



FRANCISCAN FEDERATION WEBSITE IS ONLINE!!

Please visit and explore the new website at

www.franfed.org

AFC 2019 CORRECTION !

The dates for the 2019 AFC in St. Louis are
Friday, June 21 - Monday, June 24



NATIONAL BOARD

In this month of the celebration of the Feast of St. Francis, perhaps it is especially apropos this year to remember the words of the Lord to St. Francis: "Rebuild my Church." As we meditate on the words, we look to Francis for ways to put them into action. Like Francis we may be tempted to gather stones and lay one on top the other. We would like to step back, admire our work, and complete it. Penance and conversion are much more difficult, but this is the example that Francis set for us.

The Franciscan Federation Board will be meeting in Frankfort, IL from October 22-24 for further planning of AFC 2019. In case it is not already on your calendar, the dates for AFC 2019 are June 20-23 at the Sheraton Westport Chalet Hotel in St. Louis. Michael Blastic, ofm and Mary Elizabeth Imler, osf will lead us through the Franciscan Sources. As we look at the evidence and stories of how Francis and his early followers reacted and responded to the challenges of their times, we may well gain insights into ways we can respond that will lead all peoples into a deeper relationship with Jesus. Let us pray for one another and for the Church.

Sister Louise Hembrecht, O.S.F.



FEDERATION NATIONAL OFFICE

As part of the leadership team of the Franciscan Brothers of Brooklyn, one of my duties is to each year attend the St. Francis Day celebrations at one of our high schools. This year I was asked to give the reflection at the end of Mass at St. Francis Prep - a large, multi-cultural school in Queens. I am sharing excerpts with you because sometimes, sharing thoughts with future generations can also clarify them for us.

Peace and good to you all.

We sometimes look at Francis as a naïve, clueless saint who lived in a fairy tale world of castles and kings. We picture him as living in a society of noble princes and high-minded Church leaders. But the reality is that he lived in a violent society where war was a frequent visitor to his town. Although it was a time of faith and the blossoming of great learning and discovery, Francis did not live in an idyllic situation.

He lived in a society where one was taught from a young age to label members of your world as friend or enemy, based on your class in society, your religion or the town you

lived in; where religious figures were also political and military leaders who would lead armies to slay the enemies of the faith.

Yet somehow through God's grace, he was able to see through all that to the beauty of life and the joy that creation and his brothers and sisters gave. God put him on earth at that time, in that place, to affect his society.

He did that by concentrating on the beauty of each individual person:

by speaking to the leper with the same love and respect as he spoke to the pope;

by understanding that the Sultan of Egypt was just as much a child of God as he was.

He called himself God's fool, because he was tasked to preach the Gospel to a world that seemingly deaf to hearing it. And he called himself and his followers Brothers, not as a title of respect or honor, but as a sign of relationship.

And so here we are, 800 years later, in a violent, self-centered society, hopelessly divided, yet at a time of unparalleled advancement in medicine, technology, self-awareness, etc.

Let me pose you a question:

What is your role as a Franciscan student, as a Franciscan educator – in the 21 Century?

Make no mistake, God has placed you here, now, just as he placed Francis in the 12th Century. You are here for a reason – with your talents (discovered or yet undiscovered), your idiosyncrasies, and your failings.

Someone once gave me a button. It said "Jesus is coming – look busy." We don't have. To look busy – we have to BE busy.

Some of you may be future world leaders. Most of you will be leaders in your own micro-worlds. It may look like the world is such a mess, with so many problems, that to attempt anything seems overwhelming.

I would like to offer three suggestions to help you live your Franciscan life:

First, love the person who God puts in front of you.

Francis encountered the leper. Each day, God will block your path with a gift. Gifts come in all sorts of wrapping – some may not look as pleasing as others. The person that God puts in front of you may fill you with joy, rage, disgust. Find the good, because God only

creates good.

Understand that truth is truth

You know the story of Francis and the Sultan. Both came from different cultures, they both had different names for God. Yet they both wanted peace. Although in the end they agreed to disagree, they didn't allow the labels of society to get in the way of mutual respect and dignity. In your hearts, you all know what is right and what is wrong. You were taught by loving parents, and entrusted by them to others who taught you ethics and morals, no matter what your religious flavor.

Live your reality

God has created us in many varieties: male and female, straight and gay, conservative and liberal, and on and on. God created you as you are to use your uniqueness as a gift for this world. Be God's fool just as Francis was, and encourage those who need it to be themselves.

