



Franciscan
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 31 • NUMBER 4

FALL 2023

At the Center

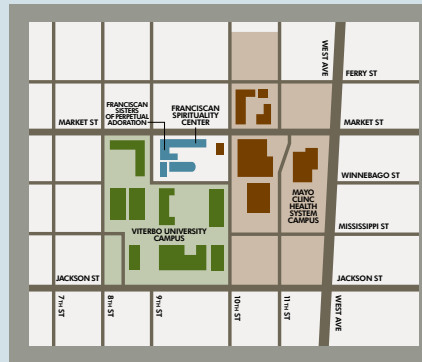
IN THIS ISSUE:

- Death Café
- Slow Flow Yoga
- Discerning Sobriety With Erin Jean Warde
- Befriending Our Fears in the Way of St. Francis
- Do I Stay Christian? A Retreat With Brian McLaren



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

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



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

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



The Franciscan Spirituality Center respectfully acknowledges that our building occupies the unceded ancestral and traditional land of the Sauk and Meskwaki, the Ochethi Sakowin and the Ho-Chunk peoples. 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. Find us on Facebook and Twitter.

Franciscan Spirituality Center

920 Market St., La Crosse, WI 54601

608-791-5295

www.FSCenter.org FSCenter@fspa.org

Identity

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

Mission

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

Core Values

In keeping with the tradition of our Franciscan founders, we hold these core values:

Sacredness: Believe that in every person and all creation lives the Sacred.

Respect: Acknowledge the dignity, diversity and worth of each person as a unique image of God.

Community: Through prayer, empathy and sharing, create a safe, peaceful place.

Hospitality: Welcome all with compassion, acceptance and celebration.

Professionalism: Commit to competence, quality, trust and personal spiritual development.

What We Do

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world. The FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

facebook.com/FSCenterLaCrosse

instagram.com/franciscanspiritualitycenter

twitter.com/fs_center

youtube.com/@franciscanspiritualitycenter

atthecenterreflections.blogspot.com

So much is brewing (in addition to our amazing coffee)



FRANCISCAN SPIRITUALITY
CENTER STAFF



“We have such good things brewing!” This sentiment was from a staff member as we were reviewing past programs and retreats, and looking ahead to offerings listed in this newsletter. We have been doing a lot of planning, dreaming and brewing, and we are seeing exciting outcomes stem from all of this.

In June, we held a community conversation for veterans, current military service members, families and community partners to learn more about the need for grief and spiritual support. This conversation was the first step in implementing programs and retreats for veterans, current service members and their families. It was made possible thanks to the La Crosse Community Foundation, which offered a Giving Catalog last year and our request for funding was filled. Stay tuned for more exciting things to come from this!

It’s hard to believe, but we are already planning for our next cohort of the Spiritual Direction Preparation Program that will begin in 2024. The team has incorporated new ways of offering content (a mix of in-person and virtual learning), and we are excited to see this planning take flight.

We are focusing more on addiction recovery and retreats and are thrilled to welcome Erin Jean Warde in September. She is the newly published author of “Sober Spirituality.” We also have a Serenity Retreat with Susan Seeby, CSA, planned for November.

This edition offers a new, virtual podcast discussion group, *Podcast Rebroadcast*. You’ll see that in October we welcome Jon M. Sweeney, who will focus on *Befriending Our Fears in the Way of St. Francis*. And two of our longtime presenters, Joan Filla and Bernice Olson-Pollack, are coming together to offer a brand-new program: *Breath, Body and Bowls*.

We continue to offer many favorite programs and retreats, such as *Golden Yoga*, *Vinyasa Yoga* (now *Slow Flow Yoga*), *Meditation for Emotional Health* and *Enneagram* retreats.

With all that’s brewing here at the FSC, we’d love for you to be a part of it all.

Blessings on this fall season!

Jean Pagliaro

Jean Pagliaro, FSC Director



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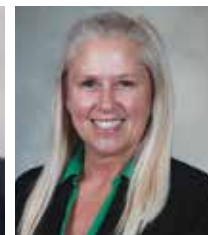
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2024-2027

SDPP IS DESIGNED FOR THOSE WHO:

- Are older than 30 and drawn to a deeper understanding of spiritual direction.
- Are preparing for a ministry of spiritual or retreat direction and/or the practice of redemptive listening.
- Would like to deepen spiritual and personal development.
- Have at least one year of experience receiving regular spiritual direction.

SDPP PARTICIPANTS LEARN BY:

- Attending required in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.
- Developing strong community with a cohort of between 25-35 participants.

PROGRAM APPLICATION

Those seeking admission to the SDPP are asked to call 608-791-5295 or email FSCenter@fspa.org for an application. Applications will be accepted until June 1, 2024, or until the program fills.

Housing is available at the Franciscan Spirituality Center for all of the workshops for an additional fee. Other expenses include the cost of books, fees for spiritual direction and the required six-day retreat.

Spiritual Direction Preparation Program

AN INNOVATIVE,
THREE-YEAR
TRAINING PROGRAM

HERE'S WHAT PAST PARTICIPANTS HAD TO SAY ...

NEW! ANNUAL TUITION TIERED PRICING

Choose the amount that best fits your financial situation. An additional discount of \$150 will be applied if tuition is paid in full at beginning of the year.

TIER A: \$4,225 | Covers full program costs plus offsets facility expenses and support staff. This tier helps to support the long-range sustainability of the program and the FSC.

TIER B: \$3,250 | Covers basic program expenses including meals, supervisor fees, presenter fees and a portion of staff time. This is the break-even point for the FSC to offer this program.

TIER C: Modest subsidy \$2,850 | Thanks to funding from our generous donors, we can offer a subsidized tuition amount for those who need additional support.

