



Franciscan Spirituality Center
25 Years of Spirituality the Franciscan Way

Retreats 2010-2011

Dedicated to Anyone Seeking Wholeness



*“So will I build my altar in the fields,
And the blue sky my fretted dome shall be,
And the sweet fragrance that the wild flower yields
Shall be the incense I will yield to thee.”*

~Samuel Taylor Coleridge

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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) 791-5297 or e-mail: jweisenbeck@fspa.org

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 |
| • Vince Hatt | (608) 791-5298 |
| • Linda Kerrigan | (608) 791-5276 |
| • Barb Kruse | (608) 791-5612 |
| • Joan Weisenbeck, FSPA | (608) 791-5297 |
| • Rosalie Hooper Thomas | (608) 791-5268 |

Lenten Preached Retreat

The preached retreat is a SILENT group retreat with a focus on a specific theme. The format includes two presentations daily, Eucharistic liturgy, and reflection time. Opportunities for individual sessions with the retreat director are available. This retreat is open to women and men religious and lay persons.

By His Stripes We Are Healed

Sunday, April 3 (6:30 PM) — Saturday, April 9 (NOON)

Location: St. Rose Convent, La Crosse, WI

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

As we continue to walk with Jesus throughout these 40-days of Lent, we realize the great love Jesus had for people. This person of great conviction continues to challenge us to do what he did—namely, to lay down our life for others. As Jesus gave His Life on the Cross, we received the gifts of forgiveness, healing and freedom. We will have the opportunity to once again evaluate our lives, to see how we die to our selves so to offer new life to one another within the community and within the life of the church.

Retreat Director: Fr. Charlie Smiech, OFM

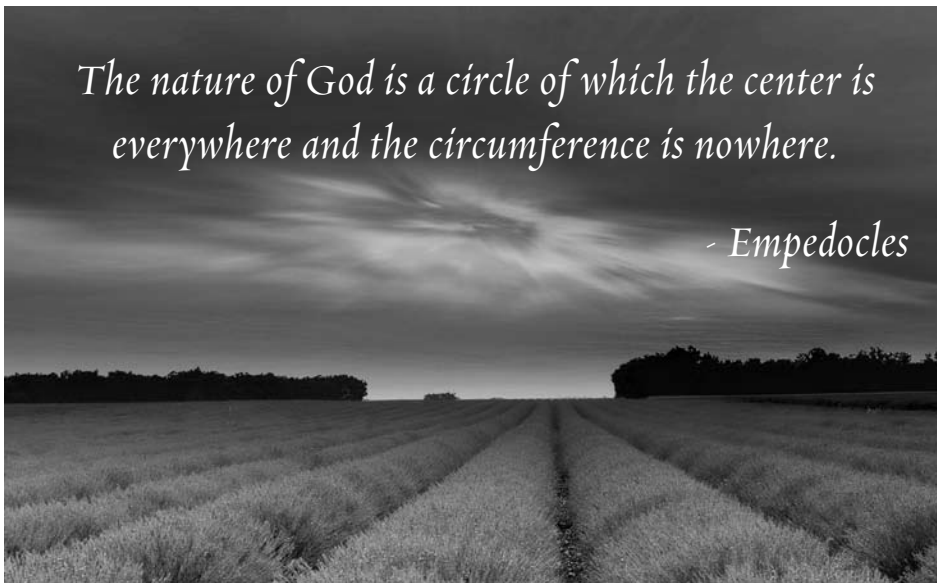
Fr. Charlie is a Franciscan Friar of St. John the Baptist Province. He is an international retreat director and spiritual advisor, who serves religious communities, priests, deacons and the people of God. Preaching the love of God, exploring sacred scripture, being nourished by the sacraments, and sharing these precious gifts with others bring him great joy.