Make mistakes. Look to the older people in your lives to be mentors. Let them teach you how to grow, how to forgive yourselves, brush yourselves off and move on. Most of all, be patient and know that God is doing a great work in you.

Happy Saint Francis Day!

Damian Novello OSF

Are you on FACEBOOK?

**We enjoy promoting our member
Congregations' events, offerings, reflections.**

**"LIKE" and "FOLLOW" our FRANCISCAN
FEDERATION page on Facebook.**

- If you follow Franciscan Federation on Facebook and want to make sure our posts don't get buried in your newsfeed, please do the following:
 1. Go to our Franciscan Federation page.

Make sure you have "liked" it already.

2. Next to the "Like" button, you'll see the "Following" button.

Click on its downward arrow.

3. From the drop-down menu select the "See First" option. That's it!

- Join our Facebook team to promote posts from your Congregational

or Ministerial pages on our Franciscan Federation Facebook page. This means, 'Become an Editor' on our page. This would be a great help!

We love to share news that points to our TOR life and our values.

E-mail Carol at franfedofficec@franfed.org to say how you can help.



COMMISSION OF ELECTED LEADERS

It is fall! There are football and pumpkins. In the Midwest we have cooler temps, beautiful trees and the hope of post season baseball. And for Franciscans everywhere, there is the feast of St. Francis. A Midwestern Franciscan should be a happy camper these days. But there is still sadness and disappointment in the church we love and for the hurting faithful we love. These are not easy days for any of us.

A fellow Franciscan reminded me the other day that this is a time to be like Francis—a bridge between the church and the people of God. Bridging is not an easy task and one that tests our strength, our creativity and need I say, our faith.

I began musing about difference types of bridges. There is the draw bridge that sometimes goes up. It separates the two sides when it goes up and gives each side a little rest and break from the other. Sometimes that rest is sorely needed as something passes between and changes the focus for a bit. Distractions can be their own gift in times of stress.

A suspended rope bridge can be fun and challenging at the same time. It seems to be influenced from both sides and all the winds from every side in between. Flexibility and

movement are its gifts. Steps gingerly taken invite reaction and progress. Sometimes it is the only way to cross a big chasm.

Fall is the season of covered bridges framed in fall colors. It is a bridge that offers a cozy, safe spot in the middle away from the elements of heat and cold, rain and ice. A moment in the journey where one can relax with no pressure is welcomed when one is bridging. They are often one way bridges and offer a time to be alone and maybe regroup a bit before heading on down the road. Sometimes they take us over troubled waters that we can't even see.

All these images offer us ways to be with church and the people of God these days. But my concluding thought is that a long suspension bridge is not needed because the distance between the church and the people of God is very short.

Make me like Francis, an instrument of peace and a bridge of healing.

Joyce Shanabarger OSF



COMMISSION OF REGIONS

“Called from his life of wealth, privilege, excitement and parties to one of simplicity, peace, prayer and connection with the natural world, Saint Francis provides a model for us. As we celebrate and remember Francis’ love of the earth, care for animals, commitment to the poor and sick, let us use today as an invitation to consider how we might make space, as Francis did, for simplicity, peace, prayer and nature in our lives.”

*Excerpted with permission from [A Reflection For The Feast Of Saint Francis](#)
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The Commission of Regions (COR) held a Zoom meeting in September. All agreed that the Summer 2018 flew by with several activities on each person's agenda. The shared reflection above reminds us to strive for simplicity, peace, prayer and nature in our lives. Is definitely a great goal for each of us!

The Franciscan Federation National Office Staff is in the planning stages for the 2019 and 2020 Annual Franciscan Conferences (AFC). Discussion included the possibility of the AFC having a different format in order to invite and involve more people. The National Board is meeting in October with one of the agenda topics being how to enlarge the participation in the Franciscan Federation and the AFC.

2018 AFC evaluations were discussed, particularly the results for the COR meeting. Building relationships with the TOR Seculars in each region is a priority. The COR Executive Board 2018 - 2019 Goals are: 1) Support regional membership in transition to clusters. 2) Increase Franciscan presence through Facebook and website postings.

We are reminded by St. Francis that "The deeds you do may be the only sermon some persons will hear today."

Peace and All Good,
Sister Camilla Wolfgram OSF



COMMISSION OF CHARISM SERVICES

The Franciscan Way of Life

The month of October is naturally focused on Brother Francis with his feast day on the 4th. Many congregations commemorate the Transitus and others have the traditional blessing of the animals. And it is quite right that October becomes a focal point for such activities. I often wonder about the rest of the year and how we integrate this Franciscan spirit, the charism given to us, into the details of our everyday lives. How do we invite others - "widen our tent" - to experience this gift we so cherish and celebrate?

