22, we will study "Faith After Doubt," his book that explores what to do when your beliefs stop working for you. Whether you attend the retreat or not, this will be a good opportunity to process the spiritual journey as we move from earlier stages of faith to a more inclusive, more expansive understanding of words like God, prayer, community and salvation. We will read the book together and share questions, insights and learnings.

Participants will need access to a copy of the book and should read chapters 1-5 prior to our first session.



JOURNEY INTO THE WOODS (IN-PERSON)

SEPTEMBER 17 • Saturday, 9 a.m.- 4 p.m.

Presenter: Char Peterson**Investment:** \$50, includes box lunch, snacks, coffee and tea**Registration deadline:** September 9**Limited to 10 participants.**

Note: This retreat takes place at DragonFly Connection: Respite-Renewal-Retreat (4 miles south of Stoddard)

Join us for a journey of exploration and connection to the earth. Char has created this retreat based on chapters from "Earth, Our Original Monastery" by Christine Valters Paintner. Our day will involve being immersed in nature, rain or shine, as we engage in meditation, contemplative walks and walking a labyrinth. We will work with many of the elements the earth has provided, including herbs, essential oils, stones, plants and trees.

Char Peterson is a lifelong learner of a variety of healing modalities that recognize, focus and encourage the recovery of our sense of the Sacred in all creation. She has practiced her soul care work most recently as a hospice chaplain at Gundersen Health System. She has a master's degree in theology and a master's level Certificate of Pastoral Ministry from St. Catherine University in St. Paul, Minnesota.

Please bring: journal, favorite art supplies, hat, walking shoes, small tote or backpack, long pants, insect spray, water bottle (refilling of water will be available) and something to sit on if you'd like.





2022 Programs and Retreats *continued.*

ART AS PRAYER (IN-PERSON AND VIA ZOOM)

SEPTEMBER 19 AND OCTOBER 17 • Monday, 6-7:30 p.m.



Instructor: Mary Thompson

Investment: \$15

Registration deadline: September 16/October 14

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.

Supplies needed: watercolor paint, watercolor paper, paint brushes, water container, paper towels

SEPTEMBER THEME: SUNFLOWER

It's the season of the "sunshine flower," so named for its ability to track the sun throughout the day. This botanical icon has a rich and varied cultural significance around the world. In some cultures, it is known for giving a message to nurture and nourish others. Today, we will "turn our faces to the sun" and through our community of painters share how we receive nourishment and nurture others with our creative spirits. Using masking tape to create sun rays or petals, we'll paint with washes of warm, bright colors.

Note: You'll also need masking tape for the September session.



OCTOBER THEME: FALL LEAVES

*"How beautiful the leaves grow old.
How full of light and color are their
last days" – John Burroughs*

Fall is the season of change; we are always being invited to gently walk with the natural rhythms of our natural world. Our focus for October will be painting and

printing with dried leaves. We'll explore a variety of ways to create compositions with shapes and colors.

Note: You'll need a variety of leaves (flattened and dried) for the October session.



ICONOGRAPHY WORKSHOP: THE SOUL OF MARY (IN-PERSON)

SEPTEMBER 19-24 • Monday-Friday, 9 a.m.-5 p.m.; Saturday, 9-10 a.m.



Instructor: Phil Zimmerman

Investment:

- **Full:** \$700, includes private bedroom Sunday through Friday nights, all meals and all supplies
- **Commuter:** \$575, includes lunch and dinner Monday through Friday and all supplies

Registration deadline: September 12

Both a meaningful prayer practice and a technical art form, iconography traces its history to the beginning of Christianity. Icons are often referred to as "windows into heaven" and continue to be venerated by Orthodox Christians and others. Noted American iconographer Phil Zimmerman will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials (acrylic paints, gessoed board, gold leaf). All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.



While previous iconography experience is not necessary, it is helpful to have a basic understanding of painting and color mixing.

Please note: Class may extend into the evening hours on Friday for varnishing. Overnight guests may check in Sunday evening (5-7 p.m.).

This Byzantine-style icon is based on a Spanish retable depicting the Virgin Mary. The lilies and the roses are symbolic of her purity, and the Holy Spirit is represented in the form of a dove.

Phil Zimmerman is the owner of St. John of Damascus Icon Studio in Pennsylvania, having studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest). Phil has created hundreds of religious icons for churches and private collectors throughout the world and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil has offered retreats at the Franciscan Spirituality Center since 2001.

