



**Franciscan
Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 31 • NUMBER 2

SPRING 2023

At the Center

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- Overcoming Challenges With Grit & Grace
- Transforming Sorrow featuring Jan Richardson
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- Resurrection Rest for Church Staff

JOIN US FOR THIS INSPIRATIONAL ANNUAL WOMEN'S CONFERENCE!

OVERCOMING CHALLENGES WITH

Grit & Grace

SATURDAY, MAY 6 • 9 a.m.-3 p.m.

INVESTMENT: \$65, includes lunch

(We are able to offer a discounted rate for this program to anyone who would like financial help to attend. Please enter the code GRIT when you register online or call 608-791-5295. With this discount, your cost would be \$50.)

Four amazing women share their personal stories of resilience and faith. Our keynote speaker this year is LORA DEVORE, author, therapist and educator.

Lora is an author, therapist, educator and catalyst for transformational change for both health-care individuals and institutions. She is a survivor of abuse, sex trafficking, illegal pharmaceutical drug research and institutional abuse. Her memoir, "Darkness Was My Candle: An Odyssey of Survival and Grace," recounts these horrific experiences but also tells a story of transcendence, healing and the possibility of living a luminous life. We invite you to hear her story during this special event. Lora will share her experience of trauma that once lay secreted in a dark, inner world wrapped in shame, confusion and a ravaged nervous system, and how she has learned to navigate in the dark and the light.

ADDITIONAL PRESENTERS ARE:

Kathleen Jensen: *The Little Heart Project: What Can You Do To Make This World a Kinder Place?*

Cheryl Killilea: *Journey Through Wellness With Courage Faith and Joy*

Jodie Rubenzer: *Infinitely Connected*



KEYNOTE SPEAKER:
Lora DeVore



Kathleen Jensen



Cheryl Killilea



Jodie Rubenzer

REGISTER ONLINE AT WWW.FSCENTER.ORG OR CALL 608-791-5295



Franciscan
Spirituality Center



Finding beauty amid change



You'll notice some changes to this newsletter format. We are moving from a publication every two months to a quarterly publication. You'll now receive a newsletter four times a year instead of six. This will save us money on postage and printing as well as help you plan your retreats and register for programs earlier. These updates have me thinking about change and transition. Change, whether intentional or not, can be accompanied by anxiety, fear or stress. But there also can be beauty in the midst of it all.

In the last newsletter, I wrote about my grandmother and a beautiful gift she gave me in the form of a book. Since that publication, both my grandmother and my father have died, and there has been much grief and unwanted change. But there have been moments of beauty – hearing stories from family and friends about my grandma and dad that we've never heard before, the outpouring of love and support from our communities, and knowing that grieving does not need to happen in isolation.

There can be beauty in change. One of the great joys of winter transitioning into spring is finding the splashes of color peeking out from the ground and finding the flowers that have been tucked away all winter beginning to bloom again.

Many of our programs and retreats offer space and support as you experience change. We have monthly groups such as *Community for Christian Meditation*, *Meditation for Emotional Health* and *Grief Support*. We offer artistic expression retreats such as *SoulCollage®* or *Intuitive Painting*. If solitude is what you're looking for, we offer *Silent Directed Retreat Weekends*. This season we are also offering *Tools for Spiritual Health and Peace In Our Bodies*, *Peace For Our Bodies*, *Peace With Our Bodies*. These are just a few of the many resources that are here to accompany you on your journey!



Author Shauna Niequist wrote this a few years ago. I think it's a beautiful, hopeful piece about change and speaks to what we offer here.

MORNING REMINDER: YOU CAN STILL BLOOM.

These flowers outside our door don't ask for permission. They just bloom.

And so can you.

You can still come back to life. You can be heartbroken or grieving, and you can still bloom. You can be scared or uncertain, and you can still bloom.

You can still bloom. You can still believe in beauty and hope. Your heart & spirit can come back to life in one million ways.

Today let's take a lesson from these flowers: winter's over.

Time to bloom.

Peace and all good,

Jean Pagliaro
Jean Pagliaro, Director

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Ready, set, Gogh...

Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Tickets are on sale for our sixth annual *Art Dash*. Please call 608-791-5295 or visit www.FSCenter.org/artdash for more information. This spirited night of food, fun and fine art will take place Thursday, March 23, 2023, at The Cargill Room at The Waterfront Restaurant and Tavern. Cocktail hour begins at 5:30 p.m., and the dash for art starts promptly at 6:30 p.m.

Art Dash is our signature fundraiser, not only providing much-needed support for our mission but also bringing together local artists, business owners and community members for a celebration of creativity and beauty.

The FSC has been transforming lives and creating welcoming spaces for connection, compassionate listening and healing for nearly 40 years. Your support will help us accomplish even more good in the community.

As art donations come in, we preview them on our website as well as maintain a rotating display near our conference rooms. We invite you check back often to see what is new.

HOW IT WORKS: Everyone who buys a \$100 Dash ticket will go home with a piece of original art, but *which* piece is up for grabs. Your ticket buys you a spot in the Dash. After a preview of the art, we'll start randomly drawing numbers, three at a time. When your number is called, you'll dash to the piece you want. If someone claims your top pick before you do, you'll need to make a different choice. Depending on when your number is called and what pieces are available at that point, you may get your top pick or you may need to select a second or third choice.

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

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

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

WHETHER YOU ARE LOOKING TO BUILD YOUR ART COLLECTION, NEED A UNIQUE GIFT IDEA OR JUST WANT TO SUPPORT THE FSC, WE'D LOVE FOR YOU TO JOIN US.



