



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 34 • NUMBER 2

SUMMER 2026

# *At the Center*

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- Yoga in the Courtyard
- Stop, Drum and Think Retreat
- Heal Your Story Retreat
- SoulCollage® Retreat

Veterans and active duty service members receive 15% off programs and retreats. Use the discount code **MILITARY** when registering.



We welcome all who seek spiritual renewal, personal and professional growth, healing, community and connection.

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 lending 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](http://www.FSCenter.org/donate).
- Become a *Spirited Friends* monthly donor; call 608-791-5295 to learn more.



The Franciscan Spirituality Center respectfully acknowledges that our building occupies the unceded ancestral and traditional land of the Ho-Chunk people. As our staff works to better understand the impact of colonialism on Indigenous people, we seek opportunities for relationship-building, growth and healing.

*At the Center* newsletter is published four times a year on earth-friendly paper with a higher recycled content.

### Franciscan Spirituality Center

920 Market St., La Crosse, WI 54601  
608-791-5295  
[www.FSCenter.org](http://www.FSCenter.org) | [FSCenter@fspa.org](mailto: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](https://facebook.com/FSCenterLaCrosse)

[instagram.com/franciscanspiritualitycenter](https://instagram.com/franciscanspiritualitycenter)

[youtube.com/@franciscanspiritualitycenter](https://youtube.com/@franciscanspiritualitycenter)

[atthecenterreflections.blogspot.com](http://atthecenterreflections.blogspot.com)

# Committed to peace, justice and renewal



For the past 17 years, the Franciscan Spirituality Center has hosted the *Justice and Peace Stations of the Cross*. During this community event on Good Friday, we carry a large wooden cross as we walk in silence from St. Rose Convent to the banks of the Mississippi River, pausing along the two-mile route to sing, pray and reflect on the injustices and suffering in our community and in the world.

**THESE WERE THE STOPS THIS YEAR:**

**St. Rose Convent:** A religious community devoted to peace and welcoming the immigrant.

**Viterbo University:** Safety in schools and an end to gun violence.

**St. Clare Health Mission and Coulee Recovery Center:** Affordable, accessible health care and treatment options for all people.

**Our Savior's Lutheran Church:** A Reconciling in Christ congregation offering a free weekly community meal.

**Cameron Park:** Healing of divisions.

**St. Joseph the Workman Cathedral:** Reverence for life and an end to human trafficking.

**Salvation Army:** Services to help the unsheltered community.

**La Crosse County Jail:** Restorative justice, mental health and offender addiction care.

**Riverside Park:** Full employment and supportive care for veterans.

**Mississippi River:** Water protection and care of Earth, our common home.

This is all centered in the spirit of St. Francis, who did not turn away from suffering but rather moved toward it. The Stations help us to focus on where suffering is in our world today and invite us to consider how we respond.

We've recently encountered articles where the point is made that retreats can seem like a luxury, where only those with excess financial means are able to participate. This is important as it helps us lean more into our value of hospitality as we welcome ALL with compassion, acceptance and celebration. It is one of the reasons why we have robust funding available for anyone who would like to attend our programs and retreats but lack of finances is a barrier.

The other sentiment is that retreats are a form of escapism only for the privileged. Again, this is another valid point. But at the FSC, we believe that retreats aren't an escape from the world but rather a call to return to what matters most: God, meaning and wholeness. It's about making time to connect with, and listen to, the sacred and each other. This is so we can then be sent back out into the world as centered people who bear love, peace and hope. The *Justice and Peace Stations of the Cross* is one such example of this.

Spaces like the FSC are so important in these times that are fraught with uncertainty, violence, division and despair. We are called more deeply into relationship, action and love. Transformation begins within us, and then it moves outward.

As you read through our summer programming, you are invited to step into these offerings as a means of renewal and healing, and to then be strengthened to go back out into this world that God loves so much.

May we continue to journey together—grounded in peace and all good.

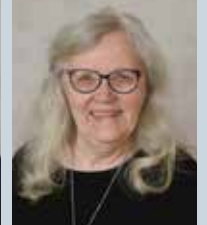
*Jean Pagliaro*  
Jean Pagliaro, FSC Director



Steve Spilde  
Associate Director & Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Cathie Boerboom, RGS  
Spiritual Director



Karna Marks  
Spiritual Director



Stacey Kalas  
Communications & Marketing Coordinator



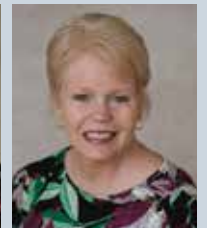
Julie Helgerson  
Program & Retreat Coordinator



Laurie Swan  
Office Manager



Kathy Holman  
Administrative Assistant & Receptionist



Chris Gunderson  
Guest Service Specialist

**FRANCISCAN SPIRITUALITY CENTER PARTNERS**



Chelle Belland  
Partner Spiritual Director



Gabriela Caballero-Moersfelder  
Partner Spiritual Director



Ann Walsvik  
SDPP Associate



Alison Hendley, OSB  
Partner Spiritual Director



Katherine Krage  
Partner Spiritual Director



**A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION: We offer a mix of 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.

**Before the program, you will receive a courtesy email with instructions and, if it's a virtual gathering, the Zoom link. If you have not received this link** within 24 hours of the program start, please call our office at 608-791-5295 or email [fscen@fspa.org](mailto:fscen@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.

## WEEKLY GROUPS

### DEPRESSED ANONYMOUS (IN-PERSON)

**EVERY MONDAY • 5:30-6:30 p.m.**

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions as your schedule permits.

