

Marywood Franciscan Spirituality Center Newsletter

A stylized black silhouette of a tree with its roots extending into a wavy line representing water ripples. The tree is on the left, and the ripples flow to the right.

Roots and Ripples

Volume 13 • Issue 1
January-April 2020



Where Peace Prevails and Goodness is Shared



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Sister Julia Walsh, FSPA - Electronic Media
To contact staff without an extension listed, select Ext. 1

Follow us on Facebook and Twitter



Leaving a Legacy

Thank you for supporting the Marywood mission. Please consider remembering us in your will. A bequest established today guarantees a vital lifeline for our future. Another opportunity available at this time is a Charitable IRA Distribution. Because the charitable rollover completely avoids the donor's tax return, the donor can effectively get both the standard deduction and the charitable contribution deduction. As you reflect on various gift options, it is always best to consult a financial advisor. Marywood Franciscan Spirituality Center is owned and operated by Franciscan Sisters of Perpetual Adoration of La Crosse, WI, a 501 (c) (3) not-for-profit charitable organization. All contributions are tax deductible as the law allows.



Arise in the New Year

I arise with amazement at the presence of the Holy One.
I arise with gratitude for life.
I arise with hope that all shall be well.
I arise with courage to meet what will be difficult.
I arise with conviction to do what is life-giving.
I arise with eyes ever alert for beauty.
I arise with openness to great truth.
I arise with desire for continued transformation.
I arise with compassion for the hurting ones in the cosmos.
I arise with grief still settled in my spirit.
I arise with eagerness to write with depth and quality.
I arise with a sense of kinship with all who I love.
I arise with respect as others mentor and deepen my vision.
I arise with determination to make good choices in using my time.
I arise with willingness to help those who will need my care.
I arise with hesitation as I think about pain that may come.
I arise with longing for ever greater inner freedom.
I arise with happiness, knowing I am invited to live life fully.
I arise with love for the Holy One, my Intimate Companion.

Compassionate Companion and Faithful Friend, thank you for the opportunity to walk into another year of life. Help me, help us, to be faithful, to be generous, to be yours.

-Joyce Rupp in *Out of the Ordinary*

The Marywood Franciscan Spirituality Center engages persons seeking greater meaning in life and a deeper relationship with God, others, self and all creation by providing space for inspiration, reflection and solitude.



Marywood Franciscan Spirituality Center, a not-for-profit organization, is a ministry of the Franciscan Sisters of Perpetual Adoration, La Crosse, Wisconsin.



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Greetings and Christmas Blessings as you receive
the first issue of 2020 in early December!

As a snow lover, on my mind and stirring within me – somewhat hauntingly – is a piece of literature that has a line about a fresh new fallen snow inviting us to begin again. Following are a few lines from “A Haunting Reverence” by Ken Nerburn.

“It makes the heart gentle, this snow, burying the sharp edges of life and cutting us off from time. Our traces on the surface of the land are gone; our lives devoid of history once more. All is singular; all is one. We are children at the dawn of time. Begin again. Begin again. This snowfall says, begin again. It is the absolution, and falls in vast forgiveness on us all.”

This season in the Northwoods lends itself to reflection and inner work, and I invite you to attend some of the programs offered in this issue. You may be needing some time apart, or soul time for prayer and reflection. We have five trained spiritual guides at Marywood. You may be drawn to one of them for sharing your ‘God story’, and assistance in reflecting on your journey. You do not need to be in a crisis of faith, but simply may desire to share your journey with another who understands and can walk beside you.

As you plan your end-of-year gifting, please remember that the Franciscan Sisters of Perpetual Adoration, La Crosse, are matching monetary gifts to Marywood at a 2-to-1 ratio to build an endowment fund. Another opportunity to gift Marywood and have fun is at our annual golf outing fund raiser on June 25, 2020. You can sign on to golf, or as a hole sponsor, a major donor, a major sponsor, or all of the above. Call me anytime for more information.

As you pray, play, and celebrate the holy days and holidays during these months, may your hearts be filled with joy knowing that you are gently cared for, and loved unconditionally by the God who lives within you.