Joan Gundersen



Phil S. Addis



Nancy Heerens-Knudson



Mary Lou Ferguson



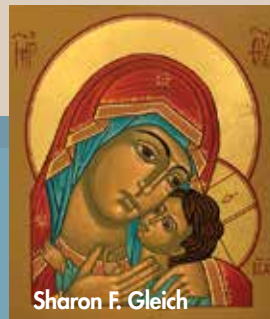
ART DASH ■ Thursday, March 23

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

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

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

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



Sharon F. Gleich



Mary Louise Thompson



Rick Ross



Joyce Diveley



Dan Henderson



Georgina Kingsley



Shane Lamb



Barb Lawless



Burt Hammons



Colleen Shore



Bruce Nuttall

THANK YOU TO OUR 2023 SPONSORS:

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AssuredPartners • Kish and Sons Electric
La Crosse Graphics

Learn more at
www.FSCenter.org/artdash



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.

SIX-WEEK SERIES

MOVING THROUGH GRIEF (IN-PERSON)

FEBRUARY 22; MARCH 1, 8, 15, 29; APRIL 5

(no session on March 22) • Tuesday, 10 a.m.-noon



Facilitator: Cathie Boerboom, RGS

Investment: \$125 for the series (Required book—"Grief Recovery Handbook" (20th Anniversary Expanded Edition) by John W. James and Russell Friedman—not included; purchase it on your own or at the FSC's Sophia Bookstore)

We are able to offer a discounted rate of \$50 for the series to anyone who would like financial help to participate. Please enter the code GRIEF60 when you register online or call 608-791-5295.

Registration deadline: February 17

Adverse circumstances and difficult situations, especially those of great loss or grief, can "de-rail" 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.

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



COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

MARCH 1, 15; APRIL 5, 19; MAY 3, 17

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

Facilitator: Robert Lynn

Investment: Suggested donation of \$3, payable at the door

Registration appreciated; drop-ins welcome

Prayer of Julian of Norwich:

*God, of your goodness,
give me yourself,
for you are enough for me.
Only in you I have all.*



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, OSB, learning to quiet the mind and open our hearts to Divine Presence. If you are new to meditation, this is a gentle place to start. If you have an established meditation practice, deepen your practice by sharing it in community. We honor the variety of traditions and streams of meditation practice that you might use. Followers of Thomas Merton will find a home here.

Note: Freewill offerings will benefit the Franciscan Spirituality Center.

Robert Lynn is a lifelong learner at Wartburg Theological Seminary and Nashotah House, and a meditating student of Santikaro Upasaka. He has been practicing meditation individually and in a variety of group settings for several years.



2023 Programs and Retreats *continued.*

FSC BOOK DISCUSSION:

SPARROW BY JAN RICHARDSON (ZOOM)

MARCH 2 • Thursday, 6:30-8 p.m.

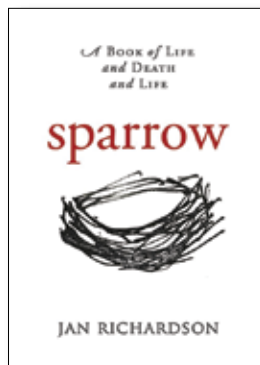


Facilitator: Steve Spilde

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

Registration deadline: February 24

"Who am I, when the person who saw and knew me best in all the world is gone from this world?" This question lies at the heart of "Sparrow: A Book of Life and Death and Life," which began as notes Jan Richardson wrote to her husband while he lay dying after a disastrous surgery just a few years into their marriage. In this personal and heart-lifting book, the poet and artist traces a path through the first few years after her loss, articulating not only the ache of grief but also the strange graces and stubborn hope that live within its landscape.



Whether you plan to attend the weekend retreat with Jan Richardson (March 31-April 1) or not, join Steve Spilde to discuss this book and share how this story resonates with our own experience. Participants are asked to read a copy of the book beforehand.

Steve Spilde is a spiritual director on staff at the FSC.

MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

MARCH 2, APRIL 6, MAY 4

First Thursday of the month, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA

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

Registration deadline: March 1/April 5/May 3

Guided meditation is proven to reduce stress and promote relaxation. All are welcome to join us for a time of rejuvenation. We'll start with a guided meditation that includes relaxed breathing, a body scan and a visualization. Afterward, we will have a brief discussion. 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.



SILENT DIRECTED RETREAT WEEKEND (IN-PERSON)

MARCH 3-5 • Friday, 3 p.m.–Sunday, 2 p.m.

Facilitators: Cathie Boerboom, RGS; Sarah Hennessey, FSPA; and Karna Marks

Investment: \$350, includes two nights' stay, all meals and three spiritual direction sessions.

We are able to offer a discounted rate of \$140 for this retreat to anyone who would like financial help to participate. Please enter the code SILENTRETREAT60 when you register online or call 608-791-5295.

Registration deadline: February 22

Limited to 9 participants.

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

Support for this program is provided by the Norman L. Gillette Sr. Scholarship Fund.



HOW TO 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.



2023 Programs and Retreats *continued.*



PAUSE, BREATHE, BE (IN-PERSON)

MARCH 4

Saturday, 9 a.m.-noon

Presenter: Eileen Hanson

Investment: \$30

Registration deadline: March 1

Book an overnight stay for just an additional \$65!

As winter gives way to spring, we invite you to pause. We'll explore a variety of contemplative practices that can invite your body, mind and spirit to rest and restore. We'll engage in gentle movement, guided and silent meditation, and share ideas for how you might bring a more contemplative rhythm into your daily life. No previous experience is necessary. All movement practice is accessible and adaptable. Whether you are looking for guidance in cultivating your own personal practice, deepening practices that can carry you through the year or simply want a restorative break, this offering is for you.



