



Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

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FALL 2024

At the Center

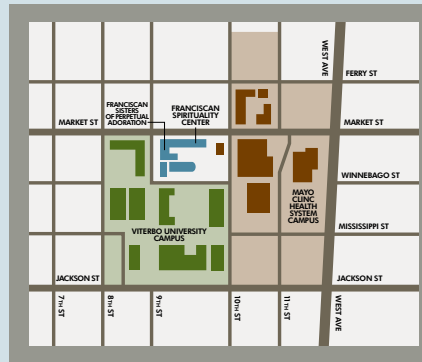
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Keeping Election Talks Peaceful



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
- 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 | 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.

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youtube.com/@franciscanspiritualitycenter

atthecenterreflections.blogspot.com



Making connections with the 'other side'

I traveled to Ashland, Wisconsin, with members of the FSPA Truth and Healing Team and a number of Franciscan Sisters of Perpetual Adoration this past June. We were there to participate in the U.S. Army Corps of Engineers' Line 5 public input hearing and to share that we were opposed to the proposed action plan.

I was anxious about how the day would pan out because of the controversy surrounding Enbridge Inc.'s pipeline project.

My colleague and I were the first from our contingent to arrive, but already a large group were waiting for the doors to open. It became apparent they represented the stance opposite of ours.

We took our place in line and waited for the rest of our group to arrive. It felt like every eye was on us. I will admit that I possessed a bias, right off the bat, that those who were on the "other side" were mean-spirited and close-minded. I had no intention of engaging in any kind of conversation

with them. It's difficult to confess that, especially because I facilitate sessions on deep listening and hearing the other person. I talk all the time about the need to lean in to difficult conversations. Here I was, unable to make eye contact or conversation with anyone outside of those I knew held my same stance.

Then, a member from our group started conversations with people on the "other side." They talked about reasons for being there and where they were from. At one point, a comment was made about loving another person's shoes. The tension was still there, but it changed once people were interacting on a human-to-human level rather than as those from the other side.

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.
 O divine Master, grant that I may not so much seek
 to be consoled as to console,
 to be understood as to understand,
 to be loved as to love.
 For it is in giving that we receive,
 it is in pardoning that we are pardoned,
 and it is in dying that we are born to eternal life.

Lord, make me a channel of disturbance.

Where there is apathy, let me provoke,
 where there is compliance, let me bring questioning,
 where there is silence, may I be a voice.
 Where there is too much comfort
 and too little action, grant disruption.
 Where there are doors closed and hearts locked,
 grant me the willingness to listen.
 When laws dictate and pain is overlooked,
 when tradition speaks louder than need,
 grant that I may seek rather to do justice
 than to talk about it.
 Disturb us, O Lord,
 to be with, as well as for the alienated;
 to love the unlovable as well as the lovely,
 Lord make me a channel of disturbance.

This is not to make light of the very important nature of the hearing. Lives are going to be deeply affected no matter the outcome. But it was that reaching out from one of our group members that taught me a lesson about the importance of creating basic connections with others. As soon as I made a connection with someone, it became much more difficult to dislike that person and make assumptions. Did that interaction have any effect on what was actually shared during the testimony? Probably not. But it did have an effect on the gathered crowd, where tensions were building.

We recognize that tensions are high during this election season. This is why we have created multiple programs and retreats focused on respectful dialogue, creating connections with others and also knowing when it's time to disrupt harmful systems and patterns.

We say the Prayer of St. Francis at the end of every staff meeting. It's at the heart of our Franciscan roots. But have you heard of the prayer of disturbance? Both are necessary. Neither, if we take them to heart, are easy. May we each grow in wisdom and courage as we seek to build peace and work for justice.

Jean Pagliaro

Jean Pagliaro, FSC Director



FRANCISCAN SPIRITUALITY
CENTER STAFF



Steve Spilde
Associate Director &
Spiritual Director



Sarah Hennessey, FSPA
Spiritual Director



Cathie Boerboom, RGS
Spiritual Director



Karna Marks
Spiritual Director



Hope Clements
Director of Community
Engagement



Laurie Swan
Office Manager



Julie Connelly
Program & Retreat
Coordinator



Stacey Kalas
Communications &
Marketing Coordinator



Kathy Holman
Administrative Assistant
& Receptionist



Natalie Smith
Guest Service Specialist



Marcia Bentley
SDPP Associate



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. 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.



PARTNER SPIRITUAL DIRECTORS:

In addition to the four spiritual directors on staff, the FSC partners with the following trained directors.

Learn more about their backgrounds and interests at www.FSCenter.org. Please call 608-791-5295 to set up an appointment.



Barb Kruse



Peter Watkins



Chelle Belland



Alison Hendley

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.

Note: The October 22 session will take place in conjunction with the *Regional Read Art Night*. Details on page 9.



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 608-451-5697 or email 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.



MONTHLY PROGRAMS

OPEN WRITING CIRCLE (IN-PERSON)

OCTOBER 7, NOVEMBER 4 • First Monday of the month, 6-8 p.m.
(No session in September due to Labor Day)

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)

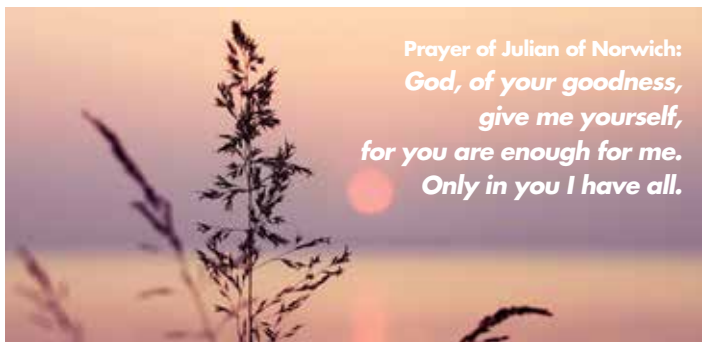


SEPTEMBER 4, 18; OCTOBER 2, 16; NOVEMBER 6, 20
First and third Wednesday of the month, 6:30-7:30 p.m.

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)



SEPTEMBER 5, OCTOBER 3, NOVEMBER 7
First Thursday of the month, 6:30-7:30 p.m.

Facilitator: Sarah Hennessey, FSPA
Investment: Freewill offering payable online
Registration deadline: September 3/October 1/
November 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 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)

SEPTEMBER 9, OCTOBER 14, NOVEMBER 11
Second Monday of the month, 5:30-6:30 p.m.

Facilitator: Laurie Swan
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. Our facilitator, Laurie, has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process.