God Bless You and Your Families,
Sister Elizabeth and the Marywood Staff

MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2020 RETREATS

PRAYING WITH POETRY

JANUARY 31 - FEBRUARY 2, 2020

5:00 P.M. FRIDAY - 11:00 - A.M. SUNDAY

PRESENTER: PAT PINTENS

Certain poems speak deeply to our hearts and spirits. In prayer our hearts and spirits speak deeply to God. Certain poems offer us new images to ponder and explore - perhaps even new images of God. Come explore our often mysterious relationship with the divine, Holy Mystery, God. Bring poems that have spoken to you and discover new ones. Fee \$195 for a private room in a shared cabin. Commuters \$125. Meals not included. Register by Wednesday, January 15. Include a \$100 deposit with registration.

SILENT RETREAT — A STARTER

FEBRUARY 16-22, 2020

5:00 P.M. SUNDAY - 3:00 P.M. SATURDAY

FACILITATOR: REV. GRANT VAN LISHOUT, AN FSPA AFFILIATE

Does the thought of being in silence frighten you? Silence is God's gift of love that works from the outside in. This retreat is an opportunity to gradually enter into the silence that you've always longed for and then reflect on your experience. We will explore the benefits of the silent retreat and ask all the questions we were afraid to ask. We will also spend a few days practicing the gift of silence. Spiritual Direction is available each day as a time to share one's thoughts and reflect with another. Fee \$450 Spiritual Direction available for \$30-\$50 per session. Meals not included. Register by Friday, January 31. Each retreatant has a cabin by themselves fully furnished (max 4). Include a \$100 deposit with registration.

ICON RETREAT: GABRIEL THE ARCHANGEL

APRIL 19-25, 2020

5:00 P.M. SUNDAY - 10:00 A.M. SATURDAY

FACILITATOR: BARB LAWLESS

Icon writing/painting is a meaningful prayer practice and an art form with a rich, inspirational history. At this workshop, each participant will write/paint an icon of Gabriel the Archangel. No painting experience is needed. All materials and supplies are provided. By the end of the week, participants will have a beautifully completed icon varnished and ready to display. A gifted iconographer since 2002, Barb Lawless resides in Woodruff, WI. \$650 resident includes a private room in a shared cabin. \$475 for commuters. All needs included. Register by Friday, April 10. Include a \$100 deposit with registration.

VACATION WITH A PURPOSE

WATER MEDIA WORKSHOP

MAY 24-29, 2020

5:00 P.M. SUNDAY - 3:00 P.M. FRIDAY

INSTRUCTOR: KAREN KAPPELL, FSPA

An advanced level in watercolor. Participants will review watercolor principles and general techniques that keep surfacing no matter how advanced one becomes, learning both control and how to be free. As new mediums come on the market we will look at how one can incorporate and maybe use the product in their work. Classes will run from 9:00 a.m.-3:00 p.m. each day. Fee \$475 for residents includes a private room in a shared cabin. Commuters \$275. Breakfast and noon meal included. Register by Tuesday, April 21. Include a \$100 deposit with registration.

COUPLES RETREAT: WHAT'S YOUR LOVE LANGUAGE?

JUNE 12-14, 2020

5:00 P.M. FRIDAY - 12:00 P.M. SUNDAY

FACILITATOR: REV. GRANT VAN LISHOUT, AN FSPA AFFILIATE

At a wedding ceremony, couples profess before God and all present, their love for one another until "death do us part". Love is the greatest gift we can share with each other, as well as the most challenging and difficult to understand. Based on the research by Dr. Gary Chapman this retreat is an opportunity to discover and mutually share your love language with your partner. Fee \$250 per couple. Includes: Lodging and book "The Five Love Languages" by Dr. Gary Chapman. Meals not included. Spiritual Direction is available upon request. Register by Monday, June 1. Include a \$100 deposit with registration.