Eileen Hanson (they | she) is an experienced contemplative practitioner and embodiment guide with years of experience in both Christian and non-Christian traditions. Eileen is a certified yoga teacher and works as a chaplain providing spiritual care and guidance for individuals and groups.

UNDERSTANDING RELATIONSHIPS: AN INTERMEDIATE ENNEAGRAM RETREAT (IN-PERSON)

MARCH 10-11 • Friday, 6:30-8:30 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Audrey Lucier

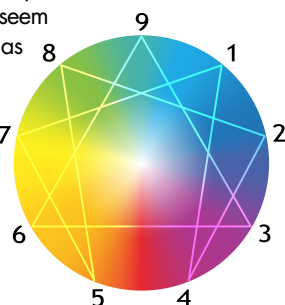
Investment:

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

Registration deadline: February 24

Looking for an opportunity to deepen your understanding of the Enneagram as a tool for personal growth? This weekend retreat is for people who have had a basic introduction to the Enneagram and know their core style. We will focus on how personality differences affect our relationships. One difference lies in our instincts, which lie just below the surface, influencing the strategies we adopt to meet our needs. We'll explore how we relate to those who seem to have different priorities in a relationship as well as what we want and need from our relationships.

Audrey Lucier is a former director of the Franciscan Spirituality Center. She was trained and certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and has taught the Enneagram since 2015.



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

MARCH 13, APRIL 10, MAY 8 • Second Monday of the month, 5:30-6:30 p.m.



Facilitator: Laurie Swan

Investment: Free

No registration necessary.

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.



SOULCOLLAGE RETREAT (IN-PERSON)

MARCH 17-18 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Su-Hsin Huang, SP

Investment:

- **OVERNIGHT:** \$175, includes private bedroom, all meals and all supplies
- **COMMUTER:** \$115, includes lunch on Saturday and all supplies

Registration deadline: March 10

SoulCollage® is an expressive arts practice done individually or in community. Founded by Seena B. Frost, the method develops creativity and intuition, encourages self-discovery and provides personal guidance. SoulCollage meets you wherever you are on the journey called life. You do not have to be an artist to make SoulCollage cards; anyone can create and enjoy this powerful practice. Sister Su-Hsin will help you slow down and listen to your inner child.

Su-Hsin Huang is a member of the Sisters of Providence, Saint Mary of the Woods, Indiana. She is a trained spiritual director and has a background in theology and art. She is a SoulCollage® Facilitator and has been making cards since 2011. She uses SoulCollage cards to access her own inner wisdom and journey with others.



ART AS PRAYER (IN-PERSON AND ZOOM)

MARCH 20, APRIL 17, MAY 15 • Monday, 6-7:30 p.m.



Instructor: Mary Thompson

Investment: \$15 per session

Registration deadline: March 17/April 14/May 12

Supplies needed: watercolor paints, paper, paint 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.



MARCH THEME: Luminous Light and Color

The month of March marks a transition from the cold, dark days of winter to the brighter, warmer days of spring. The Spring Equinox represents new life, new beginnings and growth. We'll honor our connection to the land and the coming light that nourishes us by exploring color relationships through landscape painting.

For inspiration, consider masters who are also "colorists," such as Wolf Kahn, Claude Monet, Georgia O'Keeffe and Vincent Van Gogh. Please bring a landscape photograph you'd enjoy painting.

APRIL THEME:

Earth Day Celebration Mandala

The session will focus on celebrating the glory of Earth through art. Each participant will create a unique prayer mandala with paint. Please bring photos that represent your deep love for Earth. Examples include vegetables, fruits, plants, insects, birds, mammals, etc.—in other words, the whole kit and kaboodle!



MAY THEME: Spring Cleaning

Nature is one of the most consistent sources of generosity and inspiration in our lives.

This session will focus on cultivating a sense of presence—the willingness to simply pay attention and notice the love notes sent to us from nature, such as cleaning out the wren house for its next feathered family. Please select an object that speaks to your spirit. We'll practice simplifying shapes with color and light.

Mary Thompson has a degree in fine arts and a master's degree in education, having delighted in the creative arts since her first box of crayons.

SPRING LABYRINTH WALK (IN-PERSON)

MARCH 20 • Monday, 4-7 p.m.

Facilitator: FSC staff

Investment: Freewill offering at the door

Registration is not required but appreciated.

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



NOURISH YOUR SOUL: A RETREAT FOR CAREGIVERS AND THOSE WORKING IN HEALTH CARE (IN-PERSON)

MARCH 24-25 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Leslie Schwarting

Investment:

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

Registration deadline: March 17

While health-care systems, structures and technologies are evolving frantically, the people delivering care in hospitals, clinics, nursing homes and similar settings remain the bedrock of health care. Many of these caregivers are depleted and running on empty.

If you or those you love work in health care in any capacity, join us for a time of reflection, healing and soul-tending for no one else but you. We will honor the journey each of us is on, explore spiritual and psychological practices to re-ignite our souls, find restoration and be in peace. Working in health care can be challenging; it is frequently hurtful and healing in a day. Spend some time in the community with other caregivers and nourish your soul. You've earned it.

Leslie Schwarting is a health-care executive and spiritual director in Eastern Iowa. During the past 16 years, she has witnessed and walked alongside physicians, nurses and other health-care workers in their daily work. Using the framework outlined by the Center for



Healthcare Worker Innovation and her spiritual director training from the FSC, she facilitates workshops and 1:1 services focused on connection and healing for those serving in health care.



