



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

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SUMMER 2024

# *At the Center*

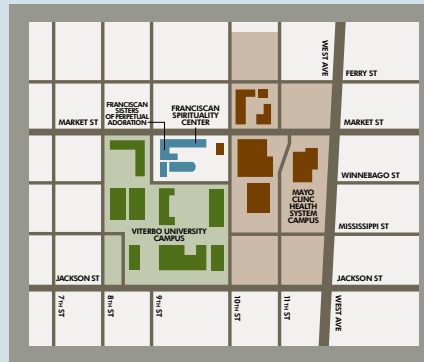
## IN THIS ISSUE:

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

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



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

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



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

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

### Franciscan Spirituality Center

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

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

**Hospitality:** Welcome all with compassion, acceptance and celebration.

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

### What We Do

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

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

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

# Road to Emmaus encounters



I'm writing this column on April 1, the day after Easter. It's cold and rainy, and today feels like a stark contrast to all of the festivities on March 31. One of my favorite post-Easter stories is the Road to Emmaus, where two disciples are traveling to Emmaus. Their hearts are heavy with the recent events of Jesus' death. They encounter a stranger who joins them in conversation, and that conversation leads the two disciples to be filled with hope and new understanding. Then, when they break bread with this stranger, they realize that it is indeed the risen Jesus who was walking with them.



This story reminds me of my own spiritual journey—a path filled with unexpected and sometimes heartbreaking encounters, deep revelations and life-changing experiences. Like the disciples on the road, we may find ourselves filled with doubts, fears and unanswered questions. I think many of us are very aware of the uncertainties and fears in our world right now: wars, violence, hatred, death, a contentious political climate, growing concern over the environment. Participants here at the Franciscan Spirituality Center regularly share their stories of experiencing grief or challenges with mental health or physical well-being.

Much of my own spiritual journey is also connected with community where the act of breaking bread together or sharing my own struggles in a trusted space has led to deep transformation and healing. I am grateful for the Road to Emmaus encounters I've experienced.

In this summer edition of our newsletter, you'll find many programs and retreats that invite you into this sacred space where deep listening happens and community is formed—where you'll have companions to walk alongside you as you journey along your own spiritual path. We also have spiritual directors on staff who are ready to listen to your stories and accompany you as you seek spiritual growth, healing or a deeper connection with God and others.

Blessings to each of you on your sacred journeys,

*Jean Pagliaro*

Jean Pagliaro, FSC Director

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Marcia Bentley  
SDPP Associate

# Meet the women behind our bookstore

In a time when people read books on their Kindles and shop for the best deal on Amazon, the FSC's bookstore offers a local, communal and tangible space for discovery, connection and maybe even a surprise or two.

The Sophia Bookstore is open from 8:30 a.m. to 5 p.m. weekdays and features a thoughtfully curated selection of books and gift items. (Fun fact: Sophia means “wisdom” in Greek.) Fresh coffee from Bean Juice in Jackson Plaza, an assortment of tea, ice water and snacks are available throughout the day. The space is peaceful and welcoming, the WiFi is fast and free, and all are truly welcome!

After **Audrey Lucier** retired as director of the FSC, she offered to coordinate the book ordering/displays as a volunteer. She works with a small committee of staff members and is here at least once a week updating inventory, checking into new titles and creating the artful presentation of materials. We're so grateful for her enthusiasm and continued presence here!

Longtime office manager **Laurie Swan** oversees the selection of gift items and cards. She has an eye for beauty and seeks out Fair Trade and responsibly sourced products as much as possible. Staff members often are the first in line to buy the cool stuff she picks out.

We asked Audrey and Laurie to give us a peek into what goes into making the Sophia Bookstore so special.

## Q: What do you look for when picking out books?

**AUDREY:** I look for a connection to spiritual topics. This includes books about growing in our relationship to God or the Divine and in relationship with each other. But a spiritual read also includes themes like finding meaning and purpose in life, enhancing creativity and joy, or coping with suffering and loss. Our bookstore also has some specialty sections, such as Franciscan



spirituality, the Enneagram and spiritual direction. Our books support the kind of programs and retreats offered at the FSC. Rather than tell you what to do, they invite awareness, reflection and inner wisdom.

## Q: Who are some of your favorite authors?

**AUDREY:** There are some authors whose work I know is just so good, we should always have books by them in the Sophia Bookstore. This would include spiritual greats like Thich Nhat Hanh, Henri Nouwen, Pema Chödrön, Joyce Rupp, Barbara Brown Taylor, Rumi, Mary Oliver and Richard Rohr, OFM. Then there are authors who have come on the scene recently with books that have made such an impact, including Brené Brown, Kate Bowler, Brian McLaren and Robin Wall Kimmerer. And I've been surprised how much I enjoy some of the new children's books like *Out of a Jar*, which are perfect for reading aloud to a child.