SILENT DIRECTED RETREAT

JUNE 14-20, 2020

5:00 P.M. SUNDAY - 10:00 A.M. SATURDAY

DIRECTORS: ELIZABETH AMMAN, OP AND PAT PINTENS

Come for quiet reflection. Each retreatant will meet once each day for one hour with a spiritual director. The rest of the day is spent in prayer and solitude enjoying the beauty of a woodland environment, Trout Lake, and a cozy cabin. Fee \$595 includes spiritual direction plus lodging. Meals not included.. Please register by Friday, May 29. Include a \$100 deposit with registration.

POSSIBLE OUTDOOR RETREAT

Anyone interested in a 3-4 day outdoor retreat summer 2020, with Camp Manitowish staff, please call for more information: 715-385-3750 Ext 1.

MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2020 RETREATS

WATERCOLOR II - CONTINUED LEARNINGS **JULY 5-10, 2020**

9:00 A.M. MONDAY - 3:00 P.M. FRIDAY
PRESENTER: KAREN KAPPELL, FSPA

This workshop will focus on continuing to learn watercolor painting and offer exercises in the basics techniques like brush handling, watercolor control of light and darks, freeing up painting, working with new materials in watercolor, etc. Aspects of negative painting and emphasis on contrast will be learned, as well as use of different papers that both absorb and repel paint and water. Come with watercolor paints and brushes and a desire to learn. Fee: Residents \$475 includes a private room in a shared cabin. Commuters \$275. Breakfast and noon meal included. Register by Monday, June 1. Include a \$100 deposit with registration.

CONTEMPLATION AND CREATIVITY: A WRITERS RETREAT **JULY 19- 25, 2020**

4:30 P.M. SUNDAY - 10:00 A.M. SATURDAY
FACILITATOR: JULIA WALSH, FSPA

Connect to the Great Creator among a community of creative contemplatives and see what wonders will unfold. This retreat is a chance for you to write away from your daily distractions and in a supportive environment. Plenty of writing time, input from experienced authors, prayer, and opportunities for writing workshops, socials and recreation in the Northwoods will offer the inspiration and energy you need to make progress on the writing project you bring along—or simply get started putting words on the page. Fee: \$595 for a private room in a shared cabin; commuters \$325. Breakfast and evening meal included. Register by July 6. \$50 discount if you register and pay in full by June 15. Include a \$100 deposit with registration.

HEALING RETREAT: MIND, BODY SPIRIT **AUGUST 20-24, 2020**

9:00 A.M. THURSDAY - 10:00 A.M. MONDAY
LEADERS: KRISTINE CLOUTIER, LAC. AND LUANN BRENTLINGER
Retreat participants will have the opportunity to experience healing on many levels (physical, emotional, spiritual), through acupuncture, massage, yoga, guided meditation and individual therapy sessions. We integrate these great healing modalities to offer a powerful way to de-stress, refresh, renew and reset intentions to care for your whole being. Free time to canoe/kayak, sit by the lake, contemplate, pray or journal is scheduled into the retreat. Limited to 8 participants. \$750 per person includes all therapies, 4 nights in a private room in a shared lakeside cabin and healthy meals, including special needs. Register by July 18, 2020. Include a \$100 deposit with registration.

SILENT RETREAT: A STARTER (2ND CHANCE) **AUGUST 30 - SEPTEMBER 5, 2020**

5:00 P.M. SUNDAY - 3:00 P.M. SATURDAY
FACILITATOR: REV. GRANT VAN LISHOUT, AN FSPA AFFILIATE
If you could not make our silent retreat in February, this is a second chance. Please see page 4 for details. Fee \$550 includes spiritual direction. Meals not included. Each retreatant has a fully furnished private cabin (max 4). Register by Monday, August 17. Include a \$100 deposit with registration.

CANTICLE OF ST. FRANCIS RETREAT **OCTOBER 2-4, 2020**

5:00 P.M. FRIDAY - 11:00 A.M. SUNDAY
PRESENTER: PAT PINTENS

“Be praised” St. Francis cries out in his canticle naming the sun, moon, stars, wind, water, earth and all living creatures as ‘brothers’ and ‘sisters’. This retreat will give us time to pray with our ‘brothers and sisters’, and learn more about their ways and the wisdom they offer us. Fee: \$195 for a private room in a shared cabin. Commuters \$125. Beginning and ending meal provided. Register by Wednesday, September 23, 2020. Include a \$100 deposit with registration.

