

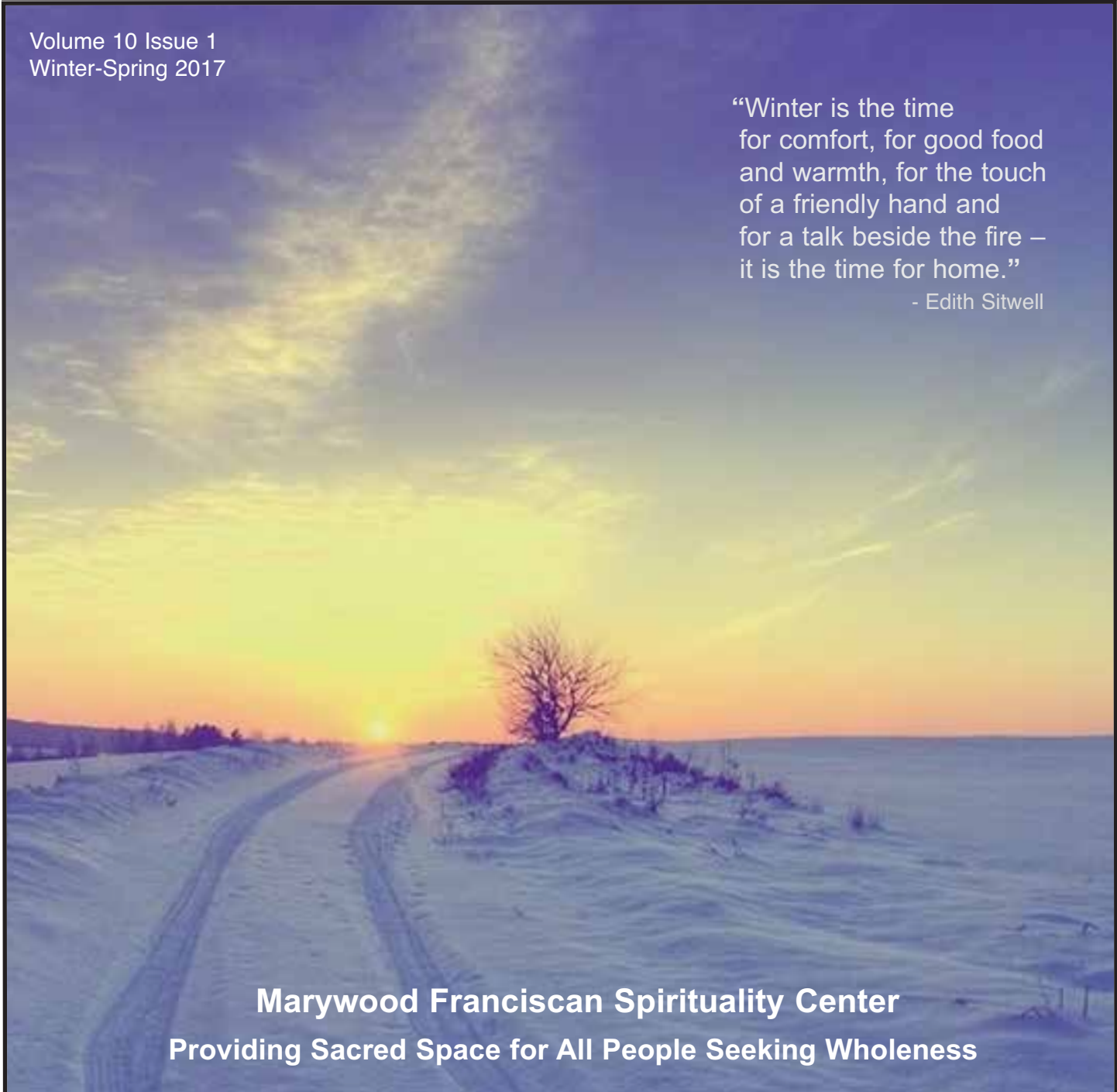


Roots *and* Ripples

Volume 10 Issue 1
Winter-Spring 2017

“Winter is the time
for comfort, for good food
and warmth, for the touch
of a friendly hand and
for a talk beside the fire –
it is the time for home.”

- Edith Sitwell



Marywood Franciscan Spirituality Center
Providing Sacred Space for All People Seeking Wholeness



3560 Hwy 51 North • Arbor Vitae WI 54568

www.marywoodsc.org

marywood.center@gmail.com

715-385-3750

(To contact staff without an extension listed, select Ext. 1)

Director	Elizabeth Amman, OP, Ext. 2
Staff	Karen Kappell, FSPA Marla Lang, FSPA, Ext. 5 Pat Pintens Julia Walsh, FSPA, Ext. 3
Hospitality	Anita Beskar, FSPA
Office Manager	Susan Fredenhagen, Ext. 1
Marketing Manager	Addie Halfmann
Buildings/Grounds	Darrell Shelby

Leave a Legacy That Makes an Impact ...

Your support will be as necessary in the years ahead as it is now. A bequest established today guarantees a lifeline of vital support for the future of Marywood Franciscan Spirituality Center. As you consider various gift options, it is always best to consult your tax adviser. Marywood Franciscan Spirituality Center is a not-for-profit charitable organization (501(c)(3) and all contributions are tax deductible as the law allows.

