



**Franciscan**  
**Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 31 • NUMBER 5

WINTER 2023-24

# *At the Center*

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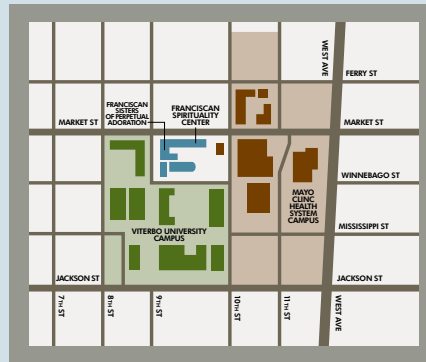
**ANNUAL COMMUNITY  
REPORT INSIDE**





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](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 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.

### Franciscan Spirituality Center

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

### Identity

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

### Mission

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

We live this mission because we believe:

In each of us lives the Sacred.

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

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

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

### Core Values

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

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

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

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

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

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

### What We Do

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

[facebook.com/FSCenterLaCrosse](https://facebook.com/FSCenterLaCrosse)

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

[twitter.com/fs\\_center](https://twitter.com/fs_center)

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

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

# We strive to ensure all feel welcome here



I recently had an encounter with an individual who was inquiring about who we welcome here at the Franciscan Spirituality Center. My immediate response was, “We welcome all here.” This person then shared more of their story and afterward asked, “So would I still be welcome?” And I was glad to be able to say with confidence, “YES, of course you’re welcome here.”

Our mission at the Franciscan Spirituality Center is to create a welcoming space where everyone can find support, spiritual growth opportunities and solace. Our staff have been in conversation about what it really means when we say that we “welcome all.” And—if we say that—how are we creating a safe, hospitable environment for all, especially those who have felt unwelcome in other places? We will continue to have these conversations.

We are open to anyone seeking God, meaning and wholeness. Anyone. Everyone. We are committed to creating a nurturing environment where diversity is celebrated and where individuals of all walks of life are welcomed with open arms.

In the spirit of St. Francis, we want to continue to engage in dialogue and build bridges of understanding, rather than walls of division. We are doing our work to continue to create a more inclusive community that respects and honors each person. Through our programs, retreats and other gatherings, we try to provide space for reflection, growth and acceptance. We encourage open dialogue, listening and learning from one another, fostering an atmosphere of compassion, understanding and love.

In these conversations and learnings, we also have to acknowledge that we carry our own biases and assumptions. We know that recognizing and addressing these biases and assumptions will help us to open our hearts and minds to embrace “all” even more fully.

I invite you to join us in exploring this theme of welcome in our upcoming programming and events, and to consider for yourself what “welcome” means for you, for our community and beyond. If you notice areas where we can improve on our welcome, I also invite you to share that with us. When we recognize our own blind spots, we then can strive to make progress.

May the spirit of St. Francis guide us in our journey toward a more compassionate and inclusive world.

Peace and all good,

*Jean Pagliaro*

Jean Pagliaro,  
FSC Director



Steve Spilde  
Associate Director &  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Cathie Boerboom, RGS  
Spiritual Director



Karna Marks  
Spiritual Director



Hope Hembd  
Director of Community  
Engagement



Laurie Swan  
Office Manager



Julie Connelly  
Program & Retreat  
Coordinator



Stacey Kalas  
Communications &  
Marketing Coordinator



Marcia Bentley  
SDPP Associate



Kathy Holman  
Administrative Assistant  
& Receptionist



Natalie Smith  
Guest Service Specialist



Barb Kruse  
Partner Spiritual Director



Peter Watkins  
Partner Spiritual Director



Chelle Belland  
Partner Spiritual Director



Alison Hendley  
Partner Spiritual Director



# 2024-27 SDPP COHORT 18

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)

# Spiritual Direction Preparation Program

AN INNOVATIVE,  
THREE-YEAR  
TRAINING PROGRAM

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

*"SDPP expanded my world and expanded my interior. And it's just been the best thing in my life practically."*

**Anne Dreblow, Fridley, MN**



*"I began SDPP with the intent of becoming a spiritual director. That is still, and more passionately, my heart. But I would recommend this program to anyone interested in the spiritual journey; anyone who desires to listen as Jesus did; anyone who desires to bring a loving, healing atmosphere into their world."*

**Barbara Hayden, Sabula, IA**





**Congratulations to the 16th cohort of the Spiritual Direction Preparation Program!**

**THE FOLLOWING INDIVIDUALS COMPLETED THEIR THREE-YEAR TRAINING IN JULY:**

- Mary Anderson, Medford, WI
- Joan Brincks, PBVM, Dubuque, IA
- Susanna Cantu Gregory, Dubuque, IA
- Marianne Cotter, Baraboo, WI
- Anne Dreblow, Fridley, MN
- Barbara Hayden, Sabula, IA
- June Hershberger, Homestead, IA
- Marcia Hutjens, Green Bay, WI
- Cathy Jordan, Des Moines, IA
- Shaun Kleitsch, Stoughton, WI
- Charlotte Miller-Sullivan, Harlan, IA
- Patty Nuttleman, Trempealeau, WI
- Julie Paladino, Waverly, IA
- Connie Palm, Dubuque, IA
- Dawn Schweizer, Decorah, IA
- Brian Singer-Towns, Winona, MN
- Steve Smart, Waukesha, WI
- Joan Stevenson, Big Bend, WI
- Tim Sullivan, Harlan, IA
- Kate Tyler, Cedar Rapids, IA
- Heather Watts, Cross Plains, WI



*“I feel like I am better able to discern where God is working in my own life. ... And that’s the starting point versus being trained to do something for someone else.”*

**Steve Smart, Waukesha, WI**

*“Everyone was so encouraging and really filled with empathy and support. ... I would recommend SDPP to anyone who is seeking to grow and serve God in a unique way.”*

**Connie Palm, Dubuque, IA**



# Women's Christmas and Epiphany Day of Rest

The Franciscan Spirituality Center continues its tradition of celebrating women with its annual event, *Women's Christmas: An Epiphany Celebration*, from 5:30-8 p.m. Friday, January 5.

Join us for a delicious Irish dinner, great conversation and a fun, meaningful program. Each guest also will receive a gift!

If you would like to participate in Women's Christmas and extend your stay, settle in for a comfortable and quiet night of retreat during *Epiphany Day of Rest*. You'll stay overnight in one of our comfortable and private rooms and then enjoy a time of quiet meditation, visiting together, gentle body movement and creative activities from 8 a.m.-3 p.m. Saturday, January 6.

Or, bring a book and simply spend a day relaxing!

Registration information for both events is on page 11.



Wise Women Also Came  
© Jan Richardson  
janrichardson.com



## FEEDBACK FROM GUESTS:

*"Thank you for an evening of quiet, peaceful reflection with sister friends."*

*"I enjoyed spending time with this community of wise women."*

*"The gift of this event was time to reflect on what gives me hope and rediscover the joy of meditating."*



SAVE THE DATES

# La Crosse's Franciscan community celebrates 800 years of the crèche!

In a world where traditions stand as symbols of continuity and faith, the 800th anniversary of the crèche, that profound representation of the birth of Christ, is no small occasion. Local Franciscan organizations, including Franciscan Sisters of Perpetual Adoration, FSPA affiliates, Franciscan Spirituality Center, Viterbo University and Mayo Clinic Health System, have come together to commemorate this monumental event.