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.

NINE-MONTH SERIES

GROWING WITH THE SPIRAL
(VIA ZOOM)

**2022: SEPTEMBER 21, OCTOBER 19,
NOVEMBER 16, DECEMBER 21**

**2023: JANUARY 18, FEBRUARY 15,
MARCH 15, APRIL 19, MAY 17**

Third Wednesday of the month, 6:30-8:30 p.m.

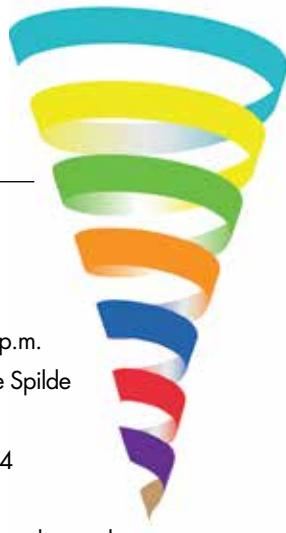
Presenters: Wendy Mitch and Steve Spilde

Investment: \$225 for entire series

Registration deadline: September 14

Limited to 7 participants.

Spiral Dynamics is a model used to understand human value systems and the stages of development they move through. We will explore the pattern of personal growth using the resources of Spiral Dynamics. In a confidential and supportive community, participants will have an opportunity to share their individual stories and process how this content is relevant to their spiritual development.



FALL EQUINOX LABYRINTH WALK (IN-PERSON)

SEPTEMBER 22 • Thursday, open between 4-7 p.m.

Facilitator: FSC staff

Investment: Freewill offering
(online donations may be made at
www.FSCenter.org/donate)

**Registration is appreciated
but not required.**

Fall is the time of year when many turn their attention to work, school and

other new projects. It is a colorful season of beauty and abundance, but it is also a time when nature shows us that all things are passing. The autumnal equinox marks the moment when, in the Northern Hemisphere, the days start to shorten and summer turns to fall. You are invited to mark this turning point in the natural year by coming to the FSC to reflect on your life journey or intentions while walking our indoor labyrinth. This is a silent, self-guided meditation. Please plan to arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to walking the labyrinth.



BEFRIENDING ANGER (IN-PERSON AND VIA ZOOM)

SEPTEMBER 23-24 • Friday, 6-8 p.m. and Saturday, 9 a.m.-3 p.m.



Facilitator: Christine Isham

Investment:

- **Full:** \$165, includes private bedroom, breakfast and lunch on Saturday
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: September 15

Have you found yourself experiencing the anger, frustration or helplessness of an old wound over and over, unable to get over it, as counseled by so many? Anger is a distressing and uncomfortable emotion for most people. Historically, anger has been considered a sin, a weakness or madness. Everyone experiences and expresses anger differently due their varied backgrounds and different cultural formation. Join us in a welcoming and healing space to learn about anger and explore our own anger through other senses. Participants can expect to gain insight into the different ways anger is processed and then reflect on their own anger through the use of writing, discussion, artistic expression and guided meditation.

The Rev. Christine Isham, Ph.D., is an ordained minister in the Christian Church (Disciples of Christ) and serves as a hospice chaplain in the La Crosse area. She has trained with the Lombard Mennonite Peace Center and the Transitional/Intentional Interim Ministry Specialists Association of the United Methodist Church. This program has been developed from her ministerial background, training and personal experience with befriending her anger.



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

WHAT IS SPIRITUAL DIRECTION? (VIA ZOOM)



SEPTEMBER 26

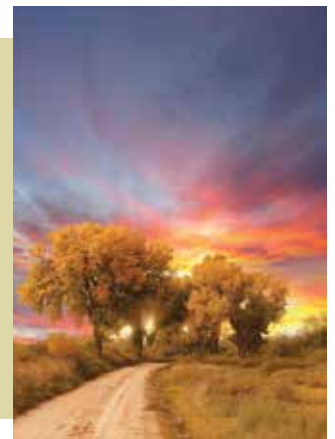
Monday, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: Free

Registration deadline: September 25

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy modern world. In spiritual direction, we try to listen carefully to the voice of God in our life. A spiritual director listens with compassion and without judgment as we describe the milestones, detours and questions of our own spiritual journeys. At this brief introduction, our staff spiritual directors will be available to describe the process of spiritual direction and answer any questions. If you have never experienced spiritual direction, this will be an easy way to learn more before you make an appointment or commitment.