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 Staff

Elizabeth Amman, OP

Marywood Director; special interest and experience in walking the journey with people in administrative and the business community; Spiritual Direction



Karen Kappell, FSPA

Retreat, Workshop and Program Presenter with focus on spirituality, art and nature; Spiritual Direction

Marla Lang, FSPA

Retreat and Program Presenter with focus on liturgical ministries, Sacraments and Scripture; Spiritual Direction



Pat Pintens

Retreat and Program Presenter with focus on spirituality, prayer, nature and ministry; Spiritual Direction



Julia Walsh, FSPA

Retreat and Program Presenter with focus on prayer, writing, social justice, and outreach for youth and young adults.

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





*"Snow
was falling,
so much
like stars
filling the
dark trees
that one could
easily imagine
its reason
for being was
nothing more
than
prettiness."*

— Mary Oliver

Happy New Year, Friends!

We are pleased to be able to share with you a wealth of interesting and enriching programs in this first issue of the new year. Explore the listings and see how Marywood celebrates major holidays/holydays plus the seasons of Lent and Easter in this single issue. We hope you will find something that speaks to your heart.

Again, thank you to all who contributed to our annual fund appeal and our first annual golf outing! Without your help we could not continue to serve God's people in the retreat and spirituality ministries here in the beautiful Northwoods.

May your New Year and all that follows bring peace and much joy to you and your loved ones ...

Sister Elizabeth Amman

Marywood Operating Board

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Vice Chair - Rose Elsbernd, FSPA, La Crosse, Wis.
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Marywood Franciscan Spirituality Center

2017 RETREATS AND WORKSHOPS

YOUNG ADULT RETREAT (ages 18-35)

January 20-22, 2017

Friday 3:00 p.m. - Sunday 11:30 a.m.

Facilitator: Julia Walsh, FSPA

Get away from your busy schedule and unplug from your devices. Tune into God for an entire weekend to see what wonders emerge. This contemplative retreat will consist of talks on discipleship plus much prayer and a chance to relax with others. \$215 includes a private room in a shared cabin and all needs. \$175 for a shared room and all needs. Commuters \$165. *Register by Friday, January 6.* \$100 deposit required. Partial scholarships available.

ICON WRITING WORKSHOP:

"The Unsleping Eye"

April 23-29, 2017

Sunday 7:00 p.m. - Saturday 10:00 a.m.

Presenter: Barbara Lawless

A meaningful prayer practice and a technical art form, iconography has been a vital part of Eastern Christian worship since the beginning of Christianity. "The Unsleping Eye," an icon of Christ depicted as a small child asleep on a bed, shows Christ as the eternal God who neither slumbers nor sleeps. It serves to remind us that God continually watches over us. Barbara, a learned iconographer, will guide participants through the step-by-step process of "writing" or painting an icon, following ancient guidelines while using modern artist's materials. By the end of the week students will have a beautifully completed icon. No experience necessary. All materials and supplies are included. Bring an apron and wear comfortable clothing and shoes. Fee: Resident \$650 includes the workshop, private room in shared cabin and all needs. Commuters \$475. *Register by Wednesday, March 21;* include \$100 deposit (refundable if cancelled by March 21). Limit of 8.

WEEKEND ON THE WATER: FISHING RETREAT

May 5- 7, 2017

Friday 7:00 p.m. - Sunday 3:00 p.m.

Facilitator: Julia Walsh, FSPA

Bring your fishing gear and prepare to paddle! This retreat will be a time for quiet reflection upon the beautiful Trout Lake during the opening weekend for the 2017 fishing season. Communal prayer will connect us with Jesus, the fisherman. Fee: \$175 for a shared room and all needs. \$215 includes a private room in a shared cabin and all needs. Commuters \$165.00. *Register by Friday, April 21;* \$100 deposit required. Partial scholarships available.

DIRECTED RETREATS

1) May 21-28, 2017: *Register by May 1*

Friday 5:30 p.m. - Thursday 1:00 p.m.

Retreat Director: Elizabeth Amman, OP

2) June 4-10, 2017: *Register by May 12*

Sunday 5:30 p.m. - Saturday 10:00 a.m.

Retreat Director: Janet Mallak, SSND

Come for days of quiet reflection. Each retreatant will meet once each day with the spiritual director. The rest of the day is spent in prayer and solitude enjoying the beauty of a woodland environment and cozy cabin. Include a \$100 deposit (refundable if reservation is cancelled by register-by date). Fee \$550 includes spiritual direction and all needs, plus lodging in a private room in a shared lakeside cabin. \$100 deposit required. Partial scholarships available.

VACATION WITH A PURPOSE:

Creative Techniques with Watercolor

May 28 - June 2, 2017

Monday 9:00 a.m. - Friday 3:00 p.m.

