




Roots and Ripples

Volume 11 • Issue 2
May-August 2018

- 
- Retreats • Arbor Day at Marywood
 - Taste & See the Goodness of the Lord series
 - Art Workshops • Writers Group
 - Spiritual Lessons from the Natural World
 - Spirit of Marywood 3rd Annual Golf Outing

Where Peace Prevails and Goodness is Shared



3560 Hwy 51 North • Arbor Vitae, WI 54568
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Office Manager	Susan Fredenhagen, Ext. 1
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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.



Consider a Donation of Stock

Contributing long term appreciated stock can be a wonderful way to support the programming at Marywood Franciscan Spirituality Center, a ministry of the Franciscan Sisters of Perpetual Adoration. There are several advantages to you, the donor:

- Avoiding the possibility of capital gains tax
- An immediate tax deduction of the fair market value of the stock for those who itemize
- Keeping Marywood Franciscan Spirituality Center as an anchor to the vitality of the Northwoods

It's an easy gift to make any time of the year. Contact your financial advisor regarding your stocks and wishes to gift Marywood and have them contact Madalene Buelow, FSPA Director of Development for instructions on the transfer. Madalene can be reached at 608-791-5282.

May special blessings be yours this day and always!

Sr. Elizabeth Amman, Director

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,

Pondering my 2010 Pilgrimage to Assisi, my heart overflows with gratitude for the memorable opportunity to reinforce my belief in the unique beauty of simplicity. The Marywood mission is inspired by the Franciscan tradition of Sts. Francis and Clare of Assisi, a tradition of joy-filled simplicity.

We believe this issue of Roots and Ripples offers many opportunities to enhance the many joys that flow to your spiritual journey. Our offerings are many and varied – and are open to all people.

We call your attention to programs and workshops by guest presenters such as John Bates, et al (8/7), Drum-maker Wayne Manthey (8/17-18), Sr. Laurie Brink (8/23), and more. The staff also have many new offerings, including The God Question, Taste and See the Goodness of the Lord series, Fire Faithfulness and Division, Holy Mary Guide for All, and more. You may want to clip and post the Calendar from page 15 as a reminder.

If you've never gifted yourself with a retreat, now may be the time to consider doing so. Check out the many options on pages 4 and 5.

Join the fun -- prizes and surprises! It's time to gather your golf team for the third annual Spirit of Marywood Golf Scramble (pg 14).

Your gifts of engagement, prayer and generosity make transformation possible for others in their time at Marywood.

With gratitude,

Sr. Elizabeth Amman, Director

*“Simplicity is the essence
of happiness.”*

– Cedric Bledsoe

Marywood Franciscan Spirituality Center 2018 RETREATS

A PART, NOT APART: CHRISTIAN TRADITION AND CONTEMPLATIVE ECOLOGY

May 18-20, 2018

3:30 pm. Friday to 11:00 a.m. Sunday

Guest Facilitator: Eric Anglada

The cultural and environmental challenges we face today are fundamentally spiritual ones. Join retreat leader Eric Anglada in exploring varied resources within Christianity to gain insights into a faith perspective on our place within Creation and our response to the ecological crisis, as well as drawing on his own experience living simply and ecologically on a Catholic Worker farm. This retreat will engage us in Scripture study, talks and discussions, lectio divina, prayer and outdoors contemplative practices to help heal our rift from Creation. \$190 includes a private room in a shared cabin and all needs. Commuters \$120. \$100 deposit with registration, please. *Register by Friday, April 20.*

Eric Anglada is the Coordinator of Ecological Programming at Sinsinawa Mound in southwest Wisconsin. He is also a member of the Catholic Worker movement and co-founder of the new St. Isidore Catholic Worker Farm in Cuba City, Wisconsin.

VACATION WITH A PURPOSE:

ARTIST ENCOUNTER AND EXPRESSION OF NATURE

May 26-May 31, 2018

9:00 a.m. Sunday to 3:00 p.m. Thursday

Presenter: Karen Kappell, FSPA

Let us bring the eye of the artist to the subtle and versatile world of nature: its light, movement, form, and texture. Immersed in the nature surrounding Marywood, we will enter more deeply into Garden, Forest, River, Lake and Sky as we concentrate on each area in our painting. We will use mixed water media to express Nature's impact on our artistic sensibilities. Bring fluid paints : watercolors, inks, fluid acrylics and other watercolor materials you have; also, two sheets watercolor cold press #140 paper and one sheet watercolor hot press #140 paper. Watercolor paper will be available for purchase \$4 per full sheet. Bring photos on the subjects listed. Fee: Residents \$450 includes a private room in a shared cabin. Commuters \$250. Limit of 8. All arrive by 5:00 p.m. on Saturday May 26. \$100 deposit with registration. *Register by Monday, May 4.*



