



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 32 • NUMBER 4

WINTER 2024-2025

# *At the Center*

## IMPORTANT NOTICE:

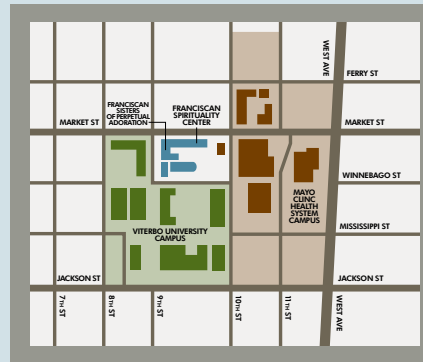
To be better stewards of our financial and natural resources, we are reducing the number of newsletters we print and mail. More details are inside.

We invite you to subscribe to our e-newsletter by visiting [www.FSCenter.org](http://www.FSCenter.org) and clicking on the JOIN OUR LIST button.



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 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](http://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.



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://www.facebook.com/FSCenterLaCrosse)

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

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

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



# Helping the planet and our bottom line

If you visit the FSPA website ([www.fspa.org](http://www.fspa.org)), you'll see a page dedicated to integral ecology and the efforts that our foundresses, the Franciscan Sisters of Perpetual Adoration, and their partners in mission are encouraged to abide by:

*St. Francis of Assisi, patron saint of ecology, lived his life according to the Gospel and in part to be a steward, an advocate, for the heavens and Earth as they reflect God's love among us.*

*He gave thanks for Brother Sun, Sister Moon, Brothers Wind and Air, Brother Fire and Sister Mother Earth in his prayer Canticle of the Creatures: "All praise be yours, my Lord, through all you have made."*

*FSPA invites others to experience God's presence in nature. Using our land resources to model sustainability practices and spirituality for others is a very significant way of continuing FSPA's long-standing tradition of education ministry.*

In an effort to be more environmentally sustainable as well as fiscally prudent (the costs of paper, printing and postage keep rising), we have decided to greatly reduce the number of newsletters we will print.

**Here are two options for you to partner with us in responsible stewardship efforts:**

1. Make a \$10 donation to the FSC. This will cover the cost of newsletter deliveries for one year. You can make a secure online donation at [www.FSCenter.org/donate](http://www.FSCenter.org/donate); please type "newsletter" in the comments section. You also can call the FSC at 608-791-5295 to pay by credit card.
2. Or choose to get your newsletter by email. Not only will you receive a PDF of each issue, but you'll get other useful content each week. If you'd like to switch to the electronic version, please sign up by clicking on the JOIN OUR LIST button at [www.FSCenter.org](http://www.FSCenter.org), email [fscenter@fspa.org](mailto:fscenter@fspa.org) or call us.

Thank you for partnering with us as we continue our efforts to be more faithful stewards of our land and resources!

Peace and all good,

*Jean Pagliaro*

Jean Pagliaro, FSC Director

## FRANCISCAN SPIRITUALITY CENTER

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Spiritual Director



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Spiritual Director



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Katherine Krage  
Partner Spiritual Director



# Artists share their works at FSC

The Franciscan Spirituality Center has always championed creativity and beauty; now we have a new way to celebrate artistic expression.

Each month, we feature a different artist whose work is for sale in our Sophia Bookstore. We kicked off this fun new offering in October with Kate Bausch. Kate is a longtime friend of the FSC and regular participant in our weekly Open Art Studio. She started creating her Peace Doodles in response to the war in Ukraine, sharing a new one each day on her Facebook and Instagram pages as a reminder to pray or pause for peace.

While you are here, be sure to notice some new artwork we bought for ourselves! Holland Davis, a recent Holmen High School graduate, created a set of watercolor and gouache paintings with the theme of transformation for our first-floor hallway.

The commissioned triptych represents not only her amazing talent but also her resilience and spirit. She worked on "Birth" "Life" and "Death" for three months, using as models for her work actual flowers she found while foraging.

We invite you to stop by and purchase original artwork.

Shopping hours are 8:30 a.m.-5 p.m. weekdays.

We're located at 920 Market St., La Crosse, WI 54601.



La Crosse artist Kate Bausch has created more than 900 Peace Doodles. Here she is setting up some of her framed pieces, which were on display at the FSC in October.



### ARTIST STATEMENT

**BIRTH** | Symbolic plants of spring rise from frosted soil—a chrysalis hangs among the bellflowers, easily overlooked among the fresh greenery. Spirals symbolize the golden ratio seen in ferns as they sprout.

**LIFE** | Energy blossoms forth in spectacular colors. The female (brown) and male (yellow) swallowtail butterflies symbolize the important role that finding a mate has in the life of most living things.

**DEATH** | A hopeful interpretation of how things decompose into their simplest chemical elements and then become something new. The butterfly patterns are inspired by traditional Hungarian folk art; an homage to how tradition and memory lives on.



Holland Davis (above) unveiled her commissioned artwork (left) for our hallway just before graduation from Holmen High School this past spring. The pieces are framed and on display now on our main level.



Pictured with Hollard are, from left, Ava Bladl, educational assistant; Matt Pagliaro and Susi Holm, Holmen ACE Academy; and Jean Pagliaro, FSC executive 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 [fscenter@fspa.org](mailto: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.

## 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.



### OPEN ART SPACE (IN-PERSON)

**EVERY TUESDAY • 5-7 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.

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



**EVERY THURSDAY • 4-5:30 p.m.**

**Facilitator:** Therese Ann Roellich

**Investment:** Freewill offering

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 or mental health conditions, and experiencing homelessness.



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

## MONTHLY PROGRAMS

## OPEN WRITING CIRCLE (IN-PERSON)

DECEMBER 2, JANUARY 6, FEBRUARY 3

First Monday of the month, 6-8 p.m.

**Investment:** Freewill offering

Registration is not required.

This monthly gathering is open to anyone who enjoys writing and wants to meet with others 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 it is not about learning "how to write." The goal is to set free the writer within you through simply practicing writing. No experience is necessary! Bring an open mind, a fast-writing pen and a plain spiral notebook. If you wish, bring a snack and/or a beverage.



## COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

DECEMBER 4, 18; JANUARY 15, 29\*; FEBRUARY 5, 19

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

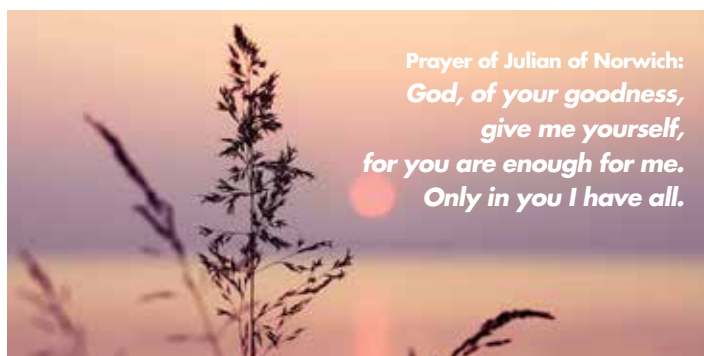
\*January sessions are the third and fifth Wednesday

**Facilitator:** Robert Lynn**Investment:** Suggested donation of \$3 benefits the Franciscan Spirituality Center

Registration is not required.

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 Wartburg Seminary graduate and lay-ordainee of Ryumonji Monastery. He has studied with Santikaro Upasaka and Kristin Johnston Largen. He has been practicing meditation individually and in a variety of group settings for several years.



## MEDITATION FOR EMOTIONAL HEALTH (ZOOM)



DECEMBER 5, JANUARY 2, FEBRUARY 6

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

**Facilitator:** Sarah Hennessey, FSPA**Investment:** Freewill offering (payable online)**Registration deadline:** December 3/December 30/February 4

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 the first Thursday of the month through videoconferencing; 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)

DECEMBER 9, JANUARY 13, FEBRUARY 10

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

**Facilitators:** Laurie Swan and Julie Connelly**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 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.

**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 Connelly** 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.





## 2024-25 Programs and Retreats *continued.*

### ART AS PRAYER (IN-PERSON AND ZOOM)

**JANUARY 20, FEBRUARY 17** (no session in December)  
Third Monday of the month, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$15 per session

**Registration deadline:** January 17/February 14

**Supplies needed:** watercolor paints, paper and brushes; collage papers and glue (if you'd like to explore collage with watercolor); pencils, colored pencils, ink pens, pastels, crayons; container for water; rags or paper towels; reference photos or objects depending on theme. *Supplies are provided for in-person participants.*

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.

You are invited to attend any or all sessions. Each month features a different theme.

**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.

**Note:** Participants ages 8-16 may attend for free with a paid adult. Call 608-791-5295 for more information.



### JANUARY: Birds

Birds soar as spiritual messengers between the earth and sky. Revered and reflected through art by Native American cultures, they are seen as messengers of a divine nature. January is known as the "quiet" month. It offers time for the three R's: rest, reflect and recharge. You'll be offered the sacred space to practice the 3 R's while painting your favorite winter bird. (Bird photos will be provided to in-person guests; feel free to bring your own as well.)

### FEBRUARY: Angel With Heart

February has long been associated with love. Our practice will express God's love for us by creating an angel of love and hope. We will use pop artist Peter Max's paintings for inspiration. He created a delightful "Angel With Heart" series using vivid colors and enthusiastic brushwork. Come prepared for a heart-opening experience!



## PROGRAMS AND RETREATS

### SINGING BOWLS MEDITATION (IN-PERSON)

**DECEMBER 5** • Thursday, 5:30-6:30 p.m.  
**JANUARY 6** • Monday, 5:30-6:30 p.m.

**Presenter:** Joan Filla

**Investment:** Suggested donation of \$10 (payable at the door or online)

**Registration deadline:** December 3/January 4

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 facilitates a connection to the deepest parts of your 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 for questions and hands-on experience with the bowls will be offered at the end.

**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.



### BIBLICAL COUNTDOWN TO CHRISTMAS: ADVENT RETREAT (IN-PERSON)

**DECEMBER 6-7** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Brian Singer-Towns

#### Investment:

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

**Registration deadline:** November 26

This retreat offers a sacred break in the midst of the busy Advent season. The Advent biblical readings (Common Lectionary) will be our guide for opening our hearts to the beauty and mystery of Christ's presence. Our prayerful practices will include a variety of meditations, communal sharing and personal reflection time.

**Brian Singer-Towns** is a retired ecclesial minister, author, presenter and certified spiritual director who lives in Winona, Minnesota, with his wife.



## FAMILY-FRIENDLY EVENT

**ST. NICHOLAS CELEBRATION:  
A FEAST OF GENEROSITY (IN-PERSON)****DECEMBER 6** • Friday, 5:30-7:30 p.m.**Facilitators:** FSC staff and volunteers**Investment:** \$20 suggested donation per family  
(light supper and treats included)**Registration deadline:** November 25

Join us for a joyous celebration of the beloved saint known for his generosity and kindness. All ages are welcome as we honor worldwide traditions related to St. Nicholas and start a few new ones. We'll hear a story about St. Nicholas' life, learn about the tradition of putting shoes out for him and make festive crafts. In the spirit of giving that embodies the true meaning of the season, we will

take special gifts and treats over to Mayo Clinic Health System in La Crosse during the last 15 minutes of our time together.



The true story of Santa Claus begins with Nicholas, who was born during the 3rd century in an area that is now Turkey. His wealthy parents, who raised him to be a devout Christian, died in an epidemic while he was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his inheritance to assist the needy, the sick and the suffering. He was made Bishop of Myra while still a young man. He became known throughout the land for his generosity to those in need, his love for children and his concern for sailors and ships. His feast day is December 6. (Source: [www.stnicholascenter.org](http://www.stnicholascenter.org))

**BREATH, BODY, BOWLS (IN-PERSON)****DECEMBER 9** • Monday, 5:30-7 p.m.**Instructors:** Joan Filla and Angeline Finch**Investment:** \$15**Registration deadline:** December 6

Integrate conscious breathwork and restorative movements while being bathed in the soothing sounds and vibrations of Tibetan singing bowls. The body is a vessel of all life experiences and personal stories. Movement therapy can deepen your relationship with your own physical, mental and emotional well-being. Qigong is a movement therapy that dates back thousands of years and is rooted in ancient Chinese medicine. Qigong brings awareness to the breath, postural alignment and intention to optimize energy flow throughout the body. The sound of Tibetan singing bowls vibrationally harmonize to promote deep relaxation on both sides of the brain.