## Q: What is the best part of volunteering in the bookstore?

**AUDREY:** When I was on staff at the FSC, I always saw books as an important complement to the programs we offered. You can spend time with a book, reread sections or mark up things you want to remember, long after the program has ended. But maintaining a bookstore takes a surprising amount of time. I knew this was one way I could help the FSC after I retired, because now I had the time. Working in the bookstore

indulges both my love for books and the mission of the FSC. I'm beyond delighted when I encounter people in the bookstore who tell me that the very book they needed at that moment in their life was there on our bookshelf, just waiting for them.



## Q: What do you look for when selecting gift items?

**LAURIE:** I look for items that align with our mission. Items that seem to be trending at the time and items that might be attractive with our general clientele.

## Q: Do you have any favorite products?

**LAURIE:** I think my favorite products right now are the lotions, soaps and candles from the Franciscan Peacemakers. They are great products, and they support women survivors in the Milwaukee area who are committed to healing and recovery. This just feels good to me.

## Q: What do you enjoy best about this part of your job?

**LAURIE:** It is so much fun when the order comes in and I get to open the boxes and see everything in person. And then seeing the guests and staff excited when they find something they really like.

## SOPHIA BOOKSTORE

Open Monday—Friday from 8:30 a.m.-5 p.m.

**2024-27**  
**SDPP COHORT 18**

# Spiritual Direction Preparation Program

**AN INNOVATIVE,  
THREE-YEAR  
TRAINING PROGRAM**

**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 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.



## **PROGRAM APPLICATION**

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

**THE NEXT COHORT STARTS IN SEPTEMBER 2024.  
FIND SCHEDULE AND TUITION DETAILS AT  
[www.FSCenter.org](http://www.FSCenter.org)**



**A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION: We offer a mix of in-person and virtual programs.**

If you register online, you will receive a confirmation email and receipt. If you do not receive this, please check your spam/junk folder or a secondary email address that you may have used. If it's not there, please call 608-791-5295 to verify that your registration was successfully completed.

**Before the program, you will receive a courtesy email with instructions and, if it's a virtual gathering, the Zoom link. If you have not received this link** within 24 hours of the program start, please call our office at 608-791-5295 or email [fscenter@fspa.org](mailto:fscenter@fspa.org). Our office closes at 5 p.m. Monday through Friday and typically is not staffed on weekends, so it is especially important to make sure you have your Zoom link prior to evening and weekend programs.

## WEEKLY GROUPS

### DEPRESSED ANONYMOUS (IN-PERSON)

**EVERY MONDAY • 5:30-6:30 p.m.**

**Investment:** Freewill offering

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

This is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. If you are interested in participating, please call Gayle at 608-406-7990.



### OPEN ART SPACE (IN-PERSON)

**EVERY TUESDAY • 5-7 p.m.**

**Investment:** Freewill offering

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

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



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

**EVERY THURSDAY • 4-5:30 p.m**



**Facilitator:** Therese Ann Roelich

**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](mailto: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 Roelich** 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)

JUNE 3, JULY 1, AUGUST 5 • First Monday of the month, 6-8 p.m.

**Investment:** Freewill offering

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

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)

JUNE 5, 19; JULY 3, 17, 31; AUGUST 7, 21

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



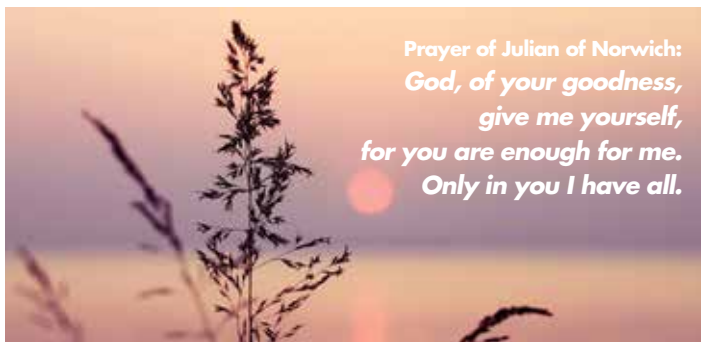
**Facilitator:** Robert Lynn

**Investment:** Freewill offering, suggested \$3 (online donations may be made at [www.FSCenter.org/donate](http://www.FSCenter.org/donate))  
Registration 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.

**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.



MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

JUNE 6, JULY 11\*, AUGUST 1

First Thursday of the month, 6:30-7:30 p.m. (\*July session is on second Thursday of the month because of July Fourth holiday)



**Facilitator:** Sarah Hennessey, FSPA

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

**Registration deadline:** June 4/July 9/July 30

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.

LISTENING TOGETHER:

A MONTHLY GRIEF SUPPORT GROUP (IN-PERSON)

JUNE 10, JULY 8, AUGUST 12

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)

**JUNE 17, JULY 15, AUGUST 19** • Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$15 per session

**Registration deadline:** June 14/July 12/August 16

**Supplies are provided for in-person participants.**

**Supplies needed for virtual participants:**

- Watercolor paints, paper and brushes
- Pencils, colored pencils, ink pens, pastels, crayons (or other media)
- Water container, paper towels and Kleenex
- Photographs to work from or fresh garden flowers

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.

