



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 29 • NUMBER 5

SEPTEMBER/OCTOBER 2021

# *At the Center*

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# Special event with Paula D'Arcy

(VIA ZOOM)

We are pleased to welcome back to the Franciscan Spirituality Center author and retreat leader Paula D'Arcy for a new talk via Zoom videoconferencing. Thanks to technology, you can join us from anywhere in the world. You won't want to miss this opportunity to hear from Paula and ask questions!

## November 13

Saturday, 10 a.m.-noon

Presenter: Paula D'Arcy

Investment: \$45

Registration deadline: November 11

Love shapes all things. Jesuit theologian Teilhard de Chardin calls it the structure of the universe. Sometimes, love is experienced as a tremendous power; at other times, a very gentle touch. How can we grow in recognition of love, especially when it comes disguised? How do we grow in gratitude to all that is being given?

### ABOUT THE PRESENTER:

Paula D'Arcy is a writer, international retreat leader, and the founder and president of Red Bird Foundation. Red Bird Foundation supports the growth and spiritual development of all who want to live with a more open heart, including those in limited circumstances, such as individuals in prison or those in great need, and those invested in the healing of this world. Paula is a former psychotherapist whose personal tragedy led her to reach out to others. Through her retreats and publications, she is a beacon of hope as we encounter challenges and grief throughout our life. Learn more at [www.redbirdfoundation.com](http://www.redbirdfoundation.com).

REGISTER TODAY AT [WWW.FSCENTER.ORG](http://WWW.FSCENTER.ORG)  
OR 608-791-5295.



### BOOKS BY PAULA D'ARCY INCLUDE:

*Winter of the Heart*

*Stars at Night*

*The Divine Spark*

*When People Grieve*

*Gift of the Red Bird*

*A New Set of Eyes:*

*Encountering the Hidden God*

*Sacred Threshold: Crossing the Inner Barrier to a Deeper Love*

*Song for Sarah: A Mother's Journey Through Grief and Beyond*

*Rivers of Sorrow, Currents of Hope*





# Franciscan Spirituality: Ahead of its time



The *Franciscan* in our center's name is because we follow the spiritual path of St. Francis of Assisi. Francis, who died in 1226, had some unconventional ideas for his time about how to live a spiritual life.

According to Richard Rohr, Francis' emphasis on action, practice and lifestyle was revolutionary for its time. "You only know as much as you do," he is said to have told his followers.

Another saying attributed to Francis, "Preach the gospel at all times and when necessary use words," probably wasn't said by him. But it summarizes perfectly the way his spirituality differed from the Christianity of his time, which was based more on academic theology and correct belief.

Francis emphasized an imitation and love of the humanity of Jesus, and not just the worshiping of his divinity, says Rohr. When Francis wrote about how to imitate Jesus, he used words like *heart, love* and *mercy*. It was a way of living that made everyday life holy.

The Fetzer Institute recently published a large national study about what people in our time and place think about spirituality, what it is and how it shapes their lives. I think Francis might identify with what seems to be evolving.

The study found that most of us (8 out of 10) consider ourselves spiritual to some extent. Most of us (7 out of 10) say we are both religious and spiritual. The people in the study named a wide range of activities and experiences as spiritual for them—from prayer, to music, being in nature, even fly fishing.

There was an important underlying spiritual desire in this sample of Americans: We want our inner experiences of spirituality to be connected to our outer social lives. As one 40-year-old in the study said, "The more you look outward, the more you understand inward." *You only know as much as you do.*

The researchers were struck by how many in the study linked their spirituality to practical issues and their actions in the world. It wasn't just talk. People who identified as highly spiritual actually engaged more in civic and community action. "Through the study," wrote the authors, "we've learned that spirituality is linked to our deepest identities and to our personal fulfillment, and simultaneously provides a profound agency to build the common good."

We believe that at the Franciscan Spirituality Center, too. It is why *spirituality* is also part of our name.