**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.

**Angeline Finch** is a certified yoga teacher dedicated to the principles of mindfulness, breath and asana practices to restore the mind, body and soul. Her teaching philosophy is to gently offer suggestions for breath, mindfulness and movement that lead participants to discover self and embrace the wholeness within.



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

**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.



## 2024-25 Programs and Retreats *continued.*

### SEASONAL SELF-CARE (ZOOM)

**DECEMBER 12** • Thursday, 6-7:30 p.m.



**Presenter:** Cheryl Killilea

**Investment:** \$15

**Registration deadline:** December 9

Learn how soothing breathwork and self-care can help you let go of holiday pressures so you can enjoy the warmth and joy of the season. This virtual session will invite you to pause, breathe deeply and reconnect with your inner calm amid the holiday hustle. You'll be guided through a series of mindful breathing exercises designed to release tension, reduce stress and cultivate a sense of peace. The gentle rhythms of your breath will help you stay grounded, allowing you to embrace the true spirit of the season with an open heart. Take the time to care for your mind, body and soul!

**Cheryl Killilea** is a dedicated breathwork practitioner, trauma-informed yoga instructor and personal trainer with more than 12 years of experience in the health and wellness industry. Through the transformative power of breathwork and yoga, Cheryl guides individuals toward greater resilience, inner peace and holistic well-being.



### WINTER LABYRINTH WALK (IN-PERSON)

**DECEMBER 18, 19, 20** • Wednesday, Thursday, Friday

Open between 9 a.m. and 4 p.m. each day

**Facilitator:** FSC staff

**Investment:** Freewill offering (payable at the door or online)

Registration is appreciated but not required.

In the days leading up to the Winter Solstice, you are invited to walk the FSC's indoor canvas labyrinth. This is a silent, self-guided meditation. 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. 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.

**Note:** If you would like to bring younger children to experience the labyrinth, we ask that you visit between 3:30 and 4 p.m.



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

**DECEMBER 19** • Thursday, 6:30-8 p.m.

**Presenters:** Sarah Hennessey, FSPA, and Karna Marks

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

**Registration deadline:** December 16

As the world is full of people proclaiming joy and light, we pause to remember the grief and sadness we hold in our hearts during this season. Through prayer and conversation, we will embrace the longest night (the approaching Winter Solstice) and remember that all of our feelings and memories are valid during this time.

**Sarah Hennessey, FSPA, and Karna Marks** are spiritual directors on staff at the FSC.



### SILENT NIGHT: AN ADVENT SINGING BOWLS EXPERIENCE (IN-PERSON)

**DECEMBER 21** • Saturday, 6:30-7:30 p.m.  
(doors open at 6:15 p.m.)

**Facilitators:** Joan Filla; Malinda Gerke, FSPA;  
English Lutheran Church and FSC staff



**Investment:** Freewill offering (payable at the door or online)

**Registration deadline:** December 20

Advent is a time of hopeful waiting. It is a season to anticipate the promise of the Holy One coming to dwell with us. Join the Franciscan Spirituality Center, English Lutheran Church, Joan Filla and Sister Malinda Gerke for an evening of Taize-style prayer paired with the beautiful sounds of Tibetan singing bowls and harp music. This is a unique opportunity to reflect on your spiritual journey in a gathered community that shares varied faith traditions.

**Note:** This event takes place at English Lutheran Church, 1509 King St., La Crosse. You are welcome to attend *A Light in the Darkness: A Service of Healing, Communion and Community* prior to this event.

Advance registration is requested.



## WOMEN'S CHRISTMAS: AN EPIPHANY CELEBRATION (IN-PERSON)

**JANUARY 3** • Friday, 5:30-8 p.m.

**Presenters:** FSC staff

**Investment:** \$60, includes meal and gift

**Registration deadline:** December 23

A wonderful tradition from Ireland has become a tradition at the FSC. On the Feast of Epiphany, women gather together for Nollaig na mBan, or Women's Christmas. As the busy Christmas season comes to an end, this is a time to set aside responsibilities and gather with friends to rest, give thanks, celebrate and reflect on the possibilities and invitations the new year brings. Join us for a delicious Irish dinner, great conversation and a fun, meaningful program. Each guest also will receive a gift!

## EPIPHANY DAY OF REST (IN-PERSON)

**JANUARY 4** • Saturday, 8 a.m.-4 p.m.

**Presenters:** FSC staff

**Investment:** \$50, includes private room and lunch on Saturday

**Registration deadline:** December 23

Enjoy a day of rest and relaxation at the FSC after the busy holiday season. Settle in for a comfortable and quiet day of retreat. You'll have use of one of our beautifully appointed private bedrooms for the day. Unwind with a day of quiet, visit Mary of the Angels Chapel at St. Rose Convent, use our art room, enjoy our massage chair, bring a book or borrow one from our lending library, and just relax.

## ONE WORD RETREAT (IN-PERSON)

**JANUARY 4** • Saturday, 9 a.m.-4 p.m.

**Presenters:** Kirsten Shieler and Mary Holtorf

**Investment:** \$75, includes lunch on Saturday

**Registration deadline:** December 23

Each year, resolutions are rarely kept and goals are easily forgotten. Imagine living a single word that embodied your present life to guide you toward finding a renewed purpose and meaning.