He received his Masters of Divinity from Christ the King Seminary in East Aurora, NY, and continued his studies in spirituality and preaching at St. Michael's College, Toronto, Ontario, and Catholic Theological Union in Chicago, IL. He studied at the Oblate School of Theology in San Antonio, TX, and St. Bonaventure University, NY. From 1999–2006 he served as spiritual director and guardian at St. Francis Retreat House in Easton, PA. Presently, he 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 nature of God is a circle of which the center is everywhere and the circumference is nowhere.

- Empedocles



Celebrating the Sacred Triduum Retreat

Dates: Thursday April, 21 (9:00 AM) — Sunday April 24, (NOON)

Location: St. Rose Convent, La Crosse, WI

Investment: \$30

Limited bedrooms available for \$36/night. Bedroom and meals, \$57/day

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 at 9:00, which includes prayer and a talk. 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, Easter Sunday at 9:00 AM. Retreat ends after brunch on Sunday.

Presenter and Celebrant: Fr. Dan Crosby, OFM CAP.

Fr. Crosby is a member of the Capuchin Franciscan Province of St. Joseph. Ordained in 1964, his life has been enriched by a variety of ministries and cultures, from college campus ministry and teaching to pastoring inner city and reservation parishes. After ordination, he did post-graduate work in theology at St. Paul's University in Ottawa, Fr. Crosby spent three more years of post-graduate work at the Institute of Formative Spirituality at Duquesne University in Pittsburgh where he earned another masters in religion and personality.



For ten years he taught theology and spirituality in Indiana and Wisconsin and spent 18 years ministering to the poor in inner-city Milwaukee as well as Northern Cheyenne Reservation in Montana. Wherever he has ministered, Fr. Crosby has worked to integrate scripture as well as the Franciscan vision into his life and preaching. Fr. Dan is presently the Director of St. Anthony Retreat Center in Marathon, WI. He has been a spiritual director and well-received retreat master throughout the country.

Guided Retreats and Workshops

The guided retreat is a small group retreat which consists of daily presentations, quiet reflection time, prayer and ritual, optional spiritual guidance, group process and the opportunity for Eucharistic liturgy. All these retreats are held at the Franciscan Spirituality Center, La Crosse, WI.

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

The icon of *Mary Hodasz*, (*Mary With the White Rose*) will be painted from Sunday, May 15 (7:00 PM) — Saturday, May 21 (NOON)

The icon of *The Visitation* will be painted from Sunday, July 10 (7:00 PM) — Saturday, July 16, (NOON)

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.

Icons 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. Those who wish to consider the focus of the week to be a retreat will be provided with suggestions to support the silent and reflective focus.



Icon Writing Directors: Phil Zimmerman and Joan Weisenbeck, FSPA

Phil Zimmerman, a noted iconographer, was born September 17, 1953, in Stoystown, Somerset Co., PA. While a student at Indiana University of Pennsylvania, Phil studied iconography with Richard Osacky (now Bp. JOB, OCA Diocese of Chicago and the Midwest) who came to the area to attend seminary and serve at St. John the Baptist Church in Black Lick, PA.



Phil taught public school art for 14 years. In 1988 he opened a studio of iconography at Antiochian Village near Ligonier, PA, to produce icons and murals for churches and private commissions and began teaching classes in icon painting. In May, 1999, he relocated to a private studio at New Florence, PA. 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.



Icons produced in Phil's studio are painted according to ancient guidelines and techniques, incorporating modern artist's 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.

Joan Weisenbeck, FSPA, is on staff at the Franciscan Spirituality Center and is the hostess for the retreat/workshop. She leads the meditations and prayer with icons during the workshop. She has hosted workshops with Phil since 1998 and has written several icons.

Nurturing the Sacred Within

Dates: Sunday, June 26 (7:00 PM) — Friday, July 1 (NOON)

Investment: \$375 includes retreat, bedroom and meals

Commuters: \$215 includes retreat and meals

We are as multidimensional as the universe. We have bodies, emotions, thoughts, and ideas. We live in a world with communities and governments, technologies and history; and we ponder the mysteries of earth and sky, spirit and matter, here and hereafter. We ask ourselves, who we are and what we are?