Peace and all good,

*Audrey Lucier*

Audrey Lucier, FSC Director



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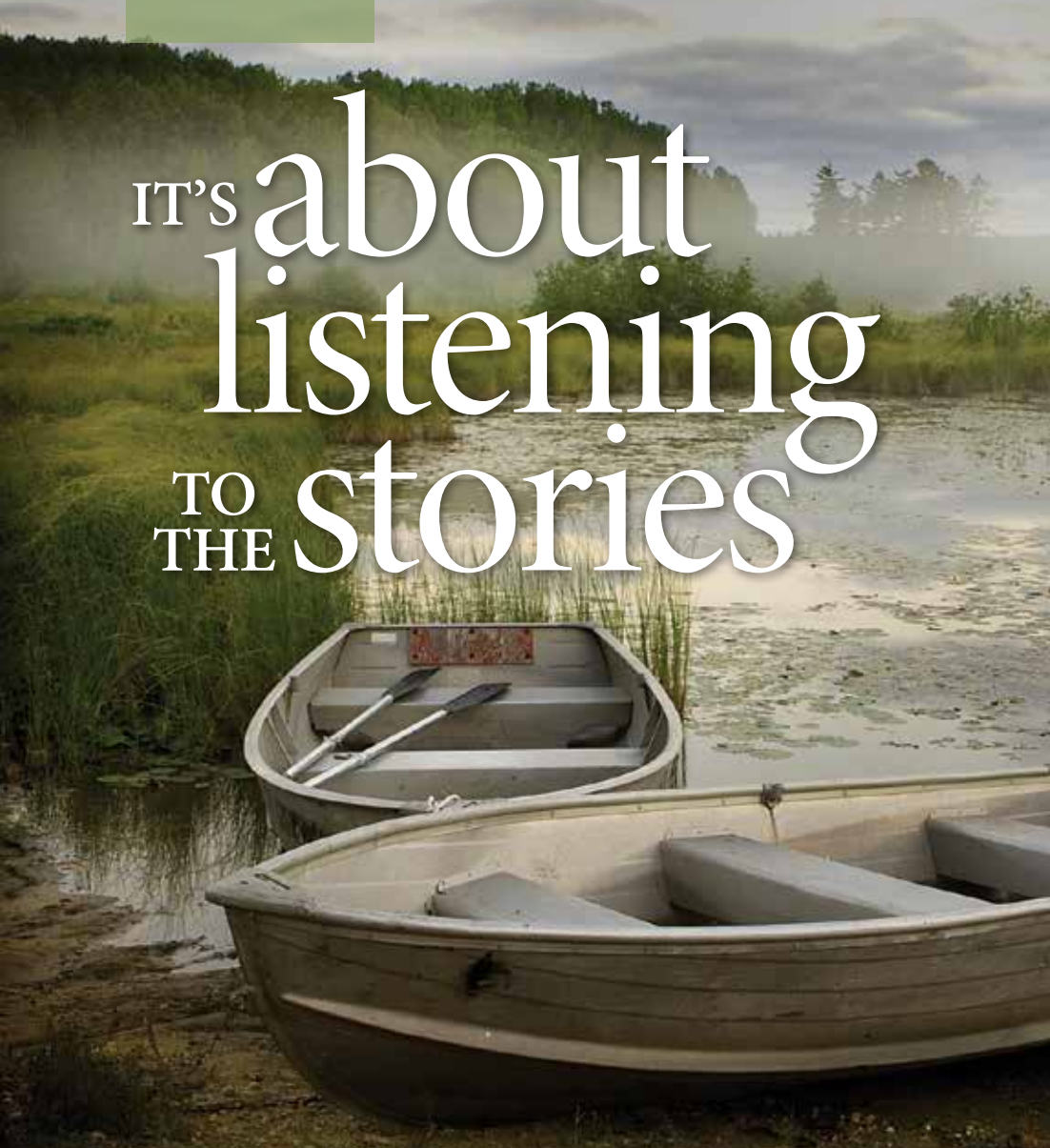


Bernice Olson-Pollack  
Associate Presenter



Tom Roberts  
Associate Presenter

# IT'S about listening TO THE stories



## SPIRITUAL DIRECTION PREPARATION PROGRAM:

### DESIGNED FOR:

- Those who are older than 30 and drawn to a deeper understanding of spiritual direction.
- Those who have not had formal training in spiritual direction.
- Those preparing for a ministry of spiritual direction or retreat ministry.
- Those interested in deepening their spiritual and personal development.

### PARTICIPANTS LEARN BY:

- Attending scheduled workshops.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor, an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.

### EXPECTED OUTCOMES:

- Lifelong compassionate listening skills.
- Strong community development with cohort between 25-35 participants.
- Personal transformation and deeper spiritual understanding.
- Increased self-awareness and deeper interpersonal relationships.
- Certificate of completion as a trained spiritual director.

**D**o you wish to help others discover a personal, intimate relationship with God? Are you interested in preparing for a ministry of spiritual direction or retreat ministry? Are you interested in becoming a trained spiritual director? Consider the Franciscan Spirituality Center's Spiritual Direction Preparation Program (SDPP).

Since 1985, the Franciscan Spirituality Center in La Crosse, Wisconsin, has 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 Spiritual Direction Preparation Program (SDPP) extends over three years, giving participants an opportunity to integrate theory and practice. While SDPP prepares the participant to direct others— regardless of their faith or religious affiliation— the Franciscan Spirituality Center teaches from the Judeo-Christian tradition. This program is designed to form and train candidates through practical workshops, verbatims, reflections and readings, quarterly meetings and one-on-one supervision.





## NEW COHORT WILL BEGIN IN SEPTEMBER 2022

We are preparing for exciting changes to our program. Each year will begin with an intensive four-day in-person group experience. Participants also will gather by Zoom for three weekends each year to explore topics and process learnings with classmates. There will be an option to attend these weekends on-site. This added flexibility will allow participants to engage in the program from wherever they happen to live.

Brochures and applications will be available later this fall. Call SDPP director Steve Spilde at 608-791-5295 if you have questions or would like more information.

### CONGRATULATIONS TO THE 15th COHORT OF THE SPIRITUAL DIRECTION PREPARATION PROGRAM!

In July, this class completed our innovative training program to teach redemptive listening and compassionate communication. We celebrate the following participants:

Sheila Anderson, Cedar Rapids, IA  
Teresa Clark, Onalaska, WI  
Julie Connelly, Holmen, WI  
Annmarie DeMarais, Winona, MN  
Cindy Dunn, Cedar Rapids, IA  
Melina Garcia, Brooklyn Center, MN  
Laurie Harris, Iowa City, IA  
Steve Herro, O.Praem., De Pere, WI  
Kay Kienetz, La Crosse, WI  
Karen Koons Hayden, Springfield, MO  
Rhonda Matthias, Milwaukee, WI  
Reed Mungovan, SDS, Milwaukee, WI  
Sarah Norem, Lino Lakes, MN  
Christopher Roberts, Madison, WI  
Patricia Roth, La Farge, WI  
Celeste Ruebl, Turtle Lake, WI  
Debra Schneider, Hartland, WI  
Leslie Schwarting, Amana, IA  
Bob Shaw, Davenport, IA  
Carol Sisterman, Osage, IA  
Rosemary Sloss, Des Moines, IA  
Sue Torgersen, CSJ, Cottage Grove, MN  
Teresa Umentum, Abrams, WI

TERESA  
CLARK

# 'An amazing growth experience'

It's not unusual for a colleague to stop in Teresa Clark's office at Kwik Trip, where she works as the marketing projects supervisor, to ask a quick question but end up staying for a longer chat.