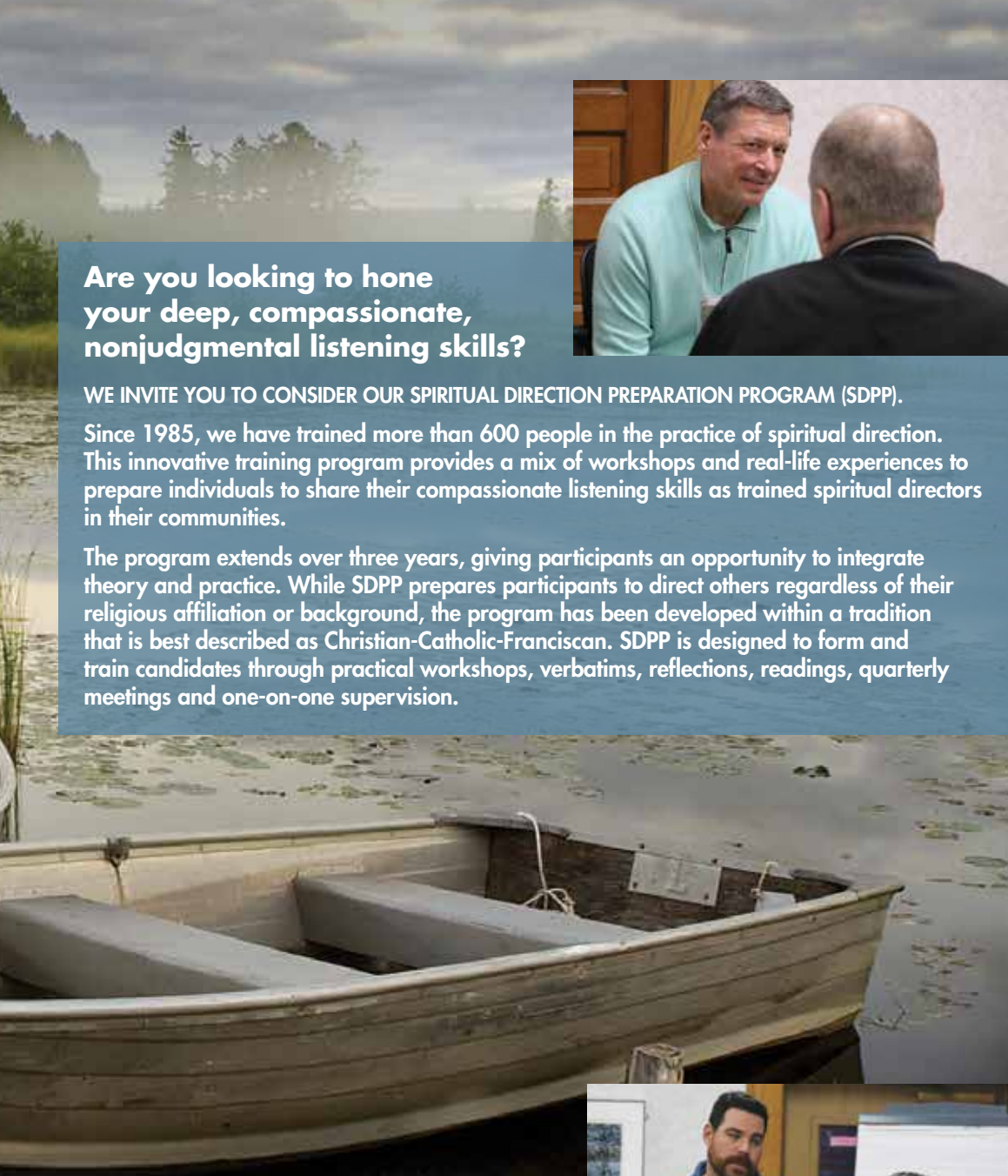
TIER D: Significant subsidy \$2,300 | We recognize that some participants have significant financial limitations. Thanks to funding from our generous donors, we can offer a significant tuition subsidy amount for those who would not be able to participate otherwise.

Fees include tuition for all in-person and Zoom workshops, practicum in Year 3, quarterly meetings, annual review with supervisor and all administrative fees, meals and snacks. Fees are payable in installments.



I don't think that I have ever been averse to doing deep inner work, but this program put me on a fast track to exploring the inner life. It has helped me be a better listener in the whole of life."





Are you looking to hone your deep, compassionate, nonjudgmental listening skills?

WE INVITE YOU TO CONSIDER OUR SPIRITUAL DIRECTION PREPARATION PROGRAM (SDPP).

Since 1985, we have trained more than 600 people in the practice of spiritual direction. This innovative training program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The program extends over three years, giving participants an opportunity to integrate theory and practice. While SDPP prepares participants to direct others regardless of their religious affiliation or background, the program has been developed within a tradition that is best described as Christian-Catholic-Franciscan. SDPP is designed to form and train candidates through practical workshops, verbatims, reflections, readings, quarterly meetings and one-on-one supervision.



“SDPP has made me a better husband, a better father, a better neighbor and friend. I always thought I was good at listening to others, but I am so much better now. I also am better able to listen for God’s voice in my life. This program has been a blessing.”



“What a gift this program has been! I chose it for the one-on-one supervision, retreat practicum experience and wide breadth of topics. It has exceeded my expectations in every way and has been life-changing. I am much more mindful now of my own values and decisions. Thank you!”



SCHEDULE FOR SDPP COHORT 18:

YEAR 1

In-person in La Crosse:
Thursday–Sunday
September 12-15, 2024

Virtual weekends:
Friday–Sunday
November 1-3, 2024
January 31–February 2, 2025
April 4-6, 2025

YEAR 2

In-person in La Crosse:
Thursday–Sunday
September 11-14, 2025

Virtual weekends:
Friday–Sunday
October 31–November 2, 2025
January 9-11, 2026
March 20-22, 2026

YEAR 3

In-person practicum
in La Crosse:
Sunday–Saturday
June 14-20, 2026

Virtual weekends:
Friday–Sunday
October 9-11, 2026
March 5-7, 2027

In-person in La Crosse:
Thursday–Sunday
July 22-25, 2027



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.

On the day before the program, you will receive a courtesy email with instructions and a Zoom link (if it's a virtual gathering).

If you have not received this link within 24 hours of the program start, please call our office at 608-791-5295 or email fscenter@fspa.org. Our office closes at 5 p.m. Monday through Friday and typically is not staffed on weekends, so it is especially important to make sure you have your Zoom link prior to evening and weekend programs.

WEEKLY GROUPS

DEPRESSED ANONYMOUS (IN-PERSON)

EVERY MONDAY • 5:30-6:30 p.m.

Investment: Free

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: Free

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 support each other in our daily journeys through life. It is a discussion group where we listen to, and learn from, each other. There is also the opportunity to gain 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

MEDITATION FOR EMOTIONAL HEALTH (ZOOM)



SEPTEMBER 7, OCTOBER 5, NOVEMBER 2
 First Thursday of the month, 6:30-7:30 p.m.

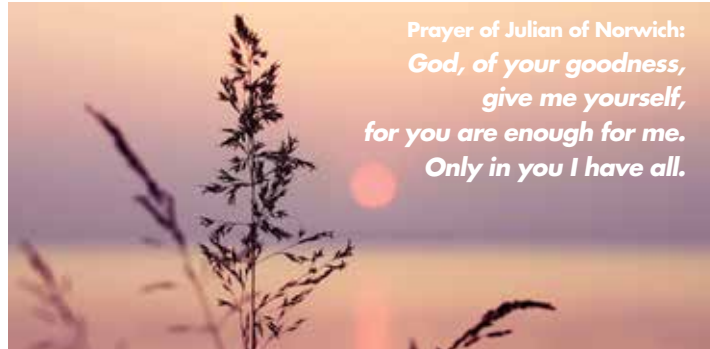
Facilitator: Sarah Hennessey, FSPA

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

Registration deadline: September 6/October 4/November 1

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



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

COMMUNITY FOR CHRISTIAN MEDITATION (IN-PERSON)

SEPTEMBER 6, 20; OCTOBER 4, 18; NOVEMBER 1, 15
 First and third Wednesday of the month, 6:30-7:30 p.m.

Facilitator: Robert Lynn

Investment: Suggested donation of \$3

Registration is appreciated; drop-ins are welcome.



Christianity has a deep tradition of silent prayer in the form of contemplation or meditation. This community setting will practice Christian meditation in the tradition of John Main, OSB, learning to quiet the mind and open one's heart to divine presence. If you are new to meditation, this is a gentle place to start. If you have an established meditation practice, deepen your practice by sharing it in community. We honor the variety of traditions and streams of meditation practice that you might currently use. Followers of Thomas Merton will find a home here.

Note: Freewill offerings will benefit the Franciscan Spirituality Center.

Robert Lynn holds a Certificate in Theological Studies from Wartburg Seminary with additional studies at Nashotah House. He is a meditating student of Santikaro Upasaka and has been practicing meditation individually and in a variety of group settings for several years.

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

SEPTEMBER 11, OCTOBER 9, NOVEMBER 13
 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 meets the second Monday of every month and provides a safe place for those who are experiencing grief and the loss of a loved one to share their stories. Grieving comes with a variety of emotions that may arise with the immediate loss of a loved one or can even surface years later. You'll have an opportunity to process your unique experience while receiving the comfort and compassion of others who understand. Our facilitator, Laurie, has journeyed through her own grief experiences and is passionate about providing space for others to come together in their own grief process.