This retreat is a mindful practice of intentionality. One Word can motivate you to become the person you are meant to be. It will not only guide your year, but it also can impact your life in a positive

way. Join us as we learn more about the concept of One Word, the process of discovering your personal One Word and the best ways to authentically live out your One Word. Through meditation, journaling exercises and group discussions, you will see which word chooses you for 2025. You will be invited to share your One Word with other participants and create vision boards, artwork and



## WOMEN'S CHRISTMAS AND EPIPHANY DAY OF REST (IN-PERSON)

**JANUARY 3-4** • Friday, 5:30-8 p.m. and Saturday, 8 a.m.-4 p.m.

**Presenters:** FSC staff

**Investment:** \$165, includes private bedroom on Friday, Women's Christmas event, breakfast and lunch on Saturday

**Registration deadline:** December 23

This option combines *Women's Christmas: An Epiphany Celebration* and *Epiphany Day of Rest*. Extend your stay, and settle in for a comfortable and quiet night of retreat. You'll have use of one of our beautifully appointed, private rooms to recharge however best suits your needs. Spend your time reading, knitting, meditating, napping or visiting Mary of the Angels Chapel. You'll also have access to our art room, lending library and massage chair. Unplug and relax in a quiet, sacred space after the busy holiday season.



symbols to take home and remind you of your One Word all year long. What will your 2025 One Word be? Come and find out!

**Kirsten Shieler** and **Mary Holtorf** are from Austin, Minnesota, and have been co-leading this popular retreat for nine years. They are best friends, avid readers and learners, life encouragers and travel companions.

Consider also registering for *Women's Christmas* (\$60) and adding an overnight stay on Friday night (just \$75) as a way to settle into the *One Word Retreat*. Call 608-791-5295 for details.



## 2024-25 Programs and Retreats *continued.*



### FOUR-WEEK SERIES

#### DREAM WORK (ZOOM)

**JANUARY 8, 15, 23; FEBRUARY 5** (no meeting on January 29)  
Wednesday, 6-7:30 p.m.



**Presenter:** Cathie Boerboom, RGS

**Investment:** \$60 for the series

**Registration deadline:** December 30

Dreams are gifts to help us learn more about ourselves. Sometimes, they also can guide us in choices to make regarding life situations. During this series, you will learn about the importance of dreams and ways to help understand your dreams. We'll explore dream work using remembered dreams of people in the group along with samples of dreams from others.

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

### SIX-WEEK SERIES

#### GRIEF CIRCLE (ZOOM)

**JANUARY 14, 21, 28; FEBRUARY 4, 11, 18**

Tuesday, 6-8 p.m.

**Facilitators:** Jean Pagliaro and Julie Connelly

**Investment:** \$70 for the series

**Registration deadline:** January 7

We are able to offer a discounted rate of \$35 to anyone who would like financial help to attend. Please enter the code GRIEF50 when you register online or call 608-791-5295.

This group is for those who are grieving the death of a loved one. It is a place to share your thoughts, feelings and concerns about what is happening to you. It is a place where you can talk about your loss with other people who understand because they also are grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.

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



**Jean Pagliaro** and **Julie Connelly** are on staff at the FSC. Both have grief support and trauma-informed care training.

### ST. FRANCIS AND THE ENNEAGRAM (IN-PERSON)

**JANUARY 10-11** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenters:** Steve Spilde and Jolynn Brehm, FSPA

**Investment:**

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

**Registration deadline:** December 30



This retreat is an introduction to the nine core personality types of the Enneagram using stories of St. Francis and his companions. You'll have an opportunity to reflect, share and have meaningful conversations pertaining to the Enneagram. This retreat is for those who are new to the Enneagram and for those who seek an introduction to St. Francis and the Franciscan tradition. Steve, who frequently presents Enneagram workshops at the FSC, will be joined by Sister Jolynn, a gifted teacher who tells the Franciscan stories with passion and creativity.

**Optional:** Arrangements can be made to take an Enneagram assessment prior to the start of the retreat for an additional \$25.

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

**Jolynn Brehm, FSPA**, is a Franciscan Sister of Perpetual Adoration and spiritual director.



## WARM HEARTS ON A WINTER DAY: A TINSMITHING RETREAT (IN-PERSON)

**JANUARY 18 • Saturday, 9:30 a.m.-3 p.m.**



**Presenters:** Kitty Latané and Karna Marks

**Investment:** \$70, includes lunch and materials

**Registration deadline:** January 6

Limited to 12 participants.



Explore the traditional art of tinsmithing by creating a decorative tin heart—a symbol of love, unity and resilience—during this hands-on workshop that includes meaningful conversation and community-building. As we cut, hammer, shape and design our hearts from tin, we'll reflect on themes of peace, joy and compassion. We'll explore how the act of creating with our hands can open our hearts to the divine and strengthen our bonds with one another. No prior tin working experience is necessary, and all materials will be provided.

**Kitty Latané** is a tinsmith based in Pepin, Wisconsin, where she co-owns T&C Latané ([www.spaco.org/latane/TCLatane.htm](http://www.spaco.org/latane/TCLatane.htm)), an original metalwork business with her husband. She teaches throughout the Midwest.

**Karna Marks** is a spiritual director on staff at the FSC and loves exploring art and the joy of creating together.

## NEW YEAR, NEW MOON WOMEN'S YOGA RETREAT (IN-PERSON)



**JANUARY 24-26**

Friday, 3-9 p.m.;

Saturday, 9 a.m.-5 p.m.;

Sunday, 9 a.m.-noon

**Presenter:** Heather Henry

**Investment:**

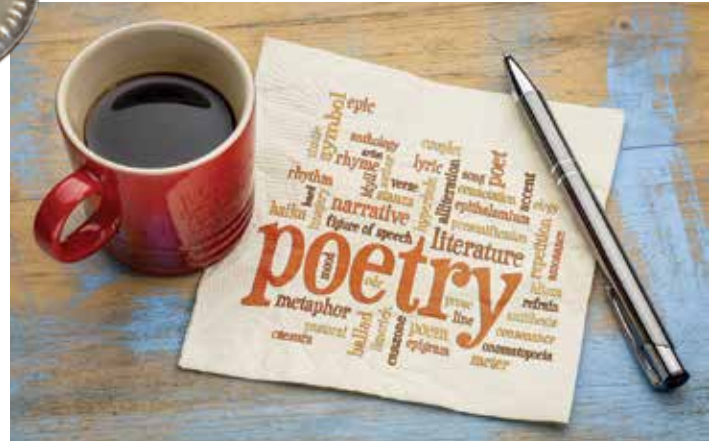
- **OVERNIGHT:** \$300, includes private bedroom and all meals
- **COMMUTER:** \$200, includes dinner on Friday, lunch and dinner on Saturday

We are able to offer a discounted rate of \$210 (overnight) or \$140 (commuter) to anyone who would like financial help to attend. Please enter the code NEWMOON30 when you register online or call 608-791-5295.