2022 Programs and Retreats *continued.*



NINE-MONTH SERIES

LEADING CHURCHES WITH GOOD COURAGE (VIA ZOOM)

2022: SEPTEMBER 27, OCTOBER 25, NOVEMBER 22, DECEMBER 13

2023: JANUARY 24, FEBRUARY 28, MARCH 28, APRIL 25, MAY 23

11a.m.-1 p.m.

Presenters: Karna Marks and Steve Spilde

Investment: \$200 for the entire series

Registration deadline: September 1

This virtual group experience for personal growth, support and spiritual transformation is based on the work of research professor and author Brené Brown. Participants will gather monthly by Zoom to reflect on the guideposts from "The Gifts of Imperfection," noticing what content is relevant and meaningful in our own lives and sharing our personal stories in a confidential and supportive environment.

Karna Marks and **Steve Spilde** are spiritual directors on staff at the FSC and former pastors. Both are Certified Daring Way™ Facilitators.



FRANCISCAN DAY OF SOLITUDE (IN-PERSON)

SEPTEMBER 28 AND OCTOBER 26 • Wednesday, 9 a.m.-4 p.m.

Facilitator: Karna Marks

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

Registration deadline: September 21/October 19

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.

Karna Marks is a spiritual director on staff at the FSC.



FINDING SERENITY IN THE MIDST OF CHAOS— APPLYING 12 STEPS OF RECOVERY (IN-PERSON)

SEPTEMBER 30–OCTOBER 2 • Friday, 6 p.m.–Sunday, noon



Presenter: Susan Seeby, CSA

Investment: \$75, includes private bedroom and meals

Registration deadline: September 6

How do we apply the 12 steps to our lives during a time when the entire world seems upside down? As recovering

people, we are on a spiritual journey. In times like these, the 12 steps and program practices are made to keep us sane and centered. Join with fellow travelers as we explore the richness of the gift of this spiritual program with practical ways to apply the steps and traditions to life when it is interrupted by unforeseen events.



This retreat is for men and women who are members of a 12-step fellowship and active in their recovery from alcohol or drugs.

Confidential financial assistance to attend is available through the Norman L. Gillette Sr. Scholarship Fund.

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

SIX-WEEK SERIES

DISCOVERING THE BIBLE: A WARM WELCOME (VIA ZOOM)

OCTOBER 4, 11, 18, 25; NOVEMBER 1, 8 • Tuesday, 6-7:30 p.m.

Presenter: Karna Marks

Investment: \$65, includes participant guide*

***Note:** This incredible resource (\$40 value) is available thanks to a gift in honor and memory of Sister Monica Mai.

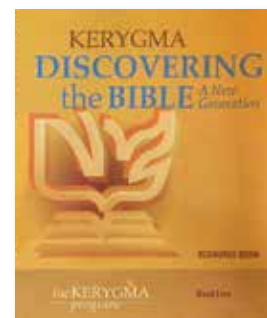


Registration deadline: September 15

Limited to 12 participants.

If you're new to reading or studying the Bible, welcome to this space of grace! We'll learn together through reading, reflection and conversation. Bring your curiosity—our sacred story is still speaking hope, meaning and good courage in this world God loves so much. No previous experiences with the Bible are necessary to participate.

Karna Marks is a spiritual director on staff at the FSC. Her Master of Divinity is from Luther Seminary, and she was a parish pastor for 22 years before joining our staff.



LIVING A LIBERATED LIFE (IN-PERSON)

OCTOBER 7-8 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenters: Shannon K. Evans and Vanesa Zuleta Goldberg

Investment:

- **Full:** \$175, includes private bedroom, breakfast and lunch on Saturday
- **Commuter:** \$125, includes lunch on Saturday

Note: You can extend your stay until Sunday for just an additional \$70 (breakfast included).

Registration deadline: September 22

For centuries, Our Lady of Guadalupe has been revered as an intercessor and patron for those suffering under oppression. In this retreat, we will explore how she can guide us on our journey to personal and collective liberation. This retreat will have designated time for reflection on or off site.

