

Franciscan Spirituality Center



Retreats 2011-2012



Dedicated to Anyone Seeking Wholeness

*Darkness is not dark for you,
and night shines as the day.
Darkness and light are but one*

-Psalm 139:12

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Retreat Options

The Franciscan Spirituality Center has a number of excellent retreats planned. You may choose from Directed, Guided, Preached or Weekend Retreats. All require a non-refundable deposit with registration, applicable to the total fee. Also, arrangements can be made anytime during the year for:

- A Day(s) of Prayer/Reflection
- Private Directed Retreat
- Individual Spiritual Guidance
- 30-Day Retreat
- Hermitage Experience

Contact: Retreats, Franciscan Spirituality Center
920 Market Street, La Crosse, WI 54601-4782
(608) 791-5295 or fscenter@fspa.org for weekend retreats
(608) 791-5297 or jweisenbeck@fspa.org for guided and preached retreats

Private Directed Retreats

Private directed retreats of any length are offered anytime during the year at the Franciscan Spirituality Center and at our hermitages, depending on the availability of rooms and your choice of director. An atmosphere of peaceful quiet allows you to pray and listen more deeply and to respond more fully to the movement of the Holy Spirit within.

The investment includes room, a daily meeting with the director and food, when at the Spirituality Center. (Meals not included in hermitages retreats.)

- Investment: Less than 5 days: \$95/day
- 5-6 day retreat: \$435
- More than 6 days: \$85/day
- Private retreat (bedroom and meals, but no spiritual direction) \$57/day

Retreat and Spiritual Directors:

- Mary Kathryn Fogarty, FSPA (608) 791-5600
- Rosalie Hooper Thomas (608) 791-5268
- Linda Kerrigan (608) 791-5276
- Barb Kruse (608) 791-5612
- Joe Orso (608) 791-5295
- Joan Weisenbeck, FSPA (608) 791-5297

Preached Retreats

Advent Retreat: From Darkness to Light

Thursday, December 8 (7:00 PM) to Sunday, December 11 (after Liturgy)

Investment: \$225 includes retreat, meals and housing

Commuters: \$150 includes retreat and meals

As we prepare ourselves to celebrate the season of light, we are mindful that there are many lights in contradiction to the light of Christ. We will evaluate our journey of life as we make ourselves ready, not only for the 25th of December, but for His second coming.

Retreat Director: Fr. Charlie Smiech, OFM

Fr. Charlie has been a familiar face at the Franciscan Spirituality Center. He is a Franciscan Friar of St. John the Baptist Province who is an international retreat director and spiritual advisor. He serves religious communities, priests, deacons and the people of God. Preaching the love of God, exploring the sacred scripture and being nourished by the sacraments, bring him great joy. Presently, Fr. Charlie resides in Chicago, IL. As a Franciscan Friar, he has had the privilege over many years to preach and teach religious congregations, parish missions, retreatants, and inter-faith conferences in Canada, Germany, India, Italy, Jamaica, Mexico, Pakistan and throughout the United States.



The Form of Life Is: The Four Core Values of Franciscan Living

Sunday, March 4 (6:30 PM) to Saturday, March 10 (NOON)

Location: St. Rose Convent, La Crosse, WI

Investment: \$375 includes retreat, meals, and housing

Commuters: \$215 includes retreat and meals

St. Rose FSPA Residents: \$95

“The form of life of the Brothers and Sisters is this: to observe the Holy Gospel of Our Lord Jesus Christ, living in obedience, in poverty and in chastity.” With these words, the TOR 1982 Rule and Life begins. Reading the 1982 TOR Rule clearly reveals that there are four core values, like four threads, that weave through the 32 articles of the nine chapters. During these days of the retreat, let us together listen to and reflect on these four core values: conversion, poverty, contemplation/prayer, minority/humble service. We as Franciscans today are called to live these values with joy and commitment in a world that desperately needs our witness. The Rule is light for the darkness, hope for the despairing, healing for the wounded, modeling of what it means to be totally human and a disciple of Jesus the Christ. As we say yes to God’s love in our Franciscan lives, the Gospel message can be seen and discovered by others. Let us enter into this retreat with an open heart to reflect on the deep purpose of religious life—that the reign of God may be manifest.