Presenter: Karen Kappell, FSPA

We will use traditional ways of painting with watercolor and water-media in combination with other materials that will broaden and expand your painting process -- rubbing alcohol, matt medium, paste, gesso, etc. Others will be the way watercolor is applied: using applicators other than brushes, brayers, crushed paper and stamps. Most paintings will be done with a combination of mask-out that will leave the option of traditional water color painting in combination with backgrounds that incorporate different and creative techniques. Bring watercolor supplies and half sheets of 140# cold press watercolor paper. Materials for the new techniques will be provided. Be ready for fun and new learnings. Fee: Commuters: \$250. Residents \$450 with private room, arrival in the afternoon of May 28. *Register by Monday, May 8;* include \$100 deposit.

To Register

for any program or retreat:

marywood.center@gmail.com

715-385-3750

www.marywoodsc.org

VACATION WITH A PURPOSE:

Creative Mindfulness through Watercolor

July 9-14, 2017

Monday 9:00 a.m.-Friday 3:00 p.m.

Presenter: Karen Kappell, FSPA

Using a recently published book, "Paint Yourself Calm" by Jean Haines, this workshop/retreat will guide you in ways that can add calmness and enhancement to your life. No painting experience is necessary. All materials will be provided, including a copy of the book. Come and experience meditative, peaceful, and calming watercolor painting in the Marywood setting - a place of beauty and quiet. Fee: Commuters \$250. Residents \$450 with private room in a shared cabin, arrive the afternoon of July 9. *Register by Monday, June 19;* include \$100 deposit.

WRITER'S RETREAT

August 5-10, 2017

9:00 a.m. Saturday - 3:00 p.m. Thursday

Facilitator: Julia Walsh, FSPA

The life of a writer can be isolated and full of distractions. Despite the persistent desire to engage in the creative work of the Spirit, life's demands get in the way of putting words on paper. Here's a chance for you to experience discipline and supportive community so you can develop as a writer and breathe life into your projects. Coming to this writing retreat on beautiful Trout Lake means you are guaranteed time away from your daily distractions to focus on your writing. Plus, you will be able to tap at your keyboard along side others who value the craft, who have felt the struggle, and believe they will benefit from working among community. In addition to solid writing time, participants can expect community gatherings, shared contemplative prayer and opportunities for socials, writing workshops, and recreation such as kayaking and hiking in the Northwoods. *Register by July 14; include \$100 deposit.* \$495 for a shared room and all needs. \$595 for a private room in a shared cabin and all needs. Commuters \$275. ***\$50 cabin discount if you register and pay in full by June 15, 2017.***

THE GREENING POWER OF GOD

August 25-27, 2017

5:00 p.m. Friday - 11:00 a.m. Sunday

Presenter: Dick Bruesehoff

Can you take some time to experience God's "greening power?" Using a variety of prayer practices, including various forms of body prayer, you'll create your own string of Greening Beads. You'll have an opportunity to explore God's greening power, uniquely present in you. Fee: \$215 includes a private room in a shared cabin and all needs. Commuters \$165. *Register by Friday, August 4;* include \$50 deposit.

RETREAT: THE SACRED GIFT OF LISTENING

September 22-26, 2017

Saturday 5:30 p.m. - Tuesday 1:00 p.m.

Presenter: Marla Lang, FSPA

The gift of listening is a key to cultivating peace in our relationships and, hence, peace in our world. Besides "listening beyond words," we will examine ways to be more specific in how we connect and engage with God and with another as gift to the "other." Each morning includes a presentation and communal prayer. Afternoons will be free for rest and to explore listening. After the evening meal there will be sharing and communal prayer. Spiritual direction will be available if desired as part of the retreat. Fee: \$375 residents includes all needs and a private room in a shared lakeside cabin. Include a \$100 deposit (refundable if reservation is cancelled by August 20). Commuters \$175 (deposit \$50). *Register by Monday, August 28.*

■ PRIVATE RETREAT

Use of Marywood space and facilities for time away, anytime of the year

■ DIRECTED RETREAT

Use of space and facilities arranged with a spiritual director anytime of the year

■ 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 directed retreat or sabbatical, contact: **Sister Elizabeth Amman**
715-385-3750, Ext 2 • eaamman@gmail.com

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

* * * *

LET US COME TO YOU!

At-Your-Site Retreats and Programs

You Choose: whole day • half day • evening

- Themes focused on liturgical ministries
- Prayer and general spirituality themes

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

Outreach Coordinators

- Marla Lang, FSPA
mlangfspa@gmail.com
- Pat Pintens
patpintens@gmail.com

715-385-3750

Special opportunity without travel ...

SKYPE AND SIP FOR SPIRITUAL SEEKERS

First Tuesday of each month:

January 3 • February 7 • March 7 • April 4 • May 2

3:00-4:00 p.m. (Central Time)

Facilitator: Julia Walsh, FSPA

Join our new faith sharing discussion group from anywhere via your device with Skype. Grab your beverage of choice, light a candle, and join our contemplative conversation. Our first conversation will explore what spiritual practices help us pause and connect with the Divine in the midst of our busy days. \$5 suggested offering each session. Please call 715-385-3750 at least 24 hours prior to session to join the discussion. Include your Skype profile name, email address and phone number.