Shannon K. Evans is a writer in the contemplative Catholic tradition, with particular interest in ecofeminism and social justice. She is the author of the books "Rewilding Motherhood," "Luminous" and "Embracing Weakness," and an editor for National Catholic Reporter. Her writing has appeared in America, U.S. Catholic, St. Anthony Messenger and Geez magazines as well as many places online. Shannon and her husband, Eric, are raising five children, five chickens and one dog on an Iowa prairie.

Vanesa Zuleta Goldberg has been working with young people in the Catholic Church for more than 14 years. She earned a bachelor's degree in theology from Providence College and a master's degree in theology and ministry from Boston College. She has worked as a diocesan director, speaker, digital communications specialist and writer for several publications. She lives in New York with her husband, their two dogs and their daughter. She is passionate about empowering young people, social justice and living out the liberation message of the Gospel.



CREATING AN AUTHENTIC LIFE (IN-PERSON)

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



Presenter: Wendy Mitch

Investment:

- **Full:** \$165, includes private bedroom, breakfast and lunch on Saturday
- **Commuter:** \$95, includes lunch on Saturday

Registration deadline: September 30

Living an authentic life can lead to more rewarding relationships and greater overall fulfillment. Please join us for this weekend retreat to develop spiritual practices that integrate head, heart and body. As we grow into a deeper understanding of ourselves and our motivations, we can shift from listening to our inner critic to becoming more self-accepting. Through journaling, reflecting, activities and group discussion, we'll explore ways to live authentically. When we release old patterns of self-deception and self-betrayal, we can grow into our capacity for compassion, creativity, love and forgiveness, and see our lives with more clarity. Let's shift from being the critic of our life story to being the uniquely authentic person we were meant to be!

Wendy Mitch is the director of training and development for Portesi Italian Foods, a certified Integral Coach through New Ventures West and the owner of Shifting Perspectives: Integral Coaching and Consulting, based in Plover, Wisconsin. She earned her master's degree in servant leadership from Viterbo University in 2003.



FAITH AFTER DOUBT INCLUDING VIRTUAL PRESENTER BRIAN D. McLAREN (IN-PERSON)

OCTOBER 21-22 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

Facilitator: Steve Spilde

Investment:

- **Full:** \$180, includes overnight stay, breakfast and lunch on Saturday
- **Commuter:** \$110, includes lunch on Saturday

Registration deadline: October 14



Many people leave church when they feel they must choose between honest, authentic questions and rigid, pat answers. Best-selling author, Christian thinker and activist Brian D. McLaren shares hope in "Faith After Doubt," a book that draws on his own story and the stories of a diverse group of struggling believers. He proposes a model of faith development in which questions and doubt are not the enemy of faith but rather a portal to a more mature and fruitful kind of faith. We'll gather as a group in-person at the FSC to look at the four stages of faith development outlined in Brian's book: simplicity, complexity, perplexity and harmony. Then, on Saturday afternoon, Brian will join us virtually to answer questions and provide guidance on where we go from here.

Brian D. McLaren is an author, speaker, activist and public theologian. A former college English teacher and pastor, he is a passionate advocate for "a new kind of Christianity"—just, generous and working with people of all faiths for the common good. He is an Auburn Senior Fellow, a contributor to We Stand With Love and a leader in the Convergence Network.





2022 Programs and Retreats *continued.*

SIX-WEEK SERIES

DIVORCE RECOVERY (IN-PERSON)

OCTOBER 25; NOVEMBER 1, 8, 15, 22, 29 • Tuesday, 6:30-8 p.m.



Facilitator: Audrey Lucier

Investment: \$25

Registration deadline: October 18

This group is for those who have been through divorce, separation or the end of a long-term romantic relationship within the past three years.

The negative emotions that accompany divorce and separation can be overwhelming. This group offers a safe place to share your experiences, receive support from others and explore a path for healing. We will learn practices based in self-compassion to help you rebuild your life and form new loving relationships.

Audrey Lucier is the former director of the FSC, having retired earlier this year. She began offering a divorce support group at the FSC after personally experiencing divorce seven years ago.



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.

ZENTANGLE RETREAT (IN-PERSON)

OCTOBER 29 • Saturday, 9 a.m.-noon



Instructor: Christine Isham

Investment: \$38, includes all supplies

Registration deadline: October 24

The Zentangle Method is a meditative art and spiritual practice, meant to quiet the mind and still the spirit, through the drawing of simple repetitive shapes. The philosophy of “no mistakes” encourages practitioners to incorporate every stroke into their meditation. We will tangle together step by step as we learn the basics and several patterns. You’ll then have time to practice on your own. No previous art experience is necessary.