2024 Programs and Retreats *continued.*

ART AS PRAYER (IN-PERSON AND ZOOM)

SEPTEMBER 16, OCTOBER 21, NOVEMBER 18

Monday, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$15 per session

Registration deadline: September 15/
October 20/November 17



Supplies needed: watercolor paints, paper and brushes, container for water, pencils and paper towels (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.

SEPTEMBER: Monarchs

This jazzy orange-and-black butterfly represents transformation, strength and interconnectedness. We will compose our own "Ode to the Monarch" using a variety of media in addition to watercolor. Pen and ink, pastels and charcoal pencils are options. **Note:** Please bring photos of monarchs for reference.



OCTOBER: Gourds

We'll find inspiration in the variety of gourds available this time of year, incorporating vibrant colors and interesting textures and shapes into our spirited paintings. The "Turk's Cap" is an especially fun gourd to paint. Shop your local farmers' market for others. **Note:** Please bring an actual gourd or a photo of one for reference.



NOVEMBER: Trees

Trees gift us with the feeling of strength, continuity and grace. If you're able, spend time with your sturdy friend. Hold one of her leaves in your hands, close your eyes and whisper a prayer of gratitude. We'll use collected leaves to explore ways to create lively compositions. **Note:** Leaves of various shapes and sizes will be provided for in-person participants; feel free to collect and bring others.



PROGRAMS AND RETREATS



LESSONS ON THE ROAD TO PEACE: HEARING THE HEART OF HUMANITY (IN-PERSON)

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

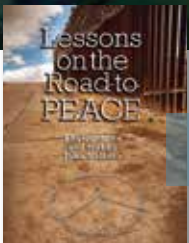
Presenter: John Noltner

Investment:

- **OVERNIGHT:** \$175, includes private bedroom stay, breakfast and lunch on Saturday
- **COMMUTER:** \$105, includes lunch on Saturday

Registration deadline: August 26

900 days, 93,000 miles, hundreds of stories, one goal... in a divided world, to rediscover what connects us.



In the fall of 2020, award-winning photographer John Noltner and his wife, Karen, sold their home in Minnesota and hit the road to live small, listen deeply and learn about who we are as a country.

John's travels now take him to the Franciscan Spirituality Center in La Crosse for a weekend of storytelling, writing exercises and small-group dialogue to explore difficult issues and uncover the hope and healing that exists in the world. Using the stories from his latest book, "Lessons on the Road to Peace," we will center our weekend on personal experience, compassion and the common good. There will be time for reflection, fellowship and lots of questions as we explore what it means to encounter difference, challenge our own expectations and stay at the table to celebrate connection and community in all of its many forms.

"Lessons on the Road to Peace" was published in December 2023 and is John's fourth book. It recently won the Minnesota Book Award for non-fiction and was named Peacemaker of the Year by IPPY (Independent Book Awards).

John Noltner is a gifted storyteller who has worked on four continents, gathering stories of human courage, grace and resilience. He is the founder and director of A Peace of My Mind, a multimedia arts project that uses storytelling and art to bridge divides and build community.

Visit www.FSCenter.org to listen to our What is Spirituality? podcast episode with John Noltner and host Steve Spilde.



CHOOSE THE IN-PERSON OR VIRTUAL GROUP!

NINE-MONTH SERIES

COMPANIONS ON THE JOURNEY (IN-PERSON AND ZOOM)

2024: SEPTEMBER 9, OCTOBER 14, NOVEMBER 11, DECEMBER 9
 2025: JANUARY 13, FEBRUARY 10, MARCH 10, APRIL 14, MAY 12

Monday, 6-8 p.m.

Investment: \$275 for the series

In-person presenters: Sarah Hennessey, FSPA, and Vicky Lopez-Kaley



Zoom presenters: Julie Connelly and Dawn Schweizer

Registration deadline: August 28
 Limited to 7 participants for each group.

Join us this fall for a transformative group spiritual direction experience. Experience a time of deep, personal sharing as you are held in a community of trust and confidentiality. Each session will begin with a poem for reflection and questions to bring us to a deeper level of application for our spiritual journeys. We will hold a space for individual sharing, group reflection and contemplative space. A commitment to the entire series is part of building community. Together, we will be companions on the journey.

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

Vicky Lopez-Kaley is a graduate of the FSC's Spiritual Direction Preparation Program and has participated in group spiritual direction. She brings her presence, compassionate listening and experience in education, parish ministry and spiritual care with elders.

Julie Connelly is a graduate of the FSC's Spiritual Direction Preparation Program and the program and retreat coordinator at the FSC.

Dawn Schweizer is a spiritual director in Decorah, Iowa, and a graduate of the FSC's Spiritual Direction Preparation Program.

PEACEFUL PATHWAYS BOOK GROUP:
 DIALOGUES ON NON-VIOLENCE (IN-PERSON)

SEPTEMBER 10, OCTOBER 8, NOVEMBER 12
 Second Tuesday of the month, 5:30-7 p.m.

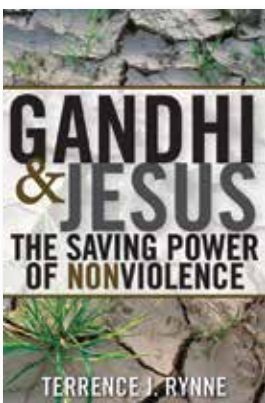
Facilitator: Fred Perri

Investment: Freewill offering

Registration deadline: September 2/September 30
 November 4



Non-violence is a core belief in many religions. The power of words can inspire change and foster a culture of non-violence and peaceful conflict resolution. We'll explore literature that promotes peace, empathy and an understanding of non-violence. Join us as we journey through thought-provoking books and engage in meaningful discussions that aim to build a more compassionate world. The first book we'll discuss is "Gandhi & Jesus: The Saving Power of Nonviolence" by Terrence J. Rynne.



Fred Perri is an experienced educator with a B.A. in theology and master's degrees in M.E.P.D. (human sexuality) and EBD (emotional behavior disorders). He has decades of experience teaching high school students and working with at-risk students. Fred combines theological insight

with educational expertise to create a learning focused using non-violence with servant-leadership principles.

DEATH CAFÉ (IN-PERSON)

SEPTEMBER 12 • Thursday, 6-8 p.m.

Facilitators: Jean Pagliaro and Julie Connelly

Investment: Freewill offering

Registration deadline: September 7



Death is something that affects everyone, but it's a topic many people avoid. Somehow, talking about it with strangers seems to be easier. The Death Café movement started in the United Kingdom to "increase awareness of death to help people make the most of their (finite) lives." All are invited to join us for light refreshments and lively conversation. You'll sit at a table with people you likely have not met before to chat about death and dying. Possible topics can include end-of-life concerns, advanced directives, what a "good" death might look like, fears and expectations around death, and funeral wishes. There's no agenda or objective; this is a discussion group, not counseling or grief support.