Women's Christmas

An Epiphany Celebration for Wise Women

Women's Christmas (Nollaig na mBan) is a cherished Irish tradition celebrated on the Feast of Epiphany, January 6. When all the preparations, cooking and busyness of Christmas are over, Irish women gather in homes, restaurants or pubs to relax, celebrate and enjoy one another's company, 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. And so, on January 5, we are celebrating the Epiphany and the tradition of Women's Christmas in a special gathering designed for all women. Whether your commitments are many or few, Women's Christmas offers an opportunity to pause and step back from whatever has kept you busy and hurried in the past weeks or months. This is an occasion both to celebrate with friends and also to spend time in reflection before diving into responsibilities of the New Year.

Beginning with a simple meal, we will reflect on three gifts that Wise Women give to each other.

Women's Christmas

January 5, 2017 • Gather 5:00 p.m. • 5:30-8:00 p.m.
\$30.00 includes meal and Wise Women gifts
*Reservations required. Please register by Friday,
December 16, 2016*

Come bless, and leave blessed and gifted!

SPIRITUAL CHECK-UP TIME

**January 6 – Friday
1:00 – 3:00 p.m.**

Presenter: Marla Lang, FSPA

As we move into 2017, we are invited to look at where the journeys of our lives are moving. What is becoming more visible? What are we learning? What may be breaking through? What is needing more focus? What are we feeling called to celebrate? Join us in this time of guided reflection. Suggested offering \$10.00. *Register by Wednesday, January 4.*



WHERE DO WE FIT IN?

**January 18 – Wednesday
9:30-11:30 a.m.**

Presenter: Marla Lang, FSPA

Using a blend of Psalms 8 and 139 as well as the recent encyclical, *Laudate Si*, we will reflect on their wisdom regarding our role in God's creation. We will also ponder some of the wonders that can be seen in the magnitude of the cosmos and some of the microscopic delights that have only been seen recently. Where are we called to fit into this array of wonderment? Suggested offering \$10.00. *Register by Monday, January 16.*



**WINTER "SHINRIN-YOKU"
(Forest Bathing)**

**January 12 - Thursday
1:00-4:00 p.m.**

Presenter: Pat Pintens

"Forest bathing" is a Japanese approach to walking in the forest. It is a slow, deliberate immersion in nature. Come bathe yourself in the white, beautiful silence of the winter forest. Dress warmly. Snowshoes might be needed. We will meet at Marywood and proceed to a winter trail. Call Marywood for further information. Suggested offering \$10.00. *Register by Monday, January 9.*

THE WINTER OF THE SPIRIT

**January 17 – Tuesday
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 \$10.00. *Register by Friday, January 13.*

PRAY ALL WAYS

**January 26 – Thursday
9:30-11:30 a.m.**

Presenter: Pat Pintens

St. Paul encouraged us to "pray always." It might help us to "pray always" if we were to "pray all ways." One of the most available and easy means of prayer is the use of our senses – gifts God has given us. We will practice various ways of praying with our eyes (sight), ears (sound), noses (smell), mouths (taste) and skin (touch). Who knew our bodies were naturally equipped for praying always! Suggested offering \$10.00. *Register by Tuesday, January 24.*

WHAT JESUS REALLY MEANT WHEN HE SAID "TURN THE OTHER CHEEK"

**January 31 - Tuesday
9:00 a.m.-Noon**

Presenter: Julia Walsh, FSPA

Come learn how to live Jesus' teachings on non-violence and pray for peace. This workshop will examine Gospel non-violence, Pope Francis' promotion of peace and the momentum stirring in the Church for a shift away from a Just War theory to a culture of Just Peace since the Vatican Conference on Non-Violence and Just Peace in April 2016. Suggested offering \$10.00. *Register by Tuesday, January 24.*

**YOUNG ADULTS (18-35 years)
WEEKEND RETREAT**

January 20 - 22

Friday 3:00 – Sunday 11:30

Facilitator: Julia Walsh, FSPA

Get away from your busy schedule and unplug from your devices. Tune into God for an entire weekend to see what wonders emerge. This contemplative retreat will consist of talks on discipleship plus much prayer and a chance to relax with others. \$215 includes a private room in a shared cabin and all needs. \$175 for a shared room and all needs. Commuters \$165. Partial scholarships available. *Register by Friday, January 6.*

Registration Required

Pre-registration helps us prepare for your attendance at any program, and enables us to call you in case of a cancellation due to weather, etc.

715-385-3750

marywood.center@gmail.com

Programs - February 2017

BRIGID, BEER & BLESSINGS

February 1 - Wednesday

1:00-3:00 p.m.

Presenter: Pat Pintens

We're celebrating February 1, the first day of the Celtic (Irish) spring and the feast day of one of Ireland's most popular saints: St. Brigid. We'll learn a bit about Brigid and the customs surrounding her and her feast day, pray a few of her blessings, have a bit of beer (since she is the patroness of brewers), and weave a simple Brigid's cross. Suggested offering \$10.00. *Register by Monday, January 30*

PRAYING WITH ALL THAT IS

February 2 - Thursday

10:00 a.m.-Noon

Presenter: Marla Lang, FSPA

What are some of the everyday things that turn us in the light and direction of God? We will unpack some of one of Karl Rahner's talks to God: "I must seek you in all things. If every day is every day, then every day is Your day, and every hour is the hour of Your grace." Suggested offering \$10.00. Register by Tuesday, January 31.