One way of answering these fundamentally spiritual questions is to get in touch with a sacred system that lies within each one of us, known as the Chakra system. Chakras are the bridge between the spirit and matter and are a model which represents the integration of body, mind and spirit. It is an ancient metaphysical system that diagrams the interrelationship between various aspects of our multi-dimensional universe.

Chakras provide a map to personal growth, whether focused on rising above the limitations of your life to better understand spiritual realms or bringing spiritual concepts into your everyday life. Regardless of which pathway you are on, this model helps you explore the many layers and levels of human experience and deepen your understanding your unique design.

In this retreat we will introduce the Chakra system. You will learn to honor and pay attention to the concepts and theories of this God-given gift. You will learn to merge your sense of self on various levels and live based on what is authentic and unique to you.

Director: Corrina Thomas, FSPA

Corrina Thomas is a FSPA. She is passionate about the New Universe Story and an evolutionary spirituality that sees the Divine as the primary causality for creation and who constitutes the unique ground of our being. Her ministry background includes spiritual direction, retreats and workshops. Corrina was born and raised in India and, therefore, brings into her ministry, the wealth of her interreligious/cultural experience, a harmonious blend between the east and west. Her education includes masters degrees in Franciscan studies, culture and spirituality and communications.



Casting the Net of our Senses: A Writing Retreat

Date: Thursday, July 7 (7:00 PM) – Sunday July 10 (Noon)

Investment: \$250 includes meals and housing \$155 includes meals

The world of the writer should be one constantly aware of all the senses, relating to the world a richness of life's experience. What are we tasting in our lives? What fragrance opens our hearts? When does a melody turn emotions? As writers we must answer these questions for 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 is a communications consultant to the Franciscan Spirituality Center and writer. She has written for nearly a dozen publications, leads a writing group and co-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.



The Journey Into God with Bonaventure, Francis and Clare

Dates: Friday, August 26 (6:00 PM) — Saturday, September 3 (1:00 PM)

Investment: \$625 includes retreat, bedroom and meals

Commuters: \$425 includes retreat and meals. St. Rose FSPA residents: \$150
\$150 non-refundable deposit required to reserve a place

Open to all Franciscan women and men religious, affiliates/associates, Third Order Secular. **Limited to 65.** Register no later than January 1, 2011. The book, *The Journey Into God* by Josef Raischl and Andre Cirino, is required for this retreat. It can be purchased at the Center when you arrive.

This retreat is an exploration of the content of this classic work of spiritual theology written by St. Bonaventure. The retreat seeks to recover this oft-neglected source of Franciscan spiritual wealth. Each day of the retreat is dedicated to one of the chapters of the JOURNEY offering a balance of instruction on the text, periods for reading and personal prayer and community participation in Eucharistic liturgy, morning and evening prayer. The liturgical and para-liturgical prayer is especially designed by the presenters to disclose the profound themes in a contemporary experience. Andre and Josef presented this unique retreat experience in Italy, Canada, the Philippines, the United States and England.

Directors: André Cirino, OFM, and Josef Raischl, SFO

André Cirino, ofm, is a friar minor of the Province of the Immaculate Conception, NY. His academic background includes: BA, Immaculate Conception College 1963; MA West Virginia University, Counseling, 1968; STM, Woodstock School of Theology, 1975. His ministerial experience includes parish work, Franciscan formation, education, publication and spiritual assistant for the Secular Franciscans of the Little Portion Fraternity. He also worked at the Little Portion Retreat House for the poor in Bronx, NY. Since 1984 he has conducted pilgrimages to Italy, Prague, England, Mallorca, France, Germany and the California Missions. Since the year 2000, he has lectured at the Franciscan International Study Centre, Canterbury, England.



Continued on next page

Josef Raischl, SFO, was born in Bavaria, Germany, and is a married, Secular Franciscan and lives with his family in Dachau, near Munich. He is Director of St. Christopher's Hospice Home Care Services in Munich. His graduate studies encompass both philosophy and theology from the Catholic University of Eichstätt and the Franciscan International Study Centre, Canterbury, England, as well as an MA in social work in Munich. He completed post graduate studies in Franciscan spirituality in Rome at the Capuchin Franciscan Institute at the Pontifical University Antonianum.