FISHING AS A SPIRITUAL PRACTICE

June 15-17, 2018 - 3:00 p.m. Friday to 3:00 p.m. Sunday

Facilitators: Julia Walsh, FSPA and Dick Bruesehoff

There are lots of reasons that take people onto lakes, rivers and streams to fish: it's enjoyable, it can put food on the table, and it gets you out of the house and into the natural world. Fishing can also give you an opportunity to slow down, to connect with family and friends, and just notice things—including your own relationships with the natural world, the people around you and God who is as grand as the universe and as close as your own heartbeat. We'll spend time fishing and then reflect together on how fishing nurtures us and our spirits. Fee: Now \$195.00 per person includes all needs in a private room in a shared lakeside cabin. \$100.00 deposit with registration, please. *Register by Friday, May 18.*

CANOE CAMPING RETREAT

June 21-24, 2018

4:30 p.m. Thursday to 4:30 p.m. Sunday,

Facilitators: Julia Walsh, FSPA and Rev. Ted Dorcey, CSsR and Camp Manito-Wish YMCA Staff

How might God speak to you as you step away from your busy life to pray, paddle, portage, camp, and canoe among Christian community? Experience the goodness of God manifested in the Wisconsin Northwoods during this contemplative outdoors retreat on water. Our chaplain Rev. Ted Dorcey will serve as chaplain and offer us the Sacraments in the fresh air and under starlit skies. Sister Julia will be available for spiritual companionship and listening. The expert guides of Camp Manito-Wish YMCA will secure our safety and facilitate our outdoor adventure. \$475 includes all gear, meals, accommodations and supplies. \$100 deposit with registration, please. *Register by Friday, June 8.*

VACATION WITH A PURPOSE: CREATIVE MINDFULNESS THROUGH WATERCOLOR

July 8-13, 2018

Monday, July 9, 9:00 a.m. to Friday 3:00 p.m.

Presenter: Karen Kappell, FSPA

Due to an overflow of requests in 2017, this program is being offered again. Using a recently published book, *Paint Yourself Calm* by Jean Haines, this workshop/retreat will guide you in ways that add calmness and enhancement to your life. No previous painting experience is necessary. All materials are provided. Your own book can be purchased for \$18. This is a perfect opportunity for a "soft" entry into the wonderful world of watercolor. Bring watercolor materials if you have them. Fee: Commuters \$250. Residents \$450 with private room in a shared cabin. All arrive by Sunday, July 8, by 5 PM. \$100 deposit with registration, please. Limit of 8. *Register by Monday, June 10.*

To Register
715-385-3750, Ext. 1
marywood.center@gmail.com
www.marywoodsc.org
(credit cards accepted)

Marywood Franciscan Spirituality Center 2018 RETREATS, continued

DIRECTED RETREAT

July 15-21, 2018

Sunday 5:00 p.m. to Saturday 10:00 a.m.

Director: Janet Mallak, SSND

Come for days of quiet reflection. Each retreatant will meet once a day with the spiritual director. The rest of the day is spent in prayer and solitude, enjoying the beauty of Marywood's woodland environment and cozy lakeside cabin. \$100 deposit with registration, please. Fee: \$550 includes spiritual direction and all needs, plus lodging in a private room in a shared lakeside cabin. Register by Monday, June 18.

FRANCISCAN BACKPACKING RETREAT

July 19-22, 2018

4:30 p.m. Thursday to 4:30 p.m. Sunday

Facilitators: Julia Walsh, FSPA, Rev. Nick Rokitka OFM
Conv. and Camp Manito-Wish Staff

Come to this contemplative outdoor retreat and experience the wonders of nature combined with an enrichment of Franciscan spirituality. Backpack through the Porcupine Mountains in Michigan, discuss Pope Francis' leadership and the life and teachings of Sts. Francis and Clare of Assisi, all while being immersed in the beauty of God's creation. Rev. Nick Rokitka, OFM Conv. will serve as chaplain and Sister Julia will be available for spiritual listening. The expert guides of Camp Manito-Wish YMCA will secure our safety and facilitate our outdoor adventure. \$475 includes all gear, meals, accommodations and supplies. \$100 deposit with registration, please. Register by Friday, July 6.



OUTREACH AVAILABLE • LET US COME TO YOU At-Your-Site Retreats Available

You Choose: whole day • half day • evening

- Themes focused on liturgical seasons
 - Prayer and general spirituality themes
 - Youth, young adults, and Confirmation preparation
- For outreach information, or to explore possibilities, or schedule a retreat or program at your site, contact Outreach Coordinators:

Sr. Marla Lang, Ext 5 • Pat Pintens, Ext 6

Sr. Julia Walsh, Ext 3

715-385-3750

www.marywoodsc.org

WRITERS RETREAT

August 10-15, 2018

9:00 a.m. Friday to 3:00 p.m. Wednesday

Facilitator: Julia Walsh, FSPA

Find your focus and get in touch with your creative spirit among a supportive Christian community at this writing retreat on beautiful Trout Lake. You are guaranteed time away from your daily distractions to concentrate on your writing projects. Plus input from experienced authors, shared contemplative prayer, opportunities for socials, writing workshops, and recreation such as kayaking and hiking in the Northwoods. \$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. \$100 deposit with registration, please. Register by Friday, July 13.