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, please call Gayle at 608-406-7990.



### CENTERING PRAYER (ZOOM)

**EVERY TUESDAY • 2:30-3 p.m.**

**Facilitator:** Marcia Bentley

**Investment:** Free

Do you enjoy practicing Centering Prayer (Christian meditation) but wish you could do it with a group sometimes?

Or are you curious to try it but don't know where to begin? Feel free to join our free virtual "drop-in" group. There's no obligation to attend every week; simply join us when you wish. We spend the first five minutes in conversation or reviewing the four simple guidelines for Centering Prayer. We then spend 20 minutes in silent prayer together.

You will receive the Zoom link upon registration.

**Marcia Bentley** is a spiritual director in Madison, Wisconsin, and is a former staff member of the Franciscan Spirituality Center. She can be reached at [marciambentley@msn.com](mailto:marciambentley@msn.com).



### OPEN ART (IN-PERSON)

**EVERY TUESDAY • 5-6:30 p.m.**

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions as your schedule permits.

Have you struggled to dedicate time for creative expression? Ready to break open your new art or crafting supplies, or finally finish that project you started a while ago? We invite you to work on your art in a community setting. Be connected and inspired by the support of others, or simply use the space to work quietly on your own. You may wish to share supplies and ideas. This is a safe, nonjudgmental environment; all skill levels and mediums are welcome.

**Our Clare Room is also open for creative expression 9 a.m.-5 p.m. Monday, Tuesday, Wednesday and 9 a.m.-noon Thursday and Friday. You are welcome to bring your own art supplies or use ours.**



### MENTAL HEALTH WELLNESS, CONNECTION AND HOPE SUPPORT GROUP (IN-PERSON)

**EVERY THURSDAY • 4-5:30 p.m.**

**Facilitator:** Therese Ann Roellich

**Investment:** Free

Registration is not required. Attend any or all sessions as your schedule permits.

For more information, please call Therese at 608-386-2965 or email [therese.recovery.resources@gmail.com](mailto:therese.recovery.resources@gmail.com).

This group is for anyone seeking mental health wellness, connection and hope. We gather weekly to listen to, and learn from, each other. We'll also share educational information about mental health. This group is based on the premise that it is a safe space, where what is shared is considered confidential. No one is required to speak or share their story. You can simply choose to listen if that feels best.

**Therese Ann Roellich** is the facilitator of the group, along with other support people. Therese is trained as a peer support specialist with the state of Wisconsin. She has personal lived-experience, being in recovery with both mental health conditions and substance-use addiction. Therese has spent many years advocating for those living with addictions, mental health conditions and experiencing homelessness.



MONTHLY PROGRAMS

**OPEN WRITING CIRCLE (IN-PERSON)**

**JUNE 1, JULY 6, AUGUST 3** • First Monday of the month, 6-8 p.m.

**Investment:** Freewill offering

Registration is not required. Attend any or all sessions as your schedule permits.

Do you love to write? All are welcome to meet with others who enjoy writing in an atmosphere of respect and acceptance. Based on Natalie Goldberg’s basic principles of writing practice, we will write and listen. No critiques, no judgment. Sharing what you write is always optional. This is not a class and not about learning “how to write.” The goal is to set free the writer within you through simply practicing writing. No experience is necessary; just bring an open mind, a fast-writing pen and a plain spiral notebook. Feel free to bring your own snack and/or beverage.



**COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)**



**JUNE 3, 17; JULY 1, 15, 29; AUGUST 5, 19**

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

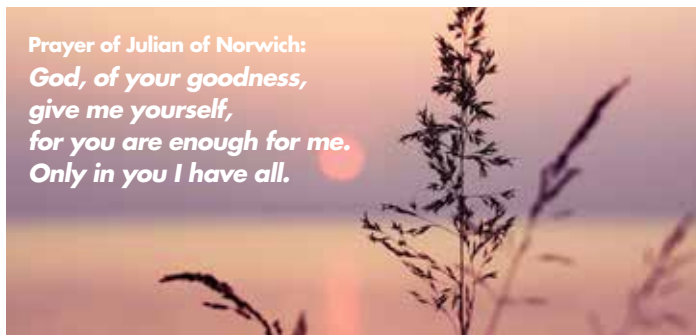
**Facilitator:** Robert Lynn

**Investment:** Suggested donation of \$3 benefits the FSC

Registration is not necessary; drop-ins are 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, OSB, learning to quiet the mind and open one’s heart 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.

**Robert Lynn** is a graduate of Wartburg Theological Seminary with additional seminary studies at Nashotah House. He is lay-ordained, a postulant in the Benedictine Oblates and serves as a guest homilist at various regional churches. A longtime meditation student of Santikaro Upasaka, he has been practicing meditation individually and in a variety of group settings for several years.



**MEDITATION FOR EMOTIONAL HEALTH (ZOOM)**



**JUNE 4, JULY 2, AUGUST 6**

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

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** Freewill offering (payable online)

**Registration deadline:** June 3/July 1/August 5

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. Gatherings are on Zoom; 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.



**LISTENING TOGETHER:**

**A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)**

**JUNE 8, JULY 13, AUGUST 10**

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

**Facilitators:** Laurie Swan and Julie Helgerson

**Investment:** Free

Registration is not required. Attend any or all sessions as your schedule permits.

This group provides a safe place for those who are experiencing grief 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.

**Laurie Swan** has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process. She is the FSC’s office manager.



**Julie Helgerson** is a certified grief educator through David Kessler and a graduate of the FSC’s Spiritual Direction Preparation Program. She is the FSC’s program and retreat coordinator.