From witnessing the serene beauty of crèches at “The Greccio Experience” to creating a community mural and a baby item drive to aid local families, there’s something for every soul seeking connection and inspiration. Please join us as we celebrate history, faith and the priceless treasure of community.

**FOLLOW [fspa.org/centenary](https://fspa.org/centenary) FOR DETAILS ON THESE EVENTS AND VOLUNTEER OPPORTUNITIES.**



## CELEBRATING *Christmas* AT GRECCIO

1223–2023



## Honoring Baby Jesus with a gift for today's babies

As we celebrate the 800th anniversary of the crèche and contemplate the humble beginnings of Baby Jesus, let's extend our hands to the infants of today. The Franciscan Spirituality Center is honored to be one of the drop-off points for a baby item drive December 4-21.

Your contributions will echo the love and care shown to the holy infant by benefiting Centro Latino, Family & Children's Center, Hope Restores and The Parenting Place. Let's come together, mirroring the spirit of that blessed night, and make a difference in the lives of our community's youngest members.

To contribute a monetary gift to help purchase items on the wish list, text **baby** to 608-650-6464.

### DROP-OFF LOCATIONS (The FSC is open 8:30 a.m.-5 p.m. Monday-Friday)

- Franciscan Spirituality Center, 920 Market St., La Crosse, WI
- San Damiano Chapel, 900 Viterbo Drive, La Crosse, WI
- Viterbo University Fine Arts Center Atrium, 929 Jackson St., La Crosse, WI
- Mayo Clinic Health System—Onalaska, 191 Theater Road, Onalaska, WI

- NOVEMBER 29–  
DECEMBER 17 | The Greccio Experience: A Display of Nativity Scenes
- DECEMBER 4-15 | Community Mural
- DECEMBER 4-21 | Baby Item Drive
- DECEMBER 10 | Lighting of Mayo Clinic Health System's CAMS Building
- DECEMBER 10 | Franciscan Night at La Crosse's Rotary Lights Holiday Display
- DECEMBER 16 | The Nativity Experience
- DECEMBER 16 | Advent Bowls: Sounds of Greccio
- DECEMBER 17 | Blessing of Baby Jesus
- JANUARY 14 or  
FEBRUARY 4 | Journeying Together From the Crib to the Cross

### MOST-NEEDED ITEMS (in order of greatest need):

- Diapers (all sizes, especially 5-6)
- Pull-ups
- Baby wipes
- Baby bottles
- Formula
- Pacifiers
- Baby wash
- Baby lotion



**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](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:** 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 608-386-2965 or email [therese.recovery.resources@gmail.com](mailto:therese.recovery.resources@gmail.com).

This group is for anyone seeking mental health wellness, connection and hope. We gather weekly to 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

### OPEN WRITING CIRCLE (IN-PERSON)

**DECEMBER 4, FEBRUARY 5** (no session in January)

First Monday of the month, 6-8 p.m. (unless there is a holiday or inclement weather)

**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)

**DECEMBER 6, 20; JANUARY 3, 17** (no sessions in February)

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

**Facilitator:** Robert Lynn

**Investment:** Suggested donation of \$3

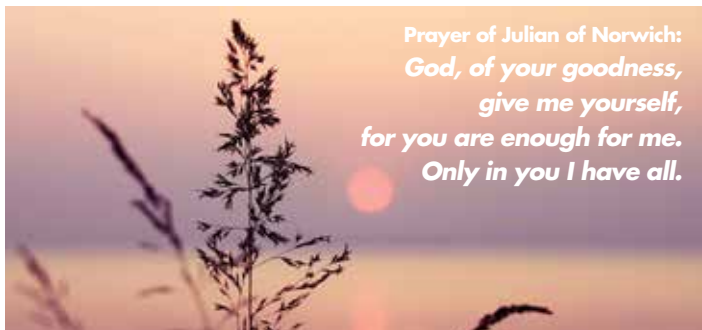
Registration is appreciated; drop-ins are welcome.

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.

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



### MEDITATION FOR EMOTIONAL HEALTH (ZOOM)

**DECEMBER 7, JANUARY 4, FEBRUARY 1**

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](http://www.FSCenter.org/donate))

**Registration deadline:** December 6/January 3/January 31

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)

**DECEMBER 11, JANUARY 8, FEBRUARY 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.





## 2023-24 Programs and Retreats *continued.*

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

DECEMBER 18, JANUARY 15, FEBRUARY 19

Monday, 6-7:30 p.m.



**Instructor:** Mary Thompson

**Investment:** \$15 per session

**Registration deadline:** December 15/  
January 12/February 16

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

**Supplies needed:** Watercolor paints, paper and brushes; pencil, water container and paper towels.

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.



DECEMBER

#### DECEMBER THEME: Winter's Rest

*"Winter is the lesson of the fine art of loss and growth. The lesson is clear: there is only one way out of the struggle and that is by going into its darkness, waiting for the light, and being open to new growth."*

— Joan Chittister, OSB

During this week of the Winter Solstice, we'll find warm comfort and creativity in each other's company. Choose an image to work from that expresses thoughts or a special connection about this

transitional time of year. The focus will be on light and dark, and techniques for painting snow. **Please bring a winter photo to use as painting reference.**



JANUARY

#### JANUARY THEME: Cosmos

*"The Cosmos dreams in me while I wait in stillness, ready to lean a little further into the heart of the Holy. Oh, may I go there soon, in the same breath that takes me to the stars when the Cosmos dreams in me."*

— Joyce Rupp

Join us for an evening of sharing dreams and painting the stars. We'll dabble and create our own colorful universe with our palette of colors while learning a few helpful watercolor techniques along the way.

**Please bring salt to create sparkles on your paper and a photo of the cosmos.** (Google "Images for Cosmos photos 2023" and you'll find a lovely assortment from which to choose.)

#### FEBRUARY THEME: Hootenanny

*"It's surely our responsibility to do everything within our power to create a planet that provides a home not just for us, but for all life on Earth."*

— David Attenborough

Winter is considered "hooting season" as males increase their calls to find a partner. Barred owls court in February, and their distinctive call is described as "who cooks for you" – a delightful tune to sing along with or hum around the house.

During the shortest month of the year, you are invited to join the hootenanny

(Scottish for celebration). We'll practice drawing and painting owls, and discuss the importance of keeping a journal to sketch and jot down words, poems and prayers. **Please bring a photo of an owl.**

**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.



FEBRUARY



## PROGRAMS AND RETREATS

### NO MISTAKES ZENTANGLE RETREAT (IN-PERSON)

DECEMBER 1-2 • Friday, 6-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** Christine Isham

**Investment:**

- **OVERNIGHT:** \$200, includes a project pack, supplies, private bedroom, breakfast and lunch on Saturday
- **COMMUTER:** \$130, includes a project pack, supplies and lunch on Saturday

The Zentangle Project Pack is valued at \$29.95.

**Registration deadline:** November 20

The Zentangle Method is the process of drawing simple repetitive shapes to create amazing abstract art. The "No Mistakes" philosophy has been an integral part of the Zentangle Method since its beginning. "No Mistakes" is a mantra that allows us to see every line as an opportunity to embrace each mark as a purposeful component of our art. Even if something unexpected or unwanted occurs, we can choose to respond to it creatively, one stroke at a time. We will use Project Pack #06 from Zentangle and incorporate videos from the creators of the Zentangle Method, Rick and Maria. Each participant will receive their own mini journal and learn the basics of tangling. No prior art experience is necessary!