**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.

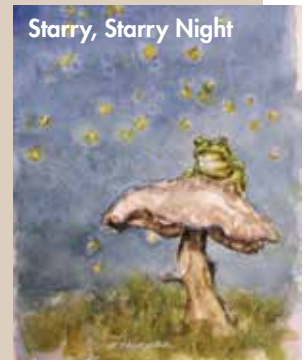
**Note:** Participants ages 8-16 may attend for free with a paid adult. Call 608-791-5295 for more information.



### SUMMER THEME:

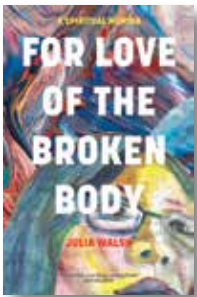
*Take time to celebrate the quiet miracles that seek no attention.*  
- John O'Donohue

Our summer practice will focus on finding the extraordinary in the ordinary. With watercolors and/or other assorted media, we'll explore ways to paint the treasures we unearth in our sacred spaces, such as a profusion of summer flowers, a convening of woodland residents and an old-fashioned hollyhock. Abundance is at our fingertips.



## PROGRAMS AND RETREATS

### FOR LOVE OF THE BROKEN BODY RETREAT (IN-PERSON)



**MAY 31-JUNE 2** • Friday, 7-9 p.m.; Saturday, 9 a.m.- 8 p.m.; Sunday, 9 a.m.-noon  
**Optional:** Sunday, 1-4 p.m. tour of sites featured in the book

**Presenter:** Julia Walsh, FSPA

**Investment:**

- **OVERNIGHT:** \$330, includes private bedroom and all meals
- **COMMUTER:** \$236, includes lunch and dinner on Saturday, lunch on Sunday



We are able to offer discounted rates of \$198 and \$141 to anyone who would like financial help to participate. Please enter the code BROKEN40 when you register online or call 608-791-5295.

**Registration deadline:** May 20

This retreat is based on author and Franciscan Sister of Perpetual Adoration **Julia Walsh's** recently published coming-of-age story, "For Love of the Broken Body." In a Church and society full of brokenness and injustice, we all are members—bodies—who are broken and part of the whole. Join Sister Julia for a weekend of reflection, community and spiritual practices centered on sharing our beautiful brokenness for the sake of the common good.

The experience includes an optional tour of FSPA-related sites featured in the book, including the land at Villa St. Joseph.

### THE SOUND OF BOWLS AT SUNSET (IN-PERSON)



**JUNE 3** • Monday, 7-8 p.m.

**Presenter:** Tom Roberts

**Investment:** Suggested donation of \$10 may be paid upon arrival.

Registration is appreciated but not required.

This event takes place outdoors, near the FSC's hermitages on St. Joseph Ridge, about 10 miles east of La Crosse (W2658 State Hwy. 33 Trunk, La Crosse, WI 54601).

All are invited to this special evening to experience the power and beauty of traditional Tibetan singing bowls outside as the sun sets. Bring a chair or a blanket, and prepare to be opened to deep relaxation and meditation in the presence of ageless bell sounds.

**Please note:** Pets are not allowed on the property.

**Thomas Roberts** is a retired psychotherapist and practicing Zen Buddhist. He is the author of "The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion" and has introduced hundreds of people to Tibetan singing bowls through his events at the FSC.





**EXPLORING MEDITATION PRACTICES:  
ZEN GARDENS AND GLITTER GAZERS (IN-PERSON)**

**JUNE 6** • Thursday, 5:30-7 p.m.



**Investment:** \$15 and \$5 for each additional youth creator, includes supplies. Child must have registered adult attending. This project is appropriate for children age 5 and older.

**Presenter:** Megan J. Pike

**Registration deadline:** June 3



Take time to learn about and grow through two calming spiritual practices for all ages: personal Zen gardens and glitter gazers. Together, we'll learn the history and purpose of Zen gardens before creating your own to take home. We'll also explore how glitter gazers can help us give the mind a break by refocusing on something else, allowing time to regain control and take stock of our emotions. You'll be able to create a glitter gazer to take home as well.

**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 a health-care setting. She enjoys teaching others new ways to engage with their Creator and take time for opportunities of reflection and self-love.



**FIVE-WEEK SERIES**

**GRIEF CIRCLE (IN-PERSON)**

**JUNE 12, 19, 26; JULY 10, 17 (NO SESSION JULY 3)** •  
Wednesday, 10 a.m.-noon

**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:** June 5

Limited to 7 participants.

This in-person 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** and **Sarah Hennessey, FSPA**, are spiritual directors on staff at the FSC.