2023 Programs and Retreats *continued.*

TRANSFORMING SORROW: CREATIVITY AND THE HEALING OF GRIEF (IN-PERSON)

MARCH 31-APRIL 1 • Friday, 7-9 p.m. and Saturday 9 a.m.-4 p.m.

Presenters: Jan Richardson and Steve Spilde

Investment:

- **OVERNIGHT:** \$195 includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$125, includes lunch on Saturday



Registration deadline: March 24

Renowned author and artist **Jan Richardson** will join us virtually during this in-person retreat led by FSC spiritual director **Steve Spilde**. We will explore the intersection of grief and creativity, using Jan's art and sharing her poetry as we move to transform sorrow into blessing. Jan often collaborated with her husband, the singer/songwriter Garrison Doles, until his sudden death in December 2013. Her reflections on pain, loss and transformation have touched millions of readers. Thanks to state-of-the-art technology, we can welcome Jan into our sacred space from her home in Florida. We invite you to hear from her directly and experience for yourself how your creative energy might lead to something new and meaningful.

Jan has attracted an international audience drawn to the spaces of welcome, imagination and solace that she creates in both word and image. Her beloved books include "The Cure for Sorrow," "Night

Visions," "In the Sanctuary of Women" and the recently released "Sparrow: A Book of Life and Death and Life." In addition to being an artist and a writer, Jan is an ordained minister in the United Methodist Church and serves as director of The Wellspring Studio, LLC. She is widely sought out to lead retreats and speak at conferences.



SINGING BOWLS MEDITATION (IN-PERSON)

APRIL 3 • Monday, 5:30-6:30 p.m.



Presenter: Joan Filla

Investment: Suggested donation of \$10, payable at the door

Registration deadline: April 2

Tibetan singing bowls produce sounds that invite deep states of relaxation, enhancing the ability to meditate and enter expanded states of consciousness. The sounds and vibrations can create a sense of grounding that facilitate a connection to the deepest parts of our being. Join us for an evening of exploration and renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer. A time to ask questions and hands-on experience with the bowls will be offered at the end of the session.

Joan Filla, M.D., is a local physician who was introduced to Tibetan singing bowls while recovering from the trauma of her past. Singing bowls and meditation became an integral part of her healing journey, and she hopes to share these powerful tools with others.

SIX-WEEK SERIES

DIVORCE RECOVERY (IN-PERSON)

APRIL 4, 11, 18, 25; MAY 2, 9 • Tuesday, 6:30-8 p.m.

Facilitator: Audrey Lucier

Investment: \$25 for the series

Registration deadline: March 31



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 a former director of the FSC. She began offering a divorce support group at the FSC after personally experiencing divorce seven years ago.



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

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



APRIL 7 • Friday, 10 a.m.

Location: Meet at St. Rose Convent on the corner of Market and Ninth streets.

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

community and the world. Prayer leaders at each station will include people who work at or are otherwise affiliated with those stops.

The walk, which recalls the journey of Jesus as he carried his cross to Calvary, will take about two hours. People of all ages and faith backgrounds are invited to participate.

Participants are asked to dress according to the weather. There is no cost to participate and no registration necessary. Please note that participants will have to walk back to the stations' starting point or arrange for a ride back from Riverside Park.

RESURRECTION REST FOR CHURCH STAFF (IN-PERSON)

APRIL 10-13 • Monday, 4 p.m.–Thursday, noon

Presenters: Karna Marks, Mary Thompson, Bernice Olson-Pollack and Sarah Hennessey, FSPA

Investment: \$560. All meals and private bedroom stay are included.

Note: We are able to offer a discounted rate of \$280 for this program to anyone who would like financial assistance to attend. Please enter the code CHURCH50 when you register online or call 608-791-5295.

Registration deadline: April 3

Limited to 12 participants.

Thank you, church staff people, for all of the ways you walked the Holy Week journey with others, sharing God's love and faithfulness. This is a time for you to rest in the promises of the Resurrection. There will be moments of meditation, some exploration in the gifts of self-compassion, a yoga class and an art project together—plus lots of space for solitude and restoration. Please join us! Open to all denominations.

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



WHAT IS SPIRITUAL DIRECTION? (ZOOM)



APRIL 18 • Tuesday, 6:30-7:30 p.m.

Presenter: Karna Marks

Investment: Free

Registration deadline: April 17

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy, modern world. A spiritual director listens deeply and nonjudgmentally as you describe the milestones, detours and questions of your spiritual journey, helping you to discover your inner wisdom and hear the voice of God in your life. At this brief introduction, one of our staff spiritual directors will be available to describe the process 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.



SIX-WEEK SERIES

A COMPLICATED LOSS AT COULEE RECOVERY CENTER (IN-PERSON)

APRIL 18, 25; MAY 2, 9, 16, 23 • Tuesday, 5:30-7 p.m.



Presenter: Jean Pagliaro

Investment: \$30 for the series

Registration deadline: April 12

When we lose a loved one to substance-use disorder, the ability to grieve is often overshadowed by feelings of shame, guilt and being judged by society. You will be invited to share your story of loss, develop coping strategies and explore ways to remember your loved one. Sessions will include group discussion, resource sharing and creative expression.

Note: Gatherings will take place at Coulee Recovery Center, 933 Ferry St., La Crosse, WI 54601.

Support for this program comes from the Norman L. Gillette Sr. Scholarship Fund.

Jean Pagliaro is the director of the Franciscan Spirituality Center.