## PROGRAMS AND RETREATS



### QIGONG RETREAT: STRENGTHENING LOVING-KINDNESS FOR YOURSELF AND OTHERS (IN-PERSON)

**JUNE 5-6** • Friday, 6:30-8:30 p.m. and  
Saturday, 9 a.m.-4 p.m.

**Presenter:** Pennie Pries

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** May 26



This weekend retreat will focus on the heart (fire) energy and a little-known style of qigong. In these times of worldwide polarity and chaos, all of us, individually and collectively, could use more of the elevated frequency of loving-kindness. A variety of qigong movements, instruction and group discussions will be incorporated as we learn ways to strengthen loving-kindness toward ourselves and how to send a ripple of that emotional frequency out into the world. The ancient practice of qigong provides a gentle-movement experience that uses body, breath and intention to embody positive thoughts and emotions. Pennie will demonstrate and share clear instructions on how to perform the exercises. The sessions will allow you to release stress and anxiety, become present and grounded and increase the flow of vital energy through your body. The qigong practice can help transform emotional and mental energies from fear, insecurity and hatred into the higher-frequency emotion of loving-kindness. This gathering is suitable for all physical abilities, as all movements can be modified or done while seated. No previous qigong experience is necessary. A recording of many of the movements will be available once you return home.

**Pennie Pries** is a Tier I Lee Holden Certified Qi Gong instructor with a background of teaching, coaching, Silent Counseling, ThetaHealing and real-life experiences, including health challenges. She leads qigong classes at the FSC and online through her business, Energy Shifts with Pennie, and teaches two exercise classes per week for the Arthritis Foundation Exercise Program. She also works on an individual basis for deeper emotional clearing and tailored movement practices to meet specific physical/health challenges. Pennie has presented at workshops and retreats for the FSC, family gatherings, quilting groups and other venues.

### SOUND IMMERSION AT SUNSET (IN-PERSON, OFF-SITE)

**JUNE 25** • Thursday, 7-8:30 p.m.

**Presenters:** Joan Filla and Ben Rohde

**Investment:** Free; suggested donation of \$15 may be paid upon registration or arrival

**Registration deadline:** June 24

This special evening on St. Joseph Ridge (15 minutes east of La Crosse) is a rare opportunity to experience the immersive sounds and vibrations of Tibetan singing bowls and gongs outside as the sun sets. Bring a chair or a blanket, and prepare to be opened to deep relaxation and calm while bathed in nature's beauty.

**Note:** This event takes place outdoors, near the FSC's hermitages at St. Joseph Ridge, about 10 miles east of La Crosse (W2658 State Hwy. 33 Trunk, La Crosse, WI 54601). Pets are not allowed on the property.

**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.

**Ben Rohde** brings his lifelong passion for rhythm and music to the world of sound healing, specializing in the profound vibrations of gongs. As an experienced percussionist and drummer, he intuitively guides others toward deep relaxation and stress relief through immersive sound experiences.



## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance two weeks prior to 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. There are no forms to fill out, and you do not need to disclose personal financial information.



## 2026 Programs and Retreats *continued.*

### ICONOGRAPHY WORKSHOP (IN-PERSON)

JULY 13-18 • Monday–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

**Registration deadline:** June 28

**Note:** Icon to be determined.

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, each student will have a beautifully completed icon varnished and ready to display.

**Note:** Beginners and advanced students are welcome. 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.

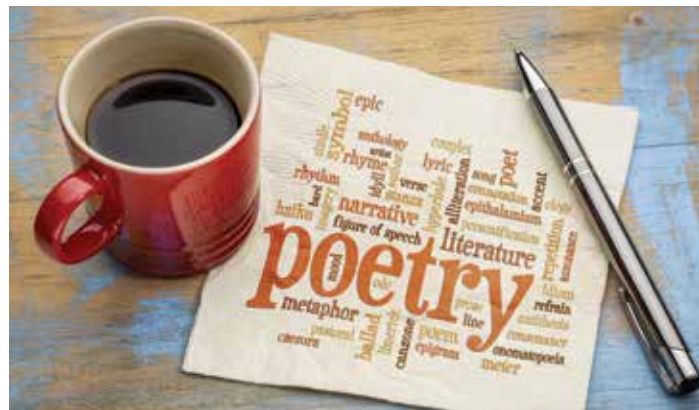
Overnight guests may check in Sunday between 5-7 p.m.



**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 since 2001.

**MARK YOUR CALENDAR: Phil will lead another workshop September 21-26.**



### POETRY CAFE (ZOOM)



JULY 13 • Monday, 6:30-8 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** July 10

Bring your favorite poetry, either an original composition or a poem from another author, for a time of sharing and reflection. After a time of introductions and setting the scene, we each will share the poem we have chosen. After some silence, the rest of the group will identify words that they really liked in the poem and other observations. All poetry lovers are invited to gather for this virtual evening of words and community.

**Sarah Hennessey** is a Franciscan Sister of Perpetual Adoration, a spiritual director on staff at the Franciscan Spirituality Center and a graduate of the FSC’s Spiritual Direction Preparation Program.

### TAKE A MOMENT TO REFLECT WITH US EACH WEEK

Every Monday, we send out our weekly *Reflections From the Center* to 3,000 email subscribers. These inspirational poems, short essays and prayers are written by community members and shared free of charge. We are always looking for new contributors; we just ask that your work be original and have a spiritual theme.

To submit a *Reflection*, please email Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org). If you are not receiving these yet and would like to, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the JOIN OUR LIST button. They are also published on our blog at <http://atthecenterreflections.blogspot.com>.