Retreat Director: Fr Charles Faso, OFM

Fr. Charles Faso, OFM, is a Franciscan Friar of the Sacred Heart Province (St. Louis, MO). He was born and raised in the Chicago area, joined the Friars in 1960, and was ordained a priest in 1967. After teaching music at the high school seminary west of Chicago for seven years, Fr. Chuck continued his studies in liturgy at the University of Notre Dame. After traveling to parishes and dioceses as a liturgy consultant, he began 20 years of ministry at St Peter’s Church in the loop of Chicago—as musician, liturgist, confessor, adult education co-coordinator and pastor. He also taught liturgy at Catholic Theological Seminary in Chicago. For ten years, beginning in 1998, Fr. Chuck has preached parish missions throughout the USA; and since 2008, he preaches only to Franciscans—men and women, religious and lay. Fr. Chuck continues the Franciscan charism of being an itinerant preacher—on the move from one village, convent, or center to another.



Celebrating the Sacred Triduum Retreat: *Poco Lento*

Thursday, April 5 (9:00 AM) to Sunday, April 8 (after Liturgy)

Location: St. Rose Convent, La Crosse, WI

Investment: \$30 for non-FSPAs

Limited bedroom space at \$42/night. Meals and housing, \$62/night.

Join the Franciscan Sisters in celebrating the most sacred of all times in the Church Year, Holy Thursday, Good Friday, Holy Saturday and Easter Sunday

Each session on Thursday, Friday and Saturday begins with prayer at 9:00 AM, followed by a talk appropriate to the day. Reflection time is provided throughout the day after the morning talks.

Services on Holy Thursday are at 7:00 PM, Good Friday at 2:30 PM, Holy Saturday at 7:00 PM, and Easter Sunday at 9:00 AM. Retreat ends after liturgy on Sunday.

Poco Lento is a musical term which means "a little more slowly." As we celebrate the Sacred Triduum for the first time according to the new revised *Roman Missal*, we will savor the liturgies of these three most sacred days at a leisurely pace, free from the demands of preparation, planning and implementation. Input will be balanced with participation.

Presenter and Celebrant: Fr. Richard Tulko, OFM

Fr. Richard Tulko, OFM, has been a member of the Assumption of the Blessed Virgin Mary Province of the Franciscan Friars since 1955. He was ordained a priest in 1964 and has served as editor, hospital chaplain, member of the retreat staff at Burlington, WI, and secretary of the province and formation director. He presently serves as chaplain to the FSPA at St. Rose Convent in La Crosse.



Guided Retreats and Workshops

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

Sunday, April 29 (7:00 PM) to Saturday, May 5 (mid-morning)

Sunday, July 22 (7:00 PM) to Saturday, July 28 (mid-morning)

Investment: \$625 includes retreat/workshop, bedroom and meals

Commuter: \$505 includes retreat/workshop and meals

\$150 non-refundable registration fee to reserve a place

Register early. Limited to 20 participants for each workshop.

One icon of your choice can be written at the April/May icon workshop.

Choose either St. Clare of Assisi or St. Herman of Alaska. The image of St. Clare of Assisi is written in honor of the 800th anniversary of the dedication of her life to following the way of St. Francis of Assisi. St. Herman of Alaska was one of the first Eastern Orthodox missionaries to the new world and is considered by Orthodox Christians to be the patron saint of the Americas.

The image of St. Luke the iconographer will be written at the July icon session. This retreat is for advanced students only. Anyone coming to this workshop must have previously written three or more icons.

Each icon will be written from start to finish, guided in a step-by-step gradual process by Phil Zimmerman, ending with a completed icon, varnished and ready to display. All materials and supplies are included. Anyone can enter into this process, expressing through the icon the mystery of the image portrayed. We begin each day by meditating and praying with icons. Phil supplements these sessions with information about the history of Byzantine and Russian iconography. Visit www.philzicons@gmail.com for information or his rendition of the icons to be painted.



Directed by Master Iconographer Philip Zimmerman

Phil Zimmerman, a noted iconographer, has been coming to the Franciscan Spirituality Center since 2002. Teaching has taken him to many areas throughout the US and Canada as the popularity of icon painting continues to grow and captivate a significant following of artists from all religious and cultural backgrounds who find it to be spiritually meaningful. Since opening his first studio, Phil has taught over 1500 students. Icons produced in Phil's studio are painted according to ancient guidelines and techniques, incorporating modern artists' materials. Selected subjects are chosen by careful study of time-honored prototypes. The excitement of iconography is that it combines artistic skill and creativity with spiritual motivation and discipline and religious devotion.