Registration Required

Pre-registration helps us prepare for your attendance at any program, and enables us to call you in case of a cancellation due to weather, etc.

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WATERCOLOR: COLOR SPLASH EXERCISES

February 6 - Monday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

A color splash method is a quick way to put colors onto a paper and leads to an understanding of how colors merge and blend together. We will produce a number of small paintings on watercolor paper and take a creative clue from what happens when the paint creates the splash. Be ready to learn about color in a fun way. Bring watercolor supplies, large watercolor brushes, a full sheet of 140# cold press watercolor paper or the equivalent in smaller size. Fee: \$30.00. Bring a lunch. *Register by Monday, January 30.*



RESIST PAINTING: DYE-FLOW INKS or FLUID ACRYLICS

February 7 - Tuesday

9 a.m. - 3:00 p.m.

Presenter: Karen Kappell, FSPA

Try an out-of-the-ordinary use of hair gel as a resist with inks. We will use dyes or acrylics with the gel to create wonderful backgrounds that can be enhanced with dry media. You will need to bring colored pencils, rubber gloves, fine mist spray bottle, sponges and a half sheet of 140# cold press watercolor paper. Fee: \$30.00. Bring a lunch. *Register by Wednesday, February 1.*

FIRE, DIVISION AND FAITHFULNESS

February 8 - Wednesday

9:30 a.m.-Noon

Facilitator: Julia Walsh, FSPA

Jesus said, "I have come to set the earth on fire, and how I wish it were already blazing! There is a baptism with which I must be baptized, and how great is my anguish until it is accomplished! Do you think that I have come to establish peace on the earth? No, I tell you, but rather division." –

Luke 12:49-50. These words can be challenging and confusing to disciples. Yet, our experiences

show us that the work of service and advocacy on behalf of the poor is demanding and includes great struggle. During this morning of prayer and contemplation we will reflect together on our work of building God's reign even while our actions may offend

others and cause division. Suggested offering \$10.00. *Register by Wednesday, February 1.*

HEARTS FOR VALENTINE'S DAY! WHY NOT CIRCLES?

February 14 - Tuesday

1:00-3:00 p.m.

Presenter: Pat Pintens

Perhaps hearts, as an expression of love, are overrated. Someone once wrote: "He drew a circle that shut me out, but love and I had the wit to win. We drew a larger circle that shut him in." So why not use circles as a symbol for love? Share in reflecting on various circles as expressions of love and how we might draw larger circles of love in our lives, communities and world. Suggested offering \$10.00. *Register by Friday, February 10.*

ADULT COLORING AS A SPIRITUAL EXPERIENCE

February 16 - Thursday
9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

After a guided experience in a contemplative prayer, you will be invited to engage in an adult coloring session. Many find it relaxing, a profound form of prayer, and an enriching way to spend a winter morning. All materials will be provided. Suggested offering \$10.00. *Register by Tuesday, February 14.*



Top Seven Benefits of Coloring for Adults

- Your brain experiences relief by entering a meditative state.
- Stress and anxiety levels have the potential to be lowered.
- Negative thoughts are expelled as you take in positivity.
- Focusing on the present helps you achieve mindfulness.
- Unplugging from technology promotes creation over consumption.
- Coloring can be done by anyone, not just artists or creative types.
- It's a hobby that can be taken with you wherever you go.

SOCIAL MEDIA, SMART PHONES, AND THE SPIRIT OF GOD

February 22 - Wednesday

9:00 a.m.-3:00 p.m.

Presenter: Julia Walsh, FSPA

This workshop will explore modern technology and the effects (positive and negative) media and technology can have on our spiritual lives. We will discuss the social and religious impacts of connecting with God and others through technology and consider how, or whether, to allow technology to be a tool in our prayer. Bring your own device (smart phone, tablet, etc. with Wi-Fi ability) so we can explore particular apps and websites that could enhance our spiritual lives. Bring a sack lunch too. Fee: \$30.00. *Register by Wednesday, February 15.*



LIVING IN LOVE

February 23 - Thursday
9:30 – 11:30 a.m.

Presenter: Dick Bruesehoff

February is the month of love! Take some time to experience

God's deep love for us, for you, for me! We'll explore ancient prayer practices that can bring us face-to-face with the God of love. Suggested offering \$10.00. *Register by Tuesday, February 21.*

CAN I SHOUT WHEN I PRAY?

February 27 - Monday
9:30-11:30 a.m.

Presenter: Pat Pintens

We've all shouted at one time or another. We shout for a number of reasons: fear, anger, excitement, joy. We shout at family members, friends, neighbors, our favorite sports team, complete strangers. But – can we shout at God? Learn about some people who shouted at God and the prayers they used. Suggested offering \$10.00. *Register by Friday, February 24.*

"Love is the affinity
which links
and draws together
the elements
of the world ...
Love, in fact,
is the agent of
universal synthesis."