SOUL PLACES **NOVEMBER 6-8, 2020**

5:00 P.M. FRIDAY - 10:00 A.M. SUNDAY
PRESENTER: PAT PINTENS

People often speak of their ‘home place’ or of ‘going home’. A folk group from Michigan’s Upper Peninsula sings of “going back to the place of my soul.” “The place of one’s soul” may be one’s birth home or another place one returns to time and again. Where is “the place of your soul?” What place do you return to to nourish your soul? Let’s explore these spiritual geographies together. Fee: \$195 for a private room in a shared cabin. Commuters \$125. Beginning and ending meal provided. Register by Wednesday, October 21, 2020. Include a \$100 deposit with registration.

TO REGISTER
715-385-3750 EXT. 1
marywood.center@gmail.org
www.marywoodsc.org/events-news/
CREDIT CARDS ACCEPTED



MARYWOOD PROGRAM CALENDAR

- JANUARY** 4 WOMEN'S CHRISTMAS
 7 WOMEN'S CHRISTMAS
 9 WOMEN'S CHRISTMAS
 10 FULL MOON SNOW SHOE WALK
 15 WINTER OF THE SPIRIT
 17 DAY OF SOLITUDE
- FEBRUARY** 3 PRAYING KINESTHETICALLY
 6 DEATH CAFÉ
 6 SPIRITUALITY & SCIENCE IONS - GIFTS OF WISDOM PEOPLE
 20 WINTER WISDOM, WORDS, AND WAYS
 21 EXPLORING YOUR DEPENDABLE STRENGTHS
 25 HOSPITALITY, WELCOMING STRANGERS & CHOCOLAT
 28 LENTEN MONASTERY LUNCH
- MARCH** 5 JOURNALING: A WINDOW INTO THE UNCONSCIOUS
 11 BE CREATIVE FOR YOUR SOUL'S SAKE
 12 WRITING YOUR SPIRITUAL AUTOBIOGRAPHY
 13 LENTEN MONASTERY LUNCH
 16 A DASH OF CELTIC
 25 PRAYING THE ANNUNCIATION WITH ICONS
 30 WATERCOLOR: MOVING BEYOND THE BRUSH
 31 MIXED MEDIA: BRUSH, INKS AND WATER-COLORS
- APRIL** 1 WATERCOLOR: FOCUS ON LIGHT
 2 SPIRITUALITY & SCIENCE IONS: INTRODUCTORY OBSERVATIONS OF THE SKY
 6 PRAYER TRADITIONS: CENTERING PRAYER, EXAMEN AND LECTIO DIVINA
 7 UKRANIAN EGGS
 8 PRAYING THE CRUCIFIXION WITH ICONS
 22 HIDDEN LIFE OF TREES

MARYWOOD ALSO OFFERS

- **PRIVATE RETREAT**
 Use of Marywood space and facilities for quiet time away, any time of the year
- **DIRECTED RETREAT**
 Use of space and facilities arranged with a spiritual director any time of the year - Call to schedule with any of our on-staff experienced, certified spiritual directors: 715-385-3750 (see below for staff phone extensions)
- **SABBATICAL** (2 weeks to 6 months)
 November thru April each year: Time away for renewal, rest, creative writing or art, etc. To plan and schedule a sabbatical, contact Sister Elizabeth Amman (Ext. 2) or email eamman@gmail.com

For information on Marywood's accommodations and staff, please visit: www.marywoodsc.org and select "About."

