

Roots and Ripples

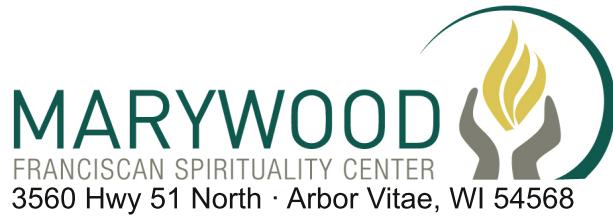
Volume 12 • Issue 1
January-April 2019



Between us and the stars, there lies but silence:
and there in the stillness let us listen to the
voice that is speaking within us.

- Jerome K. Jerome

Where Peace Prevails and Goodness is Shared



www.marywoodsc.org

marywood.center@gmail.com

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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.

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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... The sun was warm but the wind was chill.

You know how it is with an April day

When the sun is out and the wind is still,

You're one month on in the middle of May.

But if you so much as dare to speak,

A cloud comes over the sunlit arch,

A wind comes off a frozen peak,

And you're two months back in the middle of March.

A bluebird comes tenderly up to alight

And turns to the wind to unruffle a plume,

His song so pitched as not to excite

A single flower as yet to bloom.

It is snowing a flake: and he half knew

Winter was only playing possum.

Except in color he isn't blue,

But he wouldn't advise a thing to blossom...

Dear Friends, Supporters and Prayers for Marywood,

A new year, 2019, is already upon us! Thank all of you for your participation, prayers, petitions and generosity. A special thank you to all of you who supported our annual fund drive! What a gift it is that all the funds you send this fiscal year are being matched! Our Marywood circle continues to widen little by little. Thank you for spreading the word and sharing your experience of Marywood!

Receiving this issue at the beginning of December with programming through April always causes me to pause, realizing both Christmas and Easter happen in this time period. Both holidays/holidays continue to make the “old stories” part of our stories. Christian or not, good will and gratitude seem to be magnified during these times. This goodwill has expanded, in the consciousness of anyone working with an FSPA Sister or within one of their sponsored ministries. The FSPAs named a “Revolution of Goodness” as a major initiative last summer at a gathering of a few hundred people. I invite all of you as part of the Marywood family to join in this venture and note all the goodness around you. Spread the goodness! Talk about it!

Loving poetry as I do, I couldn’t help but have some lines of Robert Frost’s poem “Two Tramps in Mudtime” running through my mind, especially the part quoted above. Maybe the words will bring back some memories for you too in your experience of these next few months.

As you browse through this issue you will see some new offerings and events along with all the tried and true popular ones. Along with our own program staff: Pat Pintens and Sisters Anita Marla, and Julia, we have four guest presenters: Barbara Kane, Dick Bruesehoff, Mary Burns, Gemma Lamb and Jeanine Laibly. Besides programs, remember we offer retreats as you see on pages 4 & 5. We also offer individual personal retreats and spiritual direction/guidance at Marywood, by Skype, or if enough of a group – at your site. Don’t hesitate to call, e-mail or write.

Peace and All Good Be Yours,
Sister Elizabeth

Marywood Franciscan Spirituality Center

2019 RETREATS

FINDING YOUR SOUL SONG

February 22-23, 2019

3:00 p.m. Friday – 1:00 p.m. Saturday

Presenters: Jan Huseby
and Pat Pintens

From the instant that we first hear our mother's heartbeat, rhythm and pulse become a part of



our lives, and 'our song' begins. Whether we are music makers or music listeners, music expresses our emotions, stirs our memories, enriches our human experiences and often serves as our prayer. Gifted musician and composer Jan Huseby will lead retreatants in sharing life stories and the sacred discovering and expressing of their songs. Fee: \$110 includes all needs and a private room in a shared lakeside cabin. Commuters \$60. *Register by Thursday, January 31.* Include \$25 deposit with registration.

ICON RETREAT: Our Lady of

Tenderness

April 21-27, 2019

5:00p.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 Our Lady of Tenderness. 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. Fee: Residents \$650 includes a private room in a shared cabin. Commuters \$475. *Register by Wednesday, April 10.* Include a \$100 deposit with registration.