Day and Weekend Retreats

These small group retreats are designed for those who wish to spend shorter times of learning, reflecting, and praying with a particular theme or topic. All of these events are held at the Franciscan Spirituality Center.

Advent Retreat: Breaking the Silence of God's Goodness

Saturday, December, 4

9:00 AM – 1:30 PM

Facilitator: Joan Weisenbeck, FSPA

Investment: \$35 includes retreat and lunch

God is Good! Do you believe it? Can you sing it? Living in the spirit of Advent is a great time to ponder the mystery on how Divine Love came to live among us and to be one with us. Bring a friend and an open, creative, and joyful heart to this day of retreat. We will discover ways to witness to the blessing of God's goodness, particularly in the midst of Advent and Christmas celebrations.

Joan Weisenbeck, fspa, has been on staff at the Franciscan Spirituality Center since January, 2001. Advent themes have been a favorite of hers for many years.

Advent Afternoon for Married Couples

Saturday, December 4

1:30 – 6:00 PM

Facilitators: Linda Kerrigan and Barb Kruse

Investment: \$50 per couple. Limited to 20 couples.

Limited bedrooms available for \$36/night

Based on past highly successful Valentine-themed programs for married couples, here's a new option. Focusing on Advent themes of joy, peace, faith and love, we will explore topics of communication, faith life, and healthy living relevant to married life. This deeper look into the story of your life together will provide an opportunity for learning, discussing, and alone time as a couple sharing what is most alive in your marriage. Food, fun, laughter and celebration promise to be abundant.

A Retreat for Widows

Friday, December 10 (7:00 – 9:00 PM) — Saturday, December 11 (8:00 AM – NOON)

Presenter: Marci Madary

Investment: \$95

Limited bedrooms available at \$36/night

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 "nonwidows" can struggle to understand. This weekend will offer time for stories as we explore the paschal mystery: suffering, death, and new life.

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. Marci's husband died in 2007, and she is learning what it means to be a widow. She has two fantastic teenagers, Rachel and Joseph.

Dynamic Balance

Saturday January 29

8:30 AM – 4:00 PM

(8:30 AM opening meditation and connection for participants)

Presenter: Bernice Olson-Pollack, MS

Investment: \$65 includes lunch Limited bedrooms available at \$36/night

What do you want to change? This simple question has the power to motivate you to make conscious choices based upon your needs, wants and intentions. Clear intentions create long-standing positive habits, actions and behaviors. The greater the clarity of your intentions, the more successful you will be in developing sustainable and healthy changes in your life.

The content of this one-day wellness workshop is based upon the book *TriEnergetics; A Plan for Life*, authored by father and son physicians, Drs. Todd and Sanford Severin.

“This is the owner’s guide for your body! TriEnergetics provides a wealth of information on physical and emotional health and establishes a framework for incorporating sound dietary, exercise, and stress reduction practices into a daily program for well-being.”

- Kevin Beadles, M.D.

Bernice Olson-Pollack, MS is a certified wellness speaker. She is a staff member of the Wellness Center at St. Rose Convent, La Crosse, WI. Bernice teaches yoga and has been practicing various wellness techniques for over 20 years.

Married Couples' Retreat

Saturday, February 12

3:00 –8:00 PM

Facilitators: Barb Kruse and Linda Kerrigan

Investment: \$60/couple

Make Valentine’s Day 2011 a truly special occasion for you and your spouse by attending our 5th annual Married Couples’ Retreat--designed for just the two of you to celebrate your lives together. Highlights include a specially prepared dinner, 1-1 reflection/discussion time with spouse and story sharing by presenter couples. Bring your wedding photo for adding to the environment. Register early as this event is limited to the first 16 couples.