About seven years ago, my community, the Dubuque Franciscans, established a Charism Team as a new way of looking at what has traditionally been called "vocation work." The question for us was not how many women can we recruit, but more importantly, how can we share the Franciscan charism with others, whether they become vowed members or not. One of the ideas that surfaced on this journey and has become a treasure, is a two-year process we call the Franciscan Way of Life. Small groups interested in learning more about Franciscan values and spirituality meet monthly, in person or via technology. These groups have been comprised of sisters, laity, priests, and staff of sponsored ministries. Each session addresses through prayer, reflection and discussion, a pertinent Franciscan topic. About mid-point each year, participants are invited to an immersion/service experience to step out of their comfort zone and walk in someone else's shoes. At the end of the two years there is a discernment process as to their next steps: to become an Associate, pursue their interest in vowed life or continue to integrate the Franciscan values in their daily lives where they are. Some groups decide to continue to meet past the two years, as the community created and the shared reflection are so important to them. But don't take my word for it. Hear from some participants in their own words:

Carol Lyon: I have been drawn to the teachings of Saint Francis of Assisi for quite a while, so when my friend, Kathy, invited me to participate with her in an online Franciscan Way of Life program, I thought it would be a great opportunity to learn more about Franciscan spirituality...This program supports my spiritual growth and challenges me to examine the way I'm living my life.

Gretchen Brown, CEO Stonehill Franciscan Services: The information that has

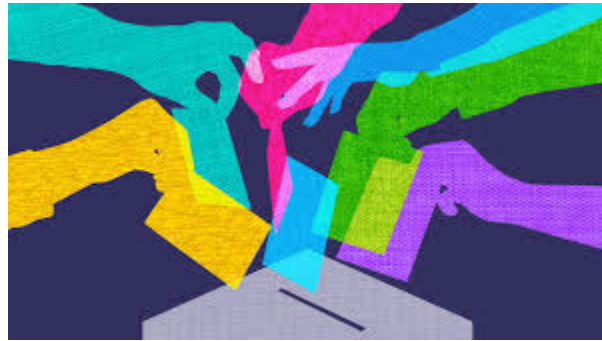
been presented has influenced me in many ways. As I listen to the history and teachings of St. Francis, I think about my role in building a culture where all team members of Stonehill Franciscan Services demonstrate the Franciscan Way in their daily work and interactions...I am very aware that I am in a position of influence. The content of these classes has reinforced that I must do a self-evaluation every day to be sure I am leading by example in the spirit of St. Francis. To those I serve, I must show my intense love of God and desire to be like Jesus. I will show respect for all persons, especially the poor. I will demonstrate a deep reverence for all creation and my commitment to peacemaking. I will do everything I can to create a wonderful community at Stonehill Franciscan Services. These will serve as my guiding principles.

Fran Mancl: At birth, I was gifted by my parents with the name, *Francis*. Since my mother deeply admired St. Francis of Assisi, she thought it was the perfect name for her 2nd born son. As I grew up I learned about St. Francis of Assisi but only recently did I take to heart the depth of this man's love for the Lord. I completed the Franciscan Way of Life program, and following a time of prayerful discernment, felt called by the Lord to become a Franciscan Associate. One of the qualities about St. Francis that I always admired and finally had the time to explore was his spirituality. I have learned, and continue to learn as a Franciscan Associate, that my inner transformation into a man of God, like that of St. Francis, begins with prayer... Prayer takes me beyond trust in me alone. It's not about me but it's God within me who is revealed to others around me, and definitely revealed in my ministry to the elderly I service with love and care as a CNA.

Carole Grubb: How can I capture the power of a two-year experience, the Franciscan Way of Life? I can't, but I can try to live it out because its impact has been life-changing...The FWL experience gave me people - Francis, Clare, those leading and those in the group - who showed me what surrender looked like and what service meant. My service experience has led me to seek ongoing opportunities to help others realize more of Christ in their own lives. It's a whole different way of seeing and being. I thought I could coast in my older age, but now I'm just getting started in a far deeper walk – A Franciscan Way of Life that does not end, but leads Home.

And so, the question these testimonies pose to each of us is: How do I live and share the Franciscan Charism in this time and place?