**Registration deadline:** January 19

This retreat is an opportunity to reconnect to your body in a sincere and loving way, and clearly set intentions for this and the seasons ahead. We will listen compassionately to our body's language and communication, responding tenderly and gently inviting stuck patterns to dislodge and release. We will reset our inner rhythm to a pulse that is healthy, beneficial and reflects nature's cadence. Through gentle movement and postures, breath, meditation and sacred sound—with Ayurvedic wisdom woven throughout—we will create a healing opportunity for ourselves and the planet.

**Heather Henry** has been teaching heart-led yoga for 25 years. She looks toward nature, as divine expression, to connect to the rhythms that bring balance to our lives. She supports women to inhabit their whole body while taking responsibility for and designing their lives.



## POETRY CAFÉ (ZOOM)

**JANUARY 27 • Monday, 6:30-8 p.m.**



**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** January 23

Bring your favorite poetry—either an original composition or a poem by 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 share words that they really liked in the poem and other thoughts. Join with other poetry lovers for this virtual evening of words and community.

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

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

**Saturday Morning Men's Group** meets to discuss a current book related to spirituality from 9 to 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 from 7 to 9 p.m. on the first and third Thursday of the month and 6 to 8 p.m. on the second and fourth Tuesday of the month. For more information, please email Don at [dfk48@charter.net](mailto:dfk48@charter.net).

## NOW ACCEPTING PROGRAM PROPOSALS

Are you interested in presenting a program or retreat at the Franciscan Spirituality Center? We'd love to hear from you! The first step is to submit a program proposal through our website.

Programs and retreats should align with our mission of supporting anyone in their search for God, meaning and wholeness. You do not have to be Catholic to present here. Topics may include prayer and meditation practices, resilience-building, artistic expression, trauma-informed care or other processes that foster spiritual growth and transformation.

Find the form at [www.FSCenter.org/retreat](http://www.FSCenter.org/retreat).



## 2024-25 Programs and Retreats *continued.*

### THREE-WEEK SERIES

#### THE SPIRIT OF ST. FRANCIS, LOVE OF EARTH AND PERFECT JOY (ZOOM)

**FEBRUARY 5, 12, 19** • Wednesday, 6:30-8 p.m.

**Presenter:** Leonard Desroches

**Investment:** \$36 for the series

**Registration deadline:** February 3

This virtual series explores the teachings of St. Francis of Assisi and how these timeless principles can enrich our modern-day spirituality. We'll delve into themes of interconnectedness with nature, simplicity and contemplation. You'll have an opportunity to share your reflections, experiences and thoughts on living out Franciscan values in today's world. As we mark the 800th anniversary of St. Francis' Canticle of the Creatures, let's come together for an inspiring conversation on the path to a more meaningful and connected spiritual journey.

**Leonard Desroches** of Toronto, Canada, is a resource person for the practice and spirituality of nonviolence, and a published author.



#### COURAGE & RENEWAL®: TRAVELERS, ALL, GOING WITH COURAGE! (ZOOM)

**FEBRUARY 8** • Saturday, 9 a.m.-noon

**Presenter:** Mary Louise Peters

**Investment:** \$35

**Registration deadline:** January 24

*"We are all travelers in the wilderness of this world, and the best we can find in our travels is an honest friend."*

— Robert Louis Stevenson

Experience personal renewal and reflection as you move toward a more authentic and loving life. This virtual retreat incorporates the practices and principles of the Center for Courage & Renewal, co-founded by writer and activist Parker Palmer, Ph.D., and is based on his Circle of Trust® approach. Our time together will include time for silence, guided discussion and experiences with poetry, art and wisdom tradition essays.

**Mary Louise Peters**, a facilitator prepared by the Center for Courage & Renewal, has been designing and facilitating Circle of Trust® retreat experiences since 2010. She also provides educational consultation and training across the U.S. to build state and local system capacity to improve outcomes for children with disabilities and their families.

**SAVE THE DATES:** Abundance and Grace For All Seasons: A Year-long Courage & Renewal® Series, presented by Mary Louise Peters: April 4-5, August 1-2, November 7-8, 2025; February 7-8, 2026



### FIGHTING RACISM THROUGH SISTERHOOD (IN-PERSON)

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



**Presenters:** Quinn Devlin and Shamawyah Curtis

#### Investment:

- **OVERNIGHT:** \$200, includes private bedroom, dinner on Friday, breakfast and lunch on Saturday
- **COMMUTER:** \$120, includes dinner on Friday and lunch on Saturday



We are able to offer a discounted rate of \$140 (overnight) or \$84 (commuter) to anyone who would like financial help to attend. Please enter the code SISTER30 when you register online or call 608-791-5295. If cost is still barrier, please call for additional support.

**Registration deadline:** January 27

This intergenerational healing event is open to all humans of any background and identification, with a special focus on mothers, daughters, grandmothers and sisters. Designed to bring women of all backgrounds together to confront racism and build solidarity, we will engage in discussions and activities focused on healing judgment, recognizing our roles in racism, deconstructing unconscious biases and healing generational trauma. The retreat will include meditation sessions and inspirational guest speakers who will share diverse perspectives and cultural histories.

Be part of a supportive community committed to healing, understanding and change. Reserve your spot today for a transformative weekend of connection and empowerment!