- Teilard de Chardin

Programs - March 2017

WATERCOLOR: LAYERING WITH NEGATIVE & POSITIVE SHAPES

March 6 - Monday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

Negative painting identifies the subject by painting the background around the subject and positive painting the subject itself. You will create two similar paintings using either a subject of leaves or flowers to note the differences in approach. Because we are layering, it is important to keep the subject simple in shape. Bring watercolor supplies and a stretched half sheet of watercolor paper and bring a lunch. Fee: \$30.00. *Register by Tuesday, February 28.*



PASTEL WITH AERIAL PERSPECTIVE

March 8 - Wednesday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

Aerial perspective is a powerful tool for an artist. In this class you will deepen your understanding of how it works so that it can be used effectively in your paintings. Bring pastels, some photos of landscapes that have foreground, middle ground, and distant areas. Pastel paper will be provided. Fee: \$30.00. Bring a lunch. *Register by Wednesday, March 1.*

“RUAH” – BREATH, WIND OR SPIRIT

March 9 - Thursday

9:00-11:30 a.m.

Presenter: Pat Pintens

Biblical Hebrews believed the air was the breath of God and that with every breath they took, they took in God's life. Come explore divine life in your breath, the wind, and the Spirit within and without you. See how and what we can create with our breath, the wind, and the Spirit. Suggested offering \$15.00. *Register by Monday, March 6.*



PRINTING AND PAINTING ON CONTRASTING PAPERS

March 7- Tuesday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

On two contrasting papers, brown mail paper and delicatessen paper (both provided), we will create a composition in earth tones with contrasting bright painted deli paper. We will pre-paint both of these paper types and use them to develop a contrasting collage design. Bring a canvas board or stretched watercolor 140# cold press paper (12 x 12 canvases can be purchased for \$4.00 each at workshop), Elmer's glue, watercolor paints and supplies. Fee: \$30.00. Bring a lunch. *Register by Thursday, March 2.*

**"Lent comes providentially to reawaken us, to shake us from our lethargy."
-- Pope Francis**

THE BEAUTY OF BROKENNESS

March 15 - Wednesday

9:30 a.m.- Noon

Facilitator: Julia Walsh, FSPA

We all deal with woundedness, brokenness, and messes in our lives. This program will explore how our brokenness holds the potential to bring us into beautiful union with God and others. Suggested offering \$10.00. *Register by Wednesday, March 8.*

ALL THINGS IRISH

**March 17 - Friday
9:00 a.m.-3:00 p.m.**

**Presenter:
Pat Pintens**



We'll take a brief look at Celtic spirituality, make the best ever Irish Soda Bread, pray some Irish blessings, write a few of our own, sing a few Irish songs, and do something green - not just in honor of St. Patrick but in honor of that bit of Irish spirit within each of us. Wear something green and bring a dish to pass. Suggested offering \$15.00. *Register by Monday, March 13.*

BURNING BUSH, WILD RASPBERRIES AND OTHER WILD EXPERIENCES OF GOD

**March 21 - Tuesday
9:30-11:30 a.m.**

Presenter: Pat Pintens

God often comes into our lives in unexpected and surprising ways, e.g. a burning bush or wild raspberries. Using the "Moses" method of prayer we'll reflect on our own wild experiences of God. Think you haven't had a wild experience of God? Bet you have. Come explore how to recognize, learn from, pray with and cherish your wild experiences of God. Suggested offering \$10.00. *Register by Thursday, March 16.*



Harp music
floats in the chapel air

so palpable
I can reach out,
pull it to myself,
and wind it,
like a soft silk scarf,
around my neck.

Sometimes
it pools at my feet,
a cool lotion
I can smooth over my dry skin,
my chapped heart (soul).

I am grateful
For fingers
that make music.

- Pat Pintens

BE STILL AND KNOW THAT I AM GOD

**March 30 - Thursday
9:30-11:30 a.m**

Presenter: Marla Lang, FSPA

What is it like to engage in contemplative prayer? How can I grow more into this way of praying? We will also examine some moments in the life of Jesus and Mary that can guide us such as the newly named Luminous Mysteries. Suggested offering \$10.00. *Register by Tuesday, March 28.*

LENTEN MEAL OF SOLIDARITY: Oxfam America's Hunger Banquet

**March 31 - Friday
5:00-7:30 p.m.**

Facilitator: Julia Walsh, FSPA



Come experience what hunger may look like in our world. While you dine you will see the critical differences between nations and learn about global hunger. In addition to a meal, the evening will include prayer and conversation. Your \$15 donation plus a non-perishable food item will go toward organizations working to defeat hunger. *Register by Friday, March 24.*

Registration Required
Pre-registration helps us prepare for your attendance at any program, and enables us to call you in case of a cancellation due to weather, etc.

**715-385-3750
marywood.center@gmail.com**

Programs - April 2017

WATERCOLOR: MASTERING EDGE CONTROL

April 3 - Monday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

A watercolor painting can have both areas of distinct definition and softer more delicate areas. We will practice the use of wet and dry areas to show this. A good subject for this is florals so bring photos you have of this subject. Also bring water color supplies, and a stretched watercolor sheet of 140# cold press paper, plus your lunch. Fee: \$30.00. *Register by Tuesday, March 28.*

MIXED MEDIA: PAPER & FABRIC April 5 - Wednesday

9:00 a.m.-3:00 p.m.