Sr. Michelle Balek, OSF
Charism Team, Dubuque Franciscans
Commission on Charism Services



JUSTICE, PEACE & INTEGRITY OF CREATION

YOUR VOTE COUNTS

Most of us in the Franciscan Federation, hopefully all of us, know the importance of voting in national, state and local elections. The Vote should be a significant equalizer in this country that tolerates economic and social inequality. Voting is an opportunity and responsibility that comes with citizenship. Because some with economic and legislative power know how important the vote is, they devise ways to keep people from voting, especially people of color and people who are poor. Clearly this is contrary to who and what we say we are as United States citizens.

Unfortunately, many who take their vote seriously in presidential elections take a break in mid-year elections. If ever a mid-year election manifested its importance it is this year, in November, 2018. Many seats in both parties and both House and Senate are at stake. We experience deep divisions and lack of leadership in House and Senate on issues of justice we care about, leaving the way open for executive orders that are anti-immigrant, anti-refugee, anti-environment, and anti-anti-gun violence prevention. Congress did act on tax cut legislation which benefits only the wealthy and currently proposes even more tax cuts. This mid-term election offers a possibility for change, but only if all of us vote.

Ten Catholic organizations based in DC created a reflection guide: "A Call to Holiness: A

2018 Guide for Voters,” which offers reflections on several issues at stake in this election and suggests questions that can be asked of candidates for office of both parties. The guide is posted on FAN’s website and can be shared with others in families, communities and parishes. Please remind everyone that YOUR VOTE COUNTS.

<https://franciscanaction.org/article/catholic-voters-guide-mid-term-elections>

NEW WAYS MINISTRIES



A dialogue among lesbian sisters, congregational leaders, and formation & vocation ministers
November 16-18, 2018

<https://www.newwaysministry.org/upcoming-programs/our-sexuality-and-our-lesbian-sisters-gifts-in-community/>

EDUCATION / FORMATION

St. Francis University, Joliet IL

Praise God and serve with great humility! (Francis of Assisi CantS)

Sr. Mary Elizabeth Imler, OSF

Vice President for Mission

500 Wilcox Street Joliet, IL 60435

[\(815\) 740-2622](tel:(815)740-2622)

mimler@stfrancis.edu

Online Certificate in Franciscan Studies

This four course certificate program is designed to:

- Provide a unified understanding of the Franciscan Tradition.
- Prepare students to form Franciscan experiences in their personal and professional lives.

- Strengthen students' relationship with Franciscan history.
- Discover applications to everyday life situations in today's world.

Recommended participants:

This course is highly recommended for faculty and staff at any of the AFCU partners who wish to feel more at home in the Franciscan lived expression of Gospel spirituality, and the Franciscan intellectual tradition. Because of the experience of the instructors, it is also applicable for those who are leading Formation Programs for Franciscan Religious Institutes, especially for candidates new to the Franciscan tradition. This course would also be useful for formation of those in the Franciscan Secular Order or in preparation for a life commitment of associates to religious institutes.

Register: mimler@stfrancis.edu or [815 740-2622](tel:8157402622)

<http://www.stfrancis.edu/franciscan-studies-certificate>



Next Generation Franciscan Mentors

We sponsor an annual conference for those who are helping form our next generation of Franciscans.

This conference is for you if you help in the formation of

- Franciscan vowed religious
- Secular Franciscans
- Associates/Affiliates/Co-journers
- High school or university students
- Volunteers in Franciscan-based service programs
- Those with a Franciscan heart

Inter-Franciscan Formation Programs

This program gathers Franciscan men and woman in formation (all levels) twice a year at Graymoor in Garrison, NY. Workshops are presented on Franciscan themes led by

Franciscan men and women.

Our upcoming meeting dates and the presenters are the following:

November 6-9, 2018

Fr. John Petrikovic, OFM Cap.

March 12-15, 2019

Fr. Robert Williams O.F.M. Cap.

Franciscan School of Theology

Franciscan School of Theology

www.FST.edu

REGIONS

Please note: All retreats and events are also located on the calendar in the "Planning" section of the new Website

Region 1

Save the Date !!

Immigrants/ Refugees

Embracing Our Brothers and Sisters

A Franciscan Perspective

Saturday, October 20, 2018

9:30am - 5:00pm

Martin de Porres Village

1 Green Street

Paterson NJ 07501

Presenters

Lorraine Campanelli - Director, Cabrini Immigration Services

Jim Andreano - President, North Jersey Interfaith Cares, Inc.