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

**Quinn Devlin** is interested in seeing communities thrive using the innate expertise and energy of their environment and people. She has an undergraduate degree in community health education, a master's degree in public health and is completing a master's degree in mental health counseling. She has earned a Certificate of Nonprofit Leadership, is a Presidential Volunteer Award winner and was named a Rising Star Under 40 by the La Crosse Tribune and 7 Rivers Alliance in 2023.

**Shamawyah Curtis** has a background in child development and operated her own day care for 15 years. After experiencing the tragic loss of her brother in 2016, she moved from Madison to La Crosse, where she founded the Yellow Brick Road Youth Group Home. She also co-founded Hope Restores, a community hub dedicated to supporting the African-American community and addressing issues of racial inequality in Western Wisconsin.



## JAPANESE ART OF KINTSUGI: EMBRACING OUR IMPERFECTIONS WITH GRACE AND COURAGE (IN-PERSON)

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

**Presenters:** Jean Pagliaro and Julie Connelly

### Investment:

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

**Registration deadline:** February 14

The Japanese art of Kintsugi takes broken pottery and repairs the cracks with gold. These restored bowls, formerly considered worthless, become treasured items of great worth and beauty. We will use this art as a symbol of our spiritual life. Our wounds and failures can easily harden into shame and regret. Yet, if we look at our lives through the eyes of grace and compassion, our painful experiences can be transformed into great sources of inspiration, beauty and wisdom. The retreat will include time for creative expression, presentation time, individual reflection and small-group processing.

**Jean Pagliaro** is the director of the FSC. **Julie Connelly** is the program and retreat coordinator for the FSC. Both have training in trauma-informed care.



## MOVING THROUGH GRIEF RETREAT (IN-PERSON)

**FEBRUARY 28; MARCH 1-2**

Friday-Sunday, 9 a.m.-4 p.m. each day



**Presenter:** Cathie Boerboom, RGS

**Investment:** \$225

We are able to offer a discounted rate of \$90 to anyone who would like financial help to attend. Please enter the code GRIEF60 when you register online or call 608-791-5295.

**Registration deadline:** February 17

Required book ("The Grief Recovery Handbook") is not included; you can purchase it on your own or at the FSC's Sophia Bookstore.

Adverse circumstances and difficult situations, especially those of great loss or grief, can derail us. It is during such challenging times that we might need assistance in healing. Asking for assistance is a sign of courage and strength. Healing grief takes desire, time and effort, often requiring support. If you are experiencing any type of grief—be it the loss of a person, pet, health or job—we will work together. You will receive encouragement and assistance, but the bulk of the work will be yours. It is important to be patient and compassionate with yourself during the grieving process.

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

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



## SILENT DIRECTED RETREATS

A silent directed retreat is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence within a community of prayer.

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.

You are welcome to add overnight stays before or after your retreat for \$75 per night.

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

**Choose from one or more of the following options:**

### SILENT DIRECTED RETREAT (IN-PERSON)

**DECEMBER 11-13** • Wednesday, 10 a.m.–Friday, 9 a.m.

**Facilitators:** Cathie Boerboom, RGS, and Chelle Belland

**Investment:** \$375, includes overnight stay, meals and spiritual direction.

We are able to offer a discounted rate of \$225 to anyone who would like financial help to attend. Please enter the code SILENTRETREAT40 when you register online or call 608-791-5295.

**Registration deadline:** December 3

Limited to 6 participants.

**Cathie Boerboom, RGS**, is a Good Shepherd Sister and a spiritual director on staff at the FSC.

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



**FEBRUARY 28; MARCH 1-2** • Friday, 2 p.m.–Sunday, 1 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$375, includes overnight stay, meals and spiritual direction.

We are able to offer a discounted rate of \$225 to anyone who would like financial help to attend. Please enter the code SILENTRETREAT40 when you register online or call 608-791-5295.

**Registration deadline:** February 14

Limited to 3 participants.

**Sarah Hennessey, FSPA**, is a Franciscan Sister of Perpetual Adoration and a spiritual director on staff at the FSC.



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

## BODY | MOVEMENT CLASSES

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

**BONUS SESSION: DECEMBER 3, 10, 17**

**SESSION 1: JANUARY 7, 14, 21, 28; FEBRUARY 4, 11**

**SESSION 2: FEBRUARY 18, 25; MARCH 4, 11, 18, 25**

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

**Instructor:** Amber Moesch

**Investment:** \$60 for each six-week session (\$30 for bonus session)

**Registration deadline:** December 2/January 6/February 17

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Each class includes a gentle flow of seated stretches, standing poses and balance exercises. You 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)

**BONUS SESSION: DECEMBER 3, 10, 17**

**SESSION 1: JANUARY 7, 14, 21, 28; FEBRUARY 4, 11**

**SESSION 2: FEBRUARY 18, 25; MARCH 4, 11, 18, 25**

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

**Instructor:** Pennie Pries

**Investment:** \$60 for each six-week session (\$30 for bonus session)

**Registration deadline:** December 2/January 6/February 17

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." Through the use of 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. Stress reduction occurs through the combination of breathing, movement and internal focus.

**Pennie Pries** is a certified qigong instructor and certified Arthritis Foundation Exercise Program instructor based in Rochester, Minnesota. She has a bachelor's degree from Luther College, having studied physical education, health and biology. Her own life challenges over the years have broadened her expertise in healthy lifestyle choices and healing opportunities for better overall health.

**Note:** Whether you attend this class at the FSC or virtually, Pennie will teach by Zoom (other than a first day in-person introduction).



### SLOW FLOW YOGA (IN-PERSON AND ZOOM)

**SESSION 1: JANUARY 8, 15, 22, 29; FEBRUARY 5, 12**

**SESSION 2: FEBRUARY 19, 26; MARCH 5, 12, 19, 26**

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

**Instructor:** Bernice Olson-Pollack

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

**Registration deadline:** January 7/February 18

A simple definition of the word "yoga" means "to yoke or unite." An intentional and consistent yoga practice promotes a healthier connection between the body, mind and spirit. This union brings forth a greater sense of physical and emotional balance. Slow Flow Yoga is designed to guide the participant steadily from one aligned posture (asana) into another. It is an accessible style of fluid movements that encourages you to calmly focus on your body, to breathe consciously and to remain in the present moment. Meditation at the end of a yoga session can improve mental clarity and concentration, relax the mind and develop a sustainable feeling of calm.