Twelve Step Retreat: Humility, not Humiliation

Friday, February 18 (7:00 – 9:00 PM) – Saturday, February 19

(9:00 AM – 4:00 PM)

Facilitators: Staff of FSC

Investment: \$95 includes Saturday lunch

Limited bedrooms are available at \$36/night

Progress in recovery is dependent on the development of a humble spirit. Humility is the awareness and understanding that we are not alone in our journey to serenity and happiness. Join us in reflection and discussion as we explore how humility allows us to be free of self and grow in transforming behaviors and actions. This is a closed retreat for those recovering from alcoholism.

The Norman L. Gillette, Sr., Scholarship is available to financially assist those who are in recovery from alcohol or chemical dependency.

*The atmosphere of the Center was most treasured for
we were on Holy Ground.*

The Gathering Table: A Wintertime Food Retreat

Friday, February 25 (6:00 – 9:00 PM) – Saturday, February, 26 (8:00 AM – 4:00 PM)

Presenters: Anne-Marie Fryer Wiboltt/Barb Kruse/Joe Orso

Investment: \$95 (includes delicious meals). Scholarships are available.

Limited bedrooms are available at \$36/night at FSC.

“Healing is impossible in loneliness; it is the opposite of loneliness. Conviviality is healing. To be healed we must come with all the other creatures to the feast of Creation.”

— Wendell Berry

The character and health of a people’s culture is reflected, and even rooted, in what and how they eat. So what kind of culture do we have? Are we preparing our food on the run and in microwaves or over long conversations with family? Are we eating real food or processed food? Do we eat alone or around the gathering table?

At this food retreat, we’ll take a respite from our busy lives and the cold winter air to join together around food. We’ll make it cozy. We’ll consider the spiritual significance of comfort food. We’ll eat it. We’ll celebrate. On Saturday we will be joined by Danish-born Anne-Marie Fryer Wiboltt, a biodynamic farmer, cooking artist, Waldorf teacher and author of *Cooking for the Love of the World*. And through conversations, tastings and quiet reflection, we’ll consider what a new food culture look like and leave with ideas and resources that will help us catalyze that with our family and friends.

Meals include breakfast and lunch on Saturday. Friday evening will include some light eating, but you’ll want to eat dinner before arriving.

Reclaim Your Intuition

Saturday, February 26

9:30 AM – 3:30 PM

Jean Kasparbauer, FSPA

Investment: \$65 includes lunch

Class size limited to 14. Please register early. A repeat of this class will be April 16.

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.

- You will be taught a five-step method so you can access your own intuitive information
- You will have an opportunity to practice specific skills for enhancing your own intuition
- You will discover ways to remove blocks that inhibit fuller exercise of intuition in your daily living
- You will learn about the potential you have to read your own psychic energy, including a brief reference to auras and the chakra system
- You will leave with suggestions for fostering your intuition at home

Facilitator: Jean Kasparbauer, FSPA, is a spiritual director. She received her training through the Franciscan Spirituality Center, La Crosse, WI. Her education includes masters degrees in chemistry and in pastoral counseling. She spent 25 years as a pastoral minister in Catholic parishes and is now a practitioner of Intuitive Soulwork.

This retreat helped me take a radical look at my life and a more intimate look at Jesus.

Celebrate Friendship

Friday, April 8 (6:30–8:30 PM) – Saturday, April 9 (9:00 AM–4:00 PM)

Facilitators: Barb Kruse and Linda Kerrigan

Investment: \$95 (\$30 for those under 30 years old)

Limited bedroom space available at \$36/night

She's the first one you call when you need to talk. She's there for the good times and bad. She's the one who knows everything about you and she is still your friend.

Invite your best friend, sister, mother, daughter, college roommate, next-door neighbor, co-worker for an evening and day of reflection and connection through prayer, laughter, food, creative movement and relaxation. You'll leave rejuvenated and re-committed to your cherished friendship!

Reclaim Your Intuition

Saturday, April 16

9:30 AM – 3:30 PM

Jean Kasparbauer, FSPA

Investment: \$65 includes lunch

This is a repeat session of the February offering.