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





2024 Programs and Retreats *continued.*

ST. FRANCIS: SUFFERING AND LOVE (IN-PERSON)

SEPTEMBER 17 • Tuesday, 5:30-7 p.m.

Presenter: Sarah Hennessey, FSPA

Investment: \$15

Registration deadline: September 9

On this day, 800 years ago, St. Francis experienced the stigmata—the wounds of Christ in his body—as well as a vision. As we contemplate this event, we will explore our own relationship with suffering, love and compassionate sorrow. Through reflection and discussion of poetry, art and prayer, we will open Francis' experience 800 years ago as it touches us personally.

Sarah Hennessey is a Franciscan Sister of Perpetual Adoration who works on staff at the FSC as a spiritual director and program presenter.



PEACEFUL ENERGY FOR RENEWING THE EARTH (ZOOM)

SEPTEMBER 18 • Wednesday, 6:30-8 p.m.

Presenter: Erin Lothes

Investment: \$10

Registration for this collaborative event is through Prairiewoods Franciscan Spirituality Center, www.prairiewoods.org

During this virtual presentation, theologian and author Erin Lothes will highlight the critical importance for transitioning rapidly to renewable, peaceful energy and explore energy justice. She will provide a theological framework for caring for our common home, Earth, with insights and resources from *Laudato Si'* and other aspects of the Christian tradition. Erin will share practical ways to engage communities in this great work as they call for change.

Erin Lothes, Ph.D., is a Catholic theologian and author of "Inspired Sustainability: Planting Seeds for Action" (Orbis, 2016) and "The Paradox of Christian Sacrifice: The Loss of Self, The Gift of Self" (Herder and Herder, 2007), as well as many articles on faith-based environmentalism, divestment and energy ethics. She was an associate professor of theology for 10 years and is now senior manager of the *Laudato Si'* Animators Program with the *Laudato Si'* Movement. She has been a longtime collaborator with many faith-based environmental coalitions, such as the Catholic Climate Covenant, GreenFaith, the Forum on Religion and Ecology at Yale and the Center for Earth Ethics at Union Theological Seminary, where she is presently a visiting scholar.

Most recently, she has written a commentary to introduce the Orbis Books paper publication of Pope Francis's apostolic exhortation, *Laudate Deum*.

This is a program of the Tri-State Network, a coalition of congregations of women religious in Illinois, Iowa and Wisconsin who focus on peace, justice and spirituality.



FIVE-WEEK SERIES

GRIEF CIRCLE (IN-PERSON)

SEPTEMBER 18, 25; OCTOBER 2, 9, 16

Wednesday, 6-8 p.m.

Facilitators: Karna Marks and Sarah Hennessey, FSPA

Investment: \$70 for the series

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

Registration deadline: September 9

Limited to 7 participants.

This group is for those who are grieving the death of a loved one. Many people who are grieving feel pressure to keep their grief to themselves. This is a place to share your thoughts, feelings and experiences—where you can talk about your loss with other people who are also grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can bring a great deal of comfort and healing.

Note: To create a circle of trust for our work together, please commit to attending all five sessions. The first session is especially important.

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



SACRED SEASONS CANVAS (IN-PERSON)

SEPTEMBER 21 • Saturday, 9 a.m.-4 p.m.

Presenters: Jean Pagliaro and Laurie Swan

Investment: \$75, includes lunch and all supplies

Registration deadline: September 9

The Midwest offers us the opportunity to enjoy all four seasons. Spend a fun and relaxing day painting and reflecting on each phase of the year. You'll paint four canvases inspired by the beauty of the changing seasons, which then can be displayed together. Our time together also will include personal and group reflection focusing on your own story and spiritual journey as it relates to growth, joy, letting go and being still.

This retreat is open to people of all artistic abilities and those age 14 and older.

Jean Pagliaro is the director of the FSC. She's been increasingly embracing her inner artist since joining our staff.

Laurie Swan is the FSC's office manager and owner of Art & Soul (www.facebook.com/artandsoul.laurie.swan). She loves to create in her spare time and hosts painting parties for all ages.



ICONOGRAPHY WORKSHOP: NATIVITY OF CHRIST (IN-PERSON)

SEPTEMBER 23-28 • Monday through Friday, 9 a.m.-5 p.m. and Saturday, 9-10 a.m.

Instructor: Phil Zimmerman



Investment:

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

Registration deadline: September 16

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

All materials and supplies are included.

By the end of the week, students will have a beautifully completed icon varnished and ready to display.

Beginner 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.

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

Phil Zimmerman is the owner of St. John of Damascus Icon Studio in Pennsylvania, having studied iconography with Richard Osacky (the late Bishop Job, OCA Diocese of Chicago and the Midwest). Phil has created hundreds of religious icons for churches and private collectors throughout the world and has taught more than 2,000 students, some of whom have become noted iconographers themselves. Phil has offered retreats at the FSC for more than 20 years.



FALL EQUINOX LABYRINTH WALK (IN-PERSON)

SEPTEMBER 21 • Saturday, 9 a.m.-noon

Facilitator: FSC staff

Investment: Freewill offering

Registration is appreciated but not required.

Fall is the time of year when many turn their attention to work, school and other new projects. It is a colorful season of beauty and abundance but also a time when nature shows us that all things are passing. The autumnal equinox marks the moment when, in the Northern Hemisphere, the days start to shorten and summer turns to fall. You are invited to mark this turning point in the natural year by coming to the FSC to reflect on your life journey or intentions while walking our indoor labyrinth. This is a silent, self-guided meditation. 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 11:30 a.m. and noon.

WHAT IS SPIRITUAL DIRECTION? (ZOOM)

SEPTEMBER 24 • Tuesday, 6:30-7:30 p.m.



Presenters: Sarah Hennessey, FSPA, and Alison Hendley, OSB

Investment: Free

Registration deadline: September 22

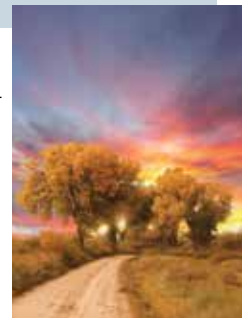


Spiritual direction is an ancient Christian practice that is being rediscovered in our busy, modern world. During spiritual direction, you are guided to listen carefully to the voice of God in your life. A spiritual director listens with compassion and without judgment as you describe the milestones, detours and questions of your spiritual journey. This brief introduction

is an opportunity to learn more about the process and ask questions. Depending on what you hear, you may wish to make an appointment to meet individually with a spiritual director, but there is no obligation.