Even before signing up for the FSC's Spiritual Direction Preparation Program, Teresa had a gift for listening.

Now she sees it as a calling.

"The world needs more people like spiritual directors," she said.

Teresa was roaming the halls of the Franciscan Spirituality Center during a break in a program she was attending when she spotted a brochure for our innovative, three-year training program.

That brochure happened to be poking out of her journal when she later met with her spiritual director, also a graduate of SDPP. After a little encouragement and some time for discernment, Teresa decided to apply to SDPP. At the time of this writing, she was on track to graduate at the end of July.

"I was really drawn to the way of being present and to helping people journey through their spiritual life," she said. Once enrolled, she "never felt so warm and so welcome," she said.

Through workshops, readings, verbatims and written reflections, SDPP trains people to be compassionate, nonjudgmental, deep listeners. Program participants are also required to make a personal retreat.

"For most people, a six-day silent retreat can be intimidating," Teresa said. "But, by far, this was a highlight of my time in the program."

The experience confirmed that she was "doing what I'm supposed to be doing," as well as revealing that "I'm one who needs silence and time for myself to be in the presence of the Spirit."

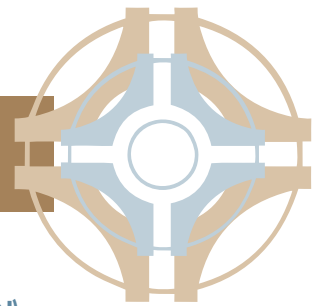
Teresa continues to use the skills she has honed in her leadership role at work, where she provides an open door to anyone who needs help working through an issue, improving performance or simply needs to talk. "Sometimes, people just need someone to listen to them," she said.

Personally, the program has helped her become more patient, describe her feelings better and find the right tools for grounding herself. "Internally, the growth in the heart space has been great," Teresa said.

SDPP is open to people of all faith backgrounds and walks of life. Teresa works full time, is a wife (her husband also works for Kwik Trip) and a mother to two daughters, ages 10 and 5. She attends English Lutheran Church and also finds spiritual nourishment in yoga, cross-stitch, nature (especially water), programs at the FSC and silence.

Balancing the workload of SDPP with the other demands on her life was well worth the effort, she said. Her particular cohort met both in person and through Zoom during the pandemic. To anyone considering the program, Teresa says, "Yes, in a heartbeat! Invest in yourself. Invest the time. It's an amazing growth experience."





### A NOTE ABOUT ONLINE REGISTRATION AND PARTICIPATION:

You'll notice many of our programs incorporate both in-person and virtual participation. As has been our practice over the past year, virtual attendance will take place via Zoom or telephone conferencing. In-person participation will take place at our FSC temporary location at River Crossing Square, 500 Second St. S., Suite 201, until we are back in our Market Street location later this fall.

The Franciscan Spirituality Center follows La Crosse County COVID-19 guidelines regarding masks and other precautions. At the time of publication, fully vaccinated individuals were not required to wear a mask. We ask that unvaccinated individuals continue to wear a mask and follow quarantine recommendations when exposed to COVID-19. We also respect that vaccinated individuals may choose to continue to mask. We ask that anyone with symptoms of COVID-19 postpone their visit.

If you are opting to participate by Zoom, you can use a smartphone, laptop or tablet. If you do not have internet access, you can call in with a landline telephone and join the gathering that way. 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 or the day of the program (depending on the time of the event), you will receive a courtesy email with a Zoom link and instructions on how to join the 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.

### MEDITATION FOR EMOTIONAL HEALTH (IN-PERSON AND VIA ZOOM)

SEPTEMBER 2 AND OCTOBER 7



Thursday, 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:** September 1/October 6

Guided meditation is proven to reduce stress and promote relaxation. Join us for a time of rejuvenation. All are welcome. 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, and you are invited to attend any or all sessions as your schedule permits.

**Sarah Hennessey, FSPA**, is a spiritual director on staff at the Franciscan Spirituality Center.



### REFRESH AND RENEW: A CAREGIVER SERIES (IN-PERSON)

This series meets once a month through March. Attend any or all sessions as your schedule permits. It is a collaboration between the FSC and the Aging and Disability Resource Center (ADRC) of La Crosse County.



#### SESSION 1: MINDFULNESS PRACTICES

SEPTEMBER 8 • Wednesday, 1-2 p.m.

**Presenter:** Sarah Hennessey, FSPA

**Investment:** Free, but registration required

**Registration deadline:** September 7

Mindfulness practices can aid in reducing stress and promoting relaxation. This first session in our caregiver series will include a guided meditation that focuses on breathing, a body scan and visualization.



#### SESSION 2: RESTORATIVE YOGA

OCTOBER 13 • Wednesday, 1-2 p.m.

**Presenter:** Bernice Olson-Pollack

**Investment:** Free, but registration required

**Registration deadline:** October 12

The second session in our caregiver series will focus on body movements that allow for relaxation and restoration. We release tension in the muscles and gently stimulate the organs through long-held poses designed to support and comfort. Restorative yoga allows us to re-learn the art of relaxation while developing the skills and abilities to self-soothe. It enhances our healing capacity through helping us regulate the stress response and re-balance the nervous system.