The Journey Toward

Time Structure

Workshops begin at 7:30 PM on Friday night and end at 9:00 PM with a social. They begin again 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.

Investment

Individual workshop (Friday and Saturday): \$95 each

Prepay 3 weeks in advance of the workshop and receive a 20% discount

Young adults 30 years and under: \$30 per workshop

Limited bedrooms available at \$36/night

Please send full payment with registration or call to register with a credit card. There is a \$20 non-refundable deposit.

Gifts of the Sea in the Middle of Winter

Friday, January 21 – Saturday, January 22

Presenter: Joan Weisenbeck, FSPA

Do you ever dream about walking on a sandy beach, going for a refreshing swim, or sailing on a clear blue lake in the middle of winter? As the snow accumulates, the winds blow, and the temperatures drops, can we still go to places in our hearts where we feel warmth, comfort and peace because we know the "gifts of the sea" in any season?

As we gather for this journey weekend, we will "dive" deep into the mystery of the sea to discover how it can teach us about patterns in our lives, the need for solitude and play, the parables of the tide pools and waves and shells, and the power and beauty of water in all its forms. We will tell "sea-stories" and parables from our own lives and reflect on God's most precious gift of the sea.

Joan Weisenbeck, FSPA, has been on staff at the Franciscan Spirituality Center for over nine years. She is retreat director, spiritual director and presenter. Joan holds masters degrees in science and in pastoral studies She considers beauty and creativity essential to her spiritual journey.

*Some of the most meaningful parts of the
retreat were the stories.*



wards Wholeness

Compassionate Communication: A Little Goes A Long Way

Friday, March 4 – Saturday, March 5

Presenter: Barb Kruse

Explore the gift of your emotions and communicate what is alive in you. Discover how core beliefs become obstacles to compassion. Tap into the beauty of values and needs. Compassionate communication centers our attention on what is most human about us. With a focus on true honesty and empathic listening, compassionate communication guides our interactions. Instead of habitual reactions, this discipline encourages conscious responses to those around us. Throughout the weekend, you will be invited to spend time in reflection, dialogue, and prayer as you enter into a new way of communicating from the heart.

Barb Kruse is on staff at FSC. She received her training in spiritual direction from FSC, completing the program in 2002, and has a masters in servant leadership from Viterbo University. Barb is a wife, a mother, and community volunteer. She began learning about compassionate communication in 2008. She continues to study and offer programs and presentations on this language of the heart.

Will the Real Paul and Jesus Please Stand Up?

Friday, April 29 – Saturday, April 30

Presenter: Vince Hatt

Paul says, “A woman must learn in silence and be completely submissive” (1 Tim. 2:11). He also says, “There does not exist among you . . . male or female. All are one in Christ Jesus” (Gal. 3:28). Which is it Paul? Will the real Paul please stand up? Jesus says, “Do not judge” (Mt. 7:1). He also says, “Judge for yourselves” (Lk. 12:57). Which is it Jesus? Will the real Jesus please stand up? We will discuss various conflicting words and images of Paul and Jesus and come to more understanding of who they really are and what they really teach.

Vince Hatt has been director of the Franciscan Spirituality Center (FSC) since May, 2000. He also serves as a spiritual director, retreat facilitator, and workshop presenter both on and off campus. He has a B.S. in science from the University of Notre Dame, a M.A. in religious education from the Catholic University of America, and an M.A. in theology from Aquinas Institute, St. Louis. A recovering Cubs fan, Vince has forgiven the Chicago Cubs from not winning the World Series since 1908. This has brought him serenity and peace.

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.

Deposit of \$20 for the day long or weekend workshops.