ADVENT RETREAT: SEEKING A PEACEFUL SPIRIT

November 30 -December 4, 2018

5:00 p.m. Friday to 1:00 p.m. Tuesday

Presenter: Marla Lang, FSPA

Christmas, then and now, urges one to be about coming to know a new depth of peaceful presence within us and around us. Take these several days to break loose from stresses in the journey to ponder our presence with the divine presence in the here and now. Each day offers communal prayer and presentations. The afternoons are free for pondering, rest and exploring peace. Fee: \$375 includes all needs and a private room in a shared lakeside cabin. \$100 deposit with registration. Commuters \$175 (\$50 deposit). Register by Monday, October 29.

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

Sr. Elizabeth Amman, OP, Ext 2

Sr. Marla Lang, FSPA, Ext 5 • Pat Pintens, Ext 6

■ 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 or email eamman@gmail.com

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

Programs - May 2018

MY FRIEND SOLITUDE

May 1 - Tuesday

9:30-11:30 am

Presenter: Pat Pintens

When being alone is anything but lonely you have found solitude. We might call solitude an experience of friendship with one's self and the world. Solitude expands us. Let's explore how we can move from loneliness to solitude. Suggested offering \$10.00. *Register by Wednesday, April 25.*

IONS (Science and Spirituality)

May 3 & 17 - Thursday (first and third Thursdays of the month)

12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as "who am I" and "who are we." All are welcome to one or more gatherings. Suggested offering \$10.00.

WATERCOLOR: Changing Format

May 7 & 8

Monday and Tuesday

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

Presenter: Karen Kappell, FSPA

We will create a trio of paintings using the same subject in these different formats: horizontal, vertical and square. Choose a landscape or floral that has a high interest for you as subject matter. Bring watercolor supplies, photo choice, and a stretched sheet of cold press watercolor paper 15x22 inches, an extra half sheet of 140# cold press watercolor paper (same size), and a sheet that is 12x12. Fee: \$60.00. Bring a lunch. *Register by Tuesday, May 1.*

To Register:

715-385-3750, Ext. 1

marywood.center@gmail.com

(credit cards accepted)

WRITERS GROUP

Facilitator: Julia Walsh, FSPA

Writers of every level and genre are welcome to join the group and come to any or each meeting. Bring a copy of your writing for feedback (1- 4 pages) and your meal. Be ready for a robust conversation among a supportive community that will enrich your work as a writer. Suggested offering \$5.00. *Please register by the day before the session.*



(The 3rd Tuesday, 12:00-3:00 p.m.)

Tuesday, May 15, 12:00-3:00 p.m.

Tuesday, June 19, 12:00-3:00 p.m.

Tuesday, July 17, 12:00-3:00 p.m.

Tuesday, August 21, 12:00-3:00 p.m.

(The Last Tuesday, 6:00-8:00 p.m.)

Tuesday, May 29, 6:00-8:00 p.m.

Tuesday, June 26, 6:00-8:00 p.m.

Tuesday, July 31, 6:00-8:00 p.m.

Tuesday, August 28, 6:00-8:00 p.m.

HOLY MARY, GUIDE FOR US ALL

May 10 - Thursday

9:30 a.m. (Rosary)

10:00 a.m.–3:00 p.m. (Retreat)

Facilitator: Julia Walsh, FSPA

“Mary was the first person to take the “way” to enter the Kingdom of God that Christ opened, a way which is accessible to the humble, to all who trust in the word of God and endeavor to put it into practice.” (Pope Benedict XVI) Who is the Blessed Virgin Mary and why do so many people have such a strong devotion to her? How might her example and motherly love serve as a guide for us all? This Marian reflection day will be an opportunity for you to pray with the messages of Mary and the way Christ opened to us. Suggested offering \$30.00. Bring a lunch. *Register by Monday, May 7.*

ARBOR DAY AT MARYWOOD
Friday - May 11

9:00 a.m. - 12:00 Noon

Facilitator: Marla Lang, FSPA, Pat Pintens and a tree guide

Planting and caring for trees is the heart of Arbor Day, usually the last Friday of April.

We will observe Friday, May 11, for planting trees at Marywood.

Come join us in experiencing the wonders of nature and planting for our future! Bring a spade and some helpful energy! We'll treat you to a lunch together. *Register by Wednesday, May 9.*



To Register:

715-385-3750, Ext. 1

marywood.center@gmail.com

(credit cards accepted)

A REVOLUTION OF GOODNESS

May 15 - Tuesday

9:30-11:30 a.m.

Facilitators: Srs. Marla Lang, Anita Beskar, Julia Walsh

FSPA Sisters and affiliates are gathering this June in La Crosse to discern a collective call to goodness as Franciscans. We are inviting you to help us name ways of serving others during this time of amazing and critical changes in Church and society. What does goodness ask of you, of us?