### REFRESH AND RENEW: A CAREGIVER SERIES SESSIONS 3-7



#### SESSION 3 • NOVEMBER 10

**Creating Moments of Joy**

Rose Elsbernd, FSPA



#### SESSION 5 • JANUARY 12

**Art as Prayer**

Mary Thompson



#### SESSION 7 • MARCH 9

**Walking the Labyrinth/  
Creating Finger Labyrinths**

Deb Hansen



#### SESSION 4 • DECEMBER 8

**Who Helps the Helper When the Helper Needs Help: A Singing Bowls Experience**

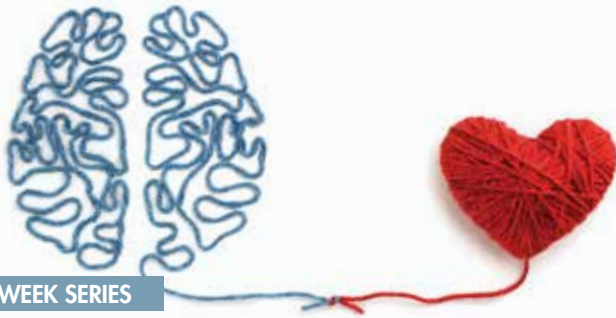
Tom Roberts



#### SESSION 6 • FEBRUARY 9

**Coffee and Conversation**

Steve Spilde



FOUR-WEEK SERIES

**FRANCISCAN NEUROSCIENCE OF SHAME AND COMPASSION (IN-PERSON)**

SEPTEMBER 9, 16, 23, 30 • Thursday, 6-7:30 p.m.

**Presenter:** Raymond List

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

**Registration deadline:** September 2



This series will examine how the development of the brain in evolution during a time of scarcity and threat influences our feelings and actions to this day. We'll also examine how such evolution of the brain affected societal development and formation of religious doctrine over time and how those aspects continue to influence our society and our behaviors to this day. These sessions will be given from the tradition of Franciscan Christianity, although they can be relevant to other religions and faith traditions as well. We'll explore methods and tools that can be used daily to help reshape our brain and our emotional reactions. These techniques will include body movement and breath work as well as the positive influence of the natural environment.

**Raymond List** is an FSPA affiliate and works as a neuropsychologist at Gundersen Health System.



NINE-MONTH SERIES

**COMPANIONS ON THE JOURNEY (VIA ZOOM)**

2021: SEPTEMBER 13, OCTOBER 18, NOVEMBER 8, DECEMBER 13

2022: JANUARY 10, FEBRUARY 14, MARCH 14, APRIL 11, MAY 9

Monday, 6:30-8:30 p.m.

**Presenters:** Rose Elsbernd, FSPA, and Sarah Hennessey, FSPA

**Investment:** \$225 for entire series

**Registration deadline:** September 10



Limited to 8 participants.

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

**Rose Elsbernd, FSPA**, and **Sarah Hennessey, FSPA**, are spiritual directors on staff at the Franciscan Spirituality Center.

**BODY | MOVEMENT CLASSES**

REGISTER AT [WWW.FSCENTER.ORG](http://WWW.FSCENTER.ORG) OR CALL 608-791-5295.

**GOLDEN YOGA (IN-PERSON AND VIA ZOOM)**

SESSION 1: SEPTEMBER 7, 14, 21, 28; OCTOBER 5, 12

SESSION 2: OCTOBER 19, 26; NOVEMBER 2, 9, 16, 23

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

**Instructor:** Amber Moesch

**Investment:** \$50 for six-week session

**Registration deadline:** September 6/October 18

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. Participants will need a chair to offer modifications and balance support. The last 15 minutes of each class will include stretching exercises.

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



**VINYASA YOGA (IN-PERSON AND VIA ZOOM)**

SESSION 1: SEPTEMBER 8, 15, 22, 29; OCTOBER 6, 13

SESSION 2: OCTOBER 20, 27; NOVEMBER 3, 10, 17, 24

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

**Instructor:** Bernice Olson-Pollack

**Investment:** \$50 for six-week session

**Registration deadline:** September 7/October 18

Vinyasa flow is a moving meditation that guides you toward a sense of calm and links poses together with smooth sequencing. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self.

**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. She has a harmonious blend of mind/body, health and wellness experience that she shares with her participants. Her accessible teaching style creates a comfortable learning environment for diverse abilities. She encourages all to discover their own path toward a healthier way of living.







## 2021 Programs and Retreats *continued.*

### FINDING GOD IN ALL THINGS (VIA ZOOM)

2021: SEPTEMBER 18, OCTOBER 16, NOVEMBER 20, DECEMBER 18

2022: JANUARY 15, FEBRUARY 19, MARCH 19, APRIL 9, MAY 14

Saturday, 9 a.m.-noon  
(optional community lunch via Zoom until 1 p.m.)

**Presenters:** Deb Hansen; Rose Elsbernd, FSPA;  
and Sarah Hennessey, FSPA

**Investment:** \$450 for entire series

**Registration deadline:** September 10

*Finding God in All Things* is a nine-month virtual retreat based on the Spiritual Exercises of St. Ignatius of Loyola that invites you into a safe community to ask these questions and seek answers that reflect the uniqueness of you and your everyday life. **See page 10 for details.**



### POETRY CAFÉ (VIA ZOOM)

SEPTEMBER 20 • Monday, 6:30-8 p.m.

**Facilitator:** Sarah Hennessey, FSPA

**Investment:** \$10

**Registration deadline:** September 19

Bring a beverage of choice and your favorite poetry, written by you or another author, for a time of sharing and reflection. After introductions and setting the scene, we will each share the poem we have chosen. After some silence, the rest of the group shares "hot words" that they really liked in the poem and other thoughts. Join poetry lovers for an evening of words and community!



### 10-MONTH SERIES

### DARING COMPANIONS (VIA ZOOM)

2021: SEPTEMBER 20, OCTOBER 18, NOVEMBER 15, DECEMBER 20

2022: JANUARY 17, FEBRUARY 21, MARCH 21, APRIL 18, MAY 23, JUNE 20

Monday, 6:30-8:30 p.m.