HOW TO REGISTER

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



2023 Programs and Retreats *continued.*

ART AS PRAYER (IN-PERSON AND ZOOM)

SEPTEMBER 18, OCTOBER 16, NOVEMBER 20

Third Monday of the month, 6-7:30 p.m.

Instructor: Mary Thompson

Investment: \$15 per session

Registration deadline: September 15/October 13/November 17

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

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.

September: We will kick off the seasonal transition from summer to winter by printing with apples.

October: Migrating woolly bear caterpillars herald the onset of fall, and make a great subject for fall paintings.

November: We'll end our series with a nod to nuts, adding splashes of color and texture inspired by fall leaves.

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. She has supported the healing of women in recovery through the practice of art therapy and has been an affiliate of the Franciscan Sisters of Perpetual Adoration for more than a decade.



Supplies needed:

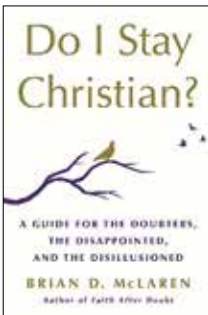
- Watercolor paints, paper, brushes and a pencil
- Mixed media paper is an option for printing, but watercolor paper will work
- Water container and paper towels
- Small apple for printing (apples will be provided for in-person guests)
- Fall leaves
- Found nuts or photos from online sources. Buying whole walnuts from grocery store is an option. These can be cracked open for design inspiration.

PROGRAMS AND RETREATS

THREE-WEEK SERIES

BOOK STUDY: "DO I STAY CHRISTIAN?" (ZOOM)

SEPTEMBER 5, 12, 19 • Tuesday, noon-1 p.m.



Facilitator: Steve Spilde

Investment: \$15

Registration deadline: September 1

In preparation for the FSC's weekend retreat with Brian McLaren on September 22-23, we will explore themes in his recent book, "Do I Stay Christian?: A Guide for the Doubters, the Disappointed, and the Disillusioned." Whether or not you attend the retreat, this will be a good opportunity for those who struggle with their Christian faith. We will look at why we

might be tempted to leave the faith, committed to stay in the faith and/or how we might reconcile these two conflicting forces within us.

We will read the book together and share questions, insights and learnings. Participants will need access to a copy of the book (it is available for purchase at the FSC) and should read the first 75 pages prior to the first session.



SILENT DIRECTED RETREAT (IN-PERSON)

SEPTEMBER 10-15 • Sunday, 1 p.m.-Friday, 1 p.m. (after lunch)

Facilitator: Steve Spilde

Investment: \$700

We are able to offer a discounted rate of \$350 for this retreat to anyone who would like financial help to participate. Please enter the code SILENT50 when you register online or call 608-791-5295.

Registration deadline: September 1

Limited to 6 participants.

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

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



INTRODUCTION TO WRITING PRACTICE (IN-PERSON)

SEPTEMBER 12 • Tuesday, 6-8:30 p.m.



Presenter: Cynthea Gillespie

Investment: \$25

Registration deadline: September 4

Have you been waiting for just the right time to dive into writing but are scared to face the blank page?

This workshop is a safe, judgment-free zone for both newbies and experienced writers alike to explore your writing voice. Based on the rules of Writing Practice as developed by world-renowned author Natalie Goldberg, this introduction gives you the tools to jump start your writing. Bring a fast writing pen (no laptops), spiral notebook or inexpensive writing pad. Although it's not required, participants may want to read "Writing Down the Bones" or "Wild Mind" to familiarize yourself with the structure of Writing Practice, as well as for inspiration, encouragement, spiritual growth and solid advice on many aspects of the writer's craft.

The introduction is prerequisite to the three-week series, *Old Friend From Far Away—Exploring Memoir Writing Practice*, unless you are already familiar with the work of author Natalie Goldberg.

THREE-WEEK SERIES

OLD FRIEND FROM FAR AWAY: EXPLORING MEMOIR WRITING (IN-PERSON)

SEPTEMBER 19, 26; OCTOBER 3 • Tuesday, 6-8:30 p.m.



Presenter: Cynthea Gillespie

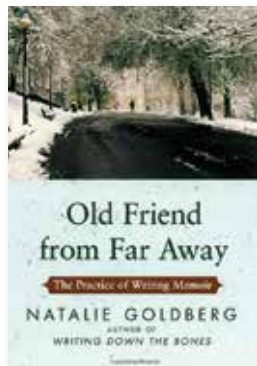
Investment: \$45


Registration deadline: September 11

To register, we ask that you have already studied with author Natalie Goldberg or have taken *Introduction to Writing Practice*.

Our spiritual journeys often include a review of our past. For those new to the genre of memoir, this is a three-week series designed to encourage exploration into the stories of our lives. Those who simply enjoy having new writing prompts to expand on in the safety of a loving and non-judgmental writing community are welcome. Using Natalie Goldberg's Buddhist-inspired Writing Practice, we'll open each session with a simple, 10-minute mindfulness meditation. While not required, new writers may appreciate purchasing Goldberg's "Old Friend from Far Away: The Practice of Writing Memoir" book (available at the FSC) to complement the writing prompts given in class.

Cynthea Gillespie first studied creative writing with Natalie Goldberg, author of the revolutionary "Writing Down the Bones," in 1998. Throughout the next two decades, Cynthea studied with Natalie in classrooms and retreat centers throughout the United States, most recently on Madeline Island.



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

FIVE-WEEK SERIES

GRIEF CIRCLE (IN-PERSON)

SEPTEMBER 13, 20, 27; OCTOBER 4, 11
Wednesday, 10 a.m.-noon

Facilitators: Karna Marks and Kay Kienetz

Investment: \$50 for the series

We are able to offer a discounted rate of \$20 for anyone who would like financial help to participate. Please enter the code GRIEF60 when you register online or call 608-791-5295.

Registration deadline: September 6

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.

Karna Marks is a spiritual director on staff at the FSC. She has shepherded many people through the grief process in her role as a pastor. **Kay Kienetz** is a spiritual director and recreational therapist in the La Crosse area. She has a master's degree in science and is a lifelong learner, as well as a compassionate and creative co-explorer.



DISCERNING SOBRIETY WITH ERIN JEAN WARDE (IN-PERSON)

SEPTEMBER 15-16 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



Presenter: Erin Jean Warde

Investment: This retreat would typically cost \$175, but thanks to our Norman L. Gillette Sr. Scholarship Fund, we are able to reduce the participation fee to \$75 whether you attend as an overnight guest or as a commuter. If cost is still a barrier, please call 608-791-5295 and ask to speak to Laurie.

Registration deadline: September 1

During this weekend retreat, we will explore mindfulness, sobriety and spirituality. You'll be introduced to tools that can help you to discern your own relationship with addictive choices or behaviors so common to us all. Erin Jean Warde will share her personal journey of quitting alcohol. She'll provide tools to help each participant explore a more mindful relationship with substance misuse and dependencies and the richer sobrieties we might seek or experience. This retreat is recommended for those seeking wholeness in mind, body and soul, for those questioning their relationship with any kind of addictive choice (or supporting someone who is) regardless of where they are in their journey. Those of any faith or none are welcome.