Suggested donation: your presence and sharing from your perspective. *Register by Monday, May 1.*

**Goodness
is the
Only Investment
that
Never Fails.**

- Henry David Thoreau

BOOK CLUB

May 17 - Thursday

**Third Thursdays of the month
9:30-11:30 a.m.**

Facilitators: Anita Beskar, FSPA, Marla Lang, FSPA

Give us a call. We select current, notable books. A good book and a great conversation at Marywood are one of our treasures! Suggested offering \$10.00 or as you can. *Register by the Wednesday before.*

IONS (Science and Spirituality)
May 3 & 17 - Thursday (first and third Thursdays of the month)

12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as “who am I” and “who are we.” All are welcome to one or more gatherings. Suggested offering \$10.00.

TASTE AND SEE THE GOODNESS OF THE LORD Series



DELIGHTFUL ASPARAGUS

May 24 - Thursday

1:30-3:30 p.m.

Presenter: Pat Pintens

This series will explore the tasty goodness of some of the ‘fruits’ of the earth. Our first ‘taste’ will be fresh asparagus. Definitely a taste of God’s goodness. Definitely a culinary blessing! Come share in the goodness of taste. Suggested offering \$10.00. *Register by Friday, May 18.*

Programs - June 2018

BEAUTY, THE QUIET THREAD

June 6 - Wednesday

9:30-11:30 a.m.

Presenter: Pat Pintens

“A world without beauty would be unbearable” wrote John O’Donohue, adding: “Yet beauty is so quietly woven through our ordinary days that we hardly notice it.”

Come, explore how to notice more of the beauty around you, share stories of beauty from ordinary, everyday lives, and weave a “beauty blessing braid” – no braiding experience necessary. Suggested offering \$10.00. *Register by Friday, June 1.*

IONS (Science and Spirituality)

June 7 & 21 - Thursday (first and third Thursdays of the month)

12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

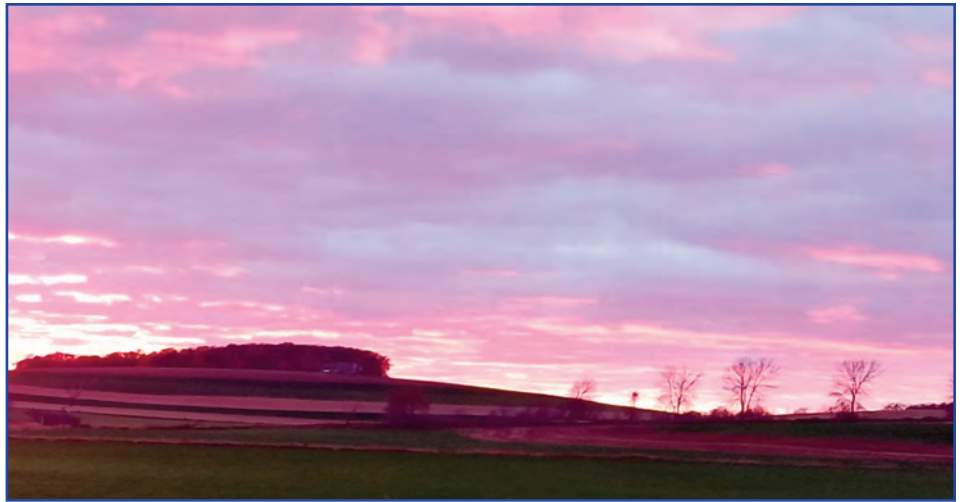
Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as “who am I” and “who are we.” All are welcome to one or more gatherings. Suggested offering \$10.00.

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marywood.center@gmail.com

(credit cards accepted)



MIXED MEDIA: Creation of Hand-made Paper Pulp and Paintings

June 12 & 13

Tuesday and Wednesday

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

Presenter: Karen Kappell, FSPA

Day one: Pulp Pouring over a frame covered with woven twine and string. Participants will create their own string design over an open frame. We will prepare pulp and pour over the string design. This will dry overnight. Paper sheets will also be formed in preparation for collage the second day. These also need to be dried overnight. Day two: Both the pulped string and paper sheets will be used to create paintings. Fee: \$60.00. Bring a lunch each day. *Register by Wednesday, June 6.*

BLESS THIS CUP

June 12 - Tuesday

5:30-7:30 p.m.

Facilitators: Julia Walsh, FSPA and Earth Goods staff

“Lifting the cup is offering a blessing. The cup of sorrow and joy, when lifted for others “to life,” becomes the cup of blessings.”(Henri Nouwen) Wine glasses appear at the ordinary and sacred moments of our lives, in times of great sorrow and joy. Come explore the meaning of this symbol in our lives plus paint a wine glass to keep. Program will take place at Earth Goods, 301 Front Street, Minocqua, WI 54548. \$20.00 includes supplies, art instruction and program. *Register by Thursday, June 7.*

If you are interested in staying overnight to attend both art programs and/or other programs, call for cabin availability.
715-385-3750, Ext. 1

FIRE, FAITHFULNESS AND DIVISION

**June 13 - Wednesday
7:00-9:30 p.m.**

Facilitator: Julia Walsh, FSPA

Jesus' words "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), can be challenging and confusing to disciples. Our experience shows us that the work of service and advocacy on behalf of the poor is demanding and includes great struggle. During this evening 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 Monday, June 11.*

WHAT IS THE GOD QUESTION IN OUR LIVES?