OUTREACH AVAILABLE

At-Your-Site Retreats Available

You Choose: Whole Day • Half Day • Evening

- Themes focused on liturgical ministries
- Prayer and general spirituality themes
- Youth, young adults, and Confirmation

For outreach information, or to explore possibilities, or to schedule a retreat or program at your site, contact Marywood Outreach Coordinators:

Pat Pintens, Ext. 6 • Rev. Grant Van Lishout, Ext. 3
 Sister Mary Ellen Green, Ext. 4

715-385-3750

www.marywoodsc.org

*Women's
Christmas*
2020



An Epiphany Celebration for Wise Women

**January 4 Saturday • January 7 Tuesday • January 9 Thursday
5:00 - 8:00 p.m.**

Women's Christmas (Nollaig na mBan) is a cherished Irish tradition celebrated on the Feast of the Epiphany. When all the preparations, cooking and busyness of Christmas are over, Irish women gather in homes or pubs to relax, celebrate, and enjoy one another's company – all while happily leaving the care of household duties to the men. At Marywood we believe this tradition has a place in the lives of today's women as well. Thus we are celebrating *the Feast of the Epiphany* and the tradition of Women's Little Christmas in special gatherings designed for women. Come celebrate the blessings of the past year and receive blessings for the year to come. Choose one of the three dates above and register by December 17. Advance reservations required. Suggested offering \$40 includes gathering, meal and blessing circle.

**FULL MOON SNOW SHOE WALK
JANUARY 10 - FRIDAY 8:00 P.M.
MEET AT CRYSTAL LAKE PARKING
LOT OFF OF COUNTY N**

FACILITATOR: PAT PINTENS

Enjoy a full moon walk: the shadows on the snow, the quiet of the winter woods, and the companionship of others, plus a simple reflection on God's presence in the greatness of winter. Bring snow shoes, clothing to keep you comfortable, and a snack to share at the end of the trail. Suggested offering \$10. Register by Monday, January 6.



**WINTER OF THE SPIRIT
JANUARY 15 - WEDNESDAY
9:30 - 11:30 A.M.**

PRESENTER: DICK BRUESEHOFF

Has your life ever brought you into the places of deep darkness? Do you experience winter as a fallow time? Winter—whether literal or figurative—can be a time to explore the ways in which our spirit conspires with (that is, “breathes with”) the Spirit for new life and growth in us—even during the dark times. Suggested offering \$15. Register by Friday, January 10.

**JANUARY DAY OF SOLITUDE
JANUARY 17 - FRIDAY
9:00 A.M. - 3:00 P.M.**

FACILITATOR: PAT PINTENS

Winter offers the perfect time for a day of resting in God's presence and listening for God's voice in silence and solitude. Participants will gather briefly to begin and end the day in prayer. The remainder of the day is on your own. You will have a private room, plus the opportunity to meet with a spiritual director if you wish. Contact Susan for information regarding spiritual direction. Bring a lunch. Suggested offering \$25. Register by Monday, January 13.

PRAYING KINESTHETICALLY

FEBRUARY 3 - MONDAY

9:30 - 11:30 A.M. OR 6:00 - 8:00 P.M.

FACILITATOR: REV. GRANT VAN

LISHOUT, AN FSPA AFFILIATE

Here is a chance to get out and move around during the cold of winter. Praying Kinesthetically uses simple yoga postures combined with scripture to make this a time of praise and contemplation.

These moves will get you on your feet, seat, and back. You can move as much or as little as you feel comfortable and still benefit from this type of prayer. Suggested offering \$15. Register by Friday, January 31.

DEATH CAFÉ

FEBRUARY 6 -

THURSDAY

**9:30 - 11:30 A.M. OR
6:00 - 8:00 P.M.**

**FACILITATORS: PAT PINTENS AND
GRANT VAN LISHOUT**

For many to speak of death is uncomfortable, even frowned upon. Still we have questions, feelings and wonderings about death that we would like to talk about. Death Café is an open, respectful and confidential space to express one's views and beliefs or ask questions about death. There is no intention of leading participants to any particular conclusion or course of action. Donations accepted. Register by Monday, February 3.



SPIRITUALITY & SCIENCE (IONS)

GIFTS OF WISDOM PEOPLE

FEBRUARY 6 - THURSDAY

1:00 - 3:00 P.M.

FACILITATOR: MARLA LANG, FSPA

Catholic Sisters have been ministering in the Amazonia regions.