The **Rev. Erin Jean Warde** is an Episcopal priest, spiritual director, recovery coach and writer. She is the author of "Sober Spirituality: The Joy of a Mindful Relationship with Alcohol" and offers a course, Discerning Sobriety, that helps people bring spiritual practices and mindfulness into their relationship with alcohol. As a Certified Daring Way Facilitator™, she incorporates the research of Brené Brown into her work. Learn more at www.erinjeanwarde.com.



2023 Programs and Retreats *continued.*



JOURNEY INTO THE WOODS (IN-PERSON)

SEPTEMBER 16 • Saturday, 9 a.m.-4 p.m.

Presenter: Char Peterson

Investment: \$50, includes lunch

Registration deadline: September 11

Note: This event takes place at Dragonfly Connections Respite, Renewal, Retreat (4 miles south of Stoddard)

Limited to 10 participants.

Join us for a journey of exploration and connection to the earth. This nature-immersion retreat will draw on the wisdom found in nature and offered to us through First Nation teachers and Celtic spirituality, in the traditions of the followers of St. Francis and in Creation theology as expressed through the writings of Thomas Berry. You'll be encouraged to engage in readings while spending time in nature. We will practice guided meditation, engage in elements of forest bathing and seek to hear answers to our heart questions as we walk the labyrinth. This event takes place rain or shine.

There will be opportunities to explore trails that involve more rigorous, longer, steeper hikes as well as less strenuous walks with secluded areas to sit and contemplate. As you walk, you are invited to gather earth elements to use to create your own healing ritual through making a nature mandala, painting a stone or creating a stone altar.

Note: If you have attended a Journey Into the Woods retreat in the past, this retreat will be a different experience and have new 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 creation. She has practiced her soul care work most recently as a hospice chaplain at Gundersen Health System. She has a master's degree in theology and a master's level Certificate of Pastoral Ministry from St. Catherine University in St. Paul, Minnesota.



WHAT IS SPIRITUAL DIRECTION? (ZOOM)

SEPTEMBER 18 • Monday, 6:30-7:30 p.m.

Presenters: Sarah Hennessey, FSPA, and Steve Spilde

Investment: Free

Registration deadline: September 15

Spiritual direction is an ancient Christian practice that is being rediscovered in our busy, modern world. In spiritual direction, we try to hear the voice of God in our lives. A spiritual director listens carefully and compassionately as you describe the milestones, detours and questions of your own spiritual journey.

During this brief, virtual introduction, FSC staff spiritual directors will describe the process of spiritual direction and answer questions. If you have never experienced spiritual direction, this is an opportunity to learn more before you make an appointment or commitment.



ICONOGRAPHY WORKSHOP: DANIEL THE PROPHET IN THE LION'S DEN (IN-PERSON)

This workshop has been rescheduled from July.

SEPTEMBER 18-23 • 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 4

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 Christians. Noted American iconographer Phil Zimmerman will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials (acrylic paints, gessoed board, gold leaf). All materials and supplies are included. By the end of the week, students will have a beautifully completed icon varnished and ready to display.

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

Note: Class may extend into the evening hours on Friday for varnishing.

Phil Zimmerman is the owner of St. John of Damascus Icon Studio in Pennsylvania. He has created hundreds of religious icons for churches and private collectors throughout the world and has offered workshops at the FSC for more than 20 years.



FALL EQUINOX LABYRINTH WALK (IN-PERSON)

SEPTEMBER 21 • Thursday, open between 4-7 p.m.

Facilitator: FSC staff

Investment: Freewill offering

Registration is appreciated; drop-ins are welcome.

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. In the Northern Hemisphere, the autumnal equinox marks the end of summer and the beginning of fall, with days becoming shorter than nights. 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, canvas labyrinth. This is a silent, self-guided meditation. Please plan to arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to walking the labyrinth. Young children are welcome to experience the labyrinth between 6:30-7 p.m.





Photo by
Hannah Davis at
Wild Artistry

DO I STAY CHRISTIAN? A RETREAT WITH BRIAN MCLAREN (IN-PERSON)

SEPTEMBER 22-23 • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

Presenters: Steve Spilde (in-person) and Brian McLaren (Zoom)

Investment:

- **OVERNIGHT:** \$180, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$110, includes lunch on Saturday

Registration deadline: September 11

Best-selling author and theologian Brian McLaren will join us virtually as we gather for an in-person retreat based on his latest book, "Do I Stay Christian? A Guide for the Doubters, the Disappointed, and the Disillusioned." Participants will share questions and encouragement as FSC spiritual director Steve Spilde introduces themes in the book. On Saturday, Brian will join us to explore the content in more depth and answer our questions. "Do I Stay Christian?" is a question that surprising numbers of people—including pastors, priests and other religious leaders—are asking in private. With honesty and humility, Brian explores reasons why people would answer "no" or "yes" to this important question.

Praise from Richard Rohr, OFM: "Brian's new book on remaining Christian knocks it out of the ballpark in terms of framing and naming the questions. I cannot stop reading it!"

PODCAST REBROADCAST (ZOOM)

SEPTEMBER 26 AND OCTOBER 24 • Tuesday, 6-7:30 pm

Facilitator: Karna Marks

Investment: \$5 per session. Register for one or both!

Registration deadline: September 21/October 19

Do you enjoy listening to podcasts? Do you wish you had someone to talk over all the revelations, insights and ah-ha moments after the show is over? This new offering is like a book group for podcast listeners. It's a time to appreciate all of the ways people are showing up in the world with good courage and sharing their stories – and the connections we have with one another. Join us for inspiration, conversation and good community building.



SEPTEMBER:

Podcast: Everything Happens with Kate Bowler (Season 10/Episode 11)
Clear Eyes, Full Hearts with Minka Kelly

Sometimes we assume the people around us are fine—or it's hard to imagine the speed bumps or struggles people encounter—or to make sense of our own. Actress Minka Kelly shares her story and how she learned to take care of herself, navigate boundary setting and process the incredible challenges that are a part of her life story through a lens of love, forgiveness and grace.

OCTOBER:

Podcast: Ten Percent Happier with Dan Harris (Episode 316)
How to Call People In Instead of Calling Them Out with Loretta Ross

Professor Loretta Ross teaches about call-out culture and white supremacy at Smith College and has served as a powerful, transformative human-rights movement leader for decades. In this podcast, she discusses how our call-out culture is adding toxicity to discourse and alienating people who might be allies. Listen in as she shares an invitation with the world to reject the impulse to dehumanize and to speak the truth with a spirit of grace. She is a longtime leftist—but no matter where you stand—she invites us to imagine and re-imagine engagement.

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



DEATH CAFE (IN-PERSON)

SEPTEMBER 28 • Thursday, 6-8 p.m.

Facilitator: Erica G. Srinivasan

Investment: Freewill offering

Registration deadline: September 26



The Death Café movement started in the United Kingdom to "increase awareness of death to help people make the most of their (finite) lives." People typically sit at a table with strangers, enjoy refreshments and have a lively conversation about a topic that affects us all. There is no agenda or objective; this is a discussion group rather than counseling or grief support. Community members of all ages are invited to have open conversations about death, dying, loss and grief. The facilitator for this event has a passion for normalizing conversations about death and grief, which serves as a foundation for her professional work.

Erica G. Srinivasan, Ph.D., is an associate professor of psychology at the University of Wisconsin-La Crosse, where she also serves as the director for the Center for Grief and Death Education, and is co-chair for the gerontology emphasis. She also is the lead instructor in the University of Wisconsin-Madison's Grief Support Specialist Certificate Program. She conducts research on grief and dementia, aid-in-dying, and loss and coping with COVID-19.