PRAYING WITH GREENING BEADS

May 17-19, 2019

5:00 p.m. Friday – 1:00 p.m. Sunday

Leaders: Naomi and Dick Bruesehoff

God's deepest desire is well-being for all creation. Our own well-being is tied to that of the whole and contemplative prayer to maintain and nurture this very connection.

During this retreat we will practice and creating a set of greening beads that can be used to support 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. The retreat will begin with supper on Friday and end with lunch on Sunday. Fee: \$195 resident includes a private room in a shared cabin. \$125 for commuters. *Register by Monday, April 29.* Include a \$100 deposit with registration.

MIXED MEDIA WORKSHOP

May 26-31, 2019

9:00 a.m. Sunday – 3:00 p.m. Thursday

Presenter: Sister Karen Kappell

Come to have fun and don't worry about creating masterpieces. Think about creating painted papers that can be cut up or torn to be used in larger works. Learn exciting new ways to use water based paints, resist stamps, rice papers, and much more. Step by step instruction of different techniques will be given and explored to create papers to assemble in collage. Bring watercolor supplies including 3-4 sheets of 140# cold press watercolor paper (approximately 20" by 15"), Elmer's glue, scissors. Fee: Residents \$475 with private room in a shared cabin. Commuters \$275. Arrival in the afternoon by 5:30 p.m. on Saturday, May 25 for all. Classes will extend into the afternoon as needed. The room will be open for more time as needed by the participants. *Register by Friday, May 10.* Include a \$100 deposit with registration.



THE BEAUTY OF GOD

AND OF SOUL

June 21-24, 2019

9:00 a.m. Friday – 1:00 p.m. Monday

Presenter: Pat Pintens

Someone once wrote, "Beauty is one of the three foods of the soul." "Yet," writes John O'Donohue, "beauty is so quietly woven through our days that we hardly notice it." These retreat days offer time to notice and explore the beauty of color, music, nature and God through prayer, presentations, creative activities, afternoons of pondering or rest, but mostly by simply being in the quiet beauty of the Northwoods. Fee: \$280 includes all needs and a private room in a shared cabin. Commuters \$175.

Register by Friday, June 7. Include a \$100 deposit with registration.

WATERCOLOR FOR STARTERS OR REFRESHERS

July 7-12, 2019

9:00 a.m. Sunday – 3:00 p.m. Friday

Presenter: Sister Karen Kappell

This workshop will focus on learning to watercolor and offer exercises in the basic techniques like brush handling, watercolor control of light and darks. Different methods of control of water and paint such as wet on wet and dry brush will be tried. 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 to class with no materials, but a huge desire to learn. Fee: Residents \$475 includes a private room in a shared cabin. Commuters \$275. *Register by Monday, June 24.* Include a \$100 deposit with registration.

Marywood Franciscan Spirituality Center

2019 RETREATS, continued

A PART, NOT APART: Christian Tradition and Contemplative Ecology

July 12-14, 2019

3:30 p.m. Friday – 11:00 a.m. Sunday

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 experiences living simply and ecologically on a Catholic Worker farm. Drawing on figures like St. Hildegard of Bingen, Thomas Merton, and Wendell Berry, this retreat will engage us in talks and discussions, lectio divina, prayer, solitude, and outdoor contemplative practices to help heal our rift from Creation. Fee: \$225 for a private room in a shared cabin and all needs. Commuters \$120. *Register by Friday, June 28.* Include a \$100 deposit with registration.



Register for both "A Part Not Apart" and "Wilderness and Wonder" by Friday, June 28 to receive a \$75 discount.

Call
715-385-3750 Ext. 1
or email **marywood.center@gmail.com**
(credit cards accepted)

WILDERNESS AND WONDER: A Canoe-Camping Retreat

July 14-17, 2019

4:00 p.m. Sunday – 4:00 p.m.

Wednesday

Facilitator: Sister Julia Walsh

Come experience the goodness of God manifested in the Wisconsin Northwoods during this contemplative outdoors retreat on the water. The expert guides of Camp Manitowish YMCA will secure our safety and facilitate our outdoor adventure as we paddle and camp on a route through the Turtle-Flambeau Flowage. Fee: \$475 includes all gear, meals, accommodations and supplies. *Register by June 28.* Include a \$100 deposit with registration.

WORD AND COMMUNITY:

A Writers

Retreat

July 21-27,

2019

5:00 p.m.