**June 14 - Thursday
9:30-11:30 a.m.**

Presenter: Marla Lang, FSPA

Just as our journey evolves from childhood to maturing years, so can our experience with God. We will examine common understandings we have come to experience or question in our God journeys as well as Richard Rohr's writings. Suggested offering \$10.00. *Register by Tuesday, June 12.*

THE SAINT AND THE SULTAN
June 18 - Monday

9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

Come watch an intriguing film that examines the little known meeting in 1219, between St. Francis of Assisi and the Islamic leader

Sultan Malik al-Kamil. It still has strong resonance in today's divided world. It reveals a startling timely story of interfaith conflict and the search together for peace. Discussion will be included. Suggested offering \$10.00. *Register by Friday, June 15.*



WHEN THE SPIRIT WALKS YOU
June 20 - Wednesday

9:00 a.m. - 12 Noon

Presenter: Pat Pintens

In Genesis 3:8 we read about God "moving about in the garden at the breezy time of the day." Picture God walking slowly, attentively, gently, listening, looking, smelling, touching, wondering at and enjoying creation. This approach reflects aspects of what the Japanese call Shinrin-Yoku or "forest bathing." We will meet at Marywood and proceed to the Fallison Lake Trail. Call Marywood for further information (715-385-3750, Ext. 1). Suggested offering \$10.00. *Register by Friday, June 15.*

A GARDEN CELEBRATION OF THE SUMMER SOLSTICE

**June 20 - Wednesday
4:00-6:00 p.m.**

**Held at the Minocqua Community Garden. (South end of Blumenstein Road – drive past Northwoods Animal Hospital)
Presenters: Sr. Marla Lang, Sr. Anita Beskar, Pat Pintens and Sharon Aldrich**

"If you would be happy all your life, plant a garden" advises a Chinese proverb. "Gardening is a monk's way of caring for the soul," writes Thomas Moore. On the eve of the summer solstice, come to explore in words and in rituals gardening as a means of caring for your soul and the earth, and as a path to peace and joy. *Register by Monday, June 18.*

IONS (Science and Spirituality)
June 7 & 21 - Thursday (first and third Thursdays of the month)
12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as "who am I" and "who are we." All are welcome to one or more gatherings. Suggested offering \$10.00.

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(credit cards accepted)

Programs - July 2018

WHAT'S UP, SISTERS?

July 2 - Monday

9:30-11:30 a.m.

Presenters: The Marywood Sisters

Ever been curious about Catholic Sisters? Come hear about our mission and how the Spirit is leading us during this time of many changes. Women of all lifestyles and ages, high school and older, are welcome to attend. Suggested offering \$5.00. *Register Monday, July 2 by 8:30 a.m.*

PASTEL: Merging Watercolor Underpainting and Pastels

July 5 - Thursday

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

Presenter: Karen Kappell, FSPA

By using a combination of watercolor and dry pastels, strong colorful paintings that play the transparency of watercolor and the opacity of pastel can be achieved. We will use the watercolor as an underpainting on Wallis Paper and then use a combination of both watercolor and pastel in developing the painting. Wallis Paper which takes water without buckling and extra sets of Soft Pastels will be available for use. Bring watercolor supplies, paper towels, masking tape and a firm surface (glass, plexiglass or heavy pressed board at least 18 by 22) on which to tape the Wallis Paper. Also bring pastels. Photos of landscapes as a visual source are recommended. Fee: \$30.00. Bring a lunch. *Register by Friday, June 29.*

IONS (Science and Spirituality)

July 5 & 19 - Thursday (first & third Thursdays of the month)

12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as "who am I" and "who are we." All are welcome to one or more gatherings. Suggested offering \$10.00.

PASTEL: Merging Gouache Underpainting and Pastels

July 6 - Friday

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

Presenter: Karen Kappell, FSPA

This workshop will use a combination of opaque gouache and pastel painting. By adding only white gouache (provided) to transparent watercolors a paint having more body and opacity can be created and provide an opaque underpainting for the application of pastel. Bring watercolor paints and supplies, a stretched sheet of watercolor paper, and landscape or floral drawings or photos. Gouache will be provided. Fee: \$30.00. Bring a lunch. *Register by Friday, June 29.*

SPIRITUAL LESSONS FROM THE NATURAL WORLD

July 10 - Tuesday

1:00-3:00 p.m.