2023 Programs and Retreats *continued.*



SIX-WEEK SERIES

MOVING THROUGH GRIEF (IN-PERSON)

OCTOBER 4, 11, 18; NOVEMBER 1, 8, 15

Wednesday, 10 a.m.-noon



Facilitator: Cathie Boerboom, RGS

Investment: \$125 for the series

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

Registration deadline: September 29

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 may need assistance in healing. Everyone experiences loss and grief during their lives. Asking for assistance is a sign of courage and strength. Healing grief takes desire, time and effort, often requiring support. This series is for anyone experiencing grief, whether it's the loss of a person, pet, health or job. We will work together, but the major part of the work will be yours. It is important for you to be patient and compassionate with yourself in the grieving process.

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

SIX-WEEK SERIES

DREAM WORK (IN-PERSON)

OCTOBER 4, 11, 18; NOVEMBER 1, 8, 15 • Wednesday, 2-3:30 p.m.



Presenter: Cathie Boerboom, RGS

Investment: \$60 for the series

Registration deadline: September 29

Dreams are gifts to help us learn more about ourselves and can sometimes guide us as we make choices in life. We will learn about the importance of dreams as well as ways to understand our dreams. We will explore dream work using dreams of the people in the group along with samples of dreams from other people.

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

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 first and 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.



DETANGLE STRESS—ZENTANGLE (IN-PERSON)

OCTOBER 7 • Saturday, 9 a.m.-4 p.m.



Presenter: Christine Isham

Investment: \$70, includes all supplies and lunch

Registration deadline: September 25

No one is free from stress, and understanding and coping with it can be difficult. An overload of stress can have physical effects on us and complicate our lives. Together, we'll learn how stress affects us and ways to cope or decrease our stress and increase resilience. Among other strategies, we'll explore The Zentangle Method®. This mindfulness art practice helps you focus and clear your mind, promoting peace and well-being. The Zentangle Method teaches self-compassion, acceptance of mistakes and the quieting of self-criticism—all contributing to detangling stress. No prior art experience is necessary. All supplies will be provided.

The **Rev. Christine Isham, Ph.D.** is a hospice chaplain in the La Crosse area and has been practicing The Zentangle Method for more than a decade. She became a Certified Zentangle Teacher in 2023.

BEFRIENDING OUR FEARS IN THE WAY OF ST. FRANCIS (IN-PERSON)

OCTOBER 13-14

Friday, 6-9 p.m. and Saturday, 9 a.m.-3 p.m.

Presenter: Jon M. Sweeney

Investment:

- **OVERNIGHT:** \$175, includes private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$95, includes lunch on Saturday

Registration deadline: October 2

St. Francis understood soldiers and fools, mothers and fathers, business people and rulers, poets and court entertainers, pastors and criminals. He was, at one time or another, in one way or another, all of these. And the spiritual path he discovered is perhaps more relevant for our times than it was in his own day. The overriding message of his life and teachings begins and ends with the story of the Wolf of Gubbio. We'll explore how this story is an invitation to embrace the wolf: to consider another viewpoint, to befriend our fears, to see ourselves in another, be willing to live vulnerably and discover something new. Francis of Assisi is the world's most popular saint, and you'll discover how he illuminated a peaceful path forward for those of us navigating today's precarious times.

Jon M. Sweeney is the author of 40 books including "The Complete Francis of Assisi" and "Feed the Wolf." He is a Roman Catholic and is married to a congregational rabbi; together they co-direct The Lux Center for Catholic-Jewish Studies at Sacred Heart Seminary and School of Theology in Franklin, Wisconsin. He also is the editor of Living City magazine, published by Focolare Media; contributing editor in books at SpiritualityandPractice.com; and religion editor at Monkfish Book Publishing.





SILENT DIRECTED RETREAT WEEKEND (IN-PERSON)

OCTOBER 13-15
Friday, 3 p.m.–Sunday, 2 p.m.

Facilitators: Karna Marks and Sarah Hennessey, FSPA

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



We are able to offer a discounted rate of \$140 for this retreat to anyone who would like financial help to participate. Please enter the code SILENT60 when you register online or call 608-791-5295.

Registration deadline: October 2

Limited to 6 participants.



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



SINGING BOWLS MEDITATION (IN-PERSON)

OCTOBER 12 AND NOVEMBER 27

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

Presenter: Joan Filla

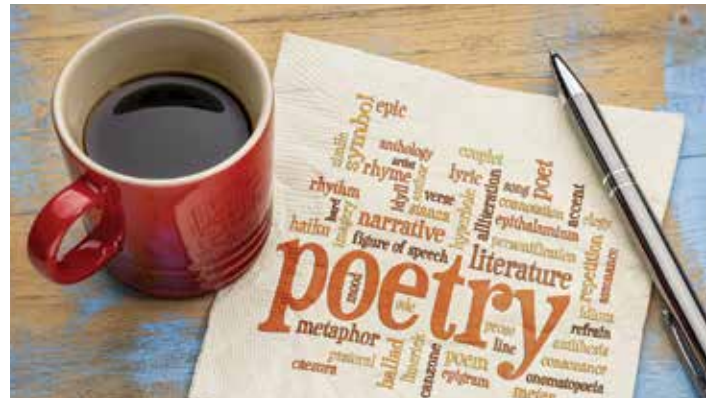
Investment: Suggested donation of \$10

Registration deadline: October 11/November 26



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.



POETRY CAFE (ZOOM)

OCTOBER 23

Monday: 6:30-8 p.m.

Facilitator: Sarah Hennessey, FSPA

Investment: \$5

Registration deadline: October 19



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

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

BREATH, BODY AND BOWLS (IN-PERSON)

OCTOBER 26 • Thursday, 5:30-7 p.m.

Presenters: Joan Filla and Bernice Olson-Pollack

Investment: \$15

Registration deadline: October 23



Join us for the opportunity to 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 deepens a person’s quality relationship with their own physical, mental and emotional wellbeing. 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.

Bernice Olson-Pollack, M.S., is a Community Counseling YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise-certified personal trainer. Her accessible teaching style creates a comfortable learning environment for diverse abilities.



2023 Programs and Retreats *continued.*

AGING AS A SPIRITUAL PRACTICE (IN-PERSON)

OCTOBER 28 • Saturday, 9 a.m.-4 p.m.

Presenter: Elizabeth Lewis

Investment: \$60, includes lunch

Registration deadline: October 16



Open yourself to midlife and beyond as an unprecedented period of growth, fulfillment and inner renewal. In this workshop, we will frame aging as a spiritual practice that can help us to focus on positive aspects of aging that transcend culture, age and time. We'll explore how to let go of aging-related fears, practical guidelines and practices for choosing inner peace throughout life, the role resilience plays in graceful aging, creative envisioning, redefining purpose and how to relax, look deeply and let go in the death and dying process.

Elizabeth Lewis is a certified grief support specialist, grief educator, trauma-sensitive HeartMath provider, stress resilience trainer, spiritual counselor and motivational speaker. She travels extensively in the United States and Italy to present retreats and workshops. Learn more at www.elizabeth-lewis-coach.com.



SIX-WEEK SERIES

DIVORCE RECOVERY (IN-PERSON)

OCTOBER 30; NOVEMBER 6, 13, 20, 27; DECEMBER 4

Tuesday, 6:30-8 p.m.