Cost: \$15 includes lunch & snacks

Make checks payable to Franciscan Federation Region 1.

Include name, address and phone number.

Send to:

Sister Sheila Madden SMIC

Our Lady of Sorrows - 1 Floor

9 Pocono Road

Denville NJ 07834

Blessed John Duns Scotus Library

125 Thompson Street

New York NY 10012

**Franciscan Spiritual Direction:
Experiencing our Journey to God through the Life
of Francis of Assisi**

Saturday, November 10, 2018, 1:00 PM

Brother Damian Novello OSF - Presenter

Center of Renewal Retreat & Conference Center

4421 Lower River Road

Stella Niagara, New York 14144

(Only 10 miles north of Niagara Falls)

(716) 754-7376, Ext. 2

NEW WEBSITE: www.stellaniagararetreats.org

NEW E-MAIL: centerofrenewal@stellaosf.org

2018

CONTEMPLATIVE PRAYER GROUP typically meets first Tuesday of each month at
6:30pm. Call for detail

ROAD SCHOLAR PROGRAMS on Niagara Falls & Underground Railroad through Sept.
2018 and “Deck the Falls ...” holiday theme early December 2018 (Elderhostel, Inc.) Call
Road Scholar at 800-454-5768 for the specific program # listed below)

- October 21-26, 2018 (Sunday dinner through Friday lunch – Program #16303)
- November 29 to December 3, 2018 (“Deck the Falls: Holiday Happenings in
Niagara Falls” Thursday dinner through Monday lunch – Program #22124)

Region 2

Franciscan Center

3010 North Perry Avenue

Tampa FL 33603

813.229.2695

franciscancentertampa.org

Centering Prayer Group

Eileen Strawser and Jill Biebel

Tuesdays, 1:30 pm - 2:30 pm

Centering Prayer is a method of silent prayer in which we experience God's presence within us. This contemplative practice follows Thomas Keating methods. The group will meet weekly with Eileen and Jill. If you have any questions "and/or" are new to centering prayer email Eileen Strawser eileenstrawser@tampabay.rr.com and Jill Biebel jillbiebel@aol.com. Please email info@franciscancentertampa.org to attend. Donation will be accepted.

A Day with St. Clare of Assisi

Fr. Tom Hartle OFM, Presenter

Saturday, November 17, 2018

9:30am and ending with Mass at 5:00pm

Fee: \$25.00 (includes lunch)

Overnight accommodations are available for an additional \$50.00
(includes a light breakfast)

registration required with advance payment of \$25.00
by November 15

To register visit <http://franciscancentertampa.org/registration/>
or call the office at 813-229-2695

Save the DATE!

Please join us and make this year's event amazing!

A Christmas Fundraiser Dinner with the Honorable E.J. Salcines

Thursday, December 6, 2018

5:30pm - 9:30pm

Tampa Garden Club

Please contact us if you are interested in sponsoring this event!

To register for retreats visit us online <http://www.franciscancentertampa.org/registration/>
or call during office hours 813.229.2695.

McGlenn Spirituality and Conference Center

The Canticle Gift Shop

460 St. Bernardine Street

Reading, PA 19607-1737

[484-334-6807](tel:484-334-6807) Fax: [484-334-6808](tel:484-334-6808)

Visit our Website or Facebook for more details.

mcglinncc@bfranciscan.org

www.bfranciscan.org

The Franciscan Spiritual Center

609 S. Convent Rd.

Aston, PA 19014

fsc@osfphila.org

www.fscaston.org

Centering Prayer – Group Session of Quiet Prayer

3rd Saturday of each month from 10:30 to 11:30 AM

Cost: Free will offering

A group gathering for those who have been practicing centering prayer. In the space of one hour there is a short reading or instruction, a 30 minute period of quiet centering prayer, 10 minute walking meditation, and a 20 minute concluding quiet centering prayer. We close with the Our Father. Prior to or after this hour there can be time for supportive discussion and encouragement around centering prayer for those who wish. For those interested who have never experienced centering prayer, the Franciscan Spiritual Center offers a Fall and a Spring one day introduction to Centering Prayer.

Facilitator: Julia Keegan OSF

Region 3

Catholic Theological Union

5416 South Cornell Avenue

Chicago, Illinois 60615

Life-long Formation For Franciscan Men in the U.S.

The Duns Scotus Chair at Catholic Theological Union announces a three day symposium, which includes two public events.

On Thursday, October 25, Rev. Michael Perry, OFM, will present on the promises and demands of life-long formation within the Franciscan community.