They have come to know some of the customs of the indigenous people. We will gather to ponder bits of their wisdom and discuss implications. Bring along whatever you may have discovered these past months from native Amazonians. Suggested offering \$15.

Register by Wednesday, February 5.

WINTER WISDOM, WORDS, AND WAYS

FEBRUARY 20 - THURSDAY

9:30 - 11:30 A.M.

FACILITATOR: PAT PINTENS

The four seasons are as different as four different people. Each season offers us unique lessons on life and spirituality. What might we learn about our relationship with God from winter? What spiritual gifts does winter have to offer us?

Suggested offering \$15.

Register by Friday, February 1.



EXPLORING YOUR DEPENDABLE STRENGTHS

FEBRUARY 21 - FRIDAY

9:00 A.M. - 2:00 P.M.

FACILITATOR: DICK BRUESEHOFF

If your community were advertising for someone with your gifts and strengths, how would the ad read? You'll have an opportunity to tell stories from your life that will help you identify and explore the strengths that you have to offer to your community and world. Bring a lunch. Suggested offering \$25. Register by Monday, February 17.

HOSPITALITY, WELCOMING STRANGERS, AND CHOCOLAT!

FEBRUARY 25 - TUESDAY

9:00 - 12:00 A.M. OR 5:00 - 8:00 P.M.

FACILITATOR: REV. GRANT VAN

LISHOUT, AN FSPA AFFILIATE

It's the last chance before Lent to indulge your sweet tooth with some chocolates as we join in watching the academy award winning movie, Chocolat.

We will be reflecting on the themes of hospitality, welcoming

strangers, and embracing diversity in our communities. Suggested offering \$15. Register by Sunday, February 23.



LENTE MONASTERY LUNCH

FEBRUARY 28 - FRIDAY

11:30 A.M. - 1:00 P.M.

PRESENTER: PAT PINTENS

Come, nourish your body with a hearty meatless Lenten soup and warm homemade bread and your spirit with a spiritual reading and Gregorian chant. We'll dine non loqui (without words) but share insights after the meal. Bring a robe to wear (your bathrobe will do). Suggested offering \$15. Register by Monday, February 28.

To Register

715-385-3750 Ext 1

marywood.center@gmail.com

(credit cards accepted)

JOURNALING: A WINDOW INTO THE UNCONSCIOUS
MARCH 5 - THURSDAY
9:30 - 11:30 A.M.



FACILITATOR: MARY ELLEN GREEN, OP
 Ever wish you could sort out all the questions in your life? Ever wish you could make meaning out of them? Try journaling or re-try it if you've done it before. Bring a journal and a pen and an open mind and heart. You might be in for a surprise! Suggested offering \$15. Register by Monday, March 2.

BE CREATIVE FOR YOUR SOUL'S SAKE
MARCH 11 - WEDNESDAY
9:00 A.M. - 12:00 NOON

FACILITATOR: PAT PINTENS
 Made in the image and likeness of God the Creator, we are born to create – to sing, dance, draw, make music, bake, carve, garden, etc. All avenues of creativity afford us the opportunity to tap into the energy that created the universe and to come to know more fully the beauty, good, joy, and delight found in the Creator of all. Come, tap into the divine energy within you. Suggested offering \$15. Register by Thursday, March 5.

WRITING YOUR SPIRITUAL AUTOBIOGRAPHY
MARCH 12 - THURSDAY
9:00 A.M. - 2:00 P.M.

FACILITATOR: DICK BRUESEHOFF
 For many, writing is a spiritual practice. And, when it comes to reflection on your past experiences and your future dreams, writing can be a spiritual practice that offers opportunities for integration and increased awareness. This workshop will provide an opportunity for you to begin the process. Bring a lunch. Suggested offering \$25. Register by Monday, March 9.

LENTEN MONASTERY LUNCH
MARCH 13 - FRIDAY
11:30 A.M. - 1:00 P.M.

PRESENTER: PAT PINTENS
 (See previous description on page 7.) Suggested offering \$15. Register by Monday, March 9.

A DASH OF CELTIC
MARCH 16 - MONDAY
9:30 - 11:30 A.M. OR
6:00 - 8:00 P.M.