**COMMUNITY MURAL (IN-PERSON)**

**DECEMBER 4-15** • Open Monday through Friday, 8:30 a.m.-4 p.m.; additional hours: Mondays and Thursdays, 5-7 p.m.

**Investment:** Free

Registration is not required; please attend as you can.

As part of the Celebrating Christmas at Greccio series of events, we offer this community painting experience. This 12-by-5-foot mural is a paint-by-number scene created by artist Paul Oman of Drawn to the Word. The theme is "For Unto Us a Child is Born." As we reflect on St. Francis setting up the first Nativity scene 800 years ago, we will create our own vibrant version of this profound biblical event, featuring Mary, Joseph and the infant Jesus, surrounded by shepherds, Wise Men, angels and the Holy Spirit in the form of a dove. People of all skill levels and ages are invited to participate. Groups are welcome to come and paint together. All supplies will be provided.

**SELF-COMPASSION FOR THE SEASON (ZOOM)**

**DECEMBER 5** • Tuesday, 12:30-1:30 p.m.



**Presenter:** Jamie Lynn Tatera


**Investment:** Free

**Registration deadline:** November 27

It's easy to get lost in the hustle and bustle of preparing for the holidays. In addition to giving to others, we also must fill our own hearts and minds with kindness. This workshop is designed to help you strengthen your loving, connected presence through mindfulness practices and self-compassion. It's also a great way to sample what will be included in Jamie Lynn's nine-week series of this topic in January.

**Jamie Lynn Tatera** has been practicing mindful awareness and meditation for the past 20 years and has been teaching mindfulness to others since 2008. Jamie Lynn is a member of both a Franciscan parish in Milwaukee as well as the Unitarian Universalist church. Even though Mindful Self-Compassion is a secular training, she views the MSC journey as a pathway for learning to love ourselves as our Creator loves us.



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

**SINGING BOWLS MEDITATION (IN-PERSON)**



**DECEMBER 7** • Thursday, 5:30-6:30 p.m.

**Presenter:** Joan Filla

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

**Registration deadline:** December 5



Tibetan singing bowls produce sounds that invite deep states of relaxation, enhancing the ability to meditate and enter expanded states of consciousness. The sounds and vibrations can create a sense of grounding, which 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. A time for 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.

**A COURAGE & RENEWAL RETREAT: ABUNDANTLY AVAILABLE GRACE (IN-PERSON)**

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



**Presenter:** Mary Louise Peters

**Investment:**

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

**Registration deadline:** November 27

Personal renewal allows us to live with self-acceptance, gratitude, compassion and the acceptance of grace. The possibilities are in every moment, with each thought, in every action. Through individual written reflection and group interaction, you will have opportunities to recognize the grace that is always abundantly available. Our time together will include periods of silence, guided discussion, experiences with poetry, wisdom tradition essays and art experiences. This retreat is based on the Circle of Trust® approach developed by Parker J. Palmer, Ph.D., writer, activist and co-founder of the Center for Courage & Renewal ([www.couragerenewal.org](http://www.couragerenewal.org)).

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





## 2023-24 Programs and Retreats *continued.*



### THE NATIVITY EXPERIENCE (IN-PERSON)

**DECEMBER 16** • Saturday, 10 a.m.-3 p.m.

**Presenter:** Sarah Hennessey, FSPA

**Investment:** \$20 for the first participant and \$5 per additional participant. Lunch and supplies are included.

**Registration deadline:** December 11



Discover the magic of the Christmas story through a hands-on approach to the Nativity scene. Did you know that St. Francis brought to life a living Nativity scene 800 years ago? We will explore the story and our own stories connected to the symbols of this biblical scene through reflection, discussion, art and a tour of the Nativity scenes that will be on display at Viterbo University's San Damiano Chapel. This beautiful experience is excellent for families and adults of all ages. Optional: Feel free to bring your favorite person or animal from a Nativity set to share.

### ADVENT BOWLS: SOUNDS OF GRECCIO (IN-PERSON)



**DECEMBER 16** • Saturday, 6-7 p.m.

Doors open at 5 p.m. to view the Nativity scenes on display in the chapel.

**Presenters:** Tom Roberts and Malinda Gerke, FSPA

**Investment:** Freewill offering at the door

**Registration deadline:** December 14



**Note:** We will gather at San Damiano Chapel located on the campus of Viterbo University for this event. Limited space is available, so advance registration is required.

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

You are invited to come to San Damiano Chapel an hour before the program to view a variety of Nativity scenes that will be on display. If you are not able to arrive early, there will be another half-hour opportunity after the program.

This program is part of the Franciscan Sisters of Perpetual Adoration's Celebrating Christmas at Greccio series of events in conjunction with the Franciscan Spirituality Center, Viterbo University and Mayo Clinic Health System. Learn more at [fspa.org/centenary](http://fspa.org/centenary).

We will collect baby items for area organizations: Centro Latino, Family & Children's Center, Hope Restores and The Parenting Place.



### WINTER SOLSTICE LABYRINTH WALK (IN-PERSON)

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

**Facilitators:** FSC staff

**Investment:** Freewill offering

Registration is appreciated; drop-ins are welcome.

A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic of a pilgrimage and can help bring about clarity, peace and healing. Our indoor labyrinth is designed in the pattern of the cathedral labyrinth in Chartres, France, which dates back to the 1200s. During this Advent season and on the first day of winter, people of all faith traditions and spiritual backgrounds are invited to walk our indoor canvas labyrinth. This is a silent, self-guided practice suitable for older teens and adults. Please arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to the labyrinth.



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

**DECEMBER 21** • Thursday, 6:30-8 p.m.

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

**Investment:** Freewill donations are appreciated at [www.FSCenter.org/donate](http://www.FSCenter.org/donate)

**Registration deadline:** December 20

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

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



### 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.





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

**JANUARY 5** • Friday, 5:30-8 p.m.

**Presenters:** FSC staff

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

**Registration deadline:** December 22

A wonderful tradition from Ireland has become a tradition at the FSC. On the

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

### NEW FOR 2024 | MAKES A THOUGHTFUL CHRISTMAS GIFT!

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

**JANUARY 5-6** • Friday, 5:30-8 p.m. and Saturday, 8 a.m.-3 p.m.

**Presenters:** FSC staff

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

**Registration deadline:** December 22

If you would like to participate in Women's Christmas and extend your stay, settle in for a comfortable and quiet night of retreat. You will stay in one of our beautifully appointed rooms and join us Saturday for a time of quiet meditation, visiting together, gentle body movement and creative activities—or bring a book and just relax!

## EPIPHANY DAY OF REST (IN-PERSON)

**JANUARY 6** • Saturday, 8 a.m.-3 p.m.

**Presenters:** FSC staff

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

**Registration deadline:** December 22

Enjoy a day of rest and relaxation after a busy season at the FSC. You'll have a comfortable and private room for a day of quiet meditation, visiting together, gentle body movement and creative activities—or bring a book and just relax!



### FOUR-WEEK SERIES

## INTRODUCTION TO THE ENNEAGRAM (ZOOM)

**JANUARY 9, 16, 23, 30** • Tuesday, 6:30-8 p.m.



**Presenters:** Steve Spilde and Audrey Lucier

**Investment:** \$100 for the series, includes online assessment

**Registration deadline:** December 26



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

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

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

### NINE-WEEK SERIES

## MINDFUL SELF-COMPASSION SERIES (ZOOM)

**JANUARY 16, 23, 30; FEBRUARY 6, 13, 20, 27; MARCH 5, 12**

Tuesday, 12:30-3:10 p.m.