On Friday, October 26, Bishop John Corriveau, OFM Cap, will lead a town-hall style meeting on the issue of formational demands from the perspective of the needs and expectations of the larger church.

Thursday & Friday, October 25-26, 2018 @ 7 pm

LOCATION Catholic Theological Union Room 210 5416 South Cornell Avenue
Chicago, Illinois 60615

DETAILS

- Complimentary parking in the CTU garage

LEARN MORE Participate in the life of CTU. Visit ctu.edu/events for more information about this and other upcoming events.

Rev. Michael Perry, OFM, is the current Minister General of the Order of Friars Minor. A graduate of CTU, he was a missionary in the Democratic Republic of the Congo and resource person for Catholic Relief Services and the United States Catholic Conference of Bishops before his election to leadership.

Bishop John Coriveau, OFM Cap, is a member of the Capuchin Province of Central Canada. Previously presenting the first Duns Scotus lecture at CTU, he has served as Minister General of his order as well as Bishop of the Diocese of Nelson, British Columbia, Canada.

Chiara Center

A Franciscan place of spirituality

4875 La Verna Road

Springfield, IL, 62707

217-253-0901

Email: Info@chiaracenter.org

Web: www.chiaracenter.org

Chiara Self-Guided Retreats

Chiara center can help create sacred time away by providing resources from trusted spiritual leaders. Choose your retreat journey at Chiara Center using the audio or DVD series to create your own retreat. Retreat must be a minimum of three days and two nights.

Arrival times flexible.

Cost: 3 days, 2 nights: \$240 inclusive of guest room, meals, retreat resources including CD/DVD player. Each additional day is \$65 inclusive of meals.

Visit web site for brochure.

Oldenburg Franciscan Center

812-933-6437

Email: center@oldenburgosf.com

Website: _

oldenburgfranciscancenter.org

Blog: [www.peaceandgood.](http://www.peaceandgood.wordpress.com)

[wordpress.com](http://www.peaceandgood.wordpress.com)

October

Dealing with Our Grief

Tuesdays, October 2nd – November 6th

2:30-4:00pm or 7:00-8:30pm

Presenter: S. Janet Born, OSF (Certified Grief Recovery Facilitator)

\$85 for the six week process (book included)

Are you “stuck” in grief regarding losses in your life? This six week process will help you move toward renewed life and joy. You will identify the many painful happenings in your life – be they loss of people, pets, job, health, etc...that have left a hole in your heart. Come for healing!

Praying With the Seasons: Autumn Blessings

Presenter: S Marty Dermody, SC (Director of Spirituality Center, Sisters of Charity)

Saturday, October 20th

10am - noon

Cost: \$15

We are all aware of the gifts of the seasons with each new day of our lives. Here in the Midwest we experience the changes of nature on a daily basis. Using photographs and the outdoors we can get in touch with our loving God. This program will allow us to observe and experience some of the ways nature shows forth those day to day changes.

Finding God in Silence

Presenter: S. Donna Graham, OSF (Pastoral Care)

Friday, October 26th – Sunday, October 28th

Time: Fri 7pm – Sunday noon with stay @ Quality Inn

Cost: Friday – Sunday - \$130 (Does not include reservation @ Quality Inn)/ Saturday only \$55 (includes lunch & supper)

We will enter the sacred space of silence with each retreatant resting in the heart of God in their own time and space. Retreatants will meet together at determined times during the day. Nights will be spent @ the Quality Inn. To receive a discount at Quality Inn call (812) 934-6185 and say you are with OFC. Bring a friend and share a room. Feel free to come and spend Saturday only.

November

Discerning Important Choices in Life

Presenter: S. Janet Born, OSF (Spiritual Director & Pastoral Minister)

Saturday, November 3rd

10am – noon

Cost: \$15

How can we know what is best for ourselves? How can we make decisions about a course of studies, career choice, moving, job choice, marriage, etc..? In this morning workshop you will learn helpful ways to guide your decision making process!

December

Mindfulness Retreat

Presenters: S. Olga Wittekind, PhD & Claire Sherman, PhD

Saturday, December 8th

9:30am – 2:30pm

Cost: \$45 includes lunch/\$65 CEUs & Lunch

Join us for a day of Mindfulness Meditation Practice. Mindfulness is a practice that helps us pay attention to the present moment. Drawing from the insights of Thich Nhat Hanh and Meister Eckhart, we will explore the benefits of Mindfulness for reducing stress and the clutter of our minds. Come and experience the joy and the inner peace this brings!