Prayer and Meditation Leader:

Joan Weisenbeck, FSPA, has been on staff at the Franciscan Spirituality Center since January of 2001. Besides being the hostess for the retreat, she creates and leads the meditations and prayers with icons each morning during the workshop. She has hosted workshops with Phil since 1998 and has written many icons.

Virtual El Salvador Pilgrimage Retreat

Sunday, June 24 (7:00 PM) to Friday, June 29 (after the evening meal)

Investment: \$375 includes retreat, meals and housing

Commuters: \$215 includes retreat and meals

This five-day retreat will focus on an encounter with specific people, places, and recent events from El Salvador. Without the hassle of international travel, experience the courage, hopes and dreams, and vision of a people who live and act from deep faith. Meet those who carry on the legacy of Archbishop Romero in seeking justice for the poor, the majority. The retreat will use some PowerPoint presentations, prayer, quiet times, reflections and rituals to deepen the experience for attendees.

Director: Marie Des Jarlais, FSPA

Marie Des Jarlais, FSPA, has been the co-director and now director of Global Awareness Through Experience (GATE) for the past 21 years. Based in Mexico City, GATE offers the opportunity for US and Canadian citizens to meet the people face-to-face and to experience the culture of a country with the eyes and heart of a pilgrim, rather than a tourist. Join us for a transforming experience!

Walking on the Path with the Mystics

Sunday, July 8 (7:00 PM) to Friday, July 13 (NOON)

Investment: \$375 includes retreat, meals and housing

Commuters: \$215 includes retreat and meals

In every generation, the faithful have acknowledged men and women who have been considered mystics. They journey toward God in faith. Our retreat will study some of their writings so the "words of old" might enrich our journey into God. During our time together, you will be invited to journal so that your "written word" will intensify your journey into God, as it did for the saints of long ago. Please join me on this retreat as we share the power of the written word, both in tradition and in Scripture.

Retreat Director: Fr. Charlie Smiech, OFM

See page three for photo and bio.

Every support staff member I've encountered has been incredibly gracious. It's clear that hospitality is a vocation for many of the folks who work here.

Casting the Net of Our Senses: A Writing Retreat

Dates: Thursday, July 19 (7:00 PM) to Sunday, July 22 (Noon)

Directors: Marci Madary and Theresa Washburn

Investment: \$250 includes retreat, meals and housing

Commuters: \$155 includes retreat and meals

A great writer is conscious of all of the senses. This awareness contributes to a rich and engaging story. In this retreat we will dive into each of our five senses and ask the questions: What are we tasting in our lives? What fragrance opens our hearts? When does a melody turn emotions? When we know this, we can also touch our readers. Join us for three days of poetry, prose and getting in touch with the richness of our present moment. Included in the retreat is a hike in the woods for those who are able.

Presenters: Marci Madary and Theresa Washburn

Marci Madary has been an Affiliation Co-minister with the Franciscan Sisters of Perpetual Adoration since 1997. She facilitates and nurtures the spiritual connection between affiliates and sisters by listening, celebrating and fostering relationships. She has two fantastic teenagers, Rachel and Joseph.

Theresa Washburn writes for dozens of publications, leads two writing groups and developed the conference, *Awakening the Soul of the Writer*. She is dedicated to combining the art of writing with the human journey towards the divine.

Weekend Retreats

A Retreat for Widows

Saturday, November 19 9:00 AM – 3:00 PM

Presenter: Marci Madary

Investment: \$65 includes lunch

While widows do not wear a black veil in our culture, the stigma can be just as jarring. It is a specific and distinct way of being in the world that “non-widows” can struggle to understand. This retreat will offer time for stories as we explore the paschal mystery: suffering, death, and new life.

Franciscan Spirituality: Awakening to Our True Identity

Friday, January 20 (7:00 – 9:00 PM) to Saturday, January 21 (9:00 AM – 5:00 PM)

Presenter: Jeff Dols

Investment: \$95 includes meals. Limited bedrooms at \$42/night.

Before our modern media gave us self-transforming superheroes, we had the transformative stories of the saints. Like a 13th-century superhero, St. Francis of Assisi was blissfully unaware of his secret identity, as he spent his young life as a wealthy troubadour. Then powerfully, the practice of contemplative prayer transformed his life to one of poverty, service, and true joy in Christ. Like Francis, our secret identity lays dormant, waiting for the transformative power of the spirit. Come and begin to discover your secret identity—the Christ within. By awakening Christ consciousness through prayer and taking a fresh look at scripture, you will start to see the Christ within yourself and within everyone and everything.