**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.



### PARTNER YOGA (IN-PERSON)

**MARCH 1**

Saturday, 9-10:30 a.m.

**Instructor:** Michelle Hundt

**Investment:** \$15 per person, includes snacks

**Registration deadline:** February 27

Enjoy this yoga session with a close friend, partner or family member. Learn poses in which two people support each other in a way that enhances connection, while building trust and communication. Learning poses with a partner provides balance while establishing proper alignment. Plus, it's fun!

**Michelle Hundt** enjoys teaching people to take time for themselves through the art of yoga. She has 24 years' experience and counting as a yoga student, and has been teaching and sharing her skills since 2014. She focuses on proper body alignment, which builds strength, stamina and coordination. Her classes also focus on the importance of the sequence in which poses are done.



## BOARD MEMBER SPOTLIGHT: JANIE MORGAN

# Why I Serve

The Franciscan Spirituality Center is a place of peace and all good! The interdependence with the Franciscan Sisters of Perpetual Adoration makes this a special place in the greater La Crosse community.

Each time I enter the Franciscan Spirituality Center, I have a sense of belonging and a sense of purpose. I am blessed to be able to offer my skills and talents as a board member. I am lucky to serve with an amazing group of committed volunteers, both sisters and laypeople, to help propel the organization to the next level of success.

If you haven't attended a program at the FSC, I highly recommend it. The programs reach a wide spectrum of participants, all with the intent of healing and hope. You will be warmly greeted, and you'll

meet the amazing staff and volunteers who provide the programs. I have participated in many over the years and will continue to attend in the years to come!

Many have asked if you need to be a Catholic to participate in the programs. While the FSC is centered on the Franciscan tradition, the answer is no. The FSC welcomes everyone!

*I hope to see you at a future program!*



## FSC BOARD NEWS

# Welcome, Israel and Wade!

**We're pleased to welcome two new members to the FSC Board of Directors: The Rev. Israel Mutema and Wade Hackbarth.**



**Israel** is an Association of Clinical Pastoral Education-certified educator and manages the Clinical Pastoral Education program at Emplify Health (formerly Gundersen Health System). In this role, he also serves as the staff chaplain for the orthopedic and neuroscience units, and mentors the chaplain residents. He has a B.A. in theology with a minor in biblical languages from Oakwood University in Huntsville, Alabama, and a M.Div.

from Andrews University, Seventh-day Adventist Theological Seminary in Berrien Springs, Michigan.

His blend of skills in strategic planning, financial oversight, fundraising and community outreach no doubt will help advance the FSC's goals, initiatives and continued growth.

"With a deep commitment to spiritual growth, community service and the values espoused by the Franciscan tradition, I am enthusiastic about the opportunity to contribute to the Center's mission and vision," he said. "As a board member, I am eager to bring my skills to the table and to collaborate with fellow board members, staff and the broader community."

Israel's professional background includes parish ministry, hunger relief missions and developing programs for people with developmental disabilities, chaplaincy and education. His volunteer work, community service and experience leading spiritual formation groups have deepened his "appreciation for the transformative power of faith and community," he said.

He often encourages his students to seek out spiritual direction at the FSC and is looking forward to learning more about the Enneagram himself. The CPE program also reserves FSC meeting space for its student self-evaluation presentations.

"I am looking forward to learning more about FSC and doing my part to enhance the gift that FSC is to the community. What that looks like will become clear along the journey, and I am looking forward to it."

Personal interests include spending time outdoors, especially mountain biking, hiking, camping and kayaking. "I love traveling and learning different cultures and tracing the code that binds me to the rest of humanity," he added.

**Wade** is the vice president of finance and operations for Western Technical College. In addition to the financial savvy and expertise he brings, Wade's personal faith and commitment to giving back to the community will enrich our board.

"My faith is at the core of who I am, and it drives my thoughts, words and actions," he said. The FSC's values align with his own, and the mission of supporting "anyone in their search for God, meaning and wholeness" is more important than ever given the divisiveness we see in our communities, he said.

Wade earned his B.S. in accounting from University of Wisconsin-La Crosse as well as a Master of Business Administration.

Wade enjoys reading, watching movies and spending time with family.

He serves on the boards of Onalaska Luther Foundation, District Mutual Insurance, Sustainability Institute and Wisconsin Technical College Employee Benefits Consortium, and on the finance committees of La Crosse Medical Health Science Center, St. Paul's Onalaska Church and Great River United Way.

"The FSC is such a wonderful asset for the Seven Rivers Region," he said. "I believe [serving on the board] will be an inspirational experience."



# A peek into our sacred space



Sophia Bookstore

"I felt a sense of peace the moment I walked through the doors" is the comment we hear most often from our guests. If you haven't visited us in person yet (or even if you have!), here's a closer look at the Franciscan Spirituality Center.

When we say *all are welcome*, we mean it! Though founded by Franciscan Sisters of Perpetual Adoration, our center supports *anyone* in their search for God, meaning and wholeness. You don't have to be Catholic to come here. In fact, you don't need any religious affiliation or faith background. This is a place to explore, learn, grow or just BE.



In case you are wondering *where to park*, the large lot across the street is for FSC guests. We also have a few designed spots in the small lot adjacent to our building. If you have difficulty walking, you'll want to park there.

Your first stop is *the reception desk*, where you'll be warmly greeted by Kathy or one of our fantastic volunteers. If you have a question, need help finding a meeting room, want to register for a program or need to pay for a bookstore purchase, this is the place. Our office manager Laurie's desk is in this area, too. She can help you if you need financial assistance to attend a retreat or spiritual direction.

Before you go anywhere else, we invite you to spend a few minutes in our *Sophia Bookstore*. Enjoy complimentary tea or coffee while you browse our carefully curated selection of books and gift items. Be sure to pick up a "peace & all good" T-shirt or hat!