Sunday – 10:00 a.m. Saturday

Facilitator: Sister Julia Walsh

This retreat will provide an opportunity to honor the word as we write together in a creative community and away from our daily distractions. 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 \$295. *Register by July 5.* \$50 discount if you register and pay in full by June 15. Include \$100 deposit with registration.

The secret is in the seeing. From the heart of a flame, the core of a raindrop, the underside of leaves in the wind, our own holiness smiles back at us.

- Joanne McPortland

RECONNECTING WITH

SISTER/MOTHER EARTH

September 27-29, 2019

3:00 p.m. Friday – 1:00 p.m. Sunday

Presenter: Pat Pintens

St. Francis of Assisi reminds us the earth is like a sister with whom we share life, a beautiful mother who embraces us. How often do we truly visit, spend time with, our sister/mother earth? Get reacquainted and reconnected with the earth and her power to heal wounded (weary) minds, hearts, and souls. Walking, sitting by or kayaking/canoeing on Trout Lake, listening to a creek – lots of time outdoors, prayer, contemplation, and other ‘earth connecting’ activities will be part of this retreat. Fee: \$195 for a private room in a shared cabin. Commuters \$125. *Register by Monday, September 2.* Include a \$100 deposit with registration.



Programs - January 2019

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 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.



We have 3 celebrations this year!

January 3 - Thursday

January 5 - Saturday

January 8 - Tuesday

Gather 5:00 p.m. Meal and Blessing Circle 6:00-8:00 p.m.

\$35.00 includes social, meal and program.

To reserve your space, please include payment with registration by December 18.

To Register: 715-385-3750 Ext 1

marywood.center@gmail.com credit cards accepted

IONS: Science and Spirituality

January 3 – Thursday

First & third Thursdays of the month

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

Noetic science means inner/intuitive knowing. These 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.

MARYWOOD WRITERS GROUP

January 7- Monday

1st Monday of the month

12:00-3:00 p.m.

Facilitator: Sister Julia Walsh

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- 3 double-spaced pages) and your meal. Be ready for a robust conversation among a supportive community that will enrich your work as a writer. *Please register by the day before the session.* Suggested offering \$5.00.

BIRTH BY THE WORD OF TRUTH-Series

January 15 - Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

We sometimes say rather glibly, "The truth will set you free." Truth does lead to freedom; it also leads to new life. "Birth by the word of truth" reminds us that acknowledging the truth, be it our own, of our workplace, of our church, etc., can be a painful, distressing process. Let's explore how bringing the truth to light is life giving for not only ourselves, but others as well. Suggested offering \$10.00. *Register 5 days before the program.*

Programs - January 2019

MARYWOOD WRITERS GROUP

January 15-Tuesday
3rd Tuesday of the month
6:00-8:30 p.m.

Facilitator: Sister Julia Walsh

Suggested offering \$5.00.
Please register by the day before the session.

BOOK CLUB-Series

January 17 -Thursday
8:00-10:00 a.m.

Facilitators: Sister Anita Beskar and Sister Marla Lang

The book this month is Death and Life of the Great Lakes by Dan Egan. Register by the day before.

IONS: Science and Spirituality

January 17 – Thursday
12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

Noetic science means inner/intuitive knowing. These 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.

One kind word can warm three winter months.

- Japanese Proverb

LIVING THE DREAM: REFLECTING ON THE MLK LEGACY

January 18- Friday
1:00-3:00 p.m.

Facilitator: Sister Julia Walsh

Over 50 years after Rev. Dr. Martin Luther King Jr.'s death, are we letting his legacy live on? During this program we will pray and ponder what the meaning of some of King's speeches and writings could be for our modern times. Suggested offering \$10.00. Register by Wednesday, January 16.



SEEK FIRST TO UNDERSTAND

January 22 –Tuesday
9:30-11:30a.m.

Presenter: Barbara Kane

People don't care how much you know until they know how much you care. How easy is it to assert our own opinions or give advice rather than listen? How well do we listen to the wisdom that is available to us from a multitude of sources? In this workshop you will learn how to improve your listening skills and build trust in your relationships with others, as well as yourself. Suggested offering \$10.00. Register by Friday, January 18.