**Facilitators:** Deb Hansen and Steve Spilde

**Investment:** \$225 for entire series

Limited to 7 participants.



This is a group for personal growth and spiritual transformation using the research of author and researcher Brené Brown. We'll gather monthly and learn from Brené Brown through readings and videos. Participants will be invited to share their personal stories in a confidential and supportive environment, with a goal of experiencing empathy and mutual support as we discuss how this content is relevant to our individual lives.

**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 at the time of 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.



All the darkness in the world cannot extinguish the light of a single candle.”

– St. Francis of Assisi



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

**SEPTEMBER 20 AND OCTOBER 18** • Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$15

**Registration deadlines:**

September 17/October 15

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. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy. 2021 marks a decade of Mary's affiliation with FSPA, a constant source of joy for her.

**SUPPLY LIST - Watercolor paints, paper and brushes, drawing pencil and paper towels.**

**BOOK GROUP: BRAIDING SWEETGRASS (VIA ZOOM)**

**SEPTEMBER 21** • Tuesday, 6-8 p.m.

**Facilitators:** FSC/Marywood/Prairiewoods staff

**Investment:** \$5, which will be donated to the Native American Food Sovereignty Alliance

**Registration deadline:** September 20

Join us via videoconferencing for an evening of discussion and reflection as we immerse ourselves in the book *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer. Published in 2013, this beautiful and impactful book continues to gain readers and awaken ecological consciousness.

Kimmerer draws on her own life as an indigenous scientist, reminding us of the lessons and gifts that other living beings—including plants and animals—offer to us all. She invites us into reciprocal relationship with the natural world and reminds us that nature loves us in return. All are welcome to join in conversation via Zoom with staff from the Franciscan Spirituality Center, Marywood Franciscan Spirituality Center and Prairiewoods Franciscan Spirituality Center. Please purchase the book on your own and read it before the program.

Register for this program at Prairiewoods: [www.Prairiewoods.org](http://www.Prairiewoods.org) or 319-395-6700



Note: In-person events take place at our temporary office space at River Crossing Square, 500 Second St. S., Suite 201, downtown La Crosse.

**MYSTICS AND PROPHETS: RECLAIMING THE HEART OF CHRISTIANITY (VIA ZOOM)**

**SEPTEMBER 24-25** • Friday, 7 p.m.—Saturday, 4 p.m.

**Presenter:** John Heagle

**Investment:** \$95

**Registration deadline:** September 23



Do you sometimes find yourself wrestling with what it means to believe? With the role of religion in your life?

If so, you are not alone. Many people are walking away from “organized religion” because it no longer resonates with their experience. Ironically—and at the same time—our longing for spiritual meaning is more urgent now than ever. How can we understand this “spiritual whiplash,” this time of radical upheaval? Religious scholar Thomas Berry tells us that we are “in between” stories. The traditional religious narrative no longer inspires us, but the new cosmic story is only beginning to emerge. This virtual retreat explores this search for a “cosmic spirituality” by returning to the heart of Christian life. Journey with us toward deep contemplation and creative action—the call to become mystics and prophets in the service of creation.

**Father John Heagle, MA, JCL, LMHC**, is a Catholic priest, counselor and author with more than 56 years of pastoral experience as a campus minister, college professor, pastor and peace activist. He is the chairman of the Gospel Nonviolent Working Group for the Association of United States Catholic Priests. His latest book is *Justice Rising: The Emerging Biblical Vision*.



**GROUPS THAT MEET AT THE FSC**

**Depressed Anonymous** meets every Monday, from 5:30-6:30 p.m., in the FSC's temporary office space at River Crossing Square, 500 Second St. S., Suite 201, downtown La Crosse. 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 in this free meeting, please call Gayle at 608-406-7990.

**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 via Zoom videoconferencing from 7-9 p.m. on the first and third Thursdays of the month and on the second and fourth Tuesdays of the month. To see whether the group meets your needs, contact Vince Hatt via email at [vjhatt@gmail.com](mailto:vjhatt@gmail.com).

**Saturday Morning Men's Group** meets via Zoom videoconferencing to discuss a current book related to spirituality from 9-11 a.m. every other Saturday. For more information, contact Vince Hatt via email at [vjhatt@gmail.com](mailto:vjhatt@gmail.com).



## 2021 Programs and Retreats *continued.*

### THE ORIGINS OF CONSCIOUSNESS AND OUR MATURING SPIRITUALITY (IN-PERSON)



**OCTOBER 2**

Saturday, 9 a.m.-noon

**Presenter:** Tom Roberts

**Investment:** \$35

**Registration deadline:**  
September 27

We will begin by exploring the important difference between human awareness



and consciousness. Historically, an amazing shift in our awareness occurred between 4,000 and 6,000 years ago. This shift from mere awareness is thought to have ushered in the origin of consciousness. We will explore the ancient writings of the Vedas, Upanishads and the Bhagavad Gita as well as Lao Tzu, Buddha, Jesus,

Talmud, the Desert Mothers and Fathers and the numerous prophets of our more present era. We'll have ample time to explore our own personal work to discover how this shift from awareness to developing consciousness continues to define and deepen our spiritual journeys.

**Tom Roberts** is a retired psychotherapist, hypnotherapist and the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion*. He has more than 40 years of experience in clinical psychotherapy and has been a practicing Zen Buddhist for nearly 50 years.