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

Alison Hendley, OSB, is a trained spiritual director who partners with the FSC. She is a professed monastic member of St. Brigid of Kildare Monastery and lives in Central Minnesota.



REGISTER

HOW TO REGISTER: Go online to www.FSCenter.org. Payment for most events is due at the time of registration. To pay a portion now and the balance 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 Programs and Retreats *continued.*

SINGING BOWLS MEDITATION (IN-PERSON)

OCTOBER 7 • Monday, 5:30-6:30 p.m.

NOVEMBER 7 • Thursday, 5:30-6:30 p.m.

Presenter: Joan Filla

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

Registration deadline: October 5/November 5

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 our being. Join us for an evening of exploration and renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer. Questions and hands-on experience with the bowls will be offered at the end of the session.



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



FOUR-WEEK SERIES

INTRODUCTION TO THE ENNEAGRAM (ZOOM)



OCTOBER 8, 15, 22, 29 • Tuesday, 6:30-8 p.m.

Presenters: Audrey Lucier and Steve Spilde

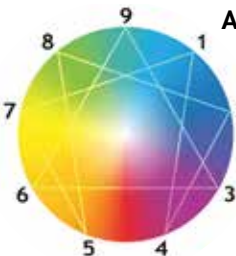
Investment: \$100 for four-week series, includes online assessment

Registration deadline: September 23

The Enneagram is a powerful tool for understanding ourselves and others, and refers to nine different personality styles (the Greek word "ennea" means nine). The style we favor affects what we see as important and how we act in our relationships. In this introduction to the Enneagram, you will learn about the gifts and challenges of your personality style, how to grow beyond your default way of doing things and how to better understand people with other styles. You'll have the opportunity to complete an online assessment to help begin your process of discovery. This series, offered through Zoom videoconferencing, is ideal for people new to the Enneagram or who would like a refresher.

Steve Spilde is associate director of the Franciscan Spirituality Center and the director of the FSC's Spiritual Direction Preparation Program. He is a spiritual director and a Certified Daring Way™ Facilitator. He was certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D., and received additional training from Russ Hudson.

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



SAY GOOD: AN EVENING WITH ASHLEE EILAND (ZOOM)



OCTOBER 10 • Thursday 5:30-7 p.m.

Presenters: Ashlee Eiland and Jean Pagliaro

Investment: \$20 (book not included)

Registration deadline: October 8

Knowing when to speak truth to those we know and to communities can be difficult. Speaking up can feel intimidating. How do we trust ourselves to know when to say something and how to say it? Join us for a virtual evening with Ashlee Eiland, author of "Say Good: Speaking Across Hot Topics, Complex Relationships, and Tense Situations." She will teach us about a four-part discernment process that includes having passion, accountability, influence and relationship. The session will include group discussion as well as time for questions.

Ashlee Eiland is a thought leader, writer and Bible teacher who exists to join in God's redemptive work here on Earth.

Jean Pagliaro is the director of the FSC.

This event is a collaboration with Prairiewoods Franciscan Spirituality Center and Marywood Franciscan Spirituality Center.



JOURNEY INTO THE WOODS: FRANCISCAN WISDOM (IN-PERSON)

OCTOBER 12 • Saturday, 9 a.m.- 4 p.m.

Presenter: Char Peterson

Investment: \$75, includes lunch and supplies

Registration deadline: October 1

Limited to 10 participants.

Note: This event takes place at DragonFly Connection: Respite, Renewal, Retreat (4 miles south of Stoddard).

During this nature-immersion retreat, we'll embrace the wisdom that St. Francis found in the natural world and explore ways to engage in the mystery embraced within Franciscan spirituality.

This off-site location is home to a seven-circuit labyrinth and offers many acres of nature to wander, sit under a tree or watch the river flow. Our day will include a forest bathing walk, guided meditations, creative expression and time to share and hear the wisdom of others.

Note: We'll be outdoors much of the day. This retreat takes place rain or shine. If you have attended a *Journey Into the Woods* retreat in the past, this retreat will be a different experience and content.

Char Peterson is a lifelong learner of a variety of healing modalities that encourage the recovery of our sense of the sacred in all of creation. She has practiced her soul care most recently as a hospice chaplain at Gundersen Health System. She has a master's degree in theology and a master's level Certificate of Pastoral Ministry from St. Catherine University in St. Paul, Minnesota. She also is a certified as a forest therapy guide through the Association of Nature and Forest Therapy.



REGIONAL READ: "BIG MAGIC" (IN-PERSON)



OCTOBER 17 • Thursday, 5:30-7 p.m.

Facilitators: Hope Clements and Heather Miller

Investment: Free

Registration deadline: October 10

Join us for a book discussion on this year's Driftless Regional Read title: "Big Magic: Creative Living Beyond Fear" by Elizabeth Gilbert.



Need a copy of the book?

- Pick up a FREE copy: The La Crosse Public Library, La Crosse County Library, La Crescent Public Library and Winona Public Library each will have copies available in September. Supplies are limited and will be distributed on a first-come, first-served basis.
- Check the public library catalog and borrow a copy of the book (or audiobook) with your library card.
- Download the Libby app to your device and check out an e-book or e-audiobook of this title.

"Big Magic" is a thought-provoking book that explores the nature of creativity and the fears that often hold us back from expressing our true selves. Author Elizabeth Gilbert shares personal experiences and practical advice to inspire us to pursue our passions with courage and curiosity. In our discussion, we will explore the key themes of inspiration, perseverance and the joy of creative living, and we'll reflect on how the author's insights can apply to our own lives. If you are seeking to live more creatively, this book offers valuable wisdom for all.

Hope Clements is the FSC's director of community engagement.

Heather Miller is the adult programming and volunteer coordinator at the La Crosse Public Library. She is passionate about cultivating programs that spark connections between generations and provide opportunities to share creative wisdom.

REGIONAL READ ART NIGHT (IN-PERSON)

OCTOBER 22 • Tuesday, 5:30-7 p.m.

Facilitators: Hope Clements and Heather Miller

Investment: Free

Registration deadline: October 14



Join us for a night of creative exploration at the Franciscan Spirituality Center in collaboration with the La Crosse Public Library.

Explore a variety of creative mediums and connect with fellow creators in the spirit of this year's Driftless Regional Read, "Big Magic: Creative Living Beyond Fear" by Elizabeth Gilbert. This event is open to participants of all artistic abilities.