FACILITATOR: REV. GRANT VAN LISHOUT, AN FSPA AFFILIATE
 The Celtic people had developed spirituality long before Saint Patrick brought Christianity to Ireland. Over the centuries, the wisdom, blessings, and mystery of Celtic Spirituality has touched thousands of lives. This workshop will invite you deeper into the richness of Celtic spirituality through the eyes of John O'Donohue. Suggested offering \$15. Register by Friday, March 13.

PRAYING THE ANNUNCIATION WITH ICONS
MARCH 25 - WEDNESDAY
9:30 - 11:30 A.M.

FACILITATOR: PAT PINTENS
 The Annunciation celebrates the mystery by which Christ entered the world as told through Luke's Gospel account of the encounter of the Angel Gabriel and Mary. We will contemplate this mystery and its meaning for our day using the Scripture account and various icons of the Annunciation. Suggested offering \$15. Register by Tuesday, March 24.



WATERCOLOR: MOVING BEYOND THE BRUSH
MARCH 30 - MONDAY
9:00 A.M. - 3:00 P.M.

PRESENTER: KAREN KAPPELL, FSPA
 Now is the time to expand your choices and energize your art with great brush-free water-media techniques. Using brushless methods early in a painting frees the imagination and leaves refinement with the brush for a later phase in the painting. Bring watercolors and any water media, plus a stretched half sheet of watercolor paper. Floral compositions work well with this program. Fee: \$30. Bring a lunch. Register by Wednesday, March 25.

MIXED MEDIA: BRUSHO INKS AND WATERCOLORS

MARCH 31 - TUESDAY
9:00 A.M. - 3:00 P.M.

PRESENTER: KAREN KAPPELL, FSPA

Brusho powders are fine crystals of dye based ink that can add a colorful flair to your art. Their use carries an element of surprise that frees the imagination. The Brusho powders will be available for class use. They work on all watercolor paper and Yupo. Bring a stretched watercolor paper or pad and water color supplies. Yupo paper will be available for all to experiment with. Bring your watercolor supplies. Fee: \$30. Bring a lunch. Register by Thursday, March 26.



WATERCOLOR: FOCUS OF LIGHT

APRIL 1 - WEDNESDAY

9:00 A.M. - 3:00 P.M.

FACILITATOR: KAREN KAPPELL, FSPA

The subject of this painting will be a backlit wood landscape with light filtering through the trees. Working from a personal photo of winter trees with light of early morning or late afternoon coming through the branches, we will do a step-by-step painting process that allows us to catch that light in our expression of it. Fee: \$30. Bring a lunch, water color supplies, and stretched water-color paper. Register by Friday, March 27.

SPIRITUALITY & SCIENCE (IONS)



INTRODUCTORY OBSERVATIONS OF THE SKY

APRIL 2 - THURSDAY

1:00 - 3:00 P.M.

FACILITATOR: MARLA LANG, FSPA

This will be about very introductory information of the sky with the naked eye as a way of deepening our sense of the sacred and of gift. How many times have we pondered the sky, wondered about it, received the fruits of it? How often have we examined its awesomeness, its importance, its ability to lead us beyond ourselves into the divine giver of mystery? Come join us! Suggested offering \$15. Register by Tuesday, March 31.

PRAYER TRADITIONS: CENTERING PRAYER, EXAMEN AND LECTIO DIVINA

APRIL 6 - MONDAY

9:00 A.M. - 12:00 NOON

FACILITATOR: REV. GRANT VAN LISH-OUT, AN FSPA AFFILIATE

Prayer involves speaking and listening. Prayer forms in the mind, comes from the heart, and is spoken with the lips. Centering prayer, helps us to become grounded and settle our minds as we wait upon the spirit. The examen, involves our conscience as we notice what was stirring in us as we look back on our day. Lectio Divina, also known as the "Divine Reading" allows us to ponder scripture in a unique way. Be renewed by some of the age old prayer traditions and make them a part of your life. Suggested offering \$15. Register by Monday, March 30.