2023 Programs and Retreats *continued.*

BOOK DISCUSSION GROUP:

LEADING LIKE FRANCIS BY CARL KOCH (ZOOM)

APRIL 20 • Thursday: 6:30-8 p.m.



Presenter: John Hanley

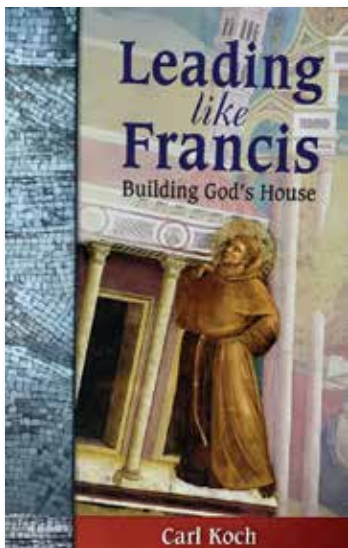
Investment: \$10 (book not included; you can purchase it on your own or at the FSC's Sophia Bookstore)

Registration deadline: April 17

Limited to 8 participants.

This discussion of "Leading Like Francis: Building God's House" by Carl Koch is an opportunity to explore how spirituality affects leadership, which is the process of influencing others to pursue common purposes and achieve goals. Those who lead or aspire to lead must understand themselves and that their development as leaders is ongoing. Franciscan spirituality appeals to all who have always sensed something greater in their existence that informs their lives. This insightful book by the late author, who was an expert in servant leadership and had worked at the FSC, draws upon this sense of spirituality for those seeking to influence others as servants—we all influence others.

John Hanley is an experienced leader in both the military—with 35 years of Service—and in the private sector. He has taught leadership development at the undergraduate and graduate levels, and continues to teach courses. He has a doctorate in Leadership for the Advancement of Learning and Service from Cardinal Stritch University and a graduate certificate in theology from St. Leo University.



PILGRIMAGE: JOURNEY OF HEART, MIND AND SOUL (IN-PERSON)

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



Presenter: Kris Portinga

Investment:

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

Registration deadline: April 14

Has the idea of taking a pilgrimage ever captured your imagination? How amazing it would be to follow in the footsteps of others throughout the centuries. What if a spiritual pilgrimage can happen not only in a far-away place but in your own neighborhood? You're invited to bring your curiosity, experiences and walking shoes to this two-day workshop. We'll look at the whole pilgrimage experience: the outer journey to a place, the inner journey of spirit and metaphor, and the arrival home. Along with presentations, there will be time for small-group discussion, questions for personal reflection and a silent walking meditation.

"Wherever you are, interact with the soul of that place." – Rumi

Exploring the timeless practice of pilgrimage lets **Kris Portinga** combine her two passions: wandering around this amazing world and wondering how to truly encounter the soul of a place. She is a graduate of the Spiritual Direction Preparation Program here at the FSC and has led retreats on a variety of topics. Kris is an RN, recently retired from a career in women's health care, and lives with her husband on a small farm near Welch, Minnesota.

FOUR-WEEK SERIES

ZENTANGLE MEDITATION (IN-PERSON)

APRIL 20, 27; MAY 4, 11
Thursday, 6-7 p.m.



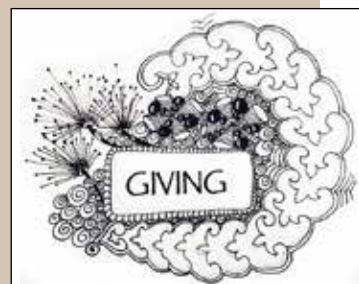
Presenter: Christine Isham

Investment: \$70 for the series; materials and pens are included

Registration deadline: April 14

As April showers make way for May flowers, we'll tangle flower patterns. Using the Zentangle Method as a spiritual practice, we will reflect on a different word each week of class: gratitude, acceptance, blessing and generosity, along with tangle patterns. The Zentangle Method focuses the mind, much like meditation, and allows one to connect with the still, small voice within as we reflect on the meaning of these concepts in our lives and the world around us. The first week, extra time will be devoted to teaching the Zentangle Method. We will tangle together, step by step, as we learn the basics and several patterns. No previous art or experience necessary.

Christine Isham is a Certified Zentangle Teacher and has been tangling since 2012. She is an ordained minister and works as a hospice chaplain. Christine and her wife live in Holmen with their two dogs.



POETRY CAFE (ZOOM)



APRIL 24 • Monday, 6:30-8 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$5

Registration deadline: April 17

Join other poetry lovers for an evening of words and community online. Bring your favorite poetry—either written by you or another author—for a time of sharing and reflection. After introductions and setting the scene, we will each read the poem we have chosen. After some silence, the rest of the group



will share words that they really liked in the poem and other thoughts about the works.

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

PEACE IN OUR BODIES, PEACE FOR OUR BODIES, PEACE WITH OUR BODIES (IN-PERSON)

APRIL 28-30 • Friday, 7 p.m.–Sunday, 11 a.m.



Presenter: Michele Rusinko

Investment:

- **OVERNIGHT:** \$235, includes private bedroom and all meals
- **COMMUTER:** \$105, includes lunch on Saturday

Registration deadline: April 21

Limited to 20 participants.



If you feel weary, this weekend is for you. If you feel hurt or in need of time to reflect and recover, this weekend is for you. If you simply yearn for time to contemplate and befriend your body, this weekend is for you. Our bodies can be a source of infinite wisdom; yet, our rapid-fire, screen-driven culture often drives

a wedge between our awareness and this treasure trove of wisdom. Building on four decades of teaching dance and somatic sciences in higher education, Michele will gently guide participants back into connection with their body's natural intelligence and capacity for joy. Participants will have the opportunity to take Michele's signature Embracing Ease yoga-based classes; learn about the tools, concepts and principles of resilience offered by current research in the field of Positive Psychology; and experience the holiness of respite through time to quietly process and reflect.