**Note:** The sixth session, which is a retreat, will conclude at 3:30 p.m.



**Presenter:** Jamie Lynn Tatera

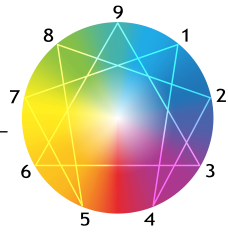
**Investment:** \$400 for the series

**Registration deadline:** January 2

We are able to offer a discounted rate of \$320 for this series to anyone who would like financial help to participate. Please enter the code MINDFUL20 when you register online or call 608-791-5295.

In the Franciscan tradition, we seek to become a channel of love and healing. To become a channel for others, we first need to fill ourselves with love and healing. Mindful Self-Compassion training teaches us how to love and be there for ourselves when things go wrong. The MSC program includes short talks, experiential exercises, meditation, group discussion and home practices. Including ourselves in our own circle of kindness honors the Golden Rule and provides a foundation for more sustainable compassion for others.

**Jamie Lynn Tatera** has been practicing mindful awareness and meditation for the past 20 years and has been teaching mindfulness to others since 2008. She teaches self-compassion to caregivers because experience has taught her that when we treat ourselves with kindness, we have more to offer the people we care about most.





# 2023-24 Programs and Retreats *continued.*

## FOUR-WEEK SERIES

### DREAM WORK (ZOOM)

**JANUARY 16, 23; FEBRUARY 6, 13** • Tuesday, 6-7:30 p.m.

**Presenter:** Cathie Boerboom, RGS



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

**Registration deadline:** January 2

Dreams are gifts to help us learn more about ourselves and can sometimes guide us in choices to make regarding life situations. During this series, you will learn about the importance of dreams as well as methods you can use to help you understand your dreams. We will explore some dream work methods using dreams of the people in the group along with samples of dreams from other people.



## FIVE-WEEK SERIES

### GRIEF CIRCLE (IN-PERSON)

**JANUARY 16, 23, 30; FEBRUARY 6, 13** • Tuesday, 10-11:30 a.m.

**Sessions will take place at** Holmen Area Community Center  
600 N. Holmen Drive, Suite 200, Holmen, WI 54636

**Facilitators:** Karna Marks and Julie Connelly

**Investment:** Free. *Support for this program is provided by a generous grant awarded to the Holmen Area Community Center by Mayo Health System.*

**Registration deadline:** January 2

Limited to 7 participants.



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 are also grieving. Sometimes friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can provide a great deal of comfort and healing.

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

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



## FIVE-WEEK SERIES

### GRIEF CIRCLE (ZOOM)

**JANUARY 16, 23, 30; FEBRUARY 6, 13**

Tuesday, 6-8 p.m.

**Facilitators:** Karna Marks and Kay Kienetz

**Investment:** \$50 for the series

**Registration deadline:** January 2

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

Limited to 7 participants.

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 are also grieving. Sometimes, friends and family, although well-intentioned, may not understand the meaning of your loss and the depth of your pain. The support of others on the same journey can 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.

**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.



## 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.



**PODCAST REBROADCAST (ZOOM)****JANUARY 17** • Wednesday, 6-7:30 p.m.**Facilitator:** Karna Marks**Investment:** \$5**Registration deadline:** January 8

Love podcasts? Wish you had someone to talk over all the revelations, insights and ah-ha moments after the show is over? Join us for Podcast Rebroadcast—it's like a book group for podcast listeners. This is a time to appreciate all 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.

**PODCAST:** On Being with Krista Tippett  
**EPISODE:** Kate Bowler: On Being in a Body

**Kate Bowler** is an associate professor at Duke University, the author of several beloved books, including "Everything Happens for a Reason and Other Lies I've Loved" and "The Lives We Actually Have: 100 Blessings for Imperfect Days" and, if she hadn't become a theologian, she might have been a stand-up comedian. In this conversation, Kate shares about her childhood growing up in a Mennonite congregation, her cancer diagnosis, the Prosperity Gospel and how she found the words to pray when things in her life felt uncertain. Although we wish no one would ever have to experience the things Kate has, she has become a teacher for us all: on love, healing, wonder, humor, hope and keeping it real.

**LINK:** <https://onbeing.org/programs/kate-bowler-on-being-in-a-body/#transcript>

**PARTNER YOGA (IN-PERSON)****JANUARY 20** • Saturday, 9-10:30 a.m.**Instructor:** Michelle Hundt**Investment:** \$15 per person, includes yoga and snacks**Registration deadline:** January 15

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



**Michelle Hundt** enjoys teaching people to take time for themselves through the art of yoga. She has 23 years' experience and has been sharing her skills since 2014. She focuses on proper body alignment, which builds strength, stamina and coordination. Her classes also focus on the importance of the sequence in which poses are done.

**FIVE-WEEK SERIES****GRIEF CIRCLE FOR VETERANS, SERVICE MEMBERS AND THEIR LOVED ONES (IN-PERSON)****JANUARY 22, 29; FEBRUARY 5, 12, 26** • Monday, 10 a.m.-noon**Facilitators:** Jean Pagliaro and Carole Ewald**Investment:** Free**Registration deadline:** January 8

This group offers space where you can talk about your loss with others. 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 is provided by a generous community member who funded this program through the La Crosse Community Foundation's Giving Catalog.*



Veterans and military service members enjoy a 15 percent discount on all programs and retreats. Use the code **MILITARY** when registering online or call 608-791-5295.

**EXPLORING OUR SPIRITUAL SELVES THROUGH SOULCOLLAGE® (IN-PERSON)****JANUARY 27** • Saturday, 12:30-4:30 p.m.**Presenter:** Cynthea Gillespie**Investment:** \$45, includes all supplies**Registration deadline:** January 15

SoulCollage® is an intuitive, expression arts practice process founded by Seena B. Frost. It uses images from magazines and other sources to create a personal deck of collaged cards that speaks to your soul. The cards can be used to help access your inner wisdom and beauty. 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.





## 2023-24 Programs and Retreats *continued.*

### CREATING AN AUTHENTIC LIFE RETREAT (IN-PERSON)

**FEBRUARY 2-4** • Friday, 7-9 p.m.;  
Saturday, 9 a.m.-9 p.m.; Sunday, 9 a.m.-noon

**Presenter:** Wendy Mitch



**Investment:**

- **OVERNIGHT:** \$270, includes private bedroom and all meals
- **COMMUTER:** \$150, includes lunch and dinner on Saturday

**Registration deadline:** January 22

We are able to offer a discounted rate of \$189 (overnight) or \$105 (commuter) for this retreat to anyone who would like financial help to participate. Please enter the code AUTHENTIC30 when you register online or call 608-791-5295.

Living an authentic life can lead to more rewarding relationships and greater overall fulfillment. Please join us for this weekend retreat to develop spiritual practices that integrate head, heart and body. As we grow into a deeper understanding of ourselves and our motivations, we can shift from listening to our inner critic to becoming more self-accepting. Through journaling, reflecting, activities and group discussion, we'll explore ways to live authentically. When we release old patterns of self-deception and self-betrayal, we can grow into our capacity for compassion, creativity, love and forgiveness, and see our lives with more clarity. Let's shift from being the critic of our life story to being the uniquely authentic person we were meant to be!