UKRANIAN EGGS

APRIL 7 - TUESDAY

9:30 A.M. - 12:00 N

GUEST PRESENTERS:

GEMMA LAMB AND

JEANNINE LAIBLY

Learn the old world tradition of Pysanky. Ukrainian eggs are a style in which patterns are created using a method that involves applying melted beeswax to an egg before dying. The wax protects the shell from the dye, allowing a layered effect of color to be achieved. Required materials are provided and additional materials will be available for purchase at a minimal fee. Suggested offering \$20. Register by Thursday, April 2.



PRAYING THE CRUCIFIXION WITH ICONS

APRIL 8 - WEDNESDAY

9:30 - 11:30 A.M.

FACILITATOR:

PAT PINTENS

In the early church the good news of Jesus was expressed in words and in images



called icons. Often the crucifixion doesn't seem like 'Good News' to modern minds. Gazing upon icons of the crucifixion can give us new insights into the 'Good News' of Jesus' death upon a cross and lead us to fuller Easter joy. Suggested offering \$15. Register by Friday, April 3.

HIDDEN LIFE OF TREES

APRIL 22 - WEDNESDAY

9:30 - 11:30 A.M.

FACILITATOR: MARLA LANG, FSPA

Trees share food and communicate with each other in astonishing ways. Actually, our Northwoods trees surround us with their hidden lives and seeming miracles. We will take time to ponder some of these mysteries.



Suggested offering \$15. Register by Monday, April 21.

TO REGISTER

715-385-3750 EXT 1

marywood.center@gmail.org

CREDIT CARDS ACCEPTED

NAVIGATING CHANGE IN ONE’S LIFE

APRIL 24, 2020 - FRIDAY

9:30 A.M. - 11:30 A.M.

PRESENTERS: SISTER MARLA LANG & PAT PINTENS

Change-making is all around us. What does it do to me? To those I know? Endings usually don’t become beginnings immediately! Change is in our neighbors, in our Churches, in our families. Where is God in all this? How might we grow through change? Suggested offering: \$15. Register by Wednesday, April 22.

WHEN YOU’RE WOUNDED BY THE CHURCH

APRIL 28 - TUESDAY

9:30-11:30 A.M.

FACILITATORS: PAT PINTENS AND SISTER MARLA LANG

“He went about doing good works and healing.” (Acts 9:11) The Church is to do the same, to be an instrument of Christ’s healing. But the



Church is flawed and at times is the cause of hurt – deep hurt. How and where do we find healing then? How do we reconnect with a loving God after such a hurt? Let’s explore these questions together. Suggested offering \$15. Register by Friday April 24.

TO REGISTER
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CREDIT CARDS ACCEPTED



FOUR WOMEN DOCTORS OF THE CHURCH

HILDEGARD OF BINGEN, CATHERINE OF SIENA, TERESA OF AVILA, THERESE OF LISIEUX

APRIL 29 - WEDNESDAY

9:30 - 11:30 A.M.

FACILITATOR: MARY ELLEN GREEN, OP

Of all the 36 Doctors of the Catholic Church, only four are women. Who are they? Why have they received this title? What do they have to say to us today? Suggested offering \$15. Register by Monday, April 27.

“Love follows knowledge.”

— St. Catherine of Siena,
The Dialogue of St. Catherine of Siena

Mark Your Calendar!

June 25, 2020

Spirit of Marywood

5th Annual Golf Scramble

Trout Lake Golf Club

Highway 51 North • Arbor Vitae

Details to Follow • www.marywoodsc.org



3560 Hwy 51 North • Arbor Vitae, WI 54568

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Permit No. 7

Women's Christmas

2020

An Epiphany Celebration for Wise Women

**January 4 Saturday • January 7 Tuesday
January 9 Thursday**

5:00 - 8:00 p.m.

Select your preferred date and register by Tuesday, December 17.

Limited Seating • Advance Reservation Required

For program details see page 7

Suggested offering \$40 per person includes
gathering reception, meal and blessing circle.
"A reservation paid is a reservation made."

Register: 715-385-3750 Ext. 1
marywood.center@gmail.com
Credit Cards Accepted