Michele Rusinko is a research professor at Gustavus Adolphus College, a certified Yoga for Cancer teacher and a Positive Psychology coach.



FOUR-WEEK SERIES

DREAM WORK (IN-PERSON)

MAY 4, 11, 18, 25 • Thursday, 5:30-7 p.m.

Presenter: Cathie Boerboom, RGS

Investment: \$60 for the series

Registration deadline: April 28



Dreams are gifts to help us learn more about ourselves; they can sometimes guide us in choices to make regarding life situations. During this series, you will learn about the importance of dreams, as well as methods you can use to help you understand your dreams. We will explore some dream work using dreams of the people in the group along with samples of dreams from other people.

Cathie Boerboom, RGS, is a spiritual director on staff at the FSC.

WORLD LABYRINTH DAY (IN-PERSON)

MAY 6 • Saturday, 9 a.m.-noon

Investment: Freewill offering at the door

Registration is appreciated but not required.

In honor of World Labyrinth Day, an international event founded by The Labyrinth Society to create a rolling wave of peaceful energy, we invite you 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. This is a silent, self-guided practice suitable for older teens and adults. Plan on at least a half-hour, but you are welcome to spend as much time walking and reflecting on the experience as you like. For those new to the labyrinth, we'll provide a brief introduction.





2023 Programs and Retreats *continued.*



AN INTEGRAL APPROACH TO SPIRITUAL DEVELOPMENT (IN-PERSON)

MAY 12-13 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Wendy Mitch

Investment:

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

Registration deadline: May 5

As people embark on a journey of self-discovery, they often reach these "in-between" places. Their old understandings of reality don't work anymore; yet, the journey forward can feel lonely as they leave a place that felt like home. This weekend retreat can offer guidance during these challenging times of transformation. Drawing on the work of Integral theorists Clare W. Graves, Don Beck and Ken Wilber and the similar work of Spiral Dynamics, we will look at the various phases of human development. Words such as "God," "Spirit" and "religion" will take on different meanings depending on where we are on our journey. We don't lose our faith; it simply transforms. Through the use of facilitator input, small-group sharing, facilitated discussions, journaling and integral practices incorporating head, heart and body, participants will find community and practices to encourage continued growth.

Wendy Mitch is the director of training and development for Portesi Italian Foods, a certified Integral Coach through New Ventures West, a licensed facilitator for the Arbinger Institute and the owner of Shifting Perspectives: Integral Coaching and Consulting, based in Plover, Wisconsin. She has 30 years of professional service in the Catholic Church, and she earned her master's degree in servant leadership from Viterbo University. She and her husband, Rusty, have six adult children.

INTUITIVE PAINTING WITH COLD WAX AND OIL: CELEBRATING CREATIVITY (IN-PERSON)

MAY 19-20 • Saturday, 9 a.m.-4 p.m.
and Sunday, 9 a.m.-4 p.m.

Instructor: Rick Ross

Investment:

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch both days
- **COMMUTER:** \$120, includes lunch both days

Note: Supplies need to be purchased separately. A list will be sent after registration.

Registration deadline: May 12

Art invites us to encounter a spiritual gift that might bring us into a deeper relationship with ourselves and the Divine. Painting with cold wax medium is a popular artistic expression throughout the world. We'll learn the basic principles of using cold wax medium through instructor-led demonstrations, individual guidance and exploration of individual pieces. The techniques are fun, creative and driven by your spiritual imagination. We will explore the process of building layers using printmaking methods, mark making and adding textures. There are no mistakes in this class, only results that are yet to be discovered from within. You will leave with basic knowledge of the medium, a finished painting and some works in progress.

NOTE FROM THE INSTRUCTOR ABOUT SUPPLIES:

A variety of tools, substrates and materials will be used along with my favorite methods to achieve fantastic results. We will play with materials such as oils, powder pigments, wax crayon, oil pastels, pigment sticks, metallic leaf and much more. Tools will consist of brayers, palette knives, brushes, tissue paper, wax paper, skewers, scrapers, silicone scrapers or shapers, hand brooms, clay shaping tools and other favorites. Once you register, we'll send you the list of supplies that will need to be purchased prior to the workshop. The investment into supplies could cost up to \$150; however, you will leave with multiple pieces of art and supplies to create more.

Rick Ross is a full-time artist and stay-at-home dad based in Mount Horeb, Wisconsin. He earned his MBA at William Woods University in Missouri and continues to take countless art classes to learn as much as possible. Learn more at www.summitartstudio.com.



NATURE ART JOURNALING FOR FAMILIES (IN-PERSON)

MAY 13

Saturday, 9:30 a.m.-noon

Presenter: Jan Wellik

Investment: \$45 for one adult and child, \$10 for each additional person

Registration deadline: May 5



Spring is a beautiful time to discover the wonders of nature. This program is geared toward families with youth ages 6+. Come enjoy the FSC garden landscape as we explore our own creativity in connection to the natural world. Learn about nature art journaling as we incorporate watercolor painting, sketching and writing. All art materials will be provided. Please dress to be outdoors in the garden. Open to all ages and abilities; no artistic experience necessary.

Jan Wellik is the founder of Eco Expressions, a nature writing program, and the author of the "Nature Writing Field Guide for Teachers" and "Embodied Nature: Poetry Collection."