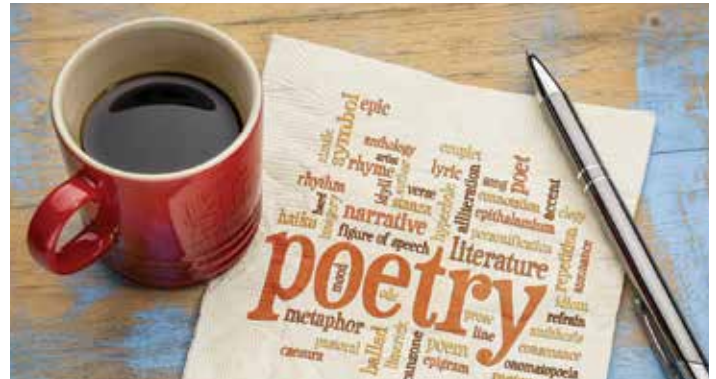
**Wendy Mitch** is the owner of Shifting Perspectives: Coaching and Consulting, based in Plover, Wisconsin, a certified Integral Life Coach through New Ventures West and a certified teacher in the Enneagram Spectrum Method.



### SAVE THE DATES

### OUR INAUGURAL ONE WORLD LISTENING CONFERENCE WILL TAKE PLACE APRIL 19-20, 2024.

We believe listening holds hope for healing our broken world. This special event is for spiritual directors and anyone interested in becoming a better listener. Writer and artist **Jan Richardson** will share how listeners can bless their friends with the right messages, and gifted singer-songwriter **Peter Mayer** will perform. Breakout sessions will focus on how listening can foster healing among our neighbors and families, within our workplaces and in our own lives.



### POETRY CAFE (ZOOM)



**FEBRUARY 5** • Monday: 6:30-8 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$5

**Registration deadline:** February 1

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.



### HYGGE NIGHT AT THE CENTER (IN-PERSON)

**FEBRUARY 8** • Thursday, 5-8:30 p.m.

**Facilitators:** FSC staff

**Investment:** \$35

**Registration deadline:** January 29

Hygge is a concept from Denmark, meant to illuminate the soul. It's a feeling: being warm, safe and comforted. It's an experience: a communion with simplicity and a connection with one another that anchors and affirms us. We'll share a meditation moment and a simple meal together. Then, notice what would bring joy and contentment. Visit the needlework corner, make truffles, cozy up with a book, have a cup of tea or create art. You might even want to reserve one of our comfortable rooms for the night and celebrate the gifts of Hygge! To learn more, check out these books: "Hygge: The Danish Art of Contentment, Comfort, and Connection" by Louisa Thomsen Brits or "The Little Book of Hygge" by Meik Wiking.





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

**FEBRUARY 9-11** • Friday, 3-9 p.m.;  
Saturday, 9 a.m.-5 p.m.; Sunday, 9 a.m.-noon

**Presenter:** Heather Henry



### Investment:

- **FULL:** \$280, includes private bedroom and all meals
- **COMMUTER:** \$180, includes dinner on Friday, lunch and dinner on Saturday

**Registration deadline:** January 29

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

**Heather Henry** has been teaching heart-led yoga for 25 years. She looks toward nature, as Divine expression, to connect to the rhythms that bring balance to our lives. Honoring each person's unique path and body, she encourages deep internal communication to be expressed and attended to.

## ROOTED IN REFLECTION (ZOOM)

**FEBRUARY 15** • Thursday, 6-8 p.m.

**Presenter:** Megan Pike

**Investment:** \$10

**Registration deadline:**

February 12

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.



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

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

**Presenters:** Jean Pagliaro and Julie Connelly

### Investment:

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



**Registration deadline:** February 5

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



## BOOK DISCUSSION GROUP:

### LEADING LIKE FRANCIS BY CARL KOCH (ZOOM)

**FEBRUARY 22** • Thursday, 6:30-8 p.m.

**Presenters:** John Hanley and Karna Marks

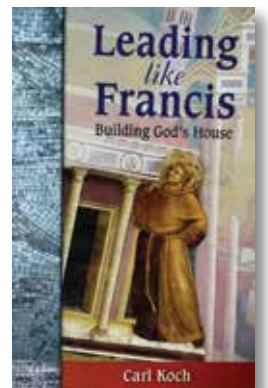
**Investment:** \$10 (book is not included; please purchase it on your own or at the FSC's Sophia Bookstore)

**Registration deadline:** February 12

This virtual discussion of "Leading Like Francis: Building God's House" by Carl Koch is an opportunity to explore how spirituality affects leadership, which is the process of influencing others to pursue common purposes

and achieve goals. Those who lead or aspire to lead must understand themselves and that their development as leaders is continuous. Franciscan spirituality appeals to all who have always sensed something greater in their existence that informs their lives. This insightful book by the late author, who was an expert in servant leadership and had worked on the staff at the FSC, draws upon this sense of spirituality for those seeking to influence others as servants—we all influence others.

**John Hanley** is an experienced leader in both the military and private sector. He has taught leadership development at the undergraduate and graduate levels, and continues to teach courses. He has a doctorate in Leadership for the Advancement of Learning and Service from Cardinal Stritch University and a graduate certificate in theology from St. Leo University. **Karna Marks** is a spiritual director on staff at the FSC.





## 2023-24 Programs and Retreats *continued.*

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

FEBRUARY 23-25 • Friday, 3 p.m.–Sunday, 2 p.m.



**Facilitator:** 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 SILENTRETREAT60 when you register online or call 608-791-5295.

**Registration deadline:** February 12

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.

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



### FOUR-WEEK SERIES

### THE SEVEN LAST WORDS OF JESUS ON THE CROSS (IN-PERSON AND ZOOM)

FEBRUARY 27; MARCH 5, 12, 19 • Tuesday, 5:30-6:30 p.m.



**Presenter:** John McHugh

**Investment:** \$10 per session

**Registration deadline:** February 19

For hundreds of years, it has been a tradition in Christian churches to reflect on Jesus' final words from the cross on Good Friday and during the season of Lent. Join biblical scholar John McHugh as he explores those words of Jesus and how they were mirrored in his public ministry, and what they mean for us today. Although the program is meant to be experienced over all four weeks, participants may attend individual sessions.



**John McHugh** is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He has degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy.

### VOCARE: LISTENING TO YOUR LONGING (IN-PERSON)

FEBRUARY 23-24 • Friday, 6-9 p.m. and Saturday, 9 a.m.-4 p.m.



**Presenter:** The Rev. Dr. Char Rachuy Cox

**Investment:**

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

**Registration deadline:** February 12

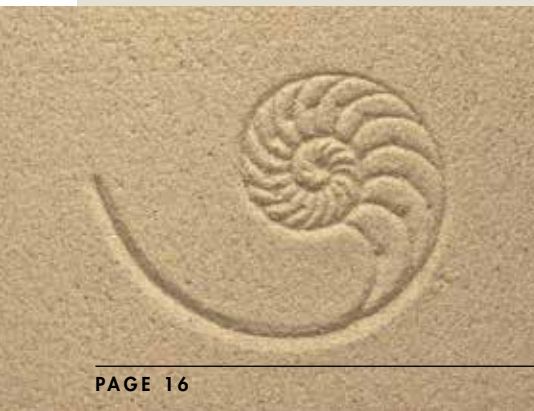
This weekend retreat invites you into the VOCARE spiritual practice through guided meditation, reflection, shared experiences, conversation and quiet contemplation. VOCARE is a six-word spiritual practice designed to help individuals, small groups and whole communities listen to the longings of their lives as they discern and live more fully into their various callings—personal and professional, public and private—so that life in the present can be lived more intentionally for the common good.