Provided supplies include tangle patterns, a black PN Micro pen, a sepia Micron Pen, a charcoal pencil, a tortillon (smudger) for shading and several tiles.



We will tangle in the round to create a mandala. Mandalas can be found in nature, in religions and in cultures around the world. We will use this ancient and pervasive symbol to reflect on ourselves and the turning seasons—in nature, in the world, in ourselves.

Christine Isham has been tangling since 2012 and enjoys sharing her joy and experience in tangling with others through the several classes she teaches. She and her wife live in Holmen with their two dogs.

ZENTANGLE FOR KIDS - AGES 8 AND UP (IN-PERSON)

OCTOBER 29 • Saturday, 1-3 p.m.



Instructor: Christine Isham

Investment: \$20, includes colored paper and writing utensils

Registration deadline: October 24

Note: Children must be at least 8 years old to participate and must be accompanied by a parent or adult (no charge for parents who are simply supervising).

Can you draw a circle, a line, a triangle, a squiggly line? Then you can do Zentangle! Do you like to doodle and draw? Then this is the class for you! Zentangle is a meditative art and spiritual practice meant to quiet the mind for all ages. There are no mistakes in Zentangle, just a lot of peace and calm. In this class, we will focus on simple, easy patterns for younger students. You are welcome to bring your favorite markers, pencils or pens, and we’ll supply the paper along with additional writing tools!



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

BODY | MOVEMENT CLASSES



GOLDEN YOGA (IN-PERSON AND VIA ZOOM)



SESSION 1: SEPTEMBER 6, 13, 20, 27; OCTOBER 4, 11

SESSION 2: OCTOBER 18, 25; NOVEMBER 1, 8, 15, 22

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

Instructor: Amber Moesch

Investment: \$50 for six-week session

Registration deadline: September 5/October 17

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 1: SEPTEMBER 7, 14, 21, 28; OCTOBER 5, 12

SESSION 2: OCTOBER 19, 26; NOVEMBER 2, 9, 16, 23

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for six-week session

Registration deadline: September 6/October 18

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.

QIGONG (IN-PERSON AND VIA ZOOM)



FREE INTRODUCTORY SESSION: OCTOBER 11

SESSION 1: OCTOBER 18, 25; NOVEMBER 1, 8, 15, 22

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for six-week session

Registration deadline: October 14

The fundamental principle of Qigong (pronounced CHEE-gung) is that everything in the universe is a form of energy, including every cell in our bodies. "Qi" means "energy" and "gong" means "to work with," so the mind-body practice of Qigong translates to "working with the body's energy." Qigong sustains and improves the health of the immune system, nervous system and internal organs. The combination of breathing, simple movements, meditation and internal focus helps reduce stress and promotes wellness.

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.

Welcome, Catherine and Sister Helen

We're thrilled to welcome two new members to the Franciscan Spirituality Center's Board of Directors: Catherine Kolkmeier and Helen Eslbernd, FSPA.



Catherine is the executive director of the La Crosse Medical Health Consortium in La Crosse and owner of Plain English Writing & Editing. She also has professional experience working as a development director and as a wildlife ecologist. She earned a master's degree in life sciences from the University of Tennessee-Knoxville and

a certificate in technical communication from Western Technical College. In college, she studied both biology and history.

Her experience helping community members learn more about resilience and trauma-informed care as well as her extensive knowledge of nonprofit management and policy-making will be invaluable to our work. Catherine is a proven collaborator and has served on many nonprofit boards, including LeaderEthics-Wisconsin, Workforce Connections, Hmong Mutual Assistance Association/Hmoob Cultural and Community Agency, Myrick-Hixon EcoPark and Rotary Club of La Crosse.

"I have always been impressed with the direction of the FSC and its programming and am supportive of its mission to help provide spiritual direction to others, no matter what form that takes," she said in answering the invitation to join our board.

Catherine has enjoyed both hosting and attending educational session at the FSC; a favorite has been *The Sound of Bowls* with Tom Roberts. After living all over the country, Catherine came to the La Crosse area in 2000 to work for the Mississippi Valley Conservancy and to be closer to her parents, who lived in the Hillsboro area at the time. She has called La Crosse home ever since.