TOOLS FOR SPIRITUAL HEALTH (IN-PERSON)

MAY 19-20 • Friday, 6:30-8:30 p.m. and Saturday, 9 a.m.-3:30 p.m.

Presenter: Sarah Hennessey, FSPA

Investment:

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

Registration deadline: May 12

Would you like to find new ways to nurture your spiritual health or grow in your current practices? Join fellow seekers to experientially learn more about practices to enrich your daily life. We will explore Lectio Divina, Centering Prayer, the Examen, Recollection, Lovingkindness Meditation and Self-Compassion Practices. These practices of sacred reading, silence, a review of the day, a tactile letting-go prayer, a meditation to spread lovingkindness in the world and ways to connect with our own self-compassion broaden our spiritual toolkit.

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



ICONOGRAPHY WORKSHOP: OUR LADY OF CAMBRAI (IN-PERSON)

MAY 22-27 • Monday through Friday, 9 a.m.-5 p.m. and Saturday, 9-10 a.m.



Instructor: Phil Zimmerman

Investment:

- **OVERNIGHT:** \$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

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.

This prototype of the icon we will paint is an Italo-Byzantine icon of the Virgin Mary and Christ Child. Upon seeing this icon, Bernadette Soubirous affirmed these were the garments that the Blessed Virgin Mary was wearing when she appeared to the young French woman (now a saint).

While previous iconography experience is not necessary, it is helpful to have a basic understanding of painting and color mixing. Class may extend into the evening hours on Friday for varnishing. Overnight guests may check in Sunday evening (5-7 p.m.).

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 for more than 20 years.



Ways to connect

In addition to visiting us at 920 Market St. in La Crosse or online at www.FSCenter.org, you can connect to us through:

REFLECTIONS FROM THE CENTER:

Every Monday, we send out our weekly *Reflections From the Center* to 4,000 email subscribers. These thoughtful, inspirational poems, short essays and prayers are written by community members and shared free of charge. If you are not receiving these yet and would like to, please visit www.FSCenter.org and click on the JOIN OUR LIST! button. You also can find them at <http://atthecenterreflections.blogspot.com>.



WHAT IS SPIRITUALITY? PODCAST: In this series of insightful conversations, FSC spiritual director Steve Spilde invites various spiritual mentors and thinkers to share their wisdom and their personal journeys of discovery. Please visit our website, www.FSCenter.org, for a link to the podcast.

HERMITAGES: These three cozy cabins on St. Joseph Ridge are ideal for a private or directed retreat, offering peace and solitude for anyone wishing to experience the Divine in nature and silence. If the weather cooperates, we'll re-open them in March for the season. Cost is \$70 per night; spiritual direction is an extra fee. Please call 608-791-5295 for more information.



SOCIAL MEDIA: We share photos, upcoming events and other information on our YouTube Channel and Facebook, Twitter and Instagram accounts. Find links on our website. We appreciate your likes, shares and comments!



BODY | MOVEMENT CLASSES

GOLDEN YOGA (IN-PERSON AND ZOOM)

SESSION 2: FEBRUARY 14, 21, 28; MARCH 7, 14, 21

SESSION 3: MARCH 28; APRIL 4, 11, 18, 25; MAY 2

BONUS SESSION: MAY 9, 16, 23

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

Instructor: Amber Moesch

Investment: \$50 for each six-week session; \$30 for bonus session

Registration deadline: February 10/March 24/May 5



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.

QIGONG (IN-PERSON AND ZOOM)

SESSION 2: FEBRUARY 14, 21, 28; MARCH 7, 14, 21

SESSION 3: MARCH 28; APRIL 4, 11, 18, 25; MAY 2

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for each six-week session

Registration deadline: February 10/March 24



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." Using simple movements, breathing and meditation, you can experience improved health and wellness. Qigong sustains and improves the health of the immune system, nervous system and internal organs. With Qigong, stress reduction occurs through the combination of breathing, movement and internal focus.

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.



VINYASA YOGA (IN-PERSON AND ZOOM)

SESSION 2: FEBRUARY 15, 22; MARCH 1, 8, 15, 22

SESSION 3: MARCH 29; APRIL 5, 12, 19, 26; MAY 3

BONUS SESSION: MAY 10, 17, 24

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for each six-week session; \$30 for bonus session

Registration deadline: February 13/March 27/May 8



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.



GROUPS THAT MEET AT THE FSC (IN-PERSON)

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. on the first and third Saturday of the month. 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 7-9 p.m. on the first and third Thursday of the month and 6-8 p.m. on the second and fourth Tuesday of the month. For more information, please call 608-791-5295.

Welcome, Marlene De La Cruz-Guzmán!

Please help us welcome **Marlene De La Cruz-Guzmán, Ph.D.**, to the FSC Board of Directors.

Marlene is Viterbo University's first Vice President for Diversity, Equity, and Inclusion, having assumed the role this past September. She serves as a member of Viterbo's senior leadership team and leads the university's social justice and equity initiatives. She also describes herself as a Catholic Latina and an avid supporter of Franciscan values.

Prior to working at Viterbo, Marlene was the director of the Office of Multicultural Success and Retention at Ohio University. Her impressive resume also includes past teaching positions at University of Wisconsin-Milwaukee and Marquette University. She also has done research in South Africa. Marlene earned a Bachelor of Arts degree in English and American Literature and Theology from Barry University, a Master of Arts degree in English and American Literature from Michigan State University and a Ph.D. in African Literature in English from Ohio University. She also has a graduate certificate in Women, Gender and Sexuality Studies from Ohio University.