### GROUPS THAT MEET AT THE FSC (IN-PERSON)

**Saturday Morning Men’s Group** meets to discuss a current book related to spirituality from 9-11 a.m. on the third Saturday of the month. For more information, please call Joe Bodnar at 608-461-1836.

**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 on the first and third Thursday and the second and fourth Tuesday of each month. If you are interested in joining this group, please call 608-791-5295 for more information.

**SOULCOLLAGE® RETREAT (IN-PERSON)**

**JULY 31-AUGUST 1** • Friday, 6:30-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenter:** Jill McMullen

**Investment:**

- **OVERNIGHT:** \$215, includes private bedroom, breakfast and lunch on Saturday, and supplies
- **COMMUTER:** \$135, includes lunch on Saturday and supplies

**Registration deadline:** July 20

Cultures around the world begin to celebrate harvest season as the dog days of summer



approach. Months of planting and tending are yielding to abundance and joy. Let SoulCollage® engage with your creative energy to demonstrate how your life is coming to fruition and to give voice to what is rising within you. SoulCollage® is an intuitive process in which you make a personal deck of cards, one card at a time. It offers a flexible, accessible and inclusive tool that can be used as a practice for our own healing and empowering evolution. Whether this is your first SoulCollage® experience or you already have a deck underway, we will explore the collaging process together and create at least 10 cards. All supplies are included.

**Jill McMullen, M.D.**, is the founder of Hayfork & Sickle LLC in rural Wisconsin. She leads workshops and hosts gatherings with an emphasis on kindling inner flames that may have become dimmed with time. The hayfork and sickle, hand tools of harvesting, symbolize the importance of recognizing when an idea is ready or when a journey is over so that we can reap the rewards of our efforts and prepare for the next season of life. Her mission is to allow healing to occur by connecting people with nature and their own creativity.

**HEAL YOUR STORY RETREAT (IN-PERSON)**

**AUGUST 7-8** • Friday, 6:30-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenter:** Julianne Lepp

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** July 27

Join the Rev. Julianne Lepp, co-author of "Tend to Your Spirit: Mindful Living with Chronic Illness," on a spiritual retreat specifically geared to support those living with—and those who support someone living with—chronic illness. Living with chronic illness presents many challenges, and the journey is not just a physical one. "Tend to Your Spirit" is a companion for the emotional and spiritual aspects of each person's experience, offering tools for practicing self-compassion and self-care. This weekend retreat will combine personal memoir and journal writing with an exploration of seasonal spiritual practices and reflection.

**The Rev. Julianne Lepp** is a Unitarian Universalist minister, writer and activist who serves at the Unitarian Universalist Congregation in Eau Claire, Wisconsin. She has a background in finance, game design and massage therapy, and has a deep love of labyrinths, gardening, gaming and writing. Julianne graduated from Candler School of Theology in 2010 with a Master of Divinity and was certified in spiritual direction through Meadville Lombard Theological School in 2025.



**EXPLORING PEACE AND DIGNITY: A COURAGE & RENEWAL® RETREAT (IN-PERSON)**

**AUGUST 14-15** • Friday, 6:30-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenters:** Mary Peters and Amy Christianson

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** August 3

Courage & Renewal® work aligns with Franciscan values

of service, peace and justice, dignity of every person, community, contemplation and gratitude. With courage, we are able to more fully live with individual integrity and authenticity in our relationships.

Through individual written reflection and group interaction, you will have opportunities and time to recognize how you are living with courage. Our time together will include silence, guided discussion and experiences with poetry, wisdom tradition essays and art. Claim time for your own personal renewal while strengthening a sense of community with those present.

There will be opportunities to experience the practices of the Courage & Renewal® approach to:

- Revitalize your commitment to the core values that give meaning to your life and work.
- Learn reflective practices to become more self-aware and intentional.
- Discover a discernment process to reach clarity around deeper questions of identity and integrity.
- Expand your capacity to build trustworthy and authentic relationships.
- Improve your ability to listen openly and be present.
- Continue to find truth and healing in your own life and in your relationships.

**We invite you to a year of Courage & Renewal retreats focused on exploring the values of St. Francis. Attend any or all as your schedule permits.**

**NOVEMBER 6-7, 2026: EXPLORING JOY AND GRATITUDE**

**FEBRUARY 5-6, 2027: EXPLORING SIMPLICITY AND SERVICE**

**APRIL 30-MAY 1, 2027: EXPLORING CONTEMPLATION AND COMMUNITY**





## 2026 Programs and Retreats *continued.*

### STOP, DRUM AND THINK RETREAT (IN-PERSON)

**AUGUST 21-22** • Friday, 6:30-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenter:** Myquawn Bailey Sr.

**Investment:**

- **OVERNIGHT:** \$190, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

**Registration deadline:** August 10



This comprehensive weekend retreat incorporates Drum Iowa founder Myquawn Bailey's "Stop, Drum and Think" curriculum to explore how rhythm can help us understand our thought patterns and cognitive distortions. It is an immersive experience designed for reflection and connection. No drumming experience is required, and drums will be provided.

**Myquawn Bailey Sr., MS**, is the founder of Drum Iowa, a therapeutic drumming initiative designed to increase awareness of mindful, community-based drumming

across Iowa. Originally from Waterloo, Iowa, Myquawn was first exposed to drum culture as a young boy in his family church. It wasn't until many years later, during his time in Egypt, that he was introduced to hand drumming. Upon his return to the U.S. in 2015, Myquawn began working with at-risk youth in residential treatment settings. Using his background in psychology and behavioral studies, he developed a behavior-focused curriculum aimed at helping young people understand cognitive distortion through drumming.