Julia Walsh, FSPA and a naturalist from North Lakeland Discovery Center

What does nature know that humanity hasn't yet figured out? How can the natural world help us to be more compassionate and creative? Join us as we explore the natural wonders around us and contemplate how nature could help us be healthier, happier humans. This program will occur at North Lakeland Discovery Center, 14006 Discovery Lane, Manitowish Waters, WI 54545. Suggested offering \$10.00. *Register by Monday, July 9.*

If you are interested in staying overnight to attend both art programs and/or other programs call for cabin availability.
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SPIRITUALITY ON THE WATER

July 14 - Saturday

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

Presenters: Sr. Julia Walsh, FSPA and Maryanne Smrz

Join author and avid kayaker Maryanne Smrz as she shares insights she has gained from kayaking and taking paddlers on journeys to experience the holy. This day of reflection will be a chance to experience the sacredness of water and pause from the fast-paced world as we reflect on "Change: Our Ever Present Companion." Program will include time for reflection and journaling. Suggested offering of \$50.00 includes light breakfast, working journal, lunch, snacks, bottled water, a copy of one of Maryanne's books plus kayak, paddle and jacket rental. Dress comfortably for a day on the water. *Register by Friday, June 29.*

THE MESSAGES HIDDEN IN WATER

July 17 - Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

"Water has a memory and carries within it our thoughts and prayers. As you yourself are water, no matter where you are, your prayers will be carried to the rest of the world," wrote Japanese scientist Dr. Masaru Emoto. What messages has water brought to you? What messages do you send forth to others and the world through water? Suggested offering \$10.00. *Register by Thursday, July 12.*

WHO AM I NOW?

July 18 - Wednesday

9:30-11:30 a.m.

Guest Presenter: Barbara Kane

"Change is constant. Growth is optional." When circumstances change, our own identity may be put into question. During these times one may wonder "Who Am I Now?" Learn ways to adapt to change and recreate yourself. Suggested offering \$10.00. *Register by Monday, July 16.*

IONS (Science and Spirituality)

July 5 & 19 - Thursday (first and third Thursdays of the month)

12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as "who am I" and "who are we." All are welcome to one or more gatherings. Suggested offering \$10.00.



GOD AS TRINITY

July 23 - Monday

9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

Drawing on the wisdom of Fr. Richard Rohr and Mike Morrell's research in the book "The Divine Dance," we will examine insights into their understanding of God as Trinity. God is the eternal mystery that enables, enfolds and enlivens all things, even us. Suggested offering \$10.00. *Register on Monday, July 23, by 8:30 a.m.*

THE GIFT OF YEARS

July 24 - Tuesday

9:30-11:30 a.m.

Guest presenter: Barbara Kane

Growing older has its challenges. What characteristics help one embrace later years? Learn what research has found and walk away with renewed inspiration. Suggested offering \$10.00. *Register by Monday, July 23.*

TASTE AND SEE THE GOODNESS OF THE LORD



LET'S CELEBRATE KALE

July 26-Thursday

9:30-11:30 a.m.

Presenter: Pat Pintens

Summer is the season of green. And, eating fresh greens is one of summer's best blessings. Kale has found new popularity and prestige. We'll explore the tasty world of kale and various ways to enjoy its goodness. Suggested offering \$10.00. *Register by Monday, July 23.*

To Register
715-385-3750 Ext. 1
marywood.center@gmail.com
 (credit cards accepted)

Programs - August 2018

TASTE AND SEE THE GOODNESS OF THE LORD



A BERRY WONDERFUL DAY

August 2 - Thursday

6:00 a.m. - 4:30 p.m.

Presenters: Pat Pintens and Sr. Marla Lang

Join two veteran berry pickers in gathering raspberries and blueberries in Bayfield. We'll head out early and enjoy the blessings of sunshine, wild flowers, Lake Superior, and shared reflections on God's goodness in creation and in those tasty berries! Wear your berry picking clothes and bring your berry pails and a noon lunch. Call Marywood for further information. Suggested offering for travel \$20.00. *Register by Monday, July 30.*

MIXED MEDIA: Painting on Textured Background

August 2 - Thursday

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

Presenter: Karen Kappell, FSPA

Using white rice paper and tissue combined with gesso, we will create a highly textured background for an abstract painting. When the background has dried, the painting will be finished with poured inks, watercolors, or fluid acrylics, done with several pours. A final coat of iridescence will add luster to areas in the painting. Materials will be available, but bring any you may have. Design suggestions for a successful abstract painting will be given. This class will stretch your imagination. You will need a half sheet of stretched watercolor paper that is approximately 15x20 inches. Fee: \$30.00. Bring a lunch. *Register by Wednesday, July 25.*

IONS (Science and Spirituality)
August 2 & 16 - Thursday (first & third Thursdays of the month)
12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. The gatherings explore scientific findings and wisdom traditions to expand our understanding of consciousness and questions such as "who am I" and "who are we." All are welcome to one or more gatherings. Suggested offering \$10.00.

MIXED MEDIA: Highly Textured Landscape Painting

August 3 - Friday

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

Presenter: Karen Kappell, FSPA

Using watercolors with graphite, inks, crayons and tools we will create a highly textured painting that will suggest a semi-abstract landscape. These materials will be available for the class, but participants need to bring a half sheet of 140# stretched watercolor paper or a 300# sheet. Also bring watercolors, brushes, masking tape, and photos for reference. Fee: \$30.00. Bring a lunch. *Register by Wednesday, July 25.*

*If you are interested in staying overnight to attend both art programs and/or other programs call for cabin availability.
715-385-3750 Ext. 1*

To Register
715-385-3750 Ext. 1
marywood.center@gmail.com
(credit cards accepted)

NATURE POETRY WORKSHOP

August 7 - Tuesday

9:00 a.m. - 4:00 p.m.