"Working at Viterbo, I have become aware of how instrumental the Franciscan Spirituality Center is to the spiritual nourishment of our faculty and staff who really appreciate the workshops and events," she said about joining our board. "I was delighted to say 'yes' when asked because the work is also essential in our greater La Crosse community."

We look forward to drawing on Marlene's wealth of experience in administration, fiscal management, strategic planning, cultural competence, serving minoritized populations, inclusion initiatives and grant writing.

In turn, she said she looks forward to learning more about "the many ways in which the FSC supports and serves the community with a focus on growth and healing," as well as our approach to inclusion and working with our diverse communities.

Marlene is a literary critic and scholar by training. Personal interests include reading and writing poetry in English and Spanish. Pointillism is another favorite hobby. She also enjoys bird watching and traveling far to see birds so she can combine her love of meaningful cultural travel, languages and family with birding.

"I have really enjoyed the natural beauty of the La Crosse area and the fact that it is a migratory bird pathway, not to mention the lovely birds, including eagles, that pass by my office window every day," she said.



STAFF NEWS

Welcome back, Marcia Bentley!



We are grateful to have Marcia Bentley back on staff in an official capacity. Marcia worked at the FSC as a spiritual director and program presenter from April 2014 to June 2016 before moving to Madison to be closer to her family. She has continued to offer retreats as a presenter and to serve as a leader in our Spiritual Direction Preparation Program. But as we've increasingly relied on her support, we've decided to hire her for a newly created SDPP Associate position. She'll mostly work remotely, although we always look forward to her spending time in La Crosse. Marcia will serve on the SDPP Core Team and assist with record keeping, program planning and design, and other SDPP-related tasks as needed. Marcia continues to maintain a private spiritual direction practice in Madison.

"Our SDPP program prepares deep listeners for a world that desperately needs them," she said. "We have a beautiful, compassionate and comprehensive curriculum that truly transforms students in their three years here. It is such an honor to continue to be involved and help shape future spiritual directors."

Emmaus



Large Conference Room

Meeting Spaces

YOU'LL FIND EXACTLY WHAT YOU ARE LOOKING FOR AT THE FRANCISCAN SPIRITUALITY CENTER:

- 8 distinctive meeting rooms that can seat 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



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



Francis Room

CALL US AT 608-791-5295 TO DISCUSS YOUR GROUP'S NEEDS AND HOW WE CAN MAKE YOUR NEXT MEETING MEMORABLE.

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.

 facebook.com/FSCenterLaCrosse

 instagram.com/franciscanspiritualitycenter

 twitter.com/fs_center

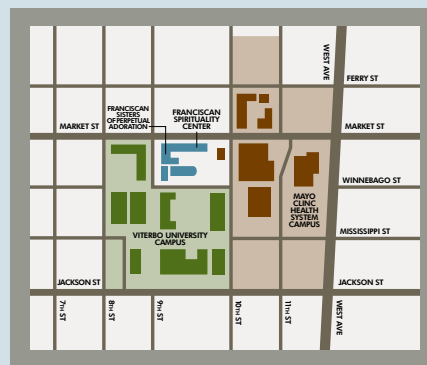
 youtube.com/@franciscanspiritualitycenter

 atthecenterreflections.blogspot.com



Whether you are joining us for an in-person retreat or attending a program virtually, you are welcome and valued!

The Franciscan Spirituality Center is located in the heart of scenic La Crosse, Wisconsin, sharing space with St. Rose Convent and next to Mayo Clinic Health System and Viterbo University. Guests may choose to stay in one of our 32 private bedrooms or three woodland hermitages. Other amenities include eight meeting rooms, a bookstore, a small library and accessible parking. The FSC is within walking distance of the Mississippi River, hiking trails and a vibrant downtown.



Your generous financial support helps sustain our mission. Here are ways to give:

- Drop off or mail a check to :
Franciscan Spirituality Center,
920 Market St., La Crosse, WI 54601
- Make a secure, online donation at
www.FSCenter.org/donate
- Text FSC to 608-292-2999 to make
a gift through your mobile phone.
- Become a *Spirited Friends* monthly donor;
call 608-791-5295 to learn more.



Call 608-791-5295 or visit www.FSCenter.org for more information on how to plan your visit and experience Franciscan hospitality at its best.



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

VISIT THE SOPHIA BOOKSTORE

Looking for a meaningful gift?

No visit to the Franciscan Spirituality Center is complete without a stop in our fabulous Sophia Bookstore. Here you will find a vast collection of spiritually enriching and thought-provoking books for all ages. We also stock devotional items, Earth-friendly cards, soaps and lotions, accessories and our popular T-shirts!

We invite you to browse the sections while enjoying a complementary cup of coffee or tea during regular business hours—or while you are here on retreat.



COMING THIS SUMMER



SINGING BOWLS MEDITATION

June 1 • Joan Filla

ART AND JOURNALING FOR THE SOUL

June 2-3 • Jan Wellik

AN INTEGRAL APPROACH TO SPIRITUAL DEVELOPMENT

Five-week series starting June • Wendy Mitch

SILENT DIRECTED RETREAT WEEKEND

June 2-7 • FSC spiritual directors

YOGA RETREAT

June 22-25 • Heather Henry

ICONOGRAPHY WORKSHOP

July 10-15 • Phil Zimmerman

CENTERING PRAYER: SILENT LISTENING

August 18-19 • Marcia Bentley

OPEN TO THE GENERAL PUBLIC FROM 8:30 A.M.-5 P.M. MONDAY THROUGH FRIDAY

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