### WATERCOLOR PAINTING ON ENHANCED SURFACES (IN-PERSON)

**AUGUST 28-29** • Friday, 9 a.m.-3 p.m. and Saturday, 9 a.m.-3 p.m.

**Presenter:** Karen Kappell, FSPA

**Investment:**

- **OVERNIGHT:** \$220, includes private bedroom; lunch and dinner on Friday; breakfast and lunch on Saturday
- **COMMUTER:** \$120, includes lunch on Friday and Saturday

**Registration deadline:** August 17

**Note:** Watercolor paints, brushes and paper will be provided. You are welcome to bring your own supplies as well.

Japanese Masa paper fractures color into a beautiful network of lines similar to those used in batik. We will use masa paper and other rice paper to create a painting of leaves or flowers on the first day (please bring photos of these subjects) and of a waterfall on regular watercolor paper on the second day.

**Karen Kappell** is a Franciscan Sister of Perpetual Adoration with a master's degree in art and a lifetime of teaching experience. She has been painting with watermedia for more than 25 years and has offered workshops for Dillman's, Manito Art League and Lakeland Art League in Northern Wisconsin, as well as at centers in Iowa and Washington state. She incorporates traditional techniques and new approaches in both her paintings and in her approach to teaching.



## Open to the Public

People tell us, over and over again, that they feel a sense of peace the moment they walk through our doors. Welcoming people into our space brings us joy. We get to do that when guests stop by for scheduled programs, retreats and spiritual direction, but we also have three dedicated spaces open to the public during business hours.

Stop by and see for yourself what a special place the Franciscan Spirituality Center is!



### SOPHIA BOOKSTORE

Our carefully curated bookstore carries more than 1,600 spirituality-themed books, including some for children. We also sell a variety of gift items, including cards, jewelry, essential oils, palm crosses, yoga bags, singing bowls, candles, lotion

and soap, plus FSC-branded T-shirts, hats and mugs. Enjoy a cup of complimentary coffee or tea while you browse.

### LENDING LIBRARY

Located on the second floor, this cozy room features a couple of armchairs, a writing desk and a massage chair. It isn't stocked with quite as many titles as the bookstore, but you'll still find an impressive selection of prayer resources and books by Barbara Brown Taylor, Joan Chittister, Thich Nhat Hanh, Thomas Keating, Richard Rohr, Henri Nouwen and others.



### CLARE ROOM

This lower-level meeting room doubles as an open art studio. Bring your own project to work on or check out our supply of art paper, paints, brushes, markers, beads, ribbon and glue.



The bookstore and library are open 8:30 a.m.-5 p.m. weekdays. The art room is available 9 a.m.-5 p.m. Monday and Wednesday, 9 a.m.-6:30 p.m. Tuesday and 9 a.m.-noon Thursday and Friday.

The FSC has free parking and is wheelchair accessible. We ask that you check in at the reception desk before heading to any of the spaces. For more information, please call 608-791-5295.

## BODY | MOVEMENT CLASSES

### CHAIR YOGA (IN-PERSON AND ZOOM)

**Six-week session:** MAY 12, 19, 26; JUNE 2, 9, 16

**Four-week session:** JULY 7, 14, 21, 28

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

**Instructor:** Amber Moesch

**Investment:** \$60 for six-week session; \$40 for four-week session

**Registration deadline:** May 11/July 6

This style of 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. You will need a chair for 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.



### SPECIAL YOGA SESSION

#### YOGA IN THE COURTYARD (IN-PERSON)

**JULY 11** • Saturday, 9-10:30 a.m.

**Instructor:** Bernice Olson-Pollack

**Investment:** \$15

**Registration deadline:** June 29

The summer sun's warm morning light invites us to gently awaken, encouraging us to move mindfully in our yoga practice with conscious breathing and a feeling of attentive calm. Join us in the courtyard for a beautiful, outdoor yoga session. Light snacks and beverages will be provided afterward.

**Note:** If the weather doesn't cooperate, we'll move the practice indoors.

**Bernice Olson-Pollack** has a Master in Science in Community Counseling and is a 200-hour YogaFit-trained instructor and American Council on Exercise-certified personal trainer. She provides a slow and steadily moving style of teaching that offers a comfortable yet quietly challenging yoga practice for her participants.



**PLEASE NOTE:** You are welcome to attend any and all sessions; they do not necessarily build on each other. Start and stop as you wish!

### QIGONG: A TIME-PROVEN PRACTICE FOR OVERALL BALANCE AND HEALTH (IN-PERSON AND ZOOM)

**Six-week session:** MAY 12, 19, 26; JUNE 2, 9, 16

**Six-week session:** JUNE 23, 30; JULY 7, 14, 21, 28

**Six-week session:** AUGUST 4, 11, 18, 25; SEPTEMBER 1, 8

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

**Instructor:** Pennie Pries

**Investment:** \$60 for each six-week session

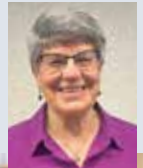
**Registration deadline:** May 11/June 22/August 3

The fundamental principle of qigong (pronounced CHEE-gung) is that everything in the universe is a form of energy, including every cell in our body. "Qi" means "life-force energy" and "gong" means "skill, or to work with," so the integrated mind-body practice of qigong means "to skillfully work with your life-force energy." This ancient practice uses simple movements, mindful breathing, stretching, energy activation and intention to balance your entire being (mind, body, spirit and emotion). It helps to calm your nervous system, support healing of your internal organs, enhance circulation and build resiliency.