Facilitator: Julie Connelly

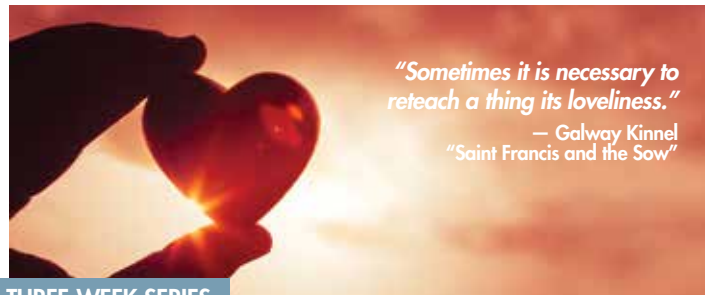
Investment: \$25 for the series

Registration deadline: October 23



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 FSC's program and retreat coordinator. She's also a graduate of the FSC's Spiritual Direction Preparation Program and can share her personal experience of attending the Divorce Recovery series.



THREE-WEEK SERIES

BEFRIENDING OUR BELOVEDNESS (ZOOM)

NOVEMBER 1, 8, 15 • Wednesday, 11:30 a.m.-1 p.m.

Investment: \$90 for the series

Presenter: Diane M. Millis

Registration deadline: October 23



It's easy to forget who we are and who we were created to be. We live in a world that keeps telling us who we should be rather than imploring us to remember who we are. We are lovely. Our vision is blurred by a barrage of images and messages coming at us coupled with wounds and biases within us. We need accompaniment – befriending – to help us regain sight of our belovedness.

During this virtual series, we will explore practices for reclaiming who we are and who we are called to become for one another. Each 90-minute session will include time for prayer, presentations, guided reflection and writing, and contemplative conversations.

Educator, author and spiritual director **Diane M. Millis, Ph.D.**, loves to accompany people as they explore how God is at work in their lives. She is the author of "Conversation—the Sacred Art," "Deepening Engagement" and "Re-Creating a Life," and she facilitates retreats in a wide array of sectors. Learn more at www.dianemillis.com.

SILENT DIRECTED RETREAT (IN-PERSON)

NOVEMBER 6-11 • Monday, 1 p.m.–Saturday, 9 a.m. (after breakfast)



Facilitator: Cathie Boerboom, RGS

Investment: \$700

We are able to offer a discounted rate of \$350 for this retreat to anyone who would like financial help to participate. Please enter the code SILENT50 when you register online or call 608-791-5295.

Registration deadline: October 26

Limited to 3 participants.

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

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



FINDING SERENITY IN THE MIDST OF CHAOS (IN-PERSON)



NOVEMBER 10-12 • Friday, 6 p.m.–Sunday, noon

Presenter: Susan Seebly, CSA

Investment: This retreat typically would cost \$235, but because of our generous Norman L. Gillette Sr.

Scholarship Fund, we can lower the participation fee to \$75 whether you attend as an overnight guest or as a commuter. If cost is still a barrier, please call 608-791-5295 and ask to speak to Laurie.

Registration deadline: October 30

How do we apply the 12 Steps to our lives during a time when the entire world seems upside down? As recovering people, we are on a spiritual journey. In times like these, the 12 Steps and program practices are made to keep us sane and centered. Join with fellow travelers as we explore the richness of the gift of this spiritual program with practical ways to apply the steps and traditions to life when it is interrupted by unforeseen events. This retreat is for men and women who are members of a 12-Step fellowship and active in their recovery from alcohol or drugs.

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

ROOTED IN REFLECTION (ZOOM)



NOVEMBER 16 • Thursday, 6-8 p.m.

Presenter: Megan J. Pike

Investment: \$10

Registration deadline: November 13

Take time to learn about and grow through two spiritual practices great for all ages: Ponder, Picture, Pray and My Life as a Tree. This virtual program is an opportunity to connect the stories of your own life with the stories of others through reflection and artistic expression. Take time for yourself or with others in your household to learn these spiritual practices that can be incorporated into your routine. This process is open to all levels of artists—yes, even you!

Supplies needed: colored pencils, pen or pencil, eraser, sheets of paper and (optional) paper plate.

Megan J. 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 health-care setting. She has learned to embrace herself as an artist, ignoring the third-grade teacher who told her she couldn't draw, and encourages others to embrace their artistic side as well. She enjoys teaching others new ways to engage with their Creator and seek opportunities for reflection and self-love.



INTRODUCTION TO THE ENNEAGRAM (IN-PERSON)

NOVEMBER 17 • Friday, 10 a.m.-4 p.m.

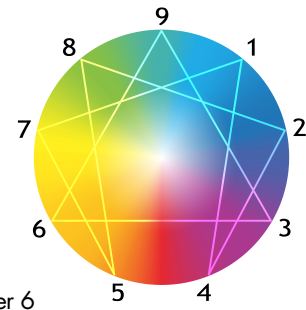


Presenter: Steve Spilde

Investment: \$75, includes lunch and online assessment

Registration deadline: November 6

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. 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. Prior to the program, you'll have the opportunity to complete an online assessment to help begin your process of discovery. This introduction is ideal for people new to the Enneagram or those who would like a refresher.



CONTINUING EDUCATION

This retreat is for spiritual directors and those participating in the FSC's Spiritual Direction Preparation Program.

ENNEAGRAM IN SPIRITUAL DIRECTION (IN-PERSON)

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

Presenters: Audrey Lucier and Steve Spilde

Investment:

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



Registration deadline: November 6

When you register, please indicate your Enneagram type (you can add this information in the notes field online).

The Enneagram is a tool for understanding nine different ways (or styles) individuals view the world and operate in it. It has long been used in understanding spirituality, the values and ideals that inspire us, and the ways we prefer to pray. The Enneagram is a way to understand both the strengths and traps of our personality, leading to growth and transformation. In this weekend retreat for spiritual directors, we will:

- Help spiritual directors understand the gifts and challenges of the nine styles.
- Provide guidance on using the Enneagram in spiritual direction for self-understanding.
- Explore ways in which the Enneagram can be a helpful tool for spiritual transformation.

Note: This event assumes participants have prior exposure to the Enneagram and a basic understanding of the model. Steve Spilde will lead an optional Introduction to the Enneagram prior to the start of this retreat. Please register for both sessions if you are not already familiar with your style.

Audrey Lucier and **Steve Spilde** have led numerous Enneagram retreats and workshops since completing certification training with Jerome Wagner, Ph.D., in 2015. Steve is the FSC's associate director as well as a spiritual director. Audrey is the former director of the FSC.



2023 Programs and Retreats *continued.*

COMPANION GROUPS

NINE-MONTH PROGRAM

COMPANIONS ON THE JOURNEY (ZOOM)

2023: September 11, October 9, November 13, December 11

2024: January 8, February 12, March 11, April 8, May 13
Monday, 6:30-8:30 p.m.

Investment: \$225 for the series

Presenters: Sarah Hennessey, FSPA,
and Julie Connelly

Limited to 7 participants.



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

Sarah Hennessey, FSPA, is a spiritual director on staff at the FSC and a graduate of the FSC's Spiritual Director Preparation Program.

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

EIGHT-MONTH PROGRAM

GRACE ALONG THE WAY: A SPIRITUAL DIRECTION GROUP FOR CLERGY (ZOOM)

2023: October 3, November 7, December 5

2024: January 9, February 6, March 5, April 9, May 7
Tuesday, noon-2 p.m.

Presenters: Grant Van Lishout and Karna Marks

Investment: \$200 for the series

We are able to offer a discounted rate of \$100 for this series to anyone who would like financial help to participate. Please enter the code CLERGY50 when you register online or call 608-791-5295.