#### SIX-WEEK SERIES

### DIVORCE RECOVERY (IN-PERSON)

**OCTOBER 5—NOVEMBER 9** • Tuesday, 6:30-8 p.m.

**Facilitator:** Audrey Lucier

**Investment:** \$25 for entire series

**Registration deadline:** September 24



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



### CANTICLE-THEMED COLLAGE-MAKING RETREAT (IN-PERSON OR VIA ZOOM)

**OCTOBER 9** • Saturday, 9 a.m.-2 p.m.



**Instructor:** Mary Thompson

**Investment:**

- \$60 in-person (includes supplies and lunch)
- \$40 on Zoom (you will need to purchase supplies on your own)

**Registration deadline:** October 4

This October, we will celebrate the Feast of St. Francis as we engage in an intentional art making process, a soulful pilgrimage seeking the Holy. Our focus will be on process rather than product. Francis, known for his love for animals, often referred to them as sisters and brothers to mankind. In 1224, he composed *The Canticle of the Creatures*, a poetic praise of God and an affirmation of his personal theology. He was particularly fond of birds and wrote, "My sweet little sisters, birds of the sky, you are bound to heaven, to God your Creator. In every beat of your wings and every note of your songs, praise Him."



Taking a cue from St. Francis, we will explore our spiritual connection to nature through collage, using a tree, blue sky and birds galore as thematic imagery. No previous art experience is needed. Spontaneity and an openness to the creative spirit will be encouraged.

*"In art he praises the Artist; whatever he discovers in creatures he guides to the Creator." - Franciscan Seculars*

#### SUPPLY LIST: Supplies can be found at Michaels or online

- **12-by-12 canvas support** – can be larger if preferred.
- **A variety of papers** – hand-painted or handmade papers, sheet music, poems, handwritten notes, old book pages, "found" papers, old mailing stamps.
- **Acrylic brushes** – small or medium size for underpainting on canvas.
- **Old brush** – for using glue medium.
- **Acrylic paints** – white, red, yellow, ultramarine blue, (add cerulean for light sky blue) and brown.
- **Water container and rags.**
- **Liquitex Gloss Gel Medium** – Other options are Aleen's Clear Gel, Tacky Glue or Mod Podge.

Unless otherwise specified, we do not make recordings of our programs and do not make recordings available after the event. Participant interaction in real time is a valued element of the programs we offer.





THREE-WEEK SERIES

### HEART OF SELF-CARE (IN-PERSON)



**OCTOBER 21, 28; NOVEMBER 4** • Thursday, 6-7 p.m.

**Presenter:** Greg Lovell

**Investment:** \$25; a portion of the proceeds will be donated to La Crosse WAFER and ELCA World Hunger relief

**Registration deadline:** October 14

These sessions will provide a relaxing atmosphere for participants to learn about the concepts of self-care and mindfulness, experience guided practices and gain tools for personal use. There will be time for discussion, reflection and small-group conversation.

**Greg Lovell** is an area educator and presenter on mindfulness, social emotional learning and self-care with more than 15 years of experience. He has presented at numerous organizations, agencies and universities. His professional interests include neuropsychology, motivation, social emotional learning and trauma.

### SHIFTING PERSPECTIVES: A TRANSFORMATIVE, SPIRITUAL APPROACH TO LIFE AND LOVE (VIA ZOOM)

**OCTOBER 22-23** • Friday, 7-9 p.m.—Saturday, 9 a.m.-4 p.m.



**Presenter:** Wendy Mitch

**Investment:** \$95

**Registration deadline:** October 21



Taking a deep dive into “self-deception” (having a problem, not knowing I have a problem and resisting the possibility that I might even be part of the problem) as well as “self-betrayal” (having a sense or desire to do something and not doing it OR having a sense or desire to NOT do something and doing it anyway) can help move us into a

greater capacity to love, to forgive, to allow and to let go. This virtual retreat will offer all of us the opportunity to uncover some of the ways we participate in and even perpetuate the “problems” we experience in our relationships. We will spend time in personal reflection and learn spiritual practices for connecting heart, mind and body, which in turn will help in the dismantling of these oftentimes destructive patterns.

**Wendy Mitch** has been challenging, training and developing others for well over a quarter of a century. She earned her master’s degree in servant leadership from Viterbo University in 2003. She is the owner of Shifting Perspectives: Coaching and Consulting and lives in Plover, Wisconsin, with her husband and six children.



SAVE THE DATE

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

**NOVEMBER 16** • Tuesday, 5:30-6:30 p.m.

**Presenter:** Tom Roberts

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

**Registration deadline:** November 15



Tibetan singing bowls produce sounds that invoke deep states of relaxation, naturally assisting one in entering expanded states of consciousness and meditation. The sounds create a deep communication with our inner world that opens us to the Divine. Enjoy an evening of captivating 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.

## Resources at the FSC

**REFLECTIONS FROM THE CENTER:** Every Monday, we send out our weekly *Reflections From the Center* to 4,000 email subscribers. These thoughtful, inspirational poems, short essays and prayers are written by community members and shared free of charge. If you are not receiving these yet and would like to, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the JOIN OUR LIST! button. You also can find them published at <http://atthecenterreflections.blogspot.com>.

**SOPHIA BOOKSTORE:** We’ve set up a satellite bookstore at our new, temporary space at River Crossing Square, 500 Second St., Suite 201, downtown La Crosse, featuring a lovely selection of books, cards and gift items. You are welcome to browse during regular office hours or we are happy to set aside items for curbside pickup; please call 608-791-5295 for more information.

**WHAT IS SPIRITUALITY? PODCAST:** FSC spiritual director Steve Spilde is guided by many questions in life. One of his favorites is: “What is spirituality?” In our new podcast series, he introduces some of the spiritual mentors in his life as they reflect on this question and share what they have discovered on their own personal journeys. Please visit our website, [www.FSCenter.org](http://www.FSCenter.org), for a link to the podcast and enjoy great conversation and spiritual wisdom.