Sister Helen is a longtime friend and advocate of the FSC, having served as our liaison to the Franciscan Sisters of Perpetual Adoration during her third term as vice president of the FSPA Leadership Team (2014-18). She also served from 1994-2002. Her depth of knowledge, her impressive leadership skills and ministry experience, and her deep faith and Franciscan background undoubtedly will make an impact on our work.



Sister Helen was the director of Prairiewoods Franciscan Spirituality Center in Hiawatha, Iowa, for seven years and then volunteered there for four years. Before that, she served as vice president for academic affairs at Teikyo Marycrest University (Marycrest College) in Davenport, Iowa, and academic dean at Viterbo University (Viterbo College). Early in her career, she also taught high school in Utah.

Sister Helen earned master's and doctoral degrees in inorganic chemistry from University of Illinois Urbana-Champaign. She also studied at the Institute for Educational Management at Harvard University and earned an additional master's degree in servant leadership at Viterbo.

She serves on the board of directors of Viterbo University, Mayo Clinic Health System-Franciscan Healthcare and Bridges of Belonging. Past service has included the boards of Mississippi Valley Conservancy, La Crosse Chamber of Commerce, Leadership Council of Women Religious and St. Anthony Regional Hospital (Carroll, Iowa). Her numerous awards and honors include being named a University of Illinois Fellow, a National Institute of Health Fellow and, in 2018, receiving Viterbo's Pope St. John XXIII Award for outstanding leadership. This past spring, she received an Honorary Doctorate in Humane Letters from Viterbo.

"It would be a privilege for me to serve FSC in this way," she said about joining our board. "I hope that I will be able to contribute meaningfully to the successful fulfillment of the FSC mission."

For relaxation, Sister Helen enjoys gardening, sewing, playing cards and reading to keep up with her book club.

Meeting rooms for rent

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. We have eight distinctive meeting room that can be rented. Enjoy historic charm, state-of-the-art technology, reasonable rates, peace, privacy and Franciscan hospitality.

Visit www.FSCenter.org or call 608-791-5295 for details.



Rest in peace, Vince

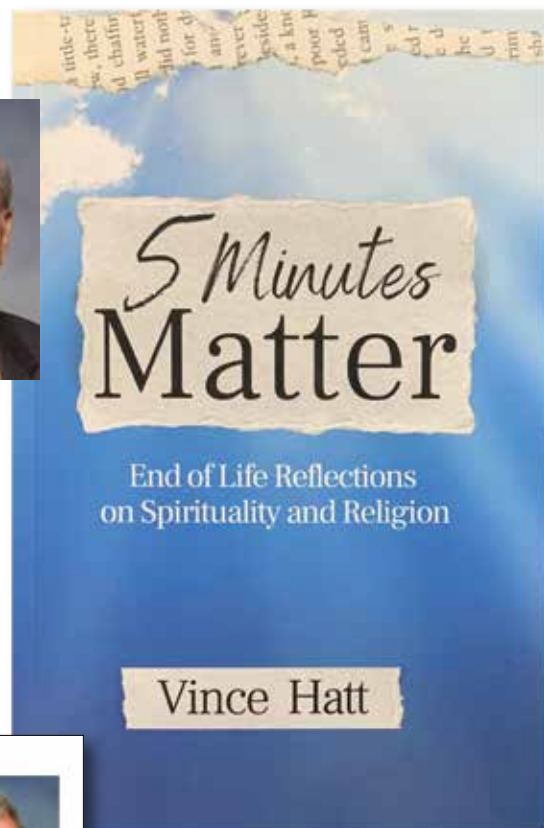
It is with profound sadness that we share the news that our beloved friend Vince Hatt has died. He was kind, wise, generous and truthful. We will miss him dearly.

Vince retired as director of the Franciscan Spirituality Center in 2011 after more than a decade leading, teaching, encouraging and guiding not only our staff but all who had the good fortune of spending time with him. (He joined the staff of the FSC in 1993, was named associate director short thereafter and took the helm in May 2000 after Mary Kathryn Fogarty, FSPA, retired as director.)