The gift of the retreat was being with a prayerful group of people and relating the material to our daily lives.

Married Couples' Retreat

Saturday, February 11

3:00 - 8:00 PM

Facilitators: Linda Kerrigan and Barb Kruse

Investment: \$75/couple

Make Valentine's Day, 2012, a truly special occasion for you and your spouse by attending our 6th annual married couples' retreat—designed for just the two of you to celebrate your lives together. Highlights include a specially prepared dinner, one-to-one reflection /discussion time with spouse and story sharing by presenter couples. Bring your wedding photo for adding to the environment. Register early as this popular event fills quickly and is limited to the first 18 couples.

Ice Cave Hike

Saturday, February 11

8:00 AM - 4:00 PM

Facilitators: Joe Orso and friends

Investment: \$65 includes lunch

When snow blankets the land and the rivers become ice, journey with us into the forest for a winter hike, on the Kickapoo Valley Reserve. We will snowshoe to majestic, dripping ice sculptures hidden away in valley caves. On our way, we will learn about features of the winter woods that often go unnoticed while pausing to reflect and feel how the sacred speaks to us through this winter season.

The Gentle Path of Self-Care and Unconditional Love: Responding Tenderly to Your Heart's Cry for Compassion

Friday, February 17 (7:00 - 9:00 PM) to Saturday, February 18 (9:00 AM - 4:00 PM)

Presenter: Gary Eggeberg

Investment: \$95 includes lunch. Limited bedrooms available at \$42/night

Many of us are chronically hard on ourselves and hold impossible—not to mention inhumane—expectations and standards we can never meet. Some of us have learned and mastered the harshest self-talk imaginable and can't seem to treat ourselves gently, especially when we are hurting or going through a difficult time in life. When stressed, we may reject our bodies, abandon ourselves emotionally, focus relentlessly on our real and perceived faults and failings, and dislikes—sometimes even to the point of despising—our very being and personhood. Discover how to dismantle 'learned heartlessness' and treat yourself with the same kindness you so readily extend to others.

It's never too late to come home to unconditional love within and respond tenderly to the cries and yearnings of your own hurting heart!

Gary Eggeberg is a former prison chaplain, educator, and author of several books including *From Self-Care to Prayer* and *The Pocket Guide to Inner Peace*. He has been in recovery for 26 years and is nourished by insights and practices from a wide array of spiritual traditions. After a long struggle with harsh self-talk, self-rejection, and bouts of self-hatred, he decided to embark on the gentle path of self-care and unconditional love and is now deeply at home in his own heart.

Reclaim Your Intuition

Saturday, February 25

9:30 AM - 3:30 PM

Jean Kasparbauer, FSPA

Investment: \$65 includes lunch

This retreat is for anyone interested in accessing intuition for self-care and personal growth. No background required. Experienced are also welcome. This experiential and interactive workshop will explore past experiences where intuition may have been functioning.

The entire retreat for me was a great gift from God

Journaling Through Transition

Saturday, March 10

9:00 AM – 4:00 PM

Facilitator: Theresa Washburn

Investment: \$65 includes lunch

Life changes. Sometimes we move through it easily; other times it feels like pushing a load of concrete. Journaling can help. It can make us aware of our resistances, help us identify our allies, and aid in understanding the phases of change. Using the hero's journey model and the different journaling techniques, we will learn to use this tool to help make the transitions of our lives more bearable and our self-acceptance much greater. Bring pen, paper and an open heart.

Celebrating Clare of Assisi

Saturday, March 31

9:00 AM – 4:00 PM

Watch our newsletter for a day on Clare of Assisi to celebrate the 800th anniversary of her decision to follow Francis of Assisi's way of life. Join us for this day and learn about this amazing woman who founded the Order of the Poor Clares.

Social Justice Stations of the Cross

Good Friday, April 6

10:00 AM – NOON

Facilitators: FSC staff

Remembering the oppression suffered by Jesus during his walk to the cross, this contemplative journey will bring awareness to how we as people and as an earth community still suffer today. On this walk, we will process in silence through downtown La Crosse, stopping to pray and sing at places that represent the wounds of our world. Based on the traditional Stations of the Cross practiced by Christians for centuries, this will be our third-annual social justice stations of the cross. Gather at 920 Market St. at 10:00 AM.