No experience is necessary and every six-week session has a new focus or theme, balancing basic core principles with new information and movements. All exercises can be done seated or modified to accommodate physical challenges or medical restrictions. The recorded practice is available to be experienced repeatedly, as your weekly schedule allows. This encourages routine movement for emotional calm, better health and increased vitality.

**Note:** Pennie lives in Rochester, Minnesota, so she typically leads the first class of each series in person at the FSC and the remaining classes via Zoom. Participants may meet at the FSC for the entire series.

**Pennie Pries** is a Tier I Lee Holden Certified Qi Gong instructor with a background of teaching, coaching, Silent Counseling, ThetaHealing and real-life experiences, including health challenges. She leads qigong classes at the FSC and online through her business, Energy Shifts with Pennie, and teaches two exercise classes per week for the Arthritis Foundation Exercise Program. She also works on an individual basis for deeper emotional clearing and tailored movement practices to meet specific physical/health challenges. Pennie has presented at workshops and retreats for the FSC, family gatherings, quilting groups and other venues.



## SILENT DIRECTED RETREATS (IN-PERSON)

A silent directed retreat is an invitation to deepen your connection to the Sacred and to your inner wisdom through solitude, silence, prayer and compassionate listening. You will have a private, comfortable bedroom, delicious meals and sessions 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.

Add an overnight stay before or after your retreat for \$75 per night. If you would prefer to stay in a hermitage, please call 608-791-5295 to check availability.

**Note:** These retreats begin with a gathering of all participants.



### CHOOSE FROM ONE OR MORE OF THE FOLLOWING OPTIONS:

#### JUNE 19-21

Friday, 2 p.m.–Sunday, 1 p.m.

**Facilitator:** Chelle Belland

**Registration deadline:** June 8

Limited to 3 participants.

Two nights' stay, all meals and three spiritual direction sessions are included.

#### JULY 14-16

Tuesday, 10:30 a.m.–Thursday, 2:30 p.m.

**Facilitator:** Karna Marks

**Registration deadline:** July 7

Limited to 3 participants.

Two nights' stay, all meals and three spiritual direction sessions are included.

#### JULY 18-23

The spiritual director will reach out to you to confirm your start and end times for the retreat.

**Facilitator:** Steve Spilde

**Registration deadline:** July 6

Limited to 3 participants.

Five nights' stay, all meals and six spiritual direction sessions are included.

#### AUGUST 7-9

Friday, 2 p.m.–Sunday, 1 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Registration deadline:** August 4

Limited to 3 participants.

Two nights' stay, all meals and three spiritual direction sessions are included.

### INVESTMENT:

#### TIER A: \$400 (three-day) | \$800 (six-day)

Covers full program costs plus offsets facility expenses and support staff. This tier helps to support the long-range sustainability of the program and the FSC.

#### TIER B: \$375 (three-day) | \$775 (six-day)

Covers basic expenses and a portion of staff time. This is the break-even point for the FSC to offer this program.

#### TIER C: \$262 (three-day) | \$542 (six-day)

Thanks to funding from our generous donors, we can offer a subsidized payment amount for those who need additional support.

You also are welcome to call 608-791-5295 to arrange a customized retreat with a spiritual director based on your unique needs and schedule.

### SPIRITUAL DIRECTORS



**Chelle Belland** is a trained spiritual director with a mental-health therapy background.



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



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



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

### STAFF NEWS

## Welcome, Chris, to the FSC team!

If you've been to the FSC lately, you've likely been greeted by our new part-time guest service specialist. **Chris Gunderson** started in early February and has jumped right into helping with events, bookstore purchases, supporting staff and other customer service duties as needed. She's a delight to be around and definitely has a gift for hospitality.

"Though I have only been at the FSC for a few months, it's such a welcoming and calming place, with so many wonderful events and the cutest little bookstore," she said.

Chris was born and raised in the La Crosse/La Crescent area and currently lives in

Brownsville, Minnesota. She enjoys helping people and has had a long career in customer service, starting out at Skemp Clinic and then moving on to Gundersen Health for 20 years. Most recently, she worked at Eagle Crest Communities.

She and her husband, Darrin, share five adult children (along with their spouses) and 11 grandchildren. They also have a beloved Goldendoodle named Bella. In her free time, she enjoys fishing, gardening and hanging out with her grandkids and doggie.



# Reaching out, welcoming in

Our newsletter is full of programs and retreats, but that tells only part of our story. FSC staff members also are busy doing outreach and presenting at various locations. We also welcome in several hosted groups each month.

Sister Sarah and Karna recently presented a *Coming Home to Joy* retreat for more than 30 married couples who are part of the **Teams of Our Lady** movement in La Crescent, Minn. They focused on honoring the daily cultivation of joy while dispelling the myth that joy is incompatible with difficult emotions. They've also worked with college students, employee groups and online retreat guests on similar joy themes.



Father Greg Boyle and Steve Spilde at RECongress

Steve headed out to Anaheim, California, for the **Religious Education Congress** to represent the FSC and meet with potential Spiritual Direction Preparation Program candidates. Closer to home, he and Sister Cathie spent a team-building day with St. Rose Convent dining staff, introducing them to the Enneagram personality styles.

As is her passion, Julie helped with special retreat for military veterans: **Warrior to Soul Mate**. Those in attendance said it was a powerful and healing experience.

Jean and Steve also presented at a recent regional **Association of Fundraising Professionals** gathering at Viterbo University.