You can find information and updates on our Facebook, Twitter and Instagram pages, plus our YouTube Channel. Find platform links at [www.FSCenter.org](http://www.FSCenter.org).

# Finding God<sup>in</sup><sub>all</sub> Things

(VIA ZOOM)

## THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

*What do I really desire in my life? How can I make good decisions in an uncertain world? Where is God in my life? Who am I? Why doesn't my life make more sense?*

*Finding God in All Things* is a nine-month virtual retreat based on the Spiritual Exercises of St. Ignatius of Loyola that invites you into a safe community to ask these questions and seek answers that reflect the uniqueness of you and your everyday life.

### **Finding God in All Things includes:**

- A spiritual "toolbox" of practices and ways of prayer to help you discern the fingerprints of God in your daily life and grow in knowing who you authentically are.
- Monthly gatherings offered through Zoom videoconferencing that invite you to reflect on the unconditional love of the Creator, God's boundless mercy, the life of Jesus, the Passion and Resurrection Living. (These gatherings will be followed by virtual lunches for conversation and community.)
- Weekly emails created to foster daily prayer and reflection.
- Monthly meetings with a spiritual director who will listen to you as you discern the presence of the Spirit in your daily life.

### **Monthly sessions:**

**Saturday, 9 a.m.-noon**  
(optional community lunch via Zoom until 1 p.m.)

**2021:** September 18, October 16,  
November 20, December 18

**2022:** January 15, February 19, March 19,  
April 9, May 14

**Presenters:** Deb Hansen, Rose Elsbernd, FSPA,  
and Sarah Hennessey, FSPA (all three are spiritual  
directors on staff at the Franciscan Spirituality Center)

**Investment: \$450**  
**Register at [www.FSCenter.org](http://www.FSCenter.org)**

If you need financial assistance to attend this program or would like to pay in installments, please call 608-791-5295.



# Welcome, new board members!



We are excited to welcome three new members to the Franciscan Spirituality Center Board of Directors.

We thank Joan Weisenbeck, FSPA; Annie Berendes, Emilio Alvarez, Glenna Temple and Mike Hesch for their dedicated service. Even though their terms have ended, we know we'll continue to see them at programs and events, and benefit from their wisdom and friendship.



## JANE "JANIE" MORGAN

Janie Morgan is one of those rare and lucky people who can describe their childhood as being near perfect. "When I walk through the halls of the Franciscan Spirituality Center," she said, "I get the same feeling I had as a kid: a feeling of safety, peace, calm and hope."

Janie has attended several FSC programs over the years and also is a FSPA Prayer Partner. "I am always impressed with the quality of speakers and content. It would be an honor to serve on your board," she told us when deciding to join.

We are just as honored.

Janie is the executive director of the University of Wisconsin-La Crosse Alumni Association. She previously held leadership positions with Gundersen Lutheran Medical Center, University of Wisconsin Hospitals & Clinics and American Red Cross (Dane County Chapter).

She has won several awards and is actively involved in the community, most recently with Rotary International and the YMCA.

We are looking forward to the expertise she brings in the areas of fundraising, volunteer management and event planning.

Janie grew up in Marion, Indiana, but has lived in La Crosse for 32 years. She enjoys volunteering, traveling, entertaining, playing golf, watching college football and basketball, and spending time with family and friends.

"I look forward to learning more about the FSC and participating in many programs and activities," she said.



## JOYCE HEIL

Joyce Heil is a longtime friend and familiar face at the FSC.

"The Franciscan Spirituality Center has been a spiritual home for me for many years," Joyce said. "I have had the privilege to be involved with the FSC in many capacities: as presenter,

participant in programs, Spiritual Direction Preparation Program graduate and volunteer."

Those who know Joyce have experienced firsthand how she embodies Franciscan joy.

Joyce is the Aging in Place coordinator for FSPA and an affiliate. Previously, she worked as a staff nurse at St. Rose Convent and as a retreat presenter and spiritual director at Marywood Franciscan Spirituality Center in Arbor Vitae, Wisconsin. She and her late husband, Carl Koch (former program director for the FSC), operated the ecumenical retreat center Ring Lake Ranch in Wyoming from 2006-11. Before that, Joyce taught nursing at Viterbo University.

We know we continue to benefit from Joyce's many gifts. "I am, by nature, a spiritual seeker. Being a member of the board will allow me the opportunity to be involved at the grass roots of this wonderful ministry," she said.

Joyce splits her time between La Crosse and Rothschild, Wisconsin.



## NATE OLDENKAMP

Nate Oldenkamp is a new friend to the Franciscan Spirituality Center.

Nate was named director of spiritual care for Mayo Clinic Health System in northwest and southwest Wisconsin this past spring.

Prior to that, he was director of supervised ministry at Lutheran Brethren Seminary in Fergus Falls, Minnesota. He is a board-certified chaplain and Association of Clinical Pastoral Education certified educator candidate.

We are looking forward to collaborating with him and drawing on his expertise and skills in the areas of organizational leadership, spiritual and bereavement care, education, mentoring and development.

On his decision to join our board, he said: "I believe you are serving an important purpose in today's world, bringing people together around a common search for meaning, hope and wholeness. I have experience in and a passion for serving individuals, communities and organizations in their personal and professional development processes and would be glad to join you in your Gospel-grounded mission to support anyone on their formational journey."

Nate lives in Altoona, Wisconsin, with his wife and three children. He enjoys being active and spending time outdoors with his family. One thing he looks forward to is connecting and partnering with the board to support the vision and mission of the Franciscan Spirituality Center.

# Trauma-informed care conference helps faith communities

By JEAN PAGLIARO

FSC program and retreat coordinator



When several staff members of the Franciscan Spirituality Center attended a community session on trauma-informed care a few years ago, the information about Adverse Childhood Experiences (ACEs) resonated with us and led to several discussions about how that might shape our ministry.