Reception Desk



Parking



Mary of the Angels Chapel



The Courtyard and Gazebo

Other spaces you have access to while here are the courtyard with its gazebo, walking paths and fountain; and the Mary of the Angels Chapel and Perpetual Adoration Chapel, where you are welcome to attend Mass or pray on your own.





Emmaus



Assisi



Clare Room



Dining Hall

If you are here for a program, retreat, support group or other meeting, you'll head over to one of our eight meeting rooms. Each room is private and comfortable, features up-to-date technology and can be rented for your work, church or club gathering.

*Emmaus, Grace Hall and San Damiano* are the meeting spaces on the main level. These rooms feature exquisite woodwork, vintage hardware and, in Emmaus, original tile.

The lower level was extensively remodeled a few years ago and features two conference rooms (named *Thea* and *Jacoba*), our large art room (*Clare*), spiritual direction and staff offices, and Francis Room, which is where we hold yoga classes and our annual *Women's Christmas* event.

Further down the hall toward the "St. Rose Convent side" of the building is the Assisi Room and the shared dining hall. These spaces are ideal for very large groups and conferences, and also can be rented.



Jacoba Conference Room

## NOT JUST ANY NAME

If you are familiar with Franciscan spirituality, you likely recognize the names of our meeting rooms. In case you aren't, here's a short explainer:

**EMMAUS** : In the Gospel of Luke, this is the place that two disciples were walking toward when the resurrected Jesus appeared to them.

**GRACE** : Unearned favor from God.

**SAN DAMIANO** : The church near Assisi, Italy, where St. Francis famously heard an exhortation from God.

**FRANCIS** : Named for the 13th century Italian saint who founded the religious order of Franciscans.

**CLARE** : One of the first followers of Francis of Assisi, she founded the Order of Poor Ladies and was canonized as a saint herself.

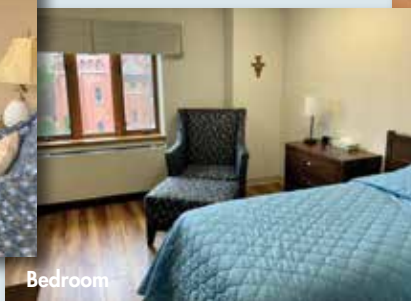
**ASSISI** : Located in central Italy, this town is the birthplace of St. Francis.

**THEA** : Named for Thea Bowman, FSPA, a Black Catholic religious sister who lived and taught in La Crosse. She has been designated a Servant of God; her cause for sainthood was opened in 2018.

**JACOBA** : Named for Blessed Jacoba of Settesoli, a follower of St. Francis who, at his request, was with him when he died.



Lending Library



Bedroom



Kitchenette

If you are staying overnight for a retreat, you'll be staying on the second, third or even fourth floor in one of our *private bedrooms*. Each room is bright and clean, and has its own shower. Let us know if you need an accessible room or queen-size bed when you make your reservation. You are always welcome to add an overnight stay to a program or extend your retreat for just \$75 per night.

On the second floor, you'll find our *lending library*. This is a quiet place to sit and read. The third floor features a *guest kitchenette*, where you can prepare coffee or snacks for yourself outside of regular dining hours. Meals are prepared on site and served in the shared dining room. We do our best to accommodate dietary restrictions when given ample notice.

**We'd love to show you these spaces in person! Visit us at 920 Market St. in La Crosse.**



## Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

# Guess who is turning 40 next year?

The Franciscan Spirituality Center will mark its 40th anniversary in 2025. We hope you'll help us celebrate! We are planning several special events throughout the year, culminating in a festive celebration on September 22, 2025.

In the meantime, we invite you to share memories of how the FSC has had an impact on your life. We'd like to publish photos and written reflections throughout the year in our e-newsletter and on social media. Please send these to Stacey Kalas, marketing coordinator, at [skalas@fspa.org](mailto:skalas@fspa.org). Thank you. Peace and all good!



### Community Report

FISCAL YEAR JULY 1, 2023-JUNE 30, 2024



FINANCIAL STATEMENT  
LIST OF DONORS  
COMMUNITY OUTREACH AND COLLABORATION

**Our Community Report for Fiscal Year 2023-2024 is available online at [www.FSCenter.org](http://www.FSCenter.org).** This overview of our financial performance and impact on the community is presented in video form, with links to lists of donors, partners and our financial statement. Thank you for another successful and meaningful year!

**This #GivingTuesday**—December 3, 2024—we have an exciting opportunity for you! Our amazing board of directors will match your gifts, making your contribution even more impactful.

So, why give? Because of you, we can continue to provide a nurturing space for spiritual growth and connection at the Franciscan Spirituality Center. Your support helps us create affordable workshops, retreats and programs that inspire and uplift our community, nurture growth and transformation, and foster peace.

Let's double the love on this global day of giving! Join in and make a difference—your gift will go twice as far, simply because of you.

# GIVING TUESDAY

### COMING THIS SPRING



#### HEALING THROUGH CREATIVE GRIEVING

MARCH 14-15 • Julie Connelly and Char Peterson

#### LENTEN SERIES:

##### THE FOUR SERVANT SONGS OF ISAIAH

MARCH 25; APRIL 1, 8, 15 • John McHugh

#### OVERCOMING CHALLENGES WITH GRIT AND GRACE

MARCH 30 • Various speakers

#### INTUITIVE PAINTING WITH COLD WAX AND OIL PAINT

APRIL 11-12 • Rick Ross

#### ONE WORLD LISTENING CONFERENCE

APRIL 25-26 • keynote speaker Matthew Sanford

#### ICONOGRAPHY WORKSHOP: ST. ISIDORE

MAY 5-10 • Phil Zimmerman

#### GIVING VOICE TO ... THE PERSON I'M BECOMING

MAY 16-17 • Rae Veloon

#### NAVIGATING TRANSITIONS: A PATH TO RESET AND RENEW

MAY 30-31 • Leslie Schwarting and Jill Saunders

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