**ICONOGRAPHY WORKSHOP: ST. CATHERINE OF ALEXANDRIA (IN-PERSON)**

**JUNE 10-15** • 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:** June 3



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.).

The icon we paint will be based on this prototype. Catherine of Alexandria (also spelled Katherine) is, according to tradition, a Christian saint and virgin, who was martyred in the early 4th century. She was both a princess and a noted scholar who became a Christian at 14, converted hundreds of people to Christianity and was martyred at age 18. The Eastern Orthodox Church venerates her as a Great Martyr, and the Roman Catholic Church reveres her as one of the Fourteen Holy Helpers.



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

**FALL WORKSHOP:** Phil will return to the FSC September 23-28 to teach a workshop for advanced students only. The September icon will be based on a prototype of Christ Enthroned in Glory.



## 2024 Programs and Retreats *continued.*

### GRIEF CIRCLE (ZOOM)

**JUNE 12, 19, 26; JULY 10, 17**  
**(NO SESSION JULY 3)** • Wednesday, 6-8 p.m.

**Facilitators:** Karna Marks and Julie Connelly

**Investment:** \$70

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:** June 10

Limited to 7 participants.

This virtual 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.

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



### WISDOM OF THE MYSTICS (IN-PERSON)

**JUNE 14-15** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.

**Presenter:** Marcia Bentley

**Investment:**

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

**Registration deadline:** June 10

Throughout history, there have been mystics among us: those who experience direct contact with the Mystery we call God. Mystics come from all religious traditions—Western, Eastern and Indigenous—and though most have probably remained unknown, some have left behind mystical writings. Who are some of these better-known mystics?

What insights have they revealed to us? Join us as we identify and explore the lives and wisdom of mystics from West and East, both women and men. Learn spiritual practices that helped prepare them for their mystical experiences and sustained their ever-deepening communion with the Divine. Reflect with us on the words of Karl Rahner, theologian of the Second Vatican Council, who said: "The future belongs to the mystic. Either we will become mystics or we will have no future."

**Marcia Bentley** is a part-time staff member of the Franciscan Spirituality Center who participates on the core leadership team of the Spiritual Direction Preparation Program and offers presentations on deep listening. She lives in Madison, where she practices spiritual direction, offers retreats, leads two weekly contemplative prayer groups and supervises students in SDPP.



### WOMEN'S SUMMER SOLSTICE RETREAT (IN-PERSON)

**JUNE 20-23** • Thursday, 3-9 p.m.; Friday and Saturday, 9 a.m.-5 p.m.; Sunday, 9 a.m.-noon

**Presenter:** Heather Henry

**Investment:**

- **OVERNIGHT:** \$375, includes private bedroom and all meals
- **COMMUTER:** \$255, includes dinner on Thursday, lunch on Friday and Saturday

We are able to offer discounted rates of \$263 and \$179 to anyone who would like financial help to participate. Please enter the code SOLSTICE30 when you register online or call 608-791-5295.

**Registration deadline:** June 16

This retreat is an invitation to spend some precious time with the wise woman inside of you. Celebrate the season of light and honor the seasonal shift with the recognition and reception of abundant gifts, the expression of gratitude and the witnessing of miracles. Retreat from a busy daily routine to meet life where it is at this moment. This is the time to check in with ourselves and each other to make sure we are practicing, in the light, what was mined from the dark. We will listen compassionately to our body's language and communication, responding tenderly. Through gentle movement and postures, breath, meditation, sacred sound and with Ayurvedic wisdom woven throughout, we will create a healing opportunity for ourselves and our world. Return home effervescent, with a renewed, compassionate relationship with your body, yourself, your life.

**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.



**SOULFUL ART SATURDAY: ZENTANGLE & SOULCOLLAGE®**

Join us for a day of meditative art. Unlock creativity, inner peace and self-discovery as you explore the practices of Zentangle and SoulCollage®. Choose one session or both, and enjoy lunch on us if you attend both!

**ZENTANGLE – COMPASS ROSE (IN-PERSON AND ZOOM)**

**JUNE 29 • Saturday, 9 a.m.-noon**



**Presenter:** Christine Isham

**Investment:**

- **IN-PERSON:** \$45, includes supplies
- **ZOOM:** \$40, supplies are not included\*

**Registration deadline:** June 24



At one time, mapmakers created an elaborate figure called the compass rose to depict the cardinal directions for points on a map. Together, we will create a compass rose as we reflect on the direction our lives are taking and where we would like to go. The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. These patterns, called tangles, are created with combinations of dots, lines, simple curves, s-curves and orbs. While no previous art experience is needed, you will feel like an artist by the end of the class.

The **Rev. Christine Isham, Ph.D.**, is a Certified Zentangle Teacher and a hospice chaplain.