Note: Those who regularly attend *Open Art Space* on Tuesday nights at the FSC are encouraged to participate in this themed session.



RESPECTFUL CONVERSATIONS: KEEPING ELECTION TALKS PEACEFUL (IN-PERSON)

OCTOBER 23 • Wednesday, 5:30-7 p.m.

Moderator: Sarah Hennessey, FSPA

Investment: Freewill offering

Panelists: Richard Kyte, Jennifer Shilling, Walfsty Pierre, Barb Kruse and Michael Weldon, OFM

Registration deadline: October 21

Politics is often considered a taboo subject, but it's hard to avoid talking about the upcoming presidential election. Family, friends, co-workers and neighbors may have strong opinions and may be divided on important issues. All are invited to come together for this panel discussion to learn ways to engage in respectful and productive conversations. We'll share insights and strategies for talking about election-related topics with civility and understanding.

Specifically, we'll explore:

- Suggestions for facilitating respectful political discussions.
- How to have informed and fact-based conversations.
- The role of social media in shaping election discussions.
- Engaging diverse communities in meaningful dialogue.

Richard Kyte is the endowed professor of ethics at Viterbo University and directs the D.B. Reinhart Institute for Ethics in Leadership.

Jennifer Shilling is a former state legislator and current manager of government relations for Mayo Clinic Health System in Wisconsin.

Walfsty Pierre is a dedicated school social worker and outpatient clinical therapist based in La Crosse.

Barb Kruse is a spiritual director who has training in compassionate/nonviolent communication.

Michael Weldon, OFM, is the assistant chaplain for Viterbo University Campus Ministry.



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





2024 Programs and Retreats *continued.*

FINDING PEACE THROUGH ART AND REFLECTION (IN-PERSON)

OCTOBER 25-26

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

Presenter: Elizabeth Lewis



Investment:

- **OVERNIGHT:** \$175, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$105, includes lunch on Saturday

Registration deadline: October 14

Limited to 10 participants.

Experience a time of self-discovery and inner growth as we explore two themes: Creating Images of Peace During Times of Fear and Cultivating the Power of Acceptance. In a world that may seem chaotic and uncertain, you will find space for navigating life's complexities. Through visual journaling, we'll explore the interplay of perception, significance and self-talk while also cultivating acceptance, which is a fundamental skill for embracing life with grace.

VISUAL JOURNALING: CREATING IMAGES OF PEACE DURING TIMES OF FEAR

Perception. Significance. Self-talk. In our increasingly drama-driven, chaotic world, it can be easy to forget that these three things ultimately determine how outer environmental events affect our inner environmental landscape. Visual journaling is the art of self-discovery. First, we draw to express our feelings, and then we write to interpret those feelings to initiate transformation and understanding. We will create four images that will serve as stepping stones toward renewable images of inner peace and hope. No art experience is necessary!

CULTIVATING THE POWER OF ACCEPTANCE

Acceptance is the willingness to let go of your emotional opposition to the reality of what already is. Acceptance is the foundation of growth and change—a skill that once cultivated can lead to greater inner peace. We will explore the "Four As" of acceptance: acknowledge, allow, accommodate and appreciate; tools for shifting your perspective; the difference between judgment and discernment; and hands-on practices for cultivating and choosing acceptance.

Elizabeth Lewis is a stress-resilience teacher, motivational speaker and personal development/spiritual coach.

SIX-WEEK SERIES

DIVORCE RECOVERY (IN-PERSON)



OCTOBER 29; NOVEMBER 5, 12, 19, 26; DECEMBER 3 Tuesday, 6:30-8 p.m.

Facilitator: Julie Connelly

Investment: \$70 for the series

Registration deadline: October 21

We are able to offer a discounted rate of \$35 to anyone who would like financial help to participate. Please enter the code DIVORCE50 when you register online or call 608-791-5295.

This group is for those who have been through divorce, separation or the end of a long-term romantic relationship within the past three years. The negative emotions that accompany divorce and separation can be overwhelming. This group offers a safe place to share your experiences, receive support from others and explore a path for healing. We will learn practices based in self-compassion to help you rebuild your life and form new loving relationships.

Julie Connelly is the program and retreat coordinator at the FSC. She is a graduate of the FSC's Spiritual Direction Preparation Program, a certified grief educator and has experienced Divorce Recovery as a participant before facilitating the group.



ELECTION DAY EVENT

MUSIC AND GUIDED MEDITATION (IN-PERSON)

NOVEMBER 5 • Monday, 12:30-1:30 p.m. and 5:30-6:30 p.m.

Facilitators: Sarah Hennessey, FSPA, and Lynn Wegner

Investment: Freewill offering

No registration is necessary.



Join us for a time of guided and musical meditation as we navigate the emotional and mental feelings related to the current political climate. This meditation space is designed to provide peace and reflection amid the intensity of election week. It is open to everyone regardless of backgrounds and beliefs, offering a quiet space to reflect on personal and collective values.

Whether you are feeling anxious, hopeful or uncertain about the election results, this spiritual guided and musical meditation will provide a supportive environment to center and process your emotions.

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

Lynn Wegner has worked as the life enrichment director for the Franciscan Sisters of Perpetual Adoration for three years. She's also the part-time music director at Halfway Creek Lutheran Church. In her spare time, she volunteers at Holmen High School as an accompanist and is the president of the Holmen High School Show Choir Parent Organization.



ELECTION DAY EVENTS

**LABYRINTH WALK
(IN-PERSON)****NOVEMBER 5**

Tuesday, 1:30-5:30 p.m.

Facilitators: FSC staff**Investment:** Freewill offering

Registration is appreciated but not required.



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. People of all faith traditions and spiritual backgrounds are welcome to walk our indoor, canvas labyrinth on this Election Day. This is a silent, self-guided practice suitable for older teens and adults. Please arrive no later than 5 p.m. to allow enough time for your walk. 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 5 and 5:30 p.m.

AN HOUR OF PEACE AND CENTERING MEDITATION (ZOOM)**NOVEMBER 5** • Tuesday, 7-8 p.m.**Facilitator:** Elizabeth Lewis**Investment:** Freewill offering payable online**Registration deadline:** November 4

All are welcome to join us on Zoom videoconferencing for an hour of meditation. Together, we will explore light and heart meditations, self-compassion and more to help navigate whatever the future holds from a place of inner balance, acceptance and peace. This event is free; registration is necessary to access the Zoom link.

Elizabeth Lewis is a stress-resilience teacher, motivational speaker and personal development/spiritual coach.