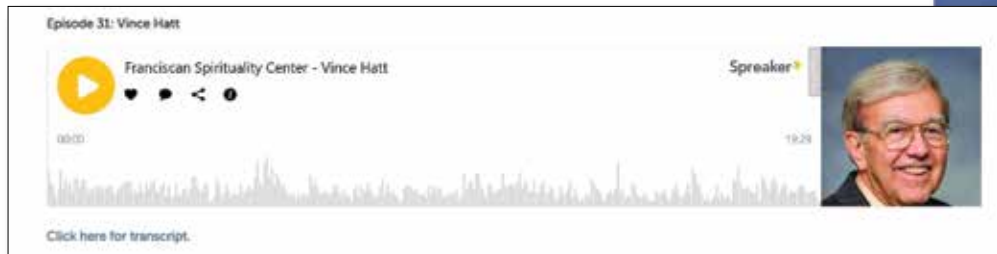
In retirement, Vince continued to facilitate groups at the FSC, provide spiritual direction, advocate for social justice and interfaith dialogue, and write a popular column for the La Crosse Tribune.

His essays became a book: "5 Minutes Matter: End of Life Reflections on Spirituality and Religion." As many of you know from his writings, Vince was diagnosed with acute myeloid leukemia. He had planned a book signing and reception at the FSC at the end of June but had to cancel because he was ill.

Just before that, though, he recorded a podcast interview with Steve Spilde. This conversation is quite poignant, honest and revealing, as they talk about Vince's cancer, resilience and faith. You can listen to it by clicking on the podcast button at www.FSCenter.org.



Copies of Vince's book are available in our Sophia Bookstore.



ADDITIONALLY, STEVE WROTE THIS REFLECTION AFTER VINCE'S PASSING:

A tribute to Vince from Steve Spilde

I have worked at the Franciscan Spirituality Center for 10 years. Shortly after I started, I asked Vince Hatt to be my spiritual director. In the years since, he was not only a wonderful spiritual director, but he also became a mentor, a role model and a beloved friend.

Here at the FSC, we are blessed to work under the support and prayers of the Franciscan Sisters of Perpetual Adoration. After them, no one has done more to influence the legacy of the FSC than Vince. Beyond serving on the staff as director, he was a presenter for a wide variety of programs, he mentored numerous grateful staff members, he was spiritual director for dozens of people from all segments of the community, and he trained hundreds of people in the ministry of spiritual direction.

Vince built bridges between people of faith. He committed his life to the mission statement of the FSC: "Dedicated to anyone seeking God, meaning, and wholeness." He taught, inspired and modeled how to do this. I know he will be missed not only by his Christian friends but also friends from the Muslim and Jewish community, as well as individuals who identify as "spiritual but not religious."

Many people know Vince from his twice monthly columns in the La Crosse Tribune. He often would talk about the Catholic Church, and he would sometimes frustrate those who only wanted to read a positive spin on church matters. I know from personal conversations how this would weigh on him. Vince was such a loving man. He wanted others to love him. He felt the pain of those who were made uncomfortable by his words. But he didn't stop. He simply loved the church too much. He wanted everyone to experience the love and acceptance of God that he had discovered in the church. Any problem that would obscure that love or distort the message of Gospel was necessary to address. He cared too much to do otherwise.

I will miss Vince deeply.



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

There's still opportunity to help with our wish list!

We are so grateful to everyone who helped us purchase items on our renovation wish list. Thanks to your generosity, we now have this wonderful patio set. Our guests can have lunch or coffee while enjoying the fresh air and beauty of the newly landscaped courtyard.



If you'd still like to help, we do have a short list of other items still needed to make our guests' stay as comfortable as possible. These include washcloths, hangers, table lamps, pillows, general décor, luggage racks and a single-cup coffee maker.

You can make a secure, online donation at www.FSCenter.org/wishlist or mail a check to Franciscan Spirituality Center, 920 Market St., La Crosse WI 54601. For more information or to make other arrangements, please call 608-791-5295.

COMING IN NOVEMBER AND DECEMBER



FRANCISCAN MUSIC FOR THE SOUL

November 11-12 • with Cathy Tisel Nelson

CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS: CULTIVATING EFFECTIVE RETREAT EXPERIENCES

November 18-19 • with Jean Pagliaro
and Steve Spilde

WHEN BAD THINGS HAPPEN: THE BOOK OF JOB FOR TROUBLED TIMES

December 2-3 • with Peter Watkins

ADVENT PAUSE

December 10 • with Eileen Hanson

LABYRINTH WALK—WINTER SOLSTICE

December 21 • with FSC staff