\*Zoom participants will need to purchase: two pieces of mixed media paper (110 lb.) cut to a 10.5-inch square, circular shape for tracing – 4.5 inches in diameter (use another piece of mixed media paper), Pigma Micron 03 and 08 pens (black), graphite pencil, tortillon (smudger). Optional: Gelly Roll pen in the color of your choice.

**INTO THE MYSTIC: AN AFTERNOON WITH SOULCOLLAGE® (IN-PERSON)**



**JUNE 29 • Saturday, 1-4:30 p.m.**

**Presenter:** Cynthea Gillespie

**Investment:** \$45, includes supplies

**Registration deadline:** June 24



This process involves using images from magazines, recycled art books and other sources to create a personal deck of collaged cards that speak to your soul. When we intuitively gather up these images, we are gathering up pieces of ourselves. It's a very mystical process, bringing insight and self-connection. We are gathering our various inner parts, both our light and our shadows, the unconscious and the conscious. The cards can be used to help access your inner wisdom. No artistic experience is necessary; just bring a playful curiosity and a willingness to go within.

**Cynthea Gillespie** is a heart-based, creative intuitive who is passionate about leading others into deeper self-discovery. After a job loss in 2015, she discovered the powerful, transformational tool of SoulCollage® and became certified to teach in 2016. She also leads writing workshops at the FSC.



**JOURNEY INTO THE WOODS WITH CELTIC WISDOM (IN-PERSON)**



**JULY 20 • Saturday, 9 a.m.-4 p.m.**

**Presenter:** Char Peterson

**Investment:** \$75, includes supplies and lunch

Add a night at the Franciscan Spirituality Center before or after the program for just \$65!

**Registration deadline:** July 15

Limited to 10 participants.

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

Join us for a journey of exploration and connection to the earth. This nature-immersion retreat will draw on the wisdom found within the natural world and within Celtic spirituality.

DragonFly Connections is home to a seven-circuit Labyrinth of Connection and offers many acres to wander, sit under a tree or watch the river flow. The day will include a forest bathing walk, guided meditations, creative expression and time to share and hear the wisdom of others.



**Please note:** This mostly outdoor event will take place rain or shine.


For those who have previously attended a *Journey Into the Woods* retreat: This will be a different experience with 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 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 recently received her certification as a forest therapy guide through the Association of Nature and Forest Therapy.

**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.

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



## 2024 Programs and Retreats *continued.*



### POETRY CAFE (ZOOM)

**JULY 22**  
Monday, 6:30-8 p.m.

**Facilitator:**  
Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** July 20

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 spiritual director on staff at the FSC.

### SINGING BOWLS MEDITATION (IN-PERSON)

**AUGUST 1** • Thursday, 5:30-6:30 p.m.

**Presenter:** Joan Filla

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

**Registration deadline:** July 30

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.



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

**SESSION 1: JUNE 18, 25; JULY 2**

**SESSION 2: AUGUST 6, 13, 20**

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

**Instructor:** Amber Moesch

**Investment:** \$30 for each three-week session

**Registration deadline:** June 17/August 5

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



## BODY | MOVEMENT CLASSES

### QIGONG POP-UP CLASSES (IN-PERSON AND ZOOM)

**JUNE 11, JULY 9, AUGUST 13**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$12 per session

**Registration deadline:** June 10/July 8/August 12

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.





### A NATURE WALK WITH FRANCIS AND CLARE (IN-PERSON)

**AUGUST 16-17** • Friday, 7-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Raymond List

**Investment:**

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

**Registration deadline:** August 5

Using the theme of St. Francis' Canticle of Creation, you are invited to a walk of gratitude within nature. Following St. Clare's teaching, you will have an opportunity to develop a closer relationship with your natural surroundings through gazing upon a natural element, considering the expression of beauty through nature, contemplating how that beauty is mirrored within and imitating, or living out, that beauty in your daily life. You will be invited to reflect on the experience of Francis in nature as expressed in the Canticle and then make your own addition to the Canticle as a way of bringing the Franciscan heritage into modern life.

**Note:** Participants will be encouraged to walk outside during the retreat, rain or shine. Please bring appropriate shoes and clothing.

**Raymond List, Ph.D.**, works as a clinical neuropsychologist at Gundersen Health System. He is an affiliate of the Franciscan Sisters of Perpetual Adoration and a professed Secular Franciscan. He recently earned a Master of Theological Studies in Franciscan theology from the Franciscan School of Theology in San Diego.

### HOLDING SPACE FOR HEALING AND RENEWAL (IN-PERSON)

**AUGUST 23-24** • Friday, 6:30-8:30 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Diane M. Millis

**Investment:**

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

**Registration deadline:** August 14

Where is God at work in our wounded hearts and our wounded world? This is the question we will pose and ponder as we immerse ourselves in three specific Gospel stories. We will begin by meeting the blind beggar Bartimaeus in our quest to see, then turn to the paralytic man carried by his four companions in our quest to heal and conclude by walking alongside Jesus and his friends on the Road to Emmaus in our quest for renewal. Through time in contemplative silence and contemplative conversation, we will listen for the deeper revelation awaiting us.