YWCA's annual Empower Women Summit

The topic was "The Emotional Labor of Fundraising," and content included breathing exercises, gratitude prompts and other tools to use in the midst of much uncertainty and chaos. All agreed it was a great afternoon of connection and learning.

Our hospitality team went above and beyond for the **YWCA's annual Empower Women Summit**, welcoming keynote speaker Wisconsin Assembly Rep. Tara Johnson, an impressive slate of breakout session speakers and 90 registered guests. We also hosted the **Gateway Area Council's Merit Badge Day** featuring about 75 Scouts and leaders. energy—was a fun change of pace. We also enjoyed hearing the rave reviews about their lunch from the adult leaders.

These are just a few of the ways our team connects and collaborates. If you would like our help designing a custom program or facilitating a training, or simply need meeting space and bedrooms for your group's retreat, please give us a call at 608-791-5295.



Gateway Area Council's Merit Badge Day

## FRANCISCAN SPIRITUALITY CENTER Board of Directors

**Teresa Clark** | Chairperson | Kwik Trip Inc.

**Joyce Heil** | Vice Chairperson | Franciscan Sisters of Perpetual Adoration—Aging in Place

**Marlene De La Cruz-Guzmán** | Viterbo University

**Wade Hackbarth** | Western Technical College

**Scott Johnson** | community member

**Catherine Kolkmeier** | La Crosse Medical Health Science Consortium

**Karen Lueck, FSPA** | Franciscan Sisters of Perpetual Adoration

**Janie Morgan** | community member

**Brooke Newberry** | La Crosse Public Library

**The Rev. Nate Oldenkamp** | Mayo Clinic Health System

**Mark Thorn** | Altra Financial Advisors

**Bridget Todd-Robbins** | La Crosse County Human Services/  
School District of La Crosse

**The Rev. Grant Van Lishout** | Prince of Peace Lutheran Church, Eagle River, WI



Do you need a compassionate, nonjudgmental listener?

Do you long to grow spiritually and communicate with God?

Have you experienced challenges in life, such as grief, loss or significant changes?

Do you seek self-acceptance, meaning and wholeness?

# Spiritual directors are ready to listen

Spiritual direction is the process of sharing one's sacred stories with a trained, compassionate listener. It can be helpful to anyone seeking spiritual growth, healing or a deeper connection with God—or however a person names sacred presence (higher power, Spirit, nature, etc.)—and others. It is a time-honored practice of compassionate, nonjudgmental listening to another in a safe setting where what is shared is held with reverence and confidentiality.

A trained spiritual director will listen intently and patiently as you share your sacred stories. Your spiritual director will journey with you as you navigate through life's complexities and transitions, and be a trusted guide as you discover your inner wisdom. Spiritual directors do not offer counseling, advice or problem solving. Rather, they accompany you as you explore your own spiritual path.

## MEET OUR STAFF SPIRITUAL DIRECTORS



**CATHIE BOERBOOM, RGS**

Sister Cathie believes each person is infinitely valuable and spiritually connected with all beings. She also believes God (by any name) is intimately involved in our lives, not controlling us but “with us,” loving us and inviting us into relationship.

She finds that spiritual direction helps us look at and listen to our lives to find meaning, direction and a deepening relationship with the Creator, self and others. Her poetic definition is: Spiritual direction is listening with another person to God's heartbeat in his/her life and supporting that person in listening, understanding and responding to its rhythms and invitations. She is trained as a grief recovery specialist and also enjoys helping people learn how to understand their dreams. She has had extensive experience working with people who have been abused, without a home or incarcerated. She is available for listening to 5th Steps, and to offer spiritual direction, retreats and grief work. She holds precious each person and the trust they extend in sacred sharing.

**Available to meet at the FSC or by Zoom.**



**SARAH HENNESSEY, FSPA**

Sister Sarah understands spiritual direction as being heard fundamentally as you are and finding mystery and the holy in the ordinary. As a spiritual director, she listens nonjudgmentally to your stories of the everyday and holds them in a confidential environment. She loves the life-changing gift of being heard clearly and has found spiritual direction to be of great assistance in her own life. Sarah welcomes those of all faiths or none, those who do not use God-language and those who are quite orthodox in their faith. She holds in her heart a special place for those in the storms of life who are seeking light in their trials.

**Available to meet at the FSC or by Zoom.**

The suggested donation ranges from \$55 to \$75 per hour and can be discussed at your first appointment. If a donation is beyond your means, please request a scholarship. No one will be turned away because of inability to pay. Please call 608-791-5295 to get started.



### KARNA MARKS

More than 20 years ago, Karna was a Lutheran pastor, fresh out of seminary when she met Sister Monica, a spiritual director who listened in love, asked thoughtful questions and prayed with her. Together, they explored the joys, challenges, and sorrows life brings in conversation, silence and prayer. There was a sense of resiliency and hope that came to light in this sacred time together. Many years later, Karna felt a calling to walk with people in a similar way and received training as a spiritual director. She has found it an honor and joy to walk alongside people as they explore their own stories and questions. Karna has a background in both individual and group direction. She has led retreats for congregations, at the Franciscan Spirituality Center, at Holden Village in Chelan, Washington, and Koinonia in Highland Lake, New York. She is grateful for the lens of Natural Family Systems Theory, wellness and resiliency training, and the work of author and researcher Brené Brown.