In its most basic form, VOCARE invites reflection upon these questions:

- V:** What do I **value**, and how am I living my values?
- O:** To what am I being asked to be **open**? How do I respond?
- C:** What voices, literal and metaphorical, are **calling** to me? Which ones do I listen to, and why? Which ones can I silence?
- A:** Where am I investing my **attention**? Does my attention align with my values?
- R:** What are my **regrets**? What insight do I gain from them, and how are they calling me to something new or different?
- E:** When, where and how have I **experienced the presence of the sacred** in my everyday life? What does that experience say to me? What will I carry with me from this reflection?

This practice is designed to be valuable across religious traditions, perspectives and worldviews.

The **Rev. Dr. Charlene Rachuy Cox** serves as the director of programming, engagement and innovation for Congregational Thriving through the Lutheran Center at St. Olaf College in Northfield, Minnesota. She earned a Doctor of Ministry Degree from the Lutheran Theological Seminary at Philadelphia with an emphasis in spirituality, a Master of Sacred Theology Degree from Lutheran Theological Seminary at Gettysburg with an emphasis in preaching and worship, a Master of Divinity Degree from Luther Seminary and a Bachelor of Arts Degree from Augustana University, Sioux Falls. She has served as a pastor in the Evangelical Lutheran Church in America for more than 30 years.





## BODY | MOVEMENT CLASSES

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

**BONUS SESSION: DECEMBER 6, 13, 20**

**SESSION 1: JANUARY 3, 10, 17, 24, 31; FEBRUARY 7**

**SESSION 2: FEBRUARY 14, 21, 28; MARCH 6, 13, 20**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$50 for each six-week session; \$30 for bonus session

**Registration deadline:** December 5/December 30/February 13

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.



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

**FEBRUARY 12, 19, 26; MARCH 4, 11, 18**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$50 for the series

**Registration deadline:** February 5

A regular Slow Flow Yoga practice in itself relieves stress and tension, strengthens the body and helps to develop more flexibility and stability. When Slow Flow Yoga and the gentle discipline of meditation are integrated together, they pair well to calm the mind, improve mental focus and promote an overall sense of well-being. As participants are in a restful position on the floor, Bernice will provide a 10- to 15-minute guided meditation near the end of each class.



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

**BONUS SESSION: DECEMBER 5, 12, 19**

**SESSION 1: JANUARY 2, 9, 16, 23, 30; FEBRUARY 6**

**SESSION 2: FEBRUARY 13, 20, 27; MARCH 5, 12, 19**

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

**Instructor:** Amber Moesch

**Investment:** \$50 for each six-week session; \$30 for bonus session

**Registration deadline:** December 4/December 30/February 12

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)

**BONUS SESSION: DECEMBER 5, 12, 19**

**SESSION 1: JANUARY 2, 9, 16, 23, 30; FEBRUARY 6**

**SESSION 2: FEBRUARY 13, 20, 27; MARCH 5, 12, 19**

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$50 for each six-week session; \$30 for bonus session

**Registration deadline:** December 4/December 30/February 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.



# Welcome, Brooke Newberry!

We're thrilled to welcome Brooke Newberry to the FSC Board of Directors.



Several of our staff members got to see Brooke's energy, enthusiasm and humor during a recent community fundraising event and thought she'd be a great addition to our team.

Brooke is the youth services coordinator for the La Crosse Public Library, a position that draws on her skills at managing, planning and partnering, as well as implementing grants.

She said she felt called to accept an invitation to join our board because the FSC's mission and values "align so beautifully" with the work she does professionally as well as personally.

"The FSC is such a unique space in La Crosse, and I am in awe of all of the programs and activities it offers while always serving its mission and core values," she said.

"I look forward to getting to know more about the FSC in general and deep-diving into some of the programming."

Naturally, being a children's librarian, reading is a passion of Brooke's. She also recently learned to quilt using the Creation Space in the library.

Brooke and her husband just purchased their first home, so they've been tackling all sorts of new projects. Their two children, ages 7 and 4, also keep them busy with a variety of YMCA classes, playing outside and "exploring all of the great things La Crosse has to offer."

As we continue to develop family-friendly programming at the FSC, we know Brooke will be a great resource!

# Become a Spirited Friend today!

An easy and efficient way to support of our Mission is to become a monthly giver through our Spirited Friends program.

Each year, we give scholarships to those in need of financial assistance for spiritual direction and various programs and retreat offerings. Your monthly gift helps us live out our Franciscan mission to provide for those who seek support.

Consistent funding is vital to our planning and budgeting. For you, our generous donor, it's convenient and hassle-free. You simply decide on an amount that works for your budget and authorize your bank or credit card company to make the payment. No need to write checks, find envelopes, buy stamps or make a trip to the post office!

We invite you to consider becoming a Spirited Friend to help others on their path to connecting with God, meaning and wholeness. Please call 608-791-5295 or email [fsccenter@fspa.org](mailto:fsccenter@fspa.org) to get started!



## SEVENTH ANNUAL

# Art Dash

A FUNDRAISER FOR THE FRANCISCAN SPIRITUALITY CENTER



Our signature fundraiser brings together area artists and community members for a spirited night of food, fun and fine art. Each year, our event grows and gets even better. Tickets will go on sale in early 2024. We're in the process of collecting the fabulous donations of original art; please keep an eye on [www.FSCcenter.org/artdash](http://www.FSCcenter.org/artdash) for updates.

We always welcome new sponsors for this event, too! Please contact Director of Community Engagement Hope Hembd at [hhembd@fspa.org](mailto:hhembd@fspa.org) or 608-668-2483 if you'd like to support Art Dash.



Artists are starting to drop off their donated pieces for Art Dash 2024. You can see a rotating display of the artwork when you visit our lower-level meeting rooms and offices.

SAVE THE DATE: THURSDAY, MARCH 21, 2024



FSC BOARD MESSAGE

## Dear friends,

My name is Joyce Heil, and I chair the FSC Board of Directors. Sometimes, I ask myself, “Why me at this time in my life”? But then I add, “Why not me?”

My relationship with the FSC has everything to do with the joys and pains, the struggles and grief of life. It has been my pleasure to participate at the Center on many levels. Retreat and program presenter and participant, graduate of the Spiritual Direction Preparation Program, volunteer and recipient of spiritual direction are just a few ways that the FSC and its staff have entered my life and helped me grow in my spiritual journey.

Yes, this is a very special place. I feel the peace come over me each time I enter here. There is just something about the age of this building, the purpose of this Center and the welcoming staff that help the burdens of the day drop off. Here, you are a unique individual who is taking a step toward growth and peace.

So, at this time I am grateful to be able to give back a little of what I have received over all these years. I am privileged to help support the mission and ministry of the FSC as it begins more of an outreach to the community at large. We recently hired a new staff member, aptly named Hope, to fill our new Community Engagement role. As we move forward, we hope to touch people where they live through outreach programs provided by the FSC staff.

Remember, we are here for you. Please consider attending some of the many programs and retreats offered throughout the year. The FSC is open to all people seeking God, meaning and wholeness.