Ancient Oils, Modern Uses: Holistic Healing with Essential Oils

Saturday, April 28

9:00 AM – 3:00 PM

Presenter: Deborah Schwab, FSPA, LMT

Investment: \$65 includes lunch

For thousands of years the aromatic essences derived from various forms of vegetation were used by ancient cultures. This knowledge and skills were passed to future generations. Today the use of therapeutic grade essential oils to enhance the healing process of body, mind, spirit and emotions has become widely accepted and recognized as part of holistic medicine. In this workshop, we will take a look back to Biblical times and some precious oils that were a part of the lives of the ancients and explore the modern uses of oils today. Participants will be able to experience a number of essential oils and create a blend to take home. The oils will also be incorporated into a guided meditation and prayer. For questions, e-mail dschwab@fspa.org.

Crossing Nature's Chasm: A Journey with the Horse

Friday May 4 (7:00 – 9:00 PM) - Saturday, May 5 (9:00 AM – 4:00 PM)

Facilitator: Theresa Washburn

Investment: \$95 includes meals. Limited bedrooms available at \$42/night.

Horses have been a part of our myth and history for centuries. The equine relationship with humans defies the prey and predator conflict created by nature. While most domesticated prey animals are used for food and hide, the horse partners with the human in a rare crossing of the line. In doing so, they let us into their world. Through equus we learn to loose our predatory drive and to let go of our ingrained beliefs of humans as final authority over nature. We learn to live in relationship with other species. Using videos, exercises and a live horse presentation, we will cross into the world of horses and begin to understand their world and their role in helping us enter deeper into divine mystery.

Journey Towards Wholeness

Workshops begin at 7:00 PM on Friday night and end at 9:00 PM with a social. They resume on Saturday at 9:00 AM and run until 4:00 PM. On Saturday breakfast at 8:00 AM and lunch at noon are included. Individual workshop (Friday and Saturday): \$95. Register and pay three weeks in advance of the workshop to receive a 20% discount.

The Eight Principles of Peace

Friday, January 27 to Saturday, January 28

Presenter: Rosalie Hooper Thomas

We have the capacity to create a state of peace by opening ourselves to the oneness of the universe. As Black Elk, Oglala Sioux spiritual leader tells us, “we first realize this peace within us. This awareness grows and influences those around us and connects with other like-minded people throughout communities and nations.” We will explore the teachings derived from ancient Mayan and pre-Mayan peoples that have evolved into eight universal principles that are the foundation of the First Peace.

Rosalie Hooper Thomas is on staff at FSC and is a spiritual director, presenter and facilitator. For the past 15 years, she has studied with spiritual teachers of the ancient teachings of peace. Rosalie weaves these principles throughout her work as a spiritual guide and facilitator.

Silence, Creativity and Living the Authentic Life

Friday, March 23 to Saturday, March 24

Presenter: Anne LeClaire

Theologians, poets, artists, writers and philosophers have long known that in order to create anything, including a deeply fulfilling life, the first requirement is that we become quiet. It is in this space of stillness that truths surface, understandings expand; and we discover in the silence of our hearts answers to living authentically. Silence is essential, too, in accessing the deep rivers of creativity and creative potential that run in each of us.

Anne LeClaire is a memoirist and the critically acclaimed, best-selling author of eight novels published in 24 countries. She leads seminars and workshops exploring silence, creativity and deep listening. Anne began a formal practice of silence, meaning that for the past 18 years she has not spoken on the first and third Mondays of every month. Out of this practice came her memoir, *Listening Below the Noise: The Transformative Power of Silence* (Harper-Collins, 2009), which was named one of the 50 best spiritual books of that year. She leads silent retreats on Cape Cod.

Prayers of the Earth

Friday, May 11 to Saturday, May 12

Presenter: Joe Orso

Whether a backyard tree, a garden, a sky full of stars, or a visit to the Boundary Waters, most people can name a place outside that has impacted them. Indeed, for so many of us, our most spiritual experiences—the times we feel most connected to the sacred—happen when we are out in nature. On this retreat, we will move more deeply into these stories of place, paying attention to how they might become guideposts in our prayer and spiritual lives. We will also explore how our individual stories fit into the larger story of people who are finding their way back home to our most primal mother, the earth. Please bring an object or picture that can help tell your story of relationship with a place.