Presenter: Karen Kappell, FSPA

Finding paper and fabric that complement each other, that can be painted on, and used to make a collage can be fun and expand creative juices to a "What if I do this or combine that" experience. You will alter thin cloth and paper for use. Bring thin materials like rayon, cheesecloth, silks, blends and fabric paints and inks. Scissors, Elmer's glue, and watercolor supplies and Fabric Paints are also needed. You also need a support, bring one of the following: canvas board, stretched watercolor paper or canvas. Sharing is encouraged. Bring a lunch. Fee: \$30.00. *Register by Thursday, March 30.*

GOD, GREAT COMPOSTER

April 11 - Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

In recent decades recycling and composting have gained attention and have been promoted as valuable for a healthier, more earth friendly and earth sustaining life style. They are nothing new to God, however. God has been recycling and composting events and aspects of peoples' lives through the centuries to enrich and transform those lives and ours. How might God want to recycle or repurpose something in your life? Suggested offering \$10.00. *Register by Thursday, April 6.*

FINDING MEANING IN THE PSALMS

April 19 - Wednesday

9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

We will focus on what goes on in the 150 Psalms that touches on what goes on in human lives. How the Psalms invite us to wholeness as well as hold us in times of brokenness will be examined. You will find the Psalms vigorous, candid and daring! You will also receive a free book on the Psalms. Suggested offering \$10.00. *Register by Monday, April 17.*

KITCHEN TABLE RETREAT

April 19 - Wednesday

9:00 a.m. – 2:00 p.m.

Presenter: Pat Pintens

The early church gathered in peoples' homes for Sunday worship. To a great degree, we have lost the sense of the sanctity of our homes. We invite you to explore the sacredness of your doorway, your kitchen table, and the cups you use in everyday life. Suggested offering \$10.00. *Register by Monday, April 17.* Bring a dish to pass for lunch.

PRAYING WITH "GREENING BEADS"

April 20 -Thursday

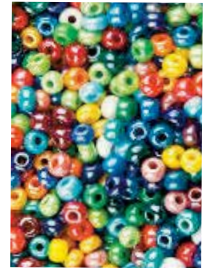
9:30-1:30 a.m.

Presenters:

Dick and Naomi

Bruesehoff

God's deepest desire is for the health and wholeness of all of the beloved creation. Come and experience various prayer forms while stringing a set of Greening Beads that can be used in prayer. The prayer beads can help us connect with and pray for each other, strengthen our prayer lives, and keep us attuned to God's world. Suggested offering \$10.00. *Register by Tuesday, April 18.*



Precious Resources of Life

"If I were to name the three most precious resources of life, I should say books, friends, and nature; and the greatest of these, at least the most constant and always at hand is nature. Nature we have always with us, an inexhaustible storehouse of that which moves the heart, appeals to the mind, and fires the imagination; health to the body, a stimulus to the intellect, and joy to the soul."

-- John Burroughs

“SHINRIN-YOKU” (Forest Bathing) Retreat
April 21-22
Friday 7:00-9:00 p.m. (ending time negotiable depending on weather)

Saturday 6:00 a.m.-3:00 p.m. (starting time negotiable)
Presenter: Pat Pintens

Come enjoy the awakening spring-time world. We will bathe in the sights, sounds, smells, feel, maybe even tastes of a spring time evening, morning and day. We will not hurry along the forest path but linger wherever our eyes, ears or noses lead us. Suggested offering: Residents \$215 includes a private room in a shared cabin and all needs, commuters \$165.00. Register by Monday, April 17.

WE ARE ALL PILGRIMS: TALES FROM “THE CAMINO”
April 26 - Wednesday
9:30-11:30 a.m.

Facilitator: Julia Walsh, FSPA
Each of us is on a spiritual journey. We are all pilgrims on this earth. We will take a contemplative walk and explore what it means to be a pilgrim. Sister Julia will share stories and reflections from her experience walking The Camino de Santiago in Spain April 10-14, in order to encourage others to remain faithful to their own work of “putting one foot in front of the other” on their journeys through life. Suggested offering \$10.00.
Register by Wednesday, April 19.

CONTEMPORARY VIEWS OF ADORATION
April 27 – Thursday
9:30 – 11:30 a.m.

Presenter: Marla Lang, FSPA
What is the practice of adoration that takes place in some churches, in some religious orders, or sometimes as a form of individual prayer? The Franciscan Sisters of Perpetual Adoration have had this practice round the clock for 138 years. We will take a look at some everyday ways we can enter into this form of prayer right where we are, right between everyday tasks. Suggested offering \$10.00.
Register by Tuesday, April 25.

The Lesson of Spring Soil

Soil slides aside allowing an emergence.
Flower seed breaks, becoming resurrected
over the reasons and chances that it might not

make it or shouldn't come.
Alive it rises, a new life, a new
colorful character in the neighborhood.

Sustained by the power of the sun, earth knows
how to welcome the stranger;
food provided, room is made—

a warm loving home to the foreigner.
Yes to new life. Yes to self-sharing.
Praise for earth knowing and role-modeling:

It's actually quite natural to boldly give
radical hospitality.

- Julia Walsh, FSPA
(online at MessyJesusBusiness.com)



THANK YOU ...

to the many generous donors who have already responded to our annual appeal letter. We are extremely grateful!