**Diane M. Millis, Ph.D.**, creates occasions for participants to cultivate conversation, develop deep listening and share their stories with one another. She is an author, spiritual director and educator. She facilitates retreats and workshops in a wide array of sectors, including educational, nonprofit, philanthropic, health care and corporate. Learn more at [www.dianemillis.com](http://www.dianemillis.com).



– Past retreat participant



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

## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance two weeks prior to the event, please register by phone at 608-791-5295.

**DEPOSITS:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event.

**REFUND POLICY:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

**FINANCIAL ASSISTANCE:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving all on their spiritual journey and will hold your request in confidence.



# 2024 Programs and Retreats *continued.*

## FOUR-WEEK SERIES

### MEDITATION THROUGH ART: THE ZENTANGLE METHOD (IN-PERSON AND ZOOM)

**AUGUST 15, SEPTEMBER 12, OCTOBER 24, NOVEMBER 14** • Thursday, 5:30-7 p.m.

**Presenter:** Christine Isham



**Investment:**

- **IN-PERSON:** \$28 per session or \$102 for the series (save \$10 by registering for all four sessions, plus receive a free sketch journal)
- **ZOOM:** \$20 per session or \$70 for the series (save \$10)

**Registration deadline:** August 8/September 5/October 17/November 7

**Supplies:**

- **IN-PERSON:** Participants will receive two pens, 10 tiles, one tortillon, one Zentangle pencil and a Zentangle kit bag.
- **ZOOM:** Participants will need to purchase: Sakura Pigma Micron 01 pen (black), Sakura Pigma Micron 05 pen (black), graphite pencil, smudger/tortillon, square tiles for class or mixed media paper (110 lb.)

**Note from instructor:** The Zentangle Tool Set is a great starter set. It contains five pens filled with Pigma ink: 01, 03, 05, 08 and Graphic 1. This set is complete with five square white tiles, a graphite pencil for creating strings and shades of gray, and a tortillon to buff out your added graphite. You may want to purchase additional tiles or paper. Supplies may be purchased at [www.Zentangle.com](http://www.Zentangle.com), Amazon or craft stores.

The Zentangle Method focuses the mind, much like meditation, to connect with the still, small voice within while calming and clearing the mind through simple repetitive pen strokes. No matter what your level of artistic abilities, you can tangle! No previous art experience is necessary, but you will feel like an artist as you create original works of abstract art. You'll end the series with take-away knowledge of new tangle patterns, completed tiles and inspiration for future tangling.

**AUGUST 15**

**INTRO TO ZENTANGLE:** We will tangle together, step by step, as we learn the basics and several patterns using lines, curves, orbs, s-curves and dots.

**SEPTEMBER 12**

**BOTANICALS:** We'll explore patterns inspired by blooms, vines and leaves.

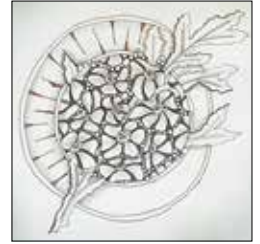
**OCTOBER 24**

**MAKING WAVES:** We will learn patterns that look like a wave or have a wavy look to them.

**NOVEMBER 14**

**STARS:** We'll explore several star-shaped tangle patterns.

The **Rev. Christine Isham, Ph.D.**, is a Certified Zentangle Teacher and hospice chaplain in the La Crosse area.



## 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 Vicki Lopez-Kaley



**Zoom presenters:** Julie Connelly and Dawn Schweizer

**Registration deadline:** August 28

Limited to 7 participants for each group.

## REGISTRATION NOW OPEN

**Choose the in-person or virtual 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.

**Vicki 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.

## SILENT DIRECTED RETREATS



### SILENT DIRECTED RETREAT (IN-PERSON)

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 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.

Choose from one or more of the following options for a silent retreat at the Franciscan Spirituality Center:

**JUNE 11-13** • Tuesday, 1 p.m.–Thursday, 3 p.m.

**Facilitators:** Karna Marks and Chelle Belland

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

We are able to offer a discounted rate of \$225 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:** June 3

Limited to 6 participants.

**JULY 7-12** • 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 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:** July 1

Limited to 6 participants.

**AUGUST 9-11** • Friday, 2 p.m.–Sunday, 2 p.m.

**Facilitators:** Sarah Hennessey, FSPA, and Chelle Belland

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

We are able to offer a discounted rate of \$225 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:** July 31

Limited to 6 participants.



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

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



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

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



You are welcome to add additional overnight stays before or after your retreat for just \$65 per night.