Limited to 7 participants.

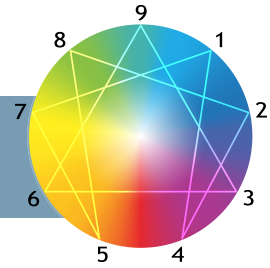


Together, we will create a supportive circle to share our stories of struggle, growth, joy and transformation. This is a confidential space to explore what is relevant and meaningful in our very real lives. We'll gather monthly to connect—to listen in love, to welcome the questions and to honor our human and spiritual experiences.

Grant Van Lishout is a graduate of the FSC's Spiritual Director Preparation Program and has been offering individual and group spiritual practices for five years. He is pastor at Prince of Peace Lutheran Church in Eagle River, Wisconsin, where he lives with his wife and two daughters.

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

GROWING WITH THE ENNEAGRAM (ZOOM) IS FULL, BUT YOU CAN ADD YOUR NAME TO THE WAITING LIST.



SEVEN-MONTH PROGRAM

RISING STRONG™: A SPIRITUAL PRACTICE (IN-PERSON AND ZOOM)

IN-PERSON GATHERING RETREAT: October 6-7

Friday, 6:30-8:30 p.m. and Saturday, 9 a.m.-3 p.m.

ZOOM MONTHLY GATHERINGS:

2023: November 9, December 14

2024: January 11, February 8, March 14

Thursday, 6-8:30 p.m.

IN-PERSON GRATITUDE/CLOSING RETREAT: April 12-13

Friday, 6:30-8:30 p.m. and Saturday, 9 a.m.-3 p.m.

Presenters: Karna Marks and Sarah Hennessey, FSPA

Investment:

- **OVERNIGHT:** \$625 for the series, includes two full weekend retreats with private bedroom and all meals
- **COMMUTER:** \$500 for the series, includes two full weekend retreats (without bedroom stay) and lunch

Limited to 16 participants.

This seven-month cohort experience is based on the groundbreaking research of author Brené Brown. All of us face transitions, setbacks, disappointments, failures, grief, heartbreak and challenges in this very human experience we are living. Together, within a caring community, we'll get curious about the sacred rhythms of life and explore gentle spiritual practices. The curriculum is based on video clips with Dr. Brown, experiential exercises and personal exploration. We'll explore the power of vulnerability, define and re-define courage, explore emotions, practice gratitude, joy and authenticity; and cultivate resiliency in a supportive, positive environment. Rising Strong™ is not therapy. If you do have a therapist, we suggest you check to make sure this is a good match for you.



NINE-MONTH PROGRAM

MEN'S GROUP SPIRITUAL DIRECTION (IN-PERSON)

2023: October 13, November 10, December 8

2024: January 5, February 9, March 8, April 12,
May 10, June 14

Friday, 1:30-3:30 p.m.

Facilitators: Steve Spilde and Cathie Boerboom, RGS

Investment: \$225 for the series

Registration deadline: October 2

Limited to 7 participants.

This small-group experience is designed for men who seek personal growth, support and spiritual transformation.

Steve Spilde and **Cathie Boerboom, RGS**, are spiritual directors on staff at the FSC.



BODY | MOVEMENT CLASSES

SLOW FLOW YOGA (IN-PERSON AND ZOOM)

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

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

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for each six-week session

Registration deadline: September 5/October 17

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.



STAFF NEWS

Meet our newest Partner Spiritual Director

In the summer issue of *At the Center*, we introduced you to Barb Kruse, Peter Watkins and Chelle Balland. Since then, Alison Hendley has joined our team of Partner Spiritual Directors, who, in addition to our staff spiritual directors, are available to meet with people individually and sometimes also help with directed retreats.

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

Please call 608-791-5295 to set up an appointment with Alison.



GOLDEN YOGA (IN-PERSON AND ZOOM)

SESSION 1: SEPTEMBER 5, 12, 19, 26; OCTOBER 3, 10

SESSION 2: OCTOBER 17, 24, 31; NOVEMBER 7, 14, 28
(NO CLASS THE WEEK OF THANKSGIVING)

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

Instructor: Amber Moesch

Investment: \$50 for each six-week session

Registration deadline: September 4/October 16

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 for modifications and balance support. The last 15 minutes of each class will include stretching exercises.

Amber Moesch loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping her students link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. Amber draws on her many years of experience and training in yoga and restorative exercise to create classes that are tailored to the students who show up.



QIGONG (IN-PERSON AND ZOOM)

SESSION 1: SEPTEMBER 5, 12, 19, 26; OCTOBER 3, 10

SESSION 2: OCTOBER 17, 24, 31; NOVEMBER 7, 14, 21

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

Instructor: Bernice Olson-Pollack

Investment: \$50 for each six-week session

Registration deadline: September 4/October 16

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.

Bernice Olson-Pollack, M.S., is a Community Counseling YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise-certified personal trainer. Her accessible teaching style creates a comfortable learning environment for diverse abilities.



Embracing Our Imperfections With Grace and Courage

Earlier this summer, our staff welcomed a group of women who have survived trafficking, violence and trauma for a weekend retreat centered on rest, acceptance and healing. This is an event we started several years ago, and we are grateful to the generous donors who helped make this possible.

We extended our invitation to several organizations in the region, and we appreciate the help that staff members of Sarah's ... an Oasis for Women and Fierce Freedom provided in coordinating transportation for our guests.

Together, we explored how beauty, value and wholeness can be found in our cracks as we practiced Kintsugi, the Japanese art of repairing broken pottery with gold. Joan Filla and Bernice Olson-Pollack guided us in a Tibetan singing bowls meditation and gentle body movement session. We journaled, we ate, we spent time in nature and we watched the movie "The Greatest Showman."

No one was expected to share their story, but the women genuinely seemed to enjoy each other's company, sharing both laughter and tears.

SOME OF THE COMMENTS WE HEARD:

"I'm learning to appreciate the life I have and know that even in the cracks, light is still shining through."



"I have hope for my life."

"We're so grateful to have been a part of the weekend. God is here and is blessing others through this sacred space."

"I don't mind letting people see my scars. But I don't want that to be the first and only thing you see about me. I'm so much more than what has happened to me."

If you'd like to learn more about this retreat or how you can share resources, please contact FSC Program and Retreat Coordinator Julie Connelly at jconnelly@fspa.org or 608-791-5264.

FSC Executive Director Jean Pagliaro shared this blessing when we finished our bowls:

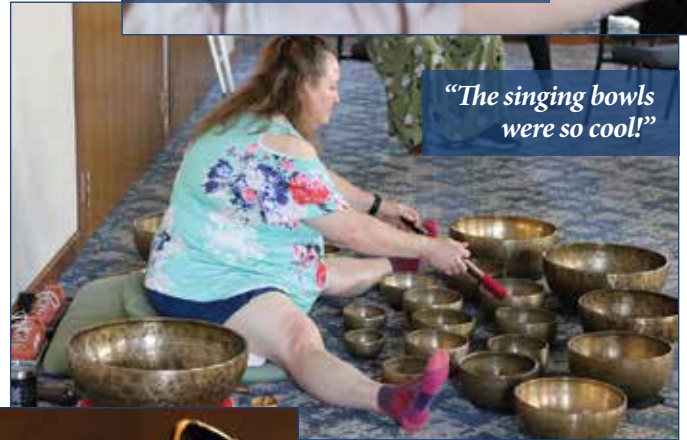
As we leave this sacred space, let us be mindful of the beauty that was a part of this weekend. For the conversation, new connections, deeper connections and insights that we gained. Let us hold these vessels and be reminded of the process that occurred, both in the repairing of the vessels and the repairing in ourselves. May we leave here filled with the light of the sacred, knowing that as we go back out into the world, we carry with us the names "beautiful," "perfectly imperfect" and especially the name "beloved." Amen.