In the past year, we have had several requests from people who would prefer to "buy something" for use in the cabins or the office. With that in mind, we have created a wish list of items that need replacing in the near future.

The Marywood wish list



1. Energy-efficient furnace for any cabin
2. Flat screen TV - 42 or 35-inch for "Minnie"
3. Dinnerware service for 8 (microwave-safe) for "Manito"
4. Color printer and copier such as HP for office
5. Bakeware 4 each:
 - large cookie sheet
 - 9x13 in. baking pan/dish
 - 8 or 9-inch square baking dish
6. Four-slice Toasters - for "Minnie" and "Red Wing" - need 2
7. Drip Coffeemakers with automatic 2-hour shut-off - need 2
8. Sturdy Kitchen Step Stools - need 4
9. Dish towels - terry cloth (no microfiber) or large white "flour sack" type - up to 36
10. Pot Holders - handmade or "store-bought" - medium thickness - up to 36

If you would like to gift Marywood with any of the above, but are not able to deliver the items, or to discuss possibilities, please contact Sister Elizabeth Amman:

715-385-3750, Ext. 2 or eamman@gmail.com

Marywood Franciscan Spirituality Center

3560 Highway 51 North • Arbor Vitae WI 54568

715-385-3750 • marywood.center@gmail.com • www.marywoodsc.org

Calendar Programs • January-April 2017

January

- 3 Skype and Sip for Spiritual Seekers
- 5 Women's Christmas
- 6 Spiritual Check-up Time
- 12 Winter "Shinrin-Yoku" (Forest Bathing)
- 17 The Winter of the Spirit
- 18 Where Do We Fit In?
- 20-22 Young Adult Retreat (18-35 year olds)
- 26 Pray All Ways
- 31 What Jesus Really Meant When He said "Turn the Other Cheek"

February

- 1 Brigid, Beer and Blessings
- 2 Praying With All That Is
- 6 Watercolor: Color Splash Exercises
- 7 Resist Painting: Dye-Flow Inks or Fluid Acrylics
- 7 Skype and Sip for Spiritual Seekers
- 8 Fire, Division and Faithfulness
- 14 Hearts for Valentines Day! Why Not Circles?
- 16 Adult Coloring as a Spiritual Experience
- 22 Social Media, Smart Phones and the Spirit of God
- 23 Living in Love
- 27 Can I Shout When I Pray?

March

- 6 Watercolor: Layering With Negative & Positive Shapes
- 7 Printing & Painting on Contrasting Papers
- 7 Skype and Sip for Spiritual Seekers
- 8 Pastel with Aerial Perspective
- 9 "Ruah" - Breath, Wind, or Spirit
- 15 The Beauty of Brokenness
- 17 All Things Irish
- 21 A Burning Bush, Wild Raspberries & Other Wild Experiences of God
- 30 Be Still and Know That I Am God
- 31 Lenten Meal of Solidarity: Oxfam America's Hunger Banquet

April

- 3 Watercolor: Mastering Edge Control
- 4 Skype and Sip for Spiritual Seekers
- 5 Mixed Media: Paper & Fabric
- 11 God, Great Composer
- 19 Finding Meaning in The Psalms
- 19 Kitchen Table Retreat
- 20 Praying With "Greening Beads"
- 21-22 Spring "Shinrin-Yoku" (Forest Bathing) Retreat
- 26 We Are All Pilgrims: Tales from "The Camino"
- 27 Contemporary Views of Adoration

Marywood 2017 Retreats and Workshops

- | | |
|-----------------|----------------------------------------------------------------------------------------|
| January 22-27 | Young Adult Retreat (ages 18-35) - Julia Walsh, FSPA |
| April 23-29 | Icon Writing Workshop: "The Unsleeping Eye" - Barbara Lawless |
| May 5-7 | Weekend on the Water: Fishing Retreat - Julia Walsh, FSPA |
| May 21-28 | Directed Retreat - Elizabeth Amman, OP |
| May 28-June 2 | Vacation with a Purpose: Creative Techniques with Watercolor - Karen Kappell, FSPA |
| June 4-10 | Directed Retreat - Janet Mallak, SSND |
| July 9-14 | Vacation with a Purpose: Creative Mindfulness through Watercolor - Karen Kappell, FSPA |
| August 5-10 | Writer's Retreat - Julia Walsh, FSPA |
| August 25-27 | The Greening Power of God - Dick Bruesehoff |
| September 22-26 | Retreat: The Sacred Gift of Listening - Marla Lang, FSPA |



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Women's Christmas

An Epiphany Celebration for Wise Women

Please Join Us ...

The women of Marywood Spirituality Center invite you to a special celebration of the Irish tradition, Women's Christmas, and the Feast of the Epiphany with our own special event on Thursday, January 5, 2017. Treat yourself to an evening of new friends and traditions, plus a meal and gifts! Gather at 5:00 p.m. Meal and Blessing Circle from 5:30 to 8:00 p.m. \$30.00 includes meal and gifts. Reservations only. All are welcome. Call for transportation information and/or overnight accommodations. Please register by Wednesday, December 16, 2016 to allow us to plan for you. (See full details on page 6.)

715.385.3750 • marywood.center@gmail.com