

THE JOURNEY TOWARDS WHOENESS

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/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.

Registration form



2010-2011 Journey Towards Wholeness

Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____ Daytime Phone _____

I am registering for:


- Our Sacred Stories: Digging into the Well of Truth
- Gifts of the Sea in the Middle of Winter
- Compassionate Communication: A Little Goes a Long Way
- Will the Real Paul and Jesus Please Stand Up?
- All four weekends

I will need a bedroom for the following dates:
(Please circle the dates needed below.)

Oct. 22 Jan. 21 March 4 April 29

Non-profit
Organization
U.S. Postage
Paid
La Crosse, WI
Permit No. 535

Franciscan Spirituality Center
FSPA
912 Market Street
La Crosse, WI 54601



The Journey Towards Wholeness

Our Sacred Stories: Digging into the Well of Truth
October 22 - 23

Gifts of the Sea in the Middle of Winter
January 21 - 22

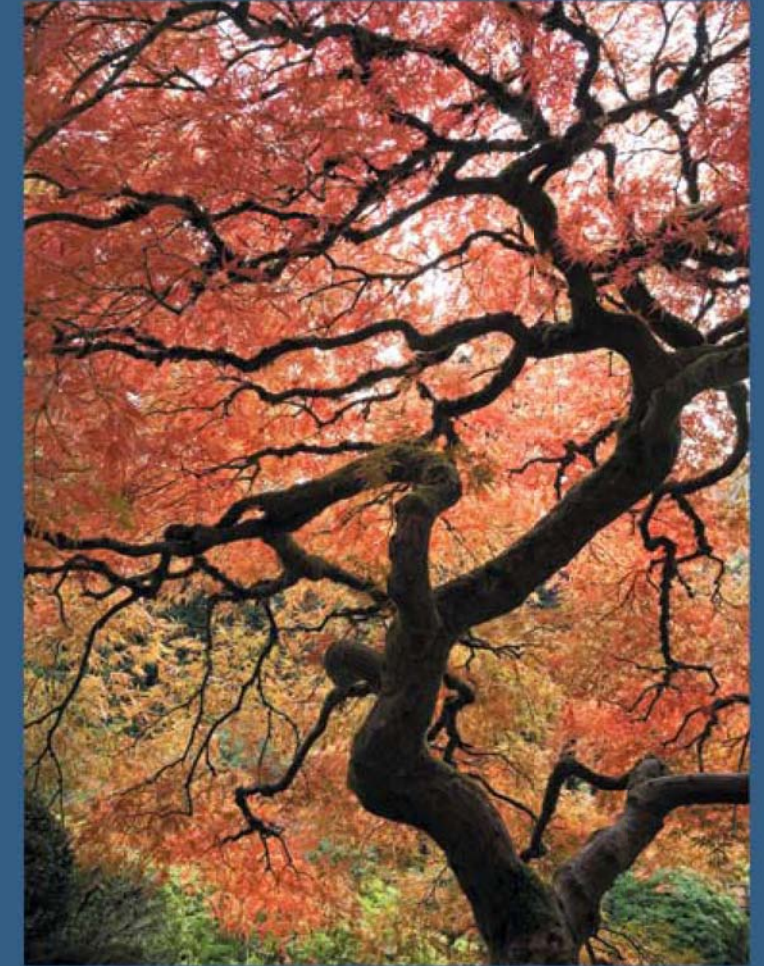
Compassionate Communication: A Little Goes a Long Way
March 4 - 5

Will the Real Paul and Jesus Please Stand Up?
April 29 - 30

20% Discount
When you
prepay 3 weeks in
advance

The Franciscan Spirituality Center Presents

The Journey Towards Wholeness



A program designed to
nurture and support
spiritual growth

OUR SACRED STORIES: DIGGING INTO THE WELL OF TRUTH

Friday, October 22 and Saturday, October 23

Presenter: Theresa Washburn

Inside each of us is the glorious truth of our exceptional life mixed with false beliefs which hold us back. We cannot move forward with greater grace and courage until we honor that truth. We must understand the power of what we have lived; the despair and the joy. During our time together, we will breathe deeply into who we are and dig into our truth through stream-of-consciousness techniques, archetypal symbols and present moment practice.

Theresa Washburn is a communications consultant to the Franciscan Spirituality Center and a writer. She holds a masters in servant leadership and is an affiliate to the Franciscan Sisters of Perpetual Adoration. Theresa is a student of the archetypes and the hero's journey. She is dedicated to combining the art of writing with the human journey towards the divine.



GIFTS OF THE SEA IN THE MIDDLE OF WINTER

Friday, January 21 and 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 drop, can we still go to those places in our hearts where we feel warmth and 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.



COMPASSIONATE COMMUNICATION: A LITTLE GOES A LONG WAY

Friday, March 4 and 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 and 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.



THE JOURNEY TOWARDS WHOLENESS

Franciscan Spirituality Center is dedicated to anyone seeking wholeness. To seek wholeness is to embark on a lifetime journey. The *Journey Towards Wholeness Program* offers four opportunities to explore key issues with guides and others committed to spiritual growth and learning, all in a peaceful, relaxed, hospitable environment.

As you consider the weekend options, choose any number of them. Keep in mind, for every two weekends you join us on the journey, you receive an hour-long session of individual spiritual direction at no additional cost.

IN THE SOPHIA BOOKSTORE

The Franciscan Spirituality Center's Sophia bookstore, strives to provide books, CDs, greeting cards, and gift selections that will enhance your journey towards wholeness. We welcome those who enjoy browsing while sipping a cup of coffee or tea.

FRANCISCAN SPIRITUALITY CENTER

Identity

Franciscan Spirituality Center is a Gospel-driven, interfaith community founded and sponsored by the Franciscan Sisters of Perpetual Adoration.

Mission

The Franciscan Spirituality Center is dedicated to anyone seeking 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.

For further information, please contact
the Franciscan Spirituality Center
(608)791-5295 or fscenter@fspa.org
or by mail 920 Market Street, La Crosse, WI 54601
www.fscenter.org