Sarah's ... an Oasis for Women, based in St. Paul, Minnesota, is a home dedicated to the safety and dignity of a diverse community of women who have survived violence, abuse, torture, war, discrimination and trauma. Sarah's is a ministry of the Sisters of St. Joseph of Carondelet (CSJ), St. Paul Province. Learn more at www.sarahsoasis.org.

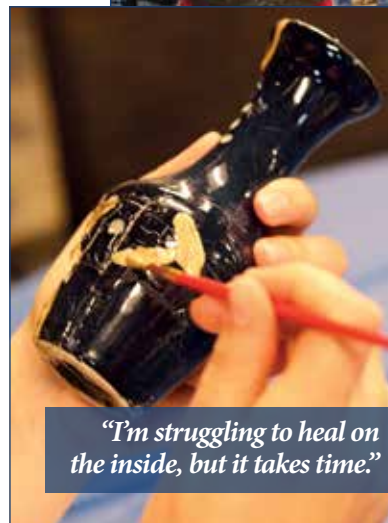
Fierce Freedom, based in Eau Claire, Wisconsin, works to end the cycle of human trafficking and exploitation through educational programming that empowers communities and speaks to the worth and dignity of each individual. Learn more at <https://fiercefreespace.org>.



"Everyone was so welcoming and hospitable. It truly was a retreat!"



"The singing bowls were so cool!"



"I'm struggling to heal on the inside, but it takes time."



Thank you to author and retreat guide Shannon K. Evans for purchasing "Kintsugi: Finding Strength in Imperfection" by Céline Santini for each of the women. Copies of this book are for sale in our Sophia Bookstore.

Welcome to Bridget Todd-Robbins!

We're pleased to announce that Bridget Todd-Robbins has joined the FSC Board of Directors.



Bridget has worked in the La Crosse area for more than 30 years and brings a wealth of professional experience and personal integrity to our team. She is a strong advocate for equity and inclusion, and a champion for marginalized families and neighborhoods.

Her current position—Youth System of Care Administrator—is a partnership between La Crosse County Human Services and the

School District of La Crosse, designed to ensure students remain in school and out of the criminal justice system. She also serves on the Rebuilding for Learning Committee, in which she leads community-wide conversations around equity, trauma-informed care, youth and family engagement, and successful collaboration.

“I was immediately impressed by the mission and core values of the Franciscan Spirituality Center,” she said about accepting the invitation to join our board. “At the center of my own work is creating a welcoming and connected community through relationship building. I look forward to serving on the board and leveraging my existing community connections to improve accessibility and awareness of FSC opportunities.”

Bridget earned her master’s degree in therapeutic recreation from University of Wisconsin-La Crosse and has a strong appreciation for overall wellness, including spirituality. Through her service of the board of directors for ATTIC Correctional Services Inc., she gained knowledge in budgetary and other administrative matters as well as strategic planning centered around agency vision and philosophy.

She’s a mom of three (college sophomore, high school freshman and middle schooler) and two boxers. When she’s not working or spending time with her kids and dogs, she plays volleyball, serves on the Holmen School Board and enjoys being part of community events such as Juneteenth and Together for Youth activities. She has won several awards, including the 2023 Dr. Martin Luther King Jr. Leadership Award. She’s passionate about racial justice and building a connected, loving community. We’re looking forward to leaning on her expertise in these areas of racial justice and trauma-informed support, as well as engaging more families in the work we do.

“I am very intrigued by the possibilities that exist to better serve some of our more marginalized neighborhoods,” she said. “I often talk about the need to build spirituality and meaning in the lives of the youth and families I serve, and I believe this will be an awesome opportunity for all. I also look forward to developing my own personal relationships with other FSC board members.”

HONORING 800 YEARS OF TRADITION:

Immerse Yourself in the Nativity Story

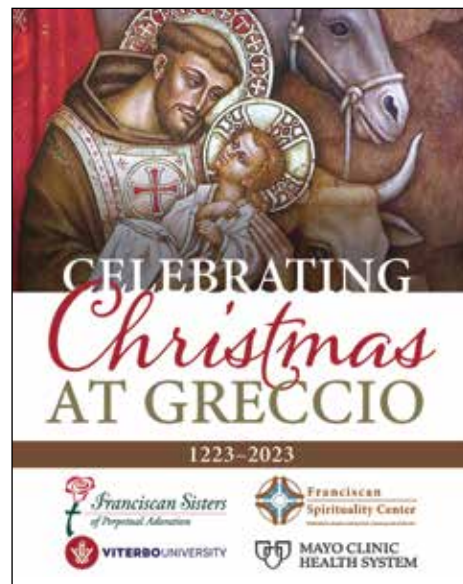
In 1223, wanting to emphasize the humble circumstances of Jesus’ birth and to inspire the local people to more deeply appreciate the Christmas story, St. Francis set up a live Nativity scene in a cave in the quaint Italian village of Greccio. The scene, also called a creche, included live animals and a hay-filled manger to recreate the birth of Jesus as described in the Gospels.

St. Francis’ initiative marked the beginning of a tradition that has since spread around the world, with Nativity scenes now a common part of Christmas celebrations in many cultures.

Please save the dates for the following special events:

- OCTOBER 2** | Celebrating the Rule of St. Francis 1223-2023
The pattern of life for members of the Franciscan family
- NOVEMBER 29** | The Greccio Experience
- DECEMBER 10** | Franciscan Night at La Crosse Rotary Lights Holiday Display
- DECEMBER 16** | Advent Bowls: Sounds of Greccio
- DECEMBER 17** | Blessing Baby Jesus

Celebrate the spirit of Christmas and feel the unity in community as you reflect on the boundless love gifted by God’s only son. Don’t miss this chance to be part of a once-in-800-years celebration!



For more information and additional events, visit fspa.org/centenary.



Franciscan Spirituality Center

FSPA • 912 Market Street
La Crosse, WI 54601

Remembering Vince Hatt

To honor the memory of our dear friend Vince Hatt, we have installed a personalized bench in front of our building. Pictured with the bench is Janice Hatt, Vince's wife.

Vince died July 6, 2022, at age 82.

Vince served as director of the Franciscan Spirituality Center for more than a decade until he retired in 2011. He was a dear friend and a tireless advocate for social justice and interfaith dialogue. He continued to help shape spiritual directors and facilitate groups at the FSC well into his retirement. His book of essays, "5 Minutes Matter: End of Life Reflections on Spirituality and Religion," continues to inspire people.

We hope this bench will be a welcoming spot to rest, to wait, to read and, in true Vince style, to have deep, meaningful conversations with people from all walks of life.



Service and Support

Thank you to the veterans, service members, partners at Viterbo University and Tomah VA Medical Center, and the Gateway Area Council Scouts who helped make our Community Conversation and Picnic-style Dinner on June 14 so meaningful. This Flag Day event was an invitation to provide feedback and suggestions for spiritual and grief support. We are working on new initiatives and look forward to better serving those who have given so much to our country.

Veterans and military service members enjoy a 15 percent discount on programs and retreats. Use the code **MILITARY** when registering.



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