Praying With the Seasons: Autumn Blessings

Presenter: S Marty Dermody, SC (Director of Spirituality Center, Sisters of Charity)

Saturday, December 22nd

10am - noon

Cost: \$15

We are all aware of the gifts of the seasons with each new day of our lives. Here in the Midwest we experience the changes of nature on a daily basis. Using photographs and the outdoors we can get in touch with our loving God. This program will allow us to observe

and experience some of the ways nature shows forth those day to day changes.

Audubon Bird Count @ Michaela Farm

Saturday, December 29th

7:30am – 1:00pm

\$10 for lunch

Join us in tabulating species & number of birds for use in a national database that helps determine trends in bird populations! Beginners welcome! Meet at Michaela Farm @

7:30am. Lunch at OFC.

Portiuncula Center for Prayer

www.portforprayer.org

9263 West St. Francis Road

Frankfort, IL 60423

info@portforprayer.org 815.464.3880

Sisters of St. Francis

St. Francis Spirituality Center

200 St. Francis Ave

Tiffin OH 44883

Ph. 419-443-1485

franciscanretreats.org

Note: Private retreats or individually directed retreats can be scheduled for 1-8 days in length. For more information regarding available directors, accommodations or cost, contact St. Francis Spirituality Center.

Meditation classes and day-long retreats are also periodically available. See the website for current offerings.

Tau Center

26W171 Roosevent Road

Wheaton, IL 60187

630-909-6805

www.taucenter.org

Region 4

Rochester MN Franciscans

Assisi Heights

1001 14th Street NW

Rochester, MN 55901

507-280-2195 or email: ahsc@rochesterfranciscan.org

<https://www.rochesterfranciscan.org/what-wedo/spirituality-center-ahsc.html>

Franciscan Sisters of Little Falls

116 Eighth Avenue Southeast

Little Falls, MN 56345

(320)632-2981

www.fslf.org

Marywood Franciscan Spirituality Center

3560 Hwy 51 North

Arbor Vitae, WI 54568

715-385-3750

marywood.center@gmail.com

www.marywoodsc.org

For more information on these retreats see marywoodsc.org/retreats.php

Shalom Spirituality Center

(formerly Shalom Retreat Center)

1001 Davis Street

Dubuque, Iowa 52001

www.shalomretreats.org

Call: [563-582-3592](tel:563-582-3592)

Email: info@shalomretreats.org

Artisan Souls Creativity Group

Monthly Lifelong Learners

Mondays, 6:30PM-8:30PM

September 10, October 8, November 12

Check-In Begins At 6:00PM

Facilitator: Mary Potter Kenyon

Were you the daydreamer in grade school? The child who stared out the window, entranced by a world that existed only in your imagination? Maybe you were the troublemaker who read books hidden in your lap beneath the desk, or consistently colored outside the lines. Whether you're ready to reignite your childhood passions for all things creative, want your box of crayons back, or are looking for a way to connect with your inner artist and others who think outside the box, this new monthly group welcomes you. No artistic talent necessary, just an interest in discovering your particular gifts and having fun.

October 8 — **Expressive Writing and Journaling**. Notebook provided.

November 12 — **Exploring Painting**. Additional \$20 materials fee.

Offering: \$10 Per Session

Register & Prepay By The Tuesday Before Each Session

T'ai Chi Chih

A Six-Session Series

Wednesdays, 8:30AM-9:30AM

September 12, 19, 26, October 3, 10, 17

Instructor: Sr. Marian Klostermann OSF

T'ai Chi Chih is a combination of 20 movements that are slow, gentle, and easily done by anyone regardless of age or physical condition. By circulating and balancing the "chi" or vital energy within us, the T'ai Chi movements promote physical, mental, emotional and spiritual harmony and well-being. T'ai Chi Chih is a modified form of T'ai Chi. This class is for beginners and practicing learners of T'ai Chi Chih. Guided repetition of T'ai Chi Chih provides practiced learning of this wellness technique. As movement is non-strenuous, participants will be comfortable in "regular" clothing. Sr. Marian has practiced and taught T'ai Chi for more than 30 years.