CREATING A LIFE OF ENCHANTMENT (IN-PERSON)**NOVEMBER 8-9** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.**Presenter:** Jill McMullen**Investment:**

- **OVERNIGHT:** \$175, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$105, includes lunch on Saturday

Registration deadline: October 28

In "The Enchanted Life: Unlocking the Magic of the Everyday," author Sharon Blackie speaks to those who feel an emptiness at the heart of modern life—who long for a more authentic and connected lifestyle. As we journey through this book together over the course of the weekend, we will begin with questions about the meaning of enchantment and why it is important now. We will explore the magic of the everyday (especially in connection with the land we inhabit) and practice living life "as if it mattered" by creating a personal ritual for re-enchantment. In this sacred exploration, we will tap into the ancient wisdom that whispers through the natural world, reconnecting with the soul of the earth and the spirit within ourselves. We will close the workshop by each of us developing a "manifesto" for bringing the experience home and into our daily lives, grounding our newfound sense of wonder and purpose in spiritual practices that honor both the earth and the divine within.

Note: Please read or listen to the following chapters before the retreat: 1, 2, 5, 8, 11, 12. You'll need to purchase the book on your own or borrow from a library. Copies are available in the FSC's Sophia Bookstore.

Jill McMullen, M.D., is a holistic physician, acupuncturist, SoulCollage® facilitator, workshop leader and retreat host. As the founder of Hayfork & Sickle in rural western Wisconsin, she hosts intimate events with an emphasis on kindling the inner flames that may have become dimmed with time.

**THE BEAUTIFUL NOT YET: SUSTAINABLE HOPE MINI-RETREAT (IN-PERSON)****NOVEMBER 14** • Thursday, 9:30-11:30 a.m.**Presenter:** Carrie Newcomer**Investment:** \$60, includes lunch**Registration deadline:** November 4

Space is limited!

Note: This mini-retreat is a rare opportunity to spend time with Carrie Newcomer before her concert in town. She'll perform at Music on the Marsh at 7 p.m. Thursday, November 14, at The Nature Place, 789 Myrick Park Drive, La Crosse. Tickets for the show can be purchased separately at www.natureplacelacrosse.org starting in August.

This retreat led by singer-songwriter Carrie Newcomer will use music, poetry, reflective writing and small- and large-group conversation to explore the personal stories and practices that keep us resilient and help us stay centered. We'll consider the things that have helped us maintain hope in the past and ponder whether those things are still available to us. And, if so, how do we access them? This mini-retreat does not diminish current and historic hardship or injustice but explores how might we might hold our individual and community challenges with creative and life-giving tension, knowing that our work for the better world is not just a destination but a daily orientation.

Carrie Newcomer is a songwriter, recording artist, performer, educator and activist. She has been described as a "prairie mystic" by the Boston Globe and one who "asks all the right questions" by Rolling Stone Magazine. Carrie has 20 nationally released albums and three books of poetry and essays. Her song "I Should've Known Better" appeared on Nickel Creek's Grammy-winning gold album, "This Side," and she earned an Emmy for her PBS special, "An Evening with Carrie Newcomer."





2024 Programs and Retreats *continued.*

CONTINUING EDUCATION FOR SPIRITUAL DIRECTORS

LEADING GRIEF CIRCLES: A GROUP SPIRITUAL DIRECTION EXPERIENCE (IN-PERSON)

NOVEMBER 15-16 • Friday, 6-9 p.m. and Saturday, 9 a.m.-3:30 p.m.

Presenters: Karna Marks, Julie Connelly and Sarah Hennessey, FSPA

Investment:

- **OVERNIGHT:** \$175, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$105, includes lunch on Saturday

Registration deadline: November 4



We're thankful for your partnership in the world as compassionate listeners. Grief Circles are a longstanding tradition at the FSC. Here, people gather to share the questions, feelings and experiences that follow the death of a loved one. With good courage, we open our hearts and listen to the stories of others. We also listen for our own sacred wisdom. This continuing-education experience is open to spiritual directors who might like to share this Grief Circle experience in their own community. We have prepared a curriculum that we will share with you. We'll also share details about our process and the readings we have curated over the years. We ask that you come ready to participate fully. We'll sink down into our own experiences of grief as we prepare to support others in their grief journey.



Note: You may wish to check in early and participate in the Carrie Newcomer mini-retreat and concert on November 14. Please see page 11 for details.

Karna Marks is a spiritual director on staff at the FSC. **Julie Connelly** is the program and retreat coordinator at the FSC and a graduate of SDPP. **Sarah Hennessey, FSPA**, is a spiritual director on staff at the FSC. All three have facilitated grief support groups at the FSC and other locations.

ADVENT MACRAMÉ MEDITATION (IN-PERSON)

NOVEMBER 16 • Saturday, 9 a.m.-noon



Presenter: Megan Pike

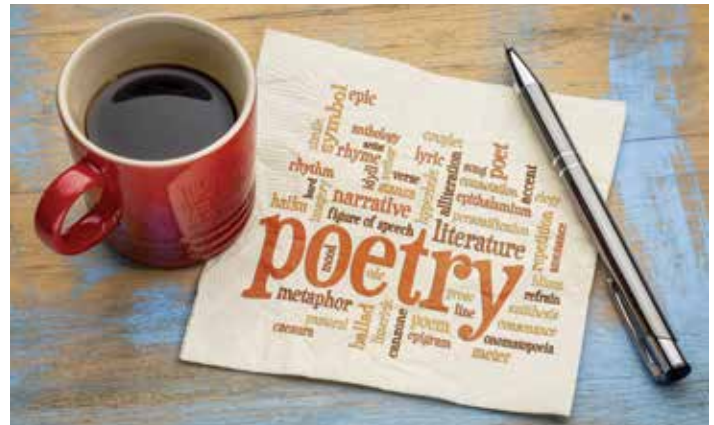
Investment: \$40, includes supplies

Registration deadline: November 4

Give yourself the gift of learning the art of macramé this Advent season to create a special wall hanging that weaves together tradition and mindfulness. As you add flames to a candle on your unique creation each Sunday, marking the journey toward Christmas, you'll have the opportunity to reflect on the joy and anticipation of the season. Guided by Megan Pike, aka Macrame Mama WI, you will learn foundational macramé knots such as the lark's head, square and gathering knots. Beginners are welcome, and all materials needed to complete your project within three peaceful

hours will be provided. Children ages 5 and older are welcome with a guardian.

Megan Pike has served in a variety of settings from Morocco to college campuses to post-disaster relief sites to the bedside of patients in the healthcare setting. She enjoys facilitating spaces where co-learners can engage in the depths of their creativity and find ways to harness that creativity for the common good.