THE WINTER OF THE SPIRIT

January 23-Wednesday

9:30 a.m.-12:00 Noon

Facilitator: 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 our spirit conspires with (that is, "breathes with") the Spirit for new life and growth in us—even during the dark, fallow times. Suggested offering \$10.00. Register by Monday, January 21.

MONASTERY LUNCHES

January 25- Friday
11:30 a.m. – 1:00 p.m.

Presenter: Pat Pintens

A 'monastery lunch' means feeding one's body with nourishing soup and a healthy bread and one's spirit with nourishing spiritual reading. Join us for a 'monastery lunch.' We'll dine *non loqui* (without conversation) as we enjoy a hearty soup, Gregorian chant, spiritual reading and discussion – after lunch. Bring a robe to wear (your bathrobe will do). Suggested offering \$15.00. Register by the Monday before the event.

To Register

715-385-3750 Ext 1

marywood.center@gmail.com

(credit cards accepted)

Programs - February 2019

MARYWOOD WRITERS GROUP

February 4- Monday

1st Monday of the month

12:00-3:00 p.m.

Facilitator: Sister Julia Walsh

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- 3 double-spaced pages) and your meal.

Be ready for a robust conversation among a supportive community that will enrich your work as a writer. *Please register by the day before the session.* Suggested offering \$5.00.

BIRTH BY THE WORD OF TRUTH

February 5-Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

For program description see page 6.

IONS: Science and Spirituality

February 7 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

Noetic science means inner/intuitive knowing. These 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.

LOVE: HARSH AND DREADFUL?

February 13- Wednesday

9:30-11:30 a.m.

Facilitator: Sister Julia Walsh

One of Dorothy Day's favorite quotes was "Love in action is a harsh and dreadful thing compared to love in dreams," as written by Fyodor Dostoevsky. Perhaps this is because Day understood the costliness of putting love into action, of allowing love to be a verb instead of a comfy feeling or an idea. Come reflect on the power and might of love. Suggested offering \$10.00. *Register by Monday, February 12.*



BOOK CLUB

February 14 -Thursday

Third Thursdays of the month

8:00-10:00 a.m.

Facilitators: Sister Anita Beskar and Sister Marla Lang
Register by the day before.

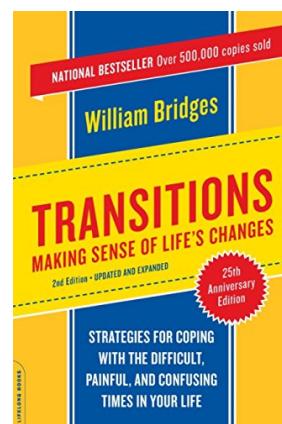
WHO AM I NOW?

February 19 – Tuesday

9:15-11:45 a.m.

Presenter: Barbara Kane

"Change is constant. Growth is optional." When circumstances change, our own identity may be put into question. Children leave the nest. Parents die. Jobs change. During these times, one may wonder, "Who Am I Now?" Based on the work of teacher William Bridges, author of Transitions, learn ways to better understand the notion of change and learn ways to adapt and recreate yourself. Suggested offering \$10.00. *Register by Thursday, February 14.*



IONS: Science and Spirituality

February 21 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

Noetic science means inner/intuitive knowing. These 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.

Programs - February 2019

MARYWOOD WRITERS GROUP

February 19-Tuesday

6:00-8:30 p.m.

Facilitator: Sister Julia Walsh

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- 3 double-spaced pages) and your meal. Be ready for a robust conversation among a supportive community that will enrich your work as a writer. *Please register by the day before the session.* Suggested offering \$5.00.

CABIN FEVER SURVIVAL

February 20- Wednesday

9:30-11:30 a.m.

Facilitator: Sister Julia Walsh

The Scandinavian people of Norway and Denmark experience some of the longest and darkest winters on Earth, yet they are some of the happiest people. Come learn about the wisdom of a "hygge" (Danish) and "koeslig" (Norwegian) and how you might apply their techniques into the creation of your own cabin fever survival kit. Suggested offering \$10.00. *Register by Monday, February 18.*

IONS: Science and Spirituality

February 21 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

For program description see page 8. Suggested offering \$10.00.

MONASTERY LUNCHES

February 22 – Friday

11:30 a.m. – 1:00 p.m.