Preached and Guided Retreats

By His Stripes We Are Healed

Sunday, April 3 – Saturday, April, 9

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

Celebrating the Sacred Triduum Retreat

Thursday April 21– Sunday, April 24

\$30 Retreat

I would like a bedroom \$36/evening _____ number of days

I would like bedroom and meals, \$57/day _____ number of days

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

Sunday, May 15 – Saturday, May 21

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

Sacred Windows to the Divine: Icon Writing Retreat/Workshop

Sunday, July 10 – Saturday, July 16

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

The Journey Into God with Bonaventure, Francis and Clare

Friday, August 26, – Saturday, September 3 (8 days)

\$625 Full \$425 Commuters \$150 St. Rose Convent Residents

Nurturing the Sacred Within

Sunday, June 26 – Friday, July 1

\$375 Full \$215 Commuters

A Writing Retreat

Thursday, July 7 – Sunday, July 10

\$250 Full \$155 Commuters

Name _____

Address _____

City _____ State _____ Zip _____

Phone:(Daytime) _____

E-mail _____

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

Notes: _____

Registration Forms

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

Please make check payable to Franciscan Spirituality Center.

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

Weekend and Daylong Retreats

Advent Retreat Saturday, December 4

\$35 includes retreat and lunch Bedroom @ \$36/night _____ date(s)

Advent Afternoon for Married Couples Saturday, December 4

\$50 per couple Bedroom @ \$36/night _____ date(s)

A Retreat for Widows Friday, December 10 – Saturday, December 11

\$95 Bedroom @ \$36/night _____ date(s)

Dynamic Balance Saturday, January 29

\$65 includes lunch. Bedroom @ \$36/night _____ date(s)

Married Couples' Retreat Saturday, February 12

\$60/couple Bedroom @ \$36/night _____ date(s)

Twelve Step Retreat Friday, February 18 – Saturday, February 19

\$95 Bedroom @ \$36/night _____ date(s)

A Wintertime Food Retreat Friday, February 25 – Saturday, February 26

\$95 Bedroom @ \$36/night _____ date(s)

Reclaim Your Intuition Saturday, February 26

\$65 includes lunch Bedroom @ \$36/night _____ date(s)

Reclaim Your Intuition Saturday, April 16

\$65 includes lunch Bedroom @ \$36/night _____ date(s)

Celebrate Friendship Friday, April 8 – Saturday, April 9

\$95 (\$30/30 years old) Bedroom @ \$36/night _____ date(s)

Name _____

Address _____

City _____ State _____ Zip _____

Phone:(Daytime) _____

E-mail _____

I enclose: \$20 Deposit Full payment Bedroom payment

Notes: _____

Journey to Wholeness

Gifts of the Sea

Friday, January 21 – Saturday, January 22

\$95 \$76 early bird Bedroom @ \$36/night _____ date(s)

Compassionate Communication

Friday, March 4 – Saturday, March 5

\$95 \$76 early bird Bedroom @ \$36/night _____ date(s)

Will the Real Paul and Jesus Please Stand Up?

Friday, April 29 - Saturday, April 30

\$95 \$76 early bird Bedroom @ \$36/night _____ date(s)

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Daytime) _____

E-mail _____

I enclose: \$20 Deposit Full payment Bedroom payment

Notes: _____

I appreciated the way the retreat directors assisted the group in sharing their thoughts and who they were.

The group interaction was a nurturing and supportive experience.

The gift of the time was to find stillness in the city.

I loved the change of settings on the decorative table each day.

Retreats 2010-2011

Preached Retreats

By His Stripes We are Healed
Celebrating the Sacred Triduum Retreat

Guided Retreats

Sacred Windows to the Divine: Icon Writing Retreat/Workshop
The Journey Into God with Bonaventure, Francis and Clare
Nurturing the Sacred Within
Casting the Net of our Senses: A Writing Retreat

Weekend/Day Retreats

Advent Retreat: Breaking the Silence of God's Goodness
Advent Afternoon for Married Couples
A Retreat for Widows
Dynamic Balance
Married Couples' Retreat
Twelve Step Retreat: Humility, not Humiliation
The Gathering Table: A Wintertime Food Retreat
Reclaim Your Intuition
Celebrate Friendship



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