POETRY CAFE (ZOOM)

NOVEMBER 18 • Monday, 6:30-8 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$5

Registration deadline: November 17



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



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

**PRACTICING GRATITUDE
IN UNCERTAIN TIMES (ZOOM)**

NOVEMBER 23

Saturday, 9 a.m.-noon



Presenter: Elizabeth Lewis

Investment: \$35

Registration deadline:
November 20

Spiritualist Stephen Levine said gratitude is “a way of seeing and being.” Leading gratitude researcher Robert Emmons calls gratitude “an antidote to negative emotions” such as fear and anxiety that can help us positively cope with life and life’s disappointments. In the midst of an ever-changing political and social landscape, approaching life with an attitude of “thanks be to all things” can be mentally, emotionally and spiritually challenging but doable. In this workshop, we will delve into both spiritual- and research-based approaches to gratitude to discover how gratitude practices can provide a solid-ground path of daily renewal, healing and forward movement during times of loss, transition, challenge and stress. This workshop experience will include guided visualizations, resilience-building gratitude practices, short writing exercises and discussion.



Elizabeth Lewis is a stress-resilience teacher, motivational speaker and personal development/spiritual coach.

SILENT DIRECTED RETREATS



A silent directed retreat is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence in a community of prayer. You will have a private,

comfortable bedroom, delicious meals and meetings 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 an additional fee.

Note: Silent retreats begin with a gathering of participants and spiritual directors. Please note the starting time when registering.

Choose from one or more of the following options:

SILENT DIRECTED RETREAT (IN-PERSON)

OCTOBER 6-11 • Sunday, 1 p.m.–Friday, 9 a.m.

Facilitators: Cathie Boerboom, RGS, and Chelle Belland

Investment: \$700, includes five nights’ stay, all meals and five spiritual direction sessions

We are able to offer a discounted rate of \$420 for this retreat to anyone who would like financial help to participate. Please enter the code SILENTRETREAT40 when you register online or call 608-791-5295.

Registration deadline: September 25

Limited to 6 participants.

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

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



NOVEMBER 22-24 • Friday, 2 p.m.–Sunday, 2 p.m.

Facilitator: Barb Kruse

Investment: \$375, includes two nights’ stay, all meals and three spiritual direction sessions

We are able to offer a discounted rate of \$225 for this retreat to anyone who would like financial help

to participate. Please enter the code SILENTRETREAT40 when you register online or call 608-791-5295

Registration deadline: November 11

Limited to 3 participants.

Barb Kruse is a trained spiritual director and former staff member of the FSC.

HERMITAGE SILENT DIRECTED RETREAT (IN-PERSON)

OCTOBER 13-15 • Sunday, 3 p.m.–Tuesday, 1 p.m.

Facilitator: Steve Spilde

Investment: \$375, includes two nights’ stay and three spiritual direction sessions (at the FSC)

We are able to offer a discounted rate of \$225 for this retreat to anyone who would like financial help

to participate. Please enter the code SILENTRETREAT40 when you register online or call 608-791-5295.

Registration deadline: October 2

Limited to 2 participants.

When you opt for this retreat, instead of staying at the Franciscan Spirituality Center, you’ll have use of a private, woodland hermitage just 15 minutes east of La Crosse.

These single-occupancy cottages are cozy and feature indoor plumbing and modern conveniences. Towels and bed linens are provided. Guests are asked to bring their own toiletries and food.

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





GOLDEN YOGA (IN-PERSON AND ZOOM)

SESSION 1: SEPTEMBER 3, 10, 17, 24; OCTOBER 1, 8

SESSION 2: OCTOBER 15, 22, 29; NOVEMBER 5, 12, 19

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

Instructor: Amber Moesch

Investment: \$60 for each six-week session

Registration deadline: September 1/October 13

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)

SESSION 1: SEPTEMBER 3, 10, 17, 24; OCTOBER 1, 8

SESSION 2: OCTOBER 15, 22, 29; NOVEMBER 5, 12, 19

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

Instructor: Pennie Pries

Investment: \$60 for each six-week session

Registration deadline: September 1/October 13

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: SEPTEMBER 4, 11, 18, 25; OCTOBER 2, 9

SESSION 2: OCTOBER 16, 23, 30; NOVEMBER 6, 13, 20

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

Instructor: Heather Henry

Investment: \$60 for each six-week session

Registration deadline: September 2/October 14

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, and brings forth a greater sense of physical and emotional balance. Slow Flow Yoga is designed to guide you 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, breath consciously and remain in the present moment.

Heather Henry has been teaching heart-led yoga for more than 25 years. She looks toward nature, as Divine expression, to connect to the rhythms that bring balance to our lives. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to. She supports women to inhabit their whole body while taking responsibility for and designing their lives.



BREATH, BODY, BOWLS (IN-PERSON)

SEPTEMBER 19

Thursday, 5:30-7 p.m.

Instructor: Joan Filla and Angeline Finch

Investment: \$15

Registration deadline: September 16

Integrate conscious breathwork, restorative movements and the soothing sounds and vibrations of Tibetan singing bowls. The body is a vessel of all life experiences and personal stories. Movement therapy deepens a person's quality relationship with their own physical, mental and emotional well-being. Yoga is the union of mind, body and soul by way of the breath. We'll start from a place of intention, connect to breath and then align the body into each asana (pose). Yoga calms the nervous system, strengthens and lengthens the body and restores mind, body and spirit. Adding the sound of Tibetan singing bowls brings vibrational harmony to promote deep relaxation and mind-body connection. We invite you to bring your mat, blanket or other items to create your nest for this relaxing practice.

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.



We can bring the FSC to you!

As much as we love welcoming people to our peaceful center here in beautiful La Crosse, Wisconsin (people don't call it "God's country" for nothing), we also enjoy bringing our programs and retreats to you. FSC staff members Jean Pagliaro and Julie Connelly recently returned from the Upper Peninsula area, where they presented a condensed version of our popular Kintsugi Retreat.

REFLECTIONS FROM JEAN:

Kintsugi is the Japanese art of repairing broken pottery with gold or other precious metals. The object is more beautiful and valuable after being put back together. Julie and I created a retreat based off of this practice and have facilitated a number of retreats here at the FSC. We were pleasantly surprised when we were invited to offer this retreat for Crafters on Central in Florence, Wisconsin.

At first, we were somewhat skeptical that the participants would dive into the retreat content. We assumed they had "really" shown up just to repair the broken pottery. Gladly, our assumptions were wrong. Each of the participants took a deep dive into the topics of imperfection, brokenness, failure, trauma, healing and wholeness.