**IF YOU WOULD PREFER A SILENT RETREAT WITHIN A WOODLAND SETTING, PLEASE CONSIDER THE FOLLOWING:**

### HERMITAGE SILENT DIRECTED RETREAT (IN-PERSON)

**JUNE 21-23** • Friday, 3 p.m.–Sunday, 1 p.m.



**Facilitator:** Steve Spilde

**Investment:** \$375, includes two nights' stay and three spiritual direction sessions

We are able to offer a discounted rate of \$225 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:** June 10

Limited to 3 participants.

A silent directed retreat is an invitation to deepen your connection to the Sacred and to yourself through solitude and contemplation, while connecting to nature and God. You will have a private, comfortable hermitage and a daily meeting with a spiritual director at the Franciscan Spirituality Center who will listen to you and your unfolding story. You are welcome to add additional overnight stays before or after your retreat for just \$70 per night.

**Note:** The FSC maintains three hermitages in a woodland setting 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.





The wonderful Michael Scott brought added humor and energy as emcee.

# Art Dash was a beautiful experience!

Thank you to everyone—artists, ticket buyers, sponsors, board members and friends—who helped make our seventh annual Art Dash such a huge success on March 21 at The Cargill Room at the Waterfront Restaurant and Tavern in La Crosse. This year's fundraiser featured 77 pieces of original art from a variety of mediums, delicious appetizers and a special cake from Meringue Bakery & Café decorated to match Linda Steine's painting, *Momentum*.



Local artist Linda Steine poses with the silent auction package of her painting and a matching cake.



All Glazed Up! graciously loaned us art easels. Cottage Garden Floral, Elmaro Vineyard and La Crosse Community Theatre donated door prizes.







Dashers, spectators and artists gathered March 21 for the seventh annual Art Dash. Everyone who bought a \$100 Dash ticket went home with a piece of art.



Delicious appetizers and a pasta bar were served.



### THANK YOU TO OUR 2024 SPONSORS:

#### ART PATRONS:



LA CROSSE COUNTY

#### ART ADVOCATES:



#### FOOD SPONSORS:



#### MEDIA SPONSORS:



#### OTHER CONTRIBUTORS:

Sharon Berger, FSPA | Karen Lueck, FSPA | La Crosse Graphics

### THANK YOU TO OUR PARTICIPATING ARTISTS

- |                     |                     |                            |
|---------------------|---------------------|----------------------------|
| Phil S. Addis       | Dan Howard          | Michelle Priem             |
| Sandy Andersen      | Christine Isham     | Rick Ross                  |
| Kate Bausch         | Rebecca Kaldunski   | Colleen Shore              |
| Elise Boam          | Karen Kappell, FSPA | Laura Siitari              |
| Lynne Burgess       | Chris Kerbaugh      | Marianne Stanke            |
| Josie Dechant       | Georgina Kingsley   | Linda Steine               |
| Joyce Diveley       | Mary Kulas          | Susan Stoffel              |
| William Eddy        | Shane Lamb          | Marcia G. Thompson         |
| Mary Lou Ferguson   | Barb Lawless        | Mary Louise Thompson       |
| Sharon F. Gleich    | Judith Main         | Joni Welda                 |
| Jamie Graw          | Nan Marshall        | Bob Witte                  |
| Joan Gundersen      | Dani McAlister      | Betts Williams             |
| Timothy Hammond     | Bruce Nuttall       | Jennifer Williams          |
| Burt Hammons        | Lisa David Olson    | Carol Witt-Smith           |
| Nan Heerens-Knudson | Barbara Phelps      | Constance Woodall-Thompson |
| Jamie Heiden        | Dave Piro           |                            |
| Dan Henderson       | Leanne Poellinger   |                            |
| Jess Hetchler       |                     |                            |

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



# Artist finds space for creativity and connection at the FSC

LOCAL ARTIST REBECCA KALDUNSKI SHARED THE FOLLOWING STORY AT ART DASH

Good evening. My name is Rebecca Kaldunski, and I would like to tell you about the impact that the Franciscan Spirituality Center has made on my life.

First of all, I would like to begin by sharing with you an event that changed my life in 2021. On February 4, I was out shoveling and fell on the ice that had formed on my driveway. That night, a new chapter in my life began. I had sustained a fractured neck that required surgery to repair. After the surgery, I started inpatient therapy to learn how to walk again and function with my decreased sensations in my hands and legs. It is at this point in my story that people ask me if I was afraid, but what I felt in that moment was peace. I knew God was watching over me and protecting me. I knew everything was going to be okay. I realized in that moment God was working through me to reach out to others in my faith community. It is remarkable the number of people who showed up for me in the months and years after my accident. And although I am truly blessed to have such a great support system, I was still missing something in my life. Around this time, I started counseling to deal with the emotions surrounding my accident and the changes it had made in my life. After a year, I still had the desire for something more—a desire to connect with people on a much deeper, meaningful level.