Joe Orso does jail and environmental outreach for the Franciscan Spirituality Center. He also writes a weekly column for the *La Crosse Tribune*. He lives on a ridgetop farm with his wife where they are learning to grow and preserve food, forage in the woods for edible plants, and notice the wonders of the Kickapoo Valley Reserve.

Everyone was great. A wonderful spirit here.

Retreat Registration Forms

Register for the retreat(s) of your choice by filling out the appropriate form(s) below. Deposits differ for weeklong retreats. Please take note of proper deposits. Non-refundable deposit of \$20 for the day-long or weekend workshops.

Please fill out the following information after you have selected your retreat option(s).

Please make check payable to Franciscan Spirituality Center.

Mail to: Retreats, Franciscan Spirituality Center, 920 Market St., La Crosse, WI 54601-4782

Preached and Guided Retreats

Advent Retreat: From Darkness to Light

Thursday, December 8 to Sunday, December 11

Full \$225 Commuters: \$150

The Form of Life Is: The Four Core Values of Franciscan Living

Sunday, March 4 – Saturday, March 10

Full \$375 Commuters: \$215 St. Rose FSPA Residents: \$95

Celebrating the Sacred Triduum Retreat

Thursday, April 5 – Sunday, April 8

\$30 Retreat

I would like a bedroom \$42/night _____ number of days

I would like bedroom and meals, \$62/night _____ number of days

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

Sunday, April 29 – Saturday, May 5 Clare of Assisi Herman of Alaska

\$625 Full \$505 Commuter \$150 Deposit

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

Sunday, July 22 – Saturday, July 28

\$625 Full \$505 Commuter \$150 Deposit

Virtual El Salvador Pilgrimage Retreat

Sunday, June 24 – Friday, June 29

\$375 Full \$215 Commuters \$50 Deposit

Walking on the Path with the Mystics

Sunday, July 8 – Friday, July 13

\$375 Full \$215 Commuters \$50 Deposit

Casting the Net of Our Senses: A Writing Retreat

Thursday, July 19 – Sunday, July 22

\$250 Full \$155 Commuters \$20 Deposit

Name _____

Address _____

City _____ State _____ Zip _____

Phone:(Daytime) _____

E-mail _____

I enclose: \$50 Deposit \$150 Deposit Full Payment

Notes: _____

Weekend and Daylong Retreats

A Retreat for Widows <input type="radio"/> \$65	Saturday, November 19 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Franciscan Spirituality <input type="radio"/> \$95	Friday, January 20 – Saturday, January 21 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Married Couples' Retreat <input type="radio"/> \$75/couple	Saturday, February 11 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Ice Cave Hike <input type="radio"/> \$65	Saturday, February 11 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
The Gentle Path of Self-Care <input type="radio"/> \$95	Friday, February 17 – Saturday, February 18 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Reclaim Your Intuition <input type="radio"/> \$65	Saturday, February 25 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Journaling Through Transition <input type="radio"/> \$65	Saturday, March 10 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
Ancient Oils, Modern Uses <input type="radio"/> \$65	Saturday, April 28 <input type="radio"/> Bedroom @ \$42/night_____ date(s)
A Journey with the Horse <input type="radio"/> \$95	Friday, May 4 – Saturday, May 5 <input type="radio"/> Bedroom @ \$42/night_____ date(s)

Name _____

Address _____

City _____ State _____ Zip _____

Phone:(Daytime) _____

E-mail _____

I enclose: \$20 Deposit \$42 Housing Full Payment

Notes: _____

Retreats 2011-2012

Preached and Guided Retreats

- Advent Retreat: From Darkness to Light
- The Four Core Values of Franciscan Living
- Celebrating the Sacred Triduum Retreat: *Poco Lento*
- Sacred Windows to the Divine: Icon Writing Retreat/Workshop
- Virtual El Salvador Pilgrimage Retreat
- Walking on the Path with the Mystics
- Casting the Net of Our Senses: A Writing Retreat

Weekend/Day Retreats

- A Retreat for Widows
- Franciscan Spirituality: Awakening to Our True Identity
- Married Couples' Retreat
- Ice Cave Hike
- The Gentle Path of Self-Care and Unconditional Love
- Journaling Through Transition
- Celebrating Clare of Assisi
- Social Justice Stations of the Cross
- Ancient Oils, Modern Uses
- Crossing Nature's Chasm: A Journey with the Horse

Journey Towards Wholeness

- The Eight Principles of Peace
- Silence, Creativity and Living the Authentic Life
- Prayers of the Earth



Franciscan Spirituality Center
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