**Available to meet at the FSC or by Zoom.**



### STEVE SPILDE

Steve served as a pastor in the Lutheran Church (ELCA) and then spent several years caring for his special-needs daughter. He became a spiritual director because he enjoys helping people through life transitions, either individually or by working in groups. Steve has led programs on the subjects of self-acceptance, self-care, parenting, the Serenity Prayer, the Enneagram, grief and shame. He also has developed retreats around golf and the experience of walking and pilgrimage. St. Francis and St. Clare have made a deep impression on him, especially during his pilgrimage to Assisi in 2015. One of his favorite Bible stories is the baptism of Jesus. “It is a model for us all,” he says. “We can do great things once we have heard this message clearly: ‘You are my beloved. With you, I am well pleased.’”

**Available to meet at the FSC or by Zoom.**



## MEET OUR PARTNER SPIRITUAL DIRECTORS



### CHELLE BELLAND

Chelle has a background in mental-health therapy and has benefited from her own spiritual direction for more than 10 years. Her background of listening to people’s stories and working through her own spiritual journey inspired her to become a spiritual director. While meeting with individuals, she is deeply committed to creating space for and listening to everyone’s faith, prayer and spiritual practices, no matter their belief background. In her free time, she enjoys being outdoors, running, reading, baking and working out. She and her husband have been part of the La Crosse community for more than 25 years and have raised three daughters.

**Available to meet at the FSC or by Zoom.**



### ALISON HENDLEY, OSB

Alison is an experienced spiritual director offering one-on-one direction and supervision. She is trained as a healer and has a deep love for nature, often bringing God’s creation intentionally into a session. Her training includes Eco Therapy and how the body can support healing. She also is a deacon with the United Methodist Church and a professed monastic member of St. Brigid of Kildare Monastery. As a woman who has worked through her own personal trauma from childhood abuse, she is gifted at working with others through trauma and abuse. She is highly intuitive and uses her gifts to serve others in moving toward wholeness and hope. Having grown up in London and lived in both rural and urban California, she has interacted with many cultures and diverse people, which she enjoys. She resides in Central Minnesota and loves hiking, kayaking, gardening and her dog and cat.

**Available to meet by Zoom.**



### GABRIELA CABALLERO-MOERSFELDER

Originally from Costa Rica, Gabriela is a bilingual, bicultural licensed professional counselor, retreat facilitator and spiritual guide with a deep commitment to serving the Spanish-speaking community. She has a master’s degree in psychology and a post-master’s certificate in theology. She completed spiritual guidance training at the Siena Retreat Center and is a certified facilitator of Brené Brown’s Daring Greatly® program. Her work weaves together clinical knowledge, theological insight and spiritual wisdom to accompany individuals and groups on their journeys toward healing and wholeness. She believes the relationship between guide and seeker is grounded in confidentiality, respect, honesty and deep listening—both to one another and to the presence of the Divine. She lives in Waukesha, Wisconsin, with her husband and their rescue dog. She is a proud wife, mother and sister—roles that inspire the compassion she brings to her ministry and her service.

**Available to meet by Zoom.**



### KATHERINE KRAGE

Katherine is a Winona, Minnesota, native who enjoys nature, especially kayaking and camping. She is also a proud mom and grandma. In addition to graduating from the FSC’s Spiritual Direction Preparation Program, she is a longtime student of the venerable Lucy Abbott Tucker, co-founder of Spiritual Directors International. She was greatly influenced by the Franciscan Sisters of Perpetual Adoration when she worked in spiritual care at Franciscan Skemp Healthcare (now Mayo Clinic Health System). A trip to Assisi, Italy, during a capstone study in Europe turned out to be a link between her early years as a social worker, farmer and student of conscious living to active spiritual direction training. Early work at Integrative Therapies was the first of 25 years of study and involvement with spiritual direction. She is interested in dream work and guiding people toward their inner wisdom.

**Available to meet at the FSC.**



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

# Enjoy a silent retreat in nature

If you are looking for a peaceful and quiet place to retreat in nature, the three FSC-managed hermitages at St. Joseph Ridge are an ideal spot to rest, reflect and renew your spirit.



Hermitages are single-occupancy cottages built on the edge of woodland just a scenic 15-minute drive away from our main center. Each one — aptly named Chiara, Sophia and Thea — features rustic charm and modern conveniences including electricity, heat and electric fireplace; indoor bathroom with a shower; and a mini-kitchenette with a stove, refrigerator and microwave. Furnishings include a twin bed, a small table and chair, and an easy chair. Towels and bed linens are provided. Guests are asked to bring their own toiletries and food. Meals can be prepared by you at your own convenience.

You may want to bring your hiking shoes to explore the trails, as well as a camera, art supplies, books or a writing journal.

You determine the length of your stay. Cost is \$80 per night. Optional spiritual direction is available for an additional charge. Please call 608-791-5295 to get started.



### COMING THIS FALL



#### WHAT IS A DEATH DOULA?

SEPTEMBER 17 | Susan Nesbit

#### WARRIOR TO SOUL MATE RETREAT FOR VETERANS

OCTOBER 2-4 | Tomah VA Chaplain Service

#### INTRODUCTION TO THE ENNEAGRAM

OCTOBER 9 | Marci Madary

#### THE ENNEAGRAM: APPRECIATING YOUR LIGHT AND SHADOW

OCTOBER 9-10 | Marci Madary

#### THE MOSAIC OF ME: WORKING WITH COLLAGE MIXED MEDIA

OCTOBER 16-17 | Barbara Papamarcos

#### TENDING OUR DEAD: AN AT-HOME DEATH CARE WORKSHOP

OCTOBER 24 | Ashley Kiehna and Maks Kipish

#### CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS Embodied Practice: An Introduction to Biospiritual Focusing

OCTOBER 30-31 | Kami Pohl Pohl and Jeff Dols

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