Facilitators: John Bates, Julia Walsh, FSPA and North Lakeland Discovery Center staff

Come to this day of reverencing words and contemplating the goodness of nature's wonders! With a naturalist and experienced poet we'll discuss samples of nature poetry, go on a guided nature walk, study a bit of writing technique, be challenged by a writing prompt and spend time in nature writing. At the end of the session we'll share our creations and give each other feedback. This workshop is appropriate for poets at all levels. Fee: \$35.00. Bring a lunch. The program will occur partly at Marywood Spirituality Center. Meet at North Lakeland Discovery Center, 14006 Discovery Lane, Manitowish Waters, WI 54545. *Register by Friday, August 3.*

THE HIDDEN LIFE OF TREES

August 8 - Wednesday

9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

This initial look at how trees share food and communicate with each other is astonishing. How social trees are, how they pass electrical impulses through their roots, what they feel! These Northwoods trees surround us with their hidden lives and share miracles we seldom reflect upon. Suggested offering \$10.00. *Register by Monday, August 6.*

IONS (Science and Spirituality)
August 2 & 16 - Thursday (first & third Thursdays of the month)
12:30-3:00 p.m.

Facilitators: Jan Lewis and Marla Lang, FSPA

Noetic science means inner/intuitive knowing. Suggested offering \$10.00.

DRUM-MAKING WORKSHOP

**August 17-18 - Friday-Saturday
Friday 6:30 p.m. - Saturday 4:00 p.m.**

Facilitator: Wayne Manthey

Drum maker Wayne Manthey has helped bring many drums to life all over the country. Participants use wood, deer hides, walnut stain and other natural elements to create a unique, personal drum. There is time for reflection and storytelling about the ancient spiritual tradition of drumming. Participants will go home with a homemade drum, drumstick, and rattle. Investment: Resident: \$120.00 (includes bedroom in a shared lakeside cabin, meal, and program) Drum not included. Commuter: \$90.00 (includes Saturday lunch and program). Drum not included.*

Materials: (choose one)

*13-in. drum \$110.00; 16-in. drum \$135.00. *Register by Wednesday, August 1 (limit of 12).*

ENCOUNTERING: PRESENCE IN NEW WAYS

August 21 - Tuesday

9:30-11:30 a.m.

Presenter: Marla Lang, FSPA

Listening, reading and reflecting are all ways of seeing with new eyes. As we become more culturally diverse, we are being called to hear “with the ear of our hearts,” to see the world as the others see it, to journey beyond ourselves. Share an encountering experience that left you changed or stunned or even embarrassed. Let’s help gift each other with one new understanding. Suggested offering \$10.00. *Register by Monday, August 20.*

To Register

715-385-3750 Ext. 1

marywood.center@gmail.com

(credit cards accepted)

SEEING THROUGH GOD’S EYES: A PATH TO PERSONAL RECONCILIATION AND PEACE

August 23 - Thursday

9:00 a.m. - 12:00 noon

Presenter: Sr. Laurie Brink, O.P., PhD

According to the Book of Geneses, everything that God creates God sees as “good” (Gen 1:4). In 1 Samuel, we learn that “God does not see as a mortal, who sees the appearance. The Lord looks into the heart” (1 Sam 16:7). On the road to Emmaus, the two disciples have their eyes opened and they recognize the Lord (Luke 24:31). This presentation proposes that seeing the struggles and difficult relationships in our lives through God’s eyes has the potential to heal and reconcile. Interweaving biblical reflections with personal prayer, we will put on divine lenses so as to see our experiences in a new light. Suggested offering \$10.00. *Register by Tuesday, August 21.*

DWELLING IN THE SHADE

August 23 - Thursday

9:30-11:30 a.m.

Presenter: Pat Pintens

When it comes to summer, some prefer heat, others prefer shade. Both are gifts of summer. Let’s find some shade and become shade dwellers for a bit to explore ways in which shade is a gift both physically and spiritually. Suggested offering \$10.00. *Register by Friday, August 17.*



BE THE LIGHT PAINT AND SIP

August 23 - Thursday

5:30-8:30 p.m.

Facilitators: Julia Walsh FSPA and Earth Goods staff

“You are the light of the world” (Matthew 5:14), Jesus proclaimed. Come to this evening of prayer and paint to ponder the meaning of this Scripture and the ways that you share light with others. Under the guidance of Earth Goods staff, our creative activity will bring us from blank canvas to our own painting of fireflies. No painting experience necessary. Program will occur at Earth Goods, 301 Front Street, Minocqua, WI 54548. Fee: \$30.00 includes beverages, supplies, art instruction and program. *Register by Friday, August 17.*



CONTEMPLATIVE NATURE WALK

August 29 - Wednesday

10:00 a.m. -12:00 Noon

Facilitators: Julia Walsh FSPA and North Lakeland Discovery Center staff

Join a Discovery Center Naturalist for a guided nature walk that will help you open your eyes and hearts to the wonders all around. Then, enter into contemplative dialogue about the ways the landscape speaks to your spirit. Meet at North Lakeland Discovery Center. Donations appreciated. *Register by Tuesday, August 28.*

JOIN THE FUN!