Peace and all good,



Joyce Heil, FSC Board Chairperson

## FRANCISCAN SPIRITUALITY CENTER Board of Directors



**Joyce Heil** | *Franciscan Sisters of Perpetual Adoration—Aging in Place (chairperson)*  
**Lyell Montgomery** | *Community member (vice chairperson)*  
**Kristy Walz** | *Confluence Consulting (secretary/treasurer)*

**Teresa Clark** | *Kwik Trip Inc.*  
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**Helen Elsbernd, FSPA**

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**Brooke Newberry** | *La Crosse Public Library*

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*Mayo Clinic Health System*

**Mark Thorn** | *Altra Financial Advisors*

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

## Financial Report

### INCOME

|   |            |
|---|------------|
| Donations, Fundraising and Grants . . . . . | \$ 434,672 |
| Programs & Retreats . . . . .               | 238,317    |
| Spiritual Direction . . . . .               | 37,814     |
| Hermitages/Facilities/Hospitality . . . . . | 72,673     |
| Endowment Interest (Scholarships) . . . . . | 16,342     |
| Sophia Bookstore . . . . .                  | 26,096     |

**Total Income . . . . . \$ 825,914**

### EXPENSES

|   |            |
|---|------------|
| Salaries & Benefits . . . . .               | \$ 590,446 |
| Programs & Retreats . . . . .               | 90,070     |
| Administration . . . . .                    | 66,782     |
| Communications & Marketing . . . . .        | 34,634     |
| Professional Services . . . . .             | 13,537     |
| Hermitages/Facilities/Hospitality . . . . . | 183,754    |
| Sophia Bookstore . . . . .                  | 20,928     |

**Total Expenses . . . . . \$ 1,000,151**

**Current Assets . . . . . \$ 148,692**

**Investments . . . . . \$ 4,464,110**

**Current Liabilities . . . . . \$ 18,847**

**NET ASSETS . . . . . \$ 4,593,955**

## A HEARTFELT THANK YOU TO ALL OUR VOLUNTEERS:



Maggie Bjorkquist

Karen Ekiss • Rose Elsbernd, FSPA

Mary Kathryn Fogarty, FSPA

Maria Friedman, FSPA • Joyce Heil

John Hempstead • Michelle Hundt


Linda Kerrigan • Don Kremmer • Mary McClintock •

Annette McGinley • Lisa Mobley

Sharon Montalbano • Lyell Montgomery

Grace Nicholson-Maly • Sue Roberts • Lexi Schroeder

Missy Wells • Jan Wellik



**Meeting Rooms**  
**40**  
Reservations

---

**548**  
Guests

**Hello!**


**Financial Assistance given:**



**\$11,647** To attend Programs & Retreats & SDPP  
(38 scholarships)


---

For Spiritual Direction **\$8,288**  
(288 scholarships)



**642**  
Programs & Retreats Sponsored by the FSC  
(virtual and in-person participation)

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**Staying Connected**

Print newsletter mailed to **5,931** people four times a year.

E-newsletter emailed to **3,600+** people each Thursday.

Reflections From the Center emailed to **3,000+** people each Monday.

**3,585** followers on Facebook.

**1,252** podcast listeners in the past year.

**592** followers on Instagram.

**211** subscribers to our YouTube channel.

**111** followers on Twitter (X).



**852** SPIRITUAL DIRECTION SESSIONS

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**SPIRITUAL DIRECTION PREPARATION PROGRAM**

The 16th cohort of our Spiritual Direction Preparation Program graduated in July 2023; 21 people completed the program. There are 23 second-year students enrolled in the 17th cohort. We are recruiting for the 18th cohort, which will start training in September 2024.

**6,843**  
Participants  
(virtual and in-person participation)




**Hermitages**



**55** Reservations

---

**183** Nights



**716** bedroom stay reservations made for **1,101** nights




**78** private retreats





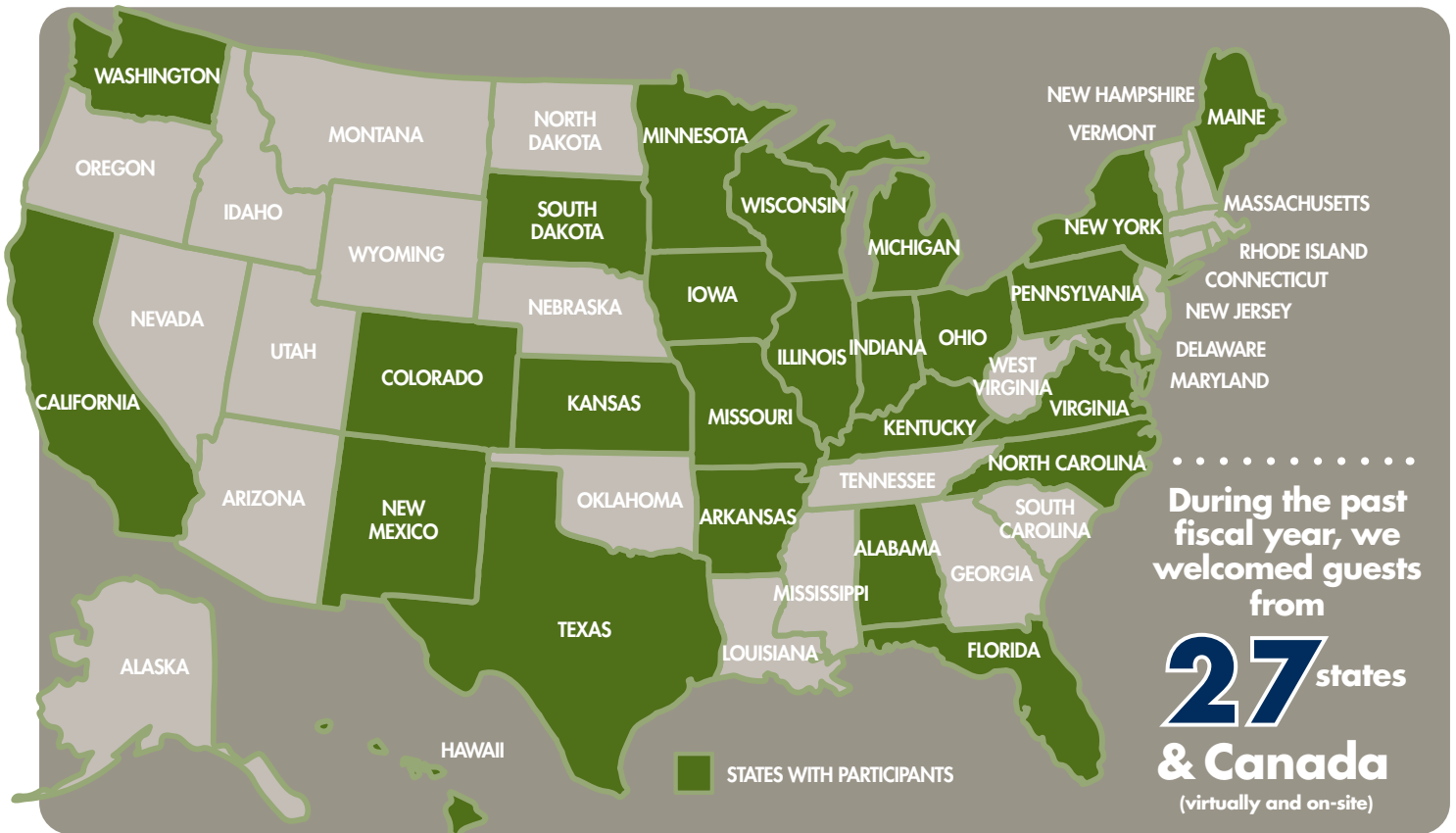
# Community Outreach and Collaboration

We were pleased to partner with the following organizations during the past fiscal year:

Adult & Teen Challenge of Western Wisconsin  
 Aging and Disability Resource Center of La Crosse County  
 Altra Federal Credit Union  
 Association of Fundraising Professionals  
 Breaking Free, St. Paul, MN  
 Coulee Bank  
 Coulee Recovery Center  
 Cross Lutheran Church, Roberts, WI  
 Dahl Toyota  
 DeKoven Center, Racine, WI  
 Dormition Monastery of the Most Holy Theotokos (Ukrainian craft fair)  
 Downtown Mainstreet Initiative  
 English Lutheran Church  
 Fierce Freedom, Eau Claire, WI  
 Franciscan Federation  
 Franciscan Peacemakers  
 Franciscan Sisters of Little Falls  
 Franciscan Sisters of Perpetual Adoration

Franciscan Sisters of Perpetual Adoration Affiliation  
 Fort McCoy  
 Great Rivers 2-1-1  
 Habitat for Humanity Faith Relations  
 The Highground Veterans Memorial Park, Neillsville, WI  
 Hope Restores  
 Human Flourishing Collective  
 Immanuel, Pepin, WI  
 ISG  
 La Crosse Catholic Diocese  
 La Crosse Chamber of Commerce  
 La Crosse Common Council  
 La Crosse Community Foundation  
 La Crosse County  
 La Crosse Lighthouse  
 La Crosse Local  
 Lay Mission Helpers  
 Loyola Spirituality Center, St. Paul, MN  
 Marine Credit Union

Mayo Clinic Health System  
 New Horizons  
 Newman Roncalli Parish  
 North Presbyterian Church  
 Nystrom and Associates  
 Onalaska United Methodist Church  
 Our Lady of The Prairie Retreat, Wheatland, IA  
 Rachel's Rest  
 Retreat Center Collaboration  
 Rotary Club of La Crosse  
 Sarah's ... an Oasis for Women, St. Paul, MN  
 Scouts BSA (Boy Scouts of America)  
 Spiritual Directors International, Bellevue, WA  
 St. Olaf College, Northfield, MN  
 Stifel  
 The Fireplace, Chicago  
 Villa St. Joseph  
 Viterbo Campus Ministry  
 Viterbo University  
 Western Technical College  
 Young Women's Christian Association of La Crosse



# Thank you to our donors



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*In memory of Mark Hayes*



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 Dan & Lynn Henderson  
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*In memory of Dorothy F. Herzing*  
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 \*Marci Madary  
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*In memory of Vince Hatt*  
 Katherine McMahan  
 Marvin & Nancy McNeff  
 Janet Melby  
 Mary Mell  
*In memory of Vince Hatt and John & Alvina Zoubeik*  
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 Marlene Michel  
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 Cindy Mischnick  
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 Nathan Oldenkamp  
 Sue Olson  
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*In memory of Vince Hatt*

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Susan Roberts

Jayne Rock

Therese Roggenbuck

Alice & John Ross

Patricia Roth

\*Jodie Rubenzer

Celeste Ruebl

Christine Rukavena



Transforming Sorrow with presenter Jan Richardson

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Fran Rybarik

Don & Barb Sabin  
*In memory of Vince Hatt*

Lori Schaub

Marian & Randy Schiesser  
*In memory of Vince Hatt*

Dayne Schmitt

Gail Schneider

Theresa Schneyer  
*In memory of Vince Hatt*

Martha & Pete Schommer  
*In memory of Vince Hatt*

Tamara Schonsberg

Deb Schott

\*Gail & Allen Schultz

Carolyn Scott

Patricia Seubert  
*In honor of Janice Hatt & in memory of Vince Hatt*

Tom & Karen Sibenaller

Susan Sieger  
*In memory of Nancy Sieger*

James Sill  
*In memory of Vince Hatt*

Steven Sims

Joe & Lisa Skemp

Samuel Sr. & Jean Skemp  
*In memory of Vince Hatt & Joe Leuck*

Larry Skendzel

Dave & Barb Skogen

\*Jean Marie Smith

Mary Snider  
*In memory of Louis & Sally Slowiak*

Patricia Soell

\*Louise Sunday

\*Steve and Jeannette Spilde  
*In honor of Linda & Pat Kerrigan's 50th Wedding Anniversary*

Mark Stahlhut  
*In memory of Vince Hatt*

Paula Stephens  
*In memory of Vince Hatt*

Placid Stoich

Jayne Strange

Marsha Stross

Andrea Stupi

Kathryn Swanson

Stephanie & Arnold Swartz  
*In memory of Vince Hatt*

Carla Swerman  
*In memory of Vince Hatt*

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*In memory of Vince Hatt*

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Rae Ann Thomas Gust

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*In memory of Vince Hatt and in honor of Linda & Pat Kerrigan's 50th Wedding Anniversary*

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*In memory of Vince Hatt*

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Katherine Warzynski

Theresa Washburn & Bob Schroeder  
*In memory of Vince Hatt*

Heather Watts

Lynn Wegner

Joan Weisenbeck, FSPA  
*In memory of Thelma Weisenbeck*

Joanne White

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Gayle Wilcox

Steven Willklow

Celine Williams

Patrick & Barbara Wilson  
*In memory of Vince Hatt*

Marla Withey

Margaret & Daryl Wood

Valerie Wyer

Peg Zappen

Lon & Linda Ann Ziehm

\*denotes Spirited Friends-monthly givers





Emmaus



Jacoba Conference Room

# Meeting Spaces

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

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



Grace Hall

### EQUIPMENT AVAILABLE FOR NO EXTRA CHARGE:

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



Thea Conference Room



Francis Room

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



# Franciscan Spirituality Center

FSPA • 912 Market Street  
La Crosse, WI 54601

SERIES BEGINS FEBRUARY 27

## New Lenten series with John McHugh

We are so grateful that biblical scholar and phenomenal storyteller John McHugh will present a series of talks again this Lenten season. John is a former board member and dear friend of the FSC who generously shares his knowledge and gifts with us each year. We're pleased that we can offer this insightful series simultaneously in person and via Zoom videoconferencing. John will explore Jesus' final words on the cross and what they mean to us today. You do not want to miss it! Registration details are on page 16.

### Here are just a few of these comments we received from last year's guests:

*"John has a special way of presenting the readings in ways I never thought of previously. I especially appreciate the reflection questions as they are thought-provoking and bring the readings onto a personal level that I can apply to my everyday life."*



*"John is such a gifted speaker with so much knowledge and so many life experiences that he is willing to share with us. He is truly a blessing"*

*"The series made me realize how much more there is to learn from the Gospels."*

*"My heart has been enriched and my mind has been opened!"*

*"I always learn something new."*

*"Always appreciate John McHugh's wisdom, insight and perspective. It was a great focal point for my Lenten journey each week."*

COMING THIS SPRING



**EXPLORING INTERFAITH DIALOGUE**  
March 16

**ART DASH** • March 21

**JUSTICE AND PEACE STATIONS OF THE CROSS** • March 29

**RETREAT FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES** • April 7-8

**JULIA WALSH, FSPA, BOOK LAUNCH**  
April 11

**ONE WORLD LISTENING** • April 19-20

**OVERCOMING CHALLENGES WITH GRIT AND GRACE** • May 4

**DETANGLE FROM STRESS** • May 18

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