I asked my therapist if she could recommend any groups that could meet this need, but she didn't know of any at the moment. Then the next morning, I was guided to a Facebook event for a mental health group being held at the FSC. I say I was guided because I knew right away that God was stepping into my life and leading me, as he had done before in my life, especially after losing my mom. I began to



look at the FSC's website and came across the podcast on spirituality. After listening to a few episodes, I knew I wanted to learn more. This Center sounded like an answer to my prayer. When it came time to go to my first meeting, I was feeling uncomfortable. Going to a new place and meeting with new people was a little overwhelming. My fears were soon lessened as I was welcomed by the woman sitting behind the front desk. She directed me to the room in which the meeting was going to be held. As the group started, people began sharing their stories. I had an immediate connection to one of the women there. She had a lot in common with me, including being an artist. I didn't know it at the time, but we were to become best friends.

The next thing that I attended at the FSC was *Art as Prayer*, led by Mary Thompson. It is here that I have found much inspiration and motivation to develop my talents as an artist. Mary is such a kind and compassionate person, and she has

become a great mentor to me. She has guided and challenged me to learn new ways to use my talents to capture the beauty around me in my paintings.

After getting more accustomed to attending events at the Center, I signed up for spiritual direction with Sister Sarah Hennessey. This compassionate listening has been such a blessing to me. It has shown me that I am on the right path and reinforces that I am making the right decisions for my life. Sarah has directed me to listen to my inner wisdom for guidance in finding my authentic self.

As the year drew on, I attended several other events, including *Overcoming Challenges With Grit and Grace*, *Singing Bowls* and *Art for the Soul*, just to name a few. But the most influential is *Open Art Space* held on Tuesdays in the Clare Room. I never expected to find support

as an artist when I first stepped into the doors of the Center. It has been such a wonderful surprise to find space to develop my skills and talents as an artist. I have found a new commitment to being an artist in this comfortable and welcoming space that has now become my second home. It is with this new confidence that I found the courage to sell my first paintings. And tonight, one of my paintings is up for grabs to one of you holding a Dash ticket.

To close, I would like to say thank you to everyone involved at the FSC. Your hard work and dedication makes everyone who walks through the doors of the FSC feel welcome. Through you, I have gained a community of friends, sisters and family that will be there for me, whatever I need—be it to laugh, to pray or to create.

May God bless you all in everything you do. Good luck to all the Dashers tonight! *Thank you.*

# Bring your hosted group to the FSC

Church groups, business facilitators, social service agencies, universities and hospitals are just a few of the organizations that have rented our meeting space.

The FSC has eight quiet, comfortable meeting rooms that can be reserved for a full or partial day. We offer reasonable rates, state-of-the-art technology, flexible seating plans, free parking, meal and beverage options, historic charm and Franciscan hospitality second to none. Flip charts, microphones and listening assistance devices are provided for free.

We also have more than 30 private bedrooms on site if you are planning a longer retreat experience for your group.



CALL 608-791-5295 OR VISIT [WWW.FSCENTER.ORG](http://WWW.FSCENTER.ORG) TO LEARN MORE.

## Let us bring the FSC to you

As much as we enjoy presenting programs and retreats here at the FSC, we also can bring our expertise to your space, tailored to your group's specific needs.

Programs can be adapted for:

- Adult formation groups
- Nonprofit organizations
- Business organizations
- Church, school, health-care staff
- Liturgical ministry groups
- Scripture study groups
- Groups of friends or family

THESE FSC STAFF MEMBERS ARE AVAILABLE TO PRESENT ON THE FOLLOWING TOPICS:

**Sarah Hennessey, FSPA** | [srsarah@fspa.org](mailto:srsarah@fspa.org) | 608-791-5299 | 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](mailto:kmarks@fspa.org) | 608-791-5618 | Private retreat director, spiritual director and Daring Way Facilitator™ on programs based on the work of research professor and author Brené Brown.



**Jean Pagliaro** | [jpagliari@fspa.org](mailto:jpagliari@fspa.org) | 608-791-5603 | Presenter of programs and retreats on grief and loss; family programming, including spirituality of play; and small-group facilitation on various topics.



**Steve Spilde** | [sspilde@fspa.org](mailto: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.



## Franciscan Spirituality Center

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# Have you checked out our podcast lately?

FSC spiritual director Steve Spilde hosts our *What is Spirituality?* podcast, in which he has in-depth and fascinating conversations with authors, retreat leaders, theologians, spiritual directors and mentors about their spiritual journeys, their inspiration and their collective wisdom.

Guests have included Trace Bell, Diana Butler Bass, Jan Richardson, Guy Nave, Diane M.

Millis, John Noltner, Brian McLaren, Shannon K. Evans and many more!

You'll find a link to the episodes on our website, [www.FSCenter.org](http://www.FSCenter.org), or listen on the Spreaker App.



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SEPTEMBER 23-28 • Phil Zimmerman

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OCTOBER 19 • Bernice Olson-Pollack and  
Hannah Pollack

**MASK MAKING**  
OCTOBER 25-26 • Elizabeth Lewis

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