I started to become more involved in the Resilient and Trauma Informed Communities initiative here in the La Crosse area. It quickly became apparent that the one sector that was largely missing from this was faith communities.

People frequently seek out a faith community to find hope, peace or healing. Many bring past or current trauma in hopes that their pain will be comforted. We realized that we had an opportunity to bring a trauma-informed perspective into these communities, and that is where the idea to hold a conference was born.

We applied for and received a grant from the La Crosse Community Foundation that was originally a proposal to hold a large, multi-day summit at a venue in La Crosse. COVID-19 changed those plans, and we then decided to host the conference virtually and to spread out sessions to help alleviate Zoom fatigue.

*Together on Our Way: Becoming Trauma-Informed Faith Communities* took place June 1-17, and included free preconference training on ACEs, a keynote talk by the Rev. Dr. Frederick “Jerry” Streets and five themed tracks. More than 20 presenters said yes to the invitation. We were blown away by their passion, knowledge and enthusiasm for how faith communities can become better trauma-informed. We heard from local doctors, therapists and others, as well as leaders in churches who have already engaged in trauma-informed care with their own congregations.

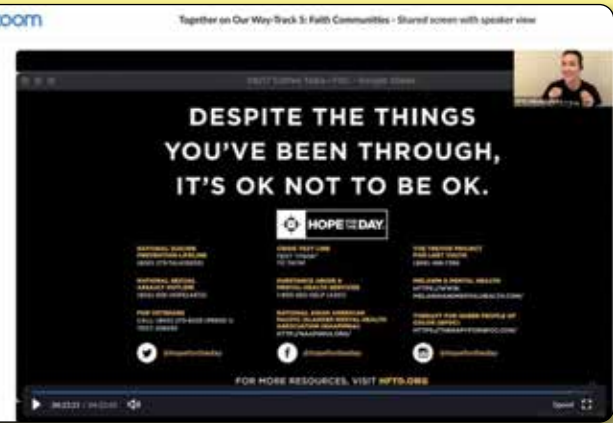
We are also deeply moved by the level of engagement and commitment from our participants. Various faith backgrounds, including Catholic, Buddhist, Lutheran, Methodist or even no particular denominational affiliation, were represented. People joined us from across the country.

We are excited and hopeful to see what changes come in these faith communities as they start their own processes of becoming more trauma-informed. We are grateful to the La Crosse Community Foundation, our staff, our presenters and our participants for making this a meaningful and powerful experience.

**TOP SCREEN:** The Rev. Dr. Frederick “Jerry” Streets, a member of the founding faculty of the Harvard Program in Refugee Trauma, kicked off the conference with *There Is a Balm: Faith Communities, Trauma and Their Call to Respond*.

**MIDDLE SCREEN:** Allison Herman of Hope For the Day/Sip of Hope in Chicago presented on the theme of *Community Connection*.

**BOTTOM SCREEN:** Dr. Jennifer Kleven of Gundersen Health System discussed *Cultivating Safe Spaces* during the section on *Walking With Youth*.



## HERE ARE SOME OF THE COMMENTS WE RECEIVED, FROM PRESENTERS AND PARTICIPANTS, DURING THE CONFERENCE:

“Just wanted to thank you for including me in your significant conference. It was great to be with all of you. I could feel the goodness permeating!”

“Thank you so very much for every minute of this! So much work, so very good.”

“This has been amazing!”

“Today was so beautiful. I had to shed some tears ... very touching.”

“I was very nervous coming into this, knowing I have been slowly climbing out of an empty tank, but hearing this makes me realize I have been doing the right things to get myself on track. And I realize while things are better, I still have a ways to go and that’s OK! It’s a good reminder to stay the course. Thank you very much!”





## We're getting closer

Remodeling continues at St. Rose Complex and the Franciscan Spirituality Center. We are on target to be back home on Market Street this fall. Improvements include greater accessibility, more bedrooms and private bathrooms, and upgraded technology. Here's a look at some of the work underway.



*At the Center* newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook and Twitter.

### **Franciscan Spirituality Center**

920 Market St., La Crosse, WI 54601

608-791-5295

FSCenter@fspa.org • www.FSCenter.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.



**Franciscan**  
**Spirituality Center**

FSPA • 912 Market Street  
La Crosse, WI 54601

# We are grateful for your support

Thank you to everyone who donated to our endowment campaign, *Creating a Legacy of Peace and Goodness*. We set an ambitious goal and are grateful for every dollar of support, to help us achieve financial sustainability and to ensure our mission of supporting ALL people in their search for God, meaning and wholeness continues for years to come. Even though the match is over, you are still welcome to contribute to this fund by designating your gift for the *Creating a Legacy of Peace and Goodness* endowment fund.

We also have a general fund for programs, services and other immediate needs, plus four scholarship funds: Blanche Klein, FSPA, Scholarship Fund (for SDPP and Spiritual Direction); Mary Kathryn Fogarty, FSPA, Scholarship Fund (for FSC programs and retreats); Norman L. Gillette Sr. Scholarship Fund (for those recovering from addiction); and Joan Weisenbeck, FSPA, Scholarship Fund (for SDPP and Spiritual Direction).

Please visit [www.FSCenter.org/donate](http://www.FSCenter.org/donate) to make a secure, online gift.

We also invite you to consider our monthly giving program, *Spirited Friends*.

*Spirited Friends* are a special group of people who make a monthly gift to help sustain the ministry of the Franciscan Spirituality Center. You can authorize your bank to transfer this amount directly from your checking account or authorize a monthly payment using your credit card. And if any time you want to make a change to this commitment, simply let us know.

Please call 608-791-5295 for more information.