They shared heartbreaking and poignant stories of loss, grief, broken relationships and how their lives were different than they imagined. Within those stories came the sharing of restored faith, recovery, survival and coming to terms with being imperfect and yet beautiful. In the midst of all of that, each participant repaired a vessel that was symbolic of healing and hope. Some intentionally left holes or glued on an extra piece to remind themselves of the beauty of imperfection. Some brought their own objects to repair and shared the meaning behind those treasures.

One participant chose a piece that I thought for sure was a throwaway because it was so shattered, but she immediately chose that piece. The repairs required three people to help hold the pieces in place until she could glue them—and that's so very symbolic of the power of community that can bring about healing and wholeness.

Julie and I are grateful for the entire experience!

PARTICIPANTS' FEEDBACK:

"Beauty came out of things we didn't see value in."

"A gift of the day was spending time with my mom and fellowship with others."

"The anticipation, the connections, the inner reflection and creativity was freeing."



"You are both awesome."



"It was pretty perfect."



"Come back more often!"

FSC staff members are available to present on the following topics:



Sarah Hennessey, FSPA
srsarah@fspa.org
608-791-5293
Private retreat director,
spiritual director

and presenter on programs such as practices for spiritual health, prayer, meditation, self-care and Franciscan spirituality.



Karna Marks
kmarks@fspa.org
608-791-5618
Private retreat director,
spiritual director and

Certified Daring Way™ Facilitator on programs based on the work of research professor and author Brené Brown.



Jean Pagliaro
jpagliaro@fspa.org
608-791-5603
Presenter of
programs and

retreats on grief and loss, and small-group facilitation on various topics.



Steve Spilde
sspilde@fspa.org
608-791-5297
Private retreat director,
spiritual director and

presenter on programs including spirituality for Lutherans or parents, spirituality and shame, Enneagram and prayer for busy people.

**BOARD MEMBER SPOTLIGHT:
KAREN LUECK, FSPA**

Why I Serve



I serve as a board member of the Franciscan Spirituality Center because I want to be a part of this welcoming community. As a Franciscan Sister of Perpetual Adoration, I have dedicated my life to our FSPA mission: “to manifest God’s love in the world; to bring new life, meaning, and hope to a suffering and searching humanity; to heal with compassion and forgiveness; to proclaim the Gospel in word and action.” The Franciscan Spirituality Center is a living example of that mission. When I walk through the doors of the FSC, I feel that welcoming spirit and loving presence.

I meet people, both staff and seekers, who inspire me to be a better person, to do all I can to bring this spirit to the world. Whether it is through an art class, a workshop on shame, a group healing from trauma, a facilitation on grief, a gathering to combat racism, the

ongoing Spiritual Direction Preparation Program, a retreat in nature, an exploration of Franciscan values or a chat over coffee in the cozy gift shop—all are efforts to bring healing and new life to the world.

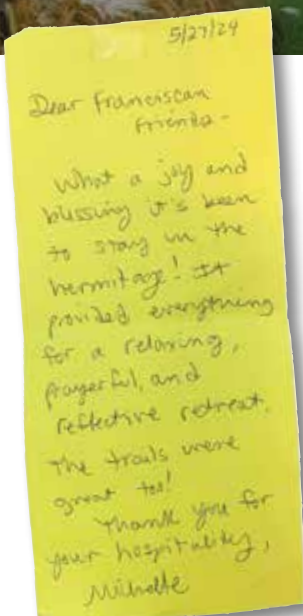
I love working with the other board members. They are people from all backgrounds and ways of life who recognize the importance of the FSC mission and want to do everything they can to facilitate that process. This all might sound like very serious work, and it is, but what I also love about the board is our ability to laugh. Joy permeates our meetings and helps us to go forth, bringing that joy and hope to a world so in need. I feel blessed to be a part of it.

FUN FACT: Sister Karen was a cheerleader in high school. Her book about leadership, “Cheering for the Good: Leading When It Matters,” is available in our Sophia Bookstore. Come browse and enjoy a complimentary cup of coffee or tea.



Experience peace in nature on St. Joseph Ridge

Just 15 minutes from our main center in La Crosse are three woodland hermitages that can be rented for private retreats (just \$70 per night). These cozy, single-occupancy cabins have all of the modern conveniences but offer a quiet space to unplug from distractions and the busyness of life. Read, pray, hike or just BE while you are here. Guests bring their own food and toiletries. Spiritual direction is available for an additional charge. Find more information at www.FSCenter.org or call 608-791-5295.



FRANCISCAN SPIRITUALITY CENTER Board of Directors



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Emmaus



Jacoba Conference Room



Grace Hall

Meeting Spaces

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

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

EQUIPMENT AVAILABLE FOR NO EXTRA CHARGE:

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



Thea Conference Room



Francis Room

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



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

Show your support with FSC merch

“Peace and all good” (Pax et Bonum in Latin, Pace e Bene in Italian) is a greeting you’ll hear among Franciscans. St. Francis of Assisi often began and ended his letters and sermons with the phrase. It reminds us that God’s peace and goodness is present in all of creation.

You can purchase apparel in our Sophia Bookstore with this hopeful and joyous message.



Choose among long-sleeve and short-sleeve T-shirts (crew neck and V-neck styles), and winter beanies in gray and navy blue. Shirts are \$20-\$25, and hats are \$20.

Our bookstore features other thoughtful gift items and a carefully curated selection of books on general spirituality, grief, resilience, prayer, poetry and more. You are welcome to browse from 8:30 a.m. to 5 p.m. weekdays or while you are here for an evening or weekend retreat.

Peace and all good!

COMING THIS WINTER



WORD OF THE YEAR RETREAT (IN-PERSON)
JANUARY 4 • Mary Holtorf and Kirsten Shipler

**A FRANCISCAN PERSPECTIVE ON
THE ENNEAGRAM (IN-PERSON)**
JANUARY 23-28 • Steve Spilde and
Jolynn Berhm, FSPA

**NEW YEAR, NEW MOON
WOMEN’S YOGA RETREAT (IN-PERSON)**
JANUARY 19 • Heather Henry

**WINTERING WITH WISDOM AND GRACE:
A COURAGE & RENEWAL RETREAT (ZOOM)**
FEBRUARY 25-26 • Mary Peters

**JAPANESE ART OF KINTSUGI:
EMBRACING OUR IMPERFECTIONS WITH
GRACE AND COURAGE (IN-PERSON)**
FEBRUARY 8-9 • Jean Pagliaro and Julie Connelly

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