Offering: \$45

Register & Prepay By Monday, September 10

The Spirituality Of St. Francis Of Assisi

A Six-Session Seminar

Mondays, 1:30PM-3:00PM

October 1, 8, 15, 22, 29

Facilitator: Sr. Teresine Glaser OSF

Brother William (Bill) Short OFM, is an eminently respected scholar of Franciscan tradition and spirituality. He is one of the three general editors of *Francis of Assisi: Early Documents*. He recently presented a 12-lecture DVD series entitled *The Spirituality of St. Francis of Assisi* through Now You Know Media. Each lecture is 30 minutes and includes representative art works and excerpts from Francis' and Clare's writing. An ideal way of benefiting from the insights and depth offered in this series is group viewing followed by discussion. To accomplish this, the opportunity to view the lectures and discuss their content is being offered in the following format:

Six 2-hour sessions, during which two of Br. Bill Short's lectures will be viewed, each followed by a group discussion of the content. The study guide that accompanies the series will be provided to participants. These sessions will be moderated by Sister Teresine Glaser OSF.

Sr. Teresine's professional background is in education and psychotherapy. After she officially retired from these commitments, she devoted her time to study of the Franciscan/Clarian tradition. She received a Graduate Certificate in Franciscan Theology and Spirituality from Washington Theological Union and has published articles in *Franciscan Connections—The Cord and Custodians of the Tradition*.

Offering: \$30

Register & Prepay By Thursday, September 20

Boundless Compassion

Saturdays, 9:00AM-11:00AM

October 6, 13, 20, 27, November 3

Facilitators: Sr. Suzanne Rubenbauer FSPA & Sr. Marci Blum OSF

Using Sr. Joyce Rupp's newly published book, *Boundless Compassion*, participants will explore ways of being compassionate with oneself, others and all of creation. Through this six-week personal transformation process for deepening compassion, you will discover compassion from science, medicine, theology, spirituality, sociology and psychology.

Sr. Suzanne is a Franciscan from the LaCrosse, WI congregation and a spiritual director. Sr. Marci is the Director of Shalom and also a spiritual director.

Offering: \$30 For Program

***Boundless Compassion* Book: \$18.95**

***Prayers Of Boundless Compassion* Book: \$12.95**

Register & Prepay By Wednesday, September 26

St. Anthony Spirituality Center

300 E Fourth Street

Marathon, WI 54448

715-443-2236

info@sarcenter.com

www.sarcenter.org

The Franciscan Spirituality Center

920 Market Street,

La Crosse, WI 54601

608-791-5295

www.FSCenter.org

fscenter@fspa.or

Mining the Meaning of Our Sacred Stories

October 26-27

Friday, 7 p.m.-Saturday, 4 p.m.

Presenter: Diane Millis

Investment:

Full: \$170, includes overnight stay and all meals

Commuter: \$120, includes lunch on Saturday

Continuing Education for Spiritual Directors at the Franciscan Spirituality Center in La Crosse!

What's your story? It's a question we are often asked in everyday conversations, and one that is of primary concern to those of us in the ministry of spiritual direction. One of the primary reasons people often seek out a spiritual director is they need help making meaning of their story, that is, nurturing awareness of how God is at work in their lives.

For this year's continuing-education event, spiritual director, author and teacher Diane Millis will introduce us to three different stages for mining the meaning of our life's story and to the role that a spiritual director can play in facilitating movement from one stage to the next.

We are the story we tell ourselves. If we aspire to be more fully alive, we must learn to tell a more life-giving story. During our time together, we as spiritual directors will begin by examining the story each of us is currently authoring about our lives and then prayerfully consider a more life-giving story waiting to be told. We will conclude by considering how we can help those we accompany to do the same.

Region 5

Il Ritiro

Franciscan Retreat Center

P.O. Box 38 ~ 7935 St. Francis Ln.

Dittmer, MO 63023

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For more information or to register

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call us at 636-274-0554 or email us:

il.ritiro@gmail.com

www.facebook.com/il.ritiro.5

Tau Center

Sisters of Our Lady of Perpetual Help

335 S. Kirkwood Road
St. Louis MO 63122

Region 6

Franciscan Renewal Center

5802 E. Lincoln Dr.

Paradise Valley, AZ 85253

www.thecasa.org

Sabbaticals

Make the Franciscan Renewal Center a part of your sabbatical. Spend time in an atmosphere of quiet beauty and a space to develop a stronger sense of spiritual self-awareness and consciousness. Rest and take time for reflection; create your own program from our many workshops, courses and retreats. We are happy to offer you a wide variety of options to nourish your mind, body and spirit. Call 480.948.7460 to plan your stay.

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Keep up-to-date with Franciscan news, events, retreats, and other opportunities. Send news items for Musing or the Franciscan Federation website to franfed@aol.com by the 15th of the month.

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