GATHER YOUR TEAM!



Golfers Special

**Win
\$250**

Visa Credit Card

Every registered golfer gets one FREE chance to win! Entry available at registration table only.

**Thursday
June 28, 2018**

Trout Lake Golf Club

3800 US Hwy 51 N • Arbor Vitae
10 Miles North of Minocqua

Third Annual
4-Person Scramble
9 a.m. Shotgun Start
Registration begins at 8 a.m.

Entry Fee: \$70.00 per person or
\$260.00 for 4-person team

Includes:

- 18 Holes Golf
- Gas-powered Cart
- Range Balls for Warm-up
- 1 Free Drink Ticket
- Lots of Prizes
- Lunch Grilled Chicken Breasts and Brats

Also Available: 50/50 Raffle, Mulligans,
and fun Raffle Baskets

To enter a team or for sponsorship information:

S. Elizabeth Amman 715-385-3750 Ext. 2 or

Mike Osborne/Trout Lake Golf Club 715-385-2189

Marywood Franciscan Spirituality Center • Arbor Vitae, WI

Marywood Franciscan Spirituality Center

3560 Highway 51 North • Arbor Vitae WI 54568

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

Program Calendar • May-August 2018

May 2018

- 1 My Friend Solitude
- 3 IONS - Science and Spirituality
- 7/8 Watercolor: Changing Format
- 10 Holy Mary, Guide for Us All
- 11 Arbor Day at Marywood
- 15 Writers Group
- 15 A Revolution of Goodness
- 17 Book Club
- 17 IONS - Science and Spirituality
- 24 Taste and See the Goodness of the Lord Series:
Delightful Asparagus -- *see also July 26 (Kale)*
and August 2 (Berry Picking)
- 29 Writers Group

June 2018

- 6 Beauty, The Quiet Thread
- 7 IONS - Science and Spirituality
- 12-13 Mixed Media: Creation of Handmade
Paper Pulp and Paintings
- 12 Bless This Cup
- 13 Fire, Faithfulness and Division
- 14 What is the God Question in Our Lives?
- 18 The Saint and the Sultan
- 19 Writers Group
- 20 When the Spirit Walks You
- 20 A Garden Celebration of the Summer Solstice
- 21 IONS - Science and Spirituality
- 26 Writers Group

July 2018

- 2 What's Up Sisters?
- 5 Pastel: Merging Watercolor Underpainting
- 5 IONS - Science and Spirituality
- 6 Pastel: Merging Gouache Underpainting
- 10 Spiritual Lessons from the Natural World
- 14 Spirituality on the Water
- 17 The Messages Hidden in Water
- 17 Writers Group
- 18 Who Am I Now?
- 19 IONS - Science and Spirituality
- 23 God as Trinity
- 24 The Gift of Years
- 26 Taste and See ... Let's Celebrate Kale
- 31 Writers Group

August 2018

- 2 Taste and See ... A Berry Wonderful Day
- 2 Mixed Media: Painting on Textured Background
- 2 IONS - Science and Spirituality
- 3 Mixed Media: Highly Textured Landscape Painting
- 7 Nature Poetry Workshop
- 8 The Hidden Life of Trees
- 16 IONS - Science and Spirituality
- 17-18 Drum-Making Workshop
- 21 Encountering: Presence in New Ways
- 21 Writers Group
- 23 Seeing Through God's Eyes: A path to personal
reconciliation and peace
- 23 Dwelling in the Shade
- 23 Be the Light - Paint and Sip
- 28 Writers Group
- 29 Contemplative Nature Walk

Marywood 2018 Retreats and Workshops

- May 18-20 A Part, Not Apart: Christian Tradition and Contemplative Ecology - Eric Englada
- May 26-31 Vacation With a Purpose: Artist Encounter and Expression of Nature - Karen Kappell, FSPA
- June 15-17 Fishing As a Spiritual Practice - Julia Walsh, FSPA and Dick Brusehoff
- June 21-24 Canoe Camping Retreat - Julia Walsh, FSPA, Rev. Ted Dorcey, CSsR and Camp Manito-Wish YMCA Staff
- July 8-13 Vacation With a Purpose: Creative Mindfulness Through Watercolor - Karen Kappell, FSPA
- July 15-21 Directed Retreat - Janet Mallak, SSND
- July 19-22 Franciscan Backpacking Retreat- Julia Walsh, FSPA, Rev. Nick Rokitka, OFM Conv. and Camp Manito-Wish Staff
- August 10-15 Writers Retreat - Julia Walsh, FSPA
- November 30-December 4 • Advent Retreat: Seeking A Peaceful Spirit - Marla Lang, FSPA

Marywood also offers:

- Private Retreats • Directed Retreats (spiritual directors on staff) • Sabbaticals (2 weeks to 6 months - November thru April)
- Outreach staff available to come to your site for retreats and/or day/evening programs

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**We delight in the
beauty of the butterfly,
but rarely admit the changes
it has gone through
to achieve that beauty.**

- Maya Angelou