Presenter: Pat Pintens

For program description see page 7. Suggested offering \$10.00. *Register by Monday, February 18.*

Ask the ancient ones.

They shall tell you.

The trees do sing!

The rocks do speak!

The soil gives birth!

God's breath fills the earth!



This extraordinary exhibit honors women elders from each of the twelve Native American tribes of Wisconsin. These women are leaders who have held families and communities together, who have kept Native traditions, cultures and languages alive. They are the glue in the fabric of their communities. All of the almost life size designs were created by Mary Burns and woven on her hand-jacquard loom bringing honor by dignity. The hand-woven textiles connect us to the strength, beauty and determination of the women they portray. Also included in the exhibit are clan symbols and cultural/historical weavings. Mary Burns will be present to share her experiences during many of the exhibit hours. You will be amazed at the tribal giftedness portrayed in Mary's depictions! Donations welcomed. Times open to the public will be published in area newspapers or call Holy Family 715-356-6284 or Marywood at 715-385-3750.

WITH EYES MADE QUIET

February 26 –Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

"With an eye made quiet by the power of harmony and by the deep power of joy, we see into the life of things," wrote William Wordsworth. How might we see more clearly "into the life of things" if we were to quiet our eyes and deepen the power of joy in our lives? And how do we "quiet our eyes" and "deepen the power of joy?" Come, learn. Suggested offering \$10.00.

Register by Thursday, February 21.

ANCESTRAL WOMEN EXHIBIT:

February 23 – March 3

**Place: Holy Family Church
8950 County J
Woodruff, WI**

Programs - March 2019

INTERNATIONAL WOMEN'S DAY OF PRAYER

March 1 - Friday

On March 1 people worldwide will again unite in prayer. This gathering of prayer, celebrated on the first Friday in March each year, is a symbol of unity around the world. Not only women but many men and people of all ages are invited to participate. Watch the newspapers for the time and local site for this celebration or call Marywood: 715-385-3750.



WATERCOLOR-FROM SOFT TO HARD

March 4 – Monday

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

Presenter: Sister Karen Kappell

Using many of the natural happenings of wet-in wet technique and working with the paper as it gradually dries from a soaking stage, we will create a floral painting. Some hard edges will be created in the painting, but the majority of the painting will have soft diffused edges and suggest and then define the flowers. Bring watercolors, brushes, floral photos and 1/2 sheet of 140# stretched watercolor paper. Fee: \$30. Bring a lunch & register by Monday, February 25.

MARYWOOD WRITERS GROUP.

March 4- Monday

12:00-3:00 p.m.

Facilitator: Sister Julia Walsh

Suggested offering \$5.00. Please register by the day before the session.



WATERCOLOR: PALETTE

KNIFE PAINTING

March 5 – Tuesday

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

Presenter: Sister Karen Kappell

Keeping strong colors in watercolors can be a challenge and in this class we will learn one way of creating bold and vibrant watercolor paintings. Using a palette knife as well as a brush we will work creatively on distribution of color with watercolor media, practice some techniques, and then apply them to a painting. You will learn to use a palette knife in two ways: to add or subtract color. Bring paints, palette knife, brushes, heavy watercolor paper or stretched watercolor paper and photos of large, light valued flowers. Fee: \$30.00. Bring a lunch and register by Monday, February 25.

ADDING BODY COLOR TO WATERCOLOR: BACK LIGHTING IN WOODS SCENE

March 6 – Wednesday

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

Presenter: Sister Karen Kappell

This workshop will use a combination of both transparent watercolor and opaque gouache in a watercolor painting. By adding only white gouache (provided) to transparent watercolors a painting having more body and opacity can enhance your ideas and expression. Bring watercolor paints and supplies, a stretched sheet of watercolor paper, and landscape photos of forest trees with lighting from the back. Fee: \$30.00. Bring a lunch and register by Monday, February 25.

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

IONS: Science and Spirituality

March 7 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

For program description see page 6.

Programs - March 2019

THE IMPACT OF SMALL VIOLENCE

March 13 – Wednesday

9:30-11:30 a.m.

Presenter: Pat Pintens

St. Benedict knew that peaceful hearts don't happen by chance and he knew how difficult it is to have a peaceful heart in an angry and dangerous society. He also knew that to have peaceful hearts we need to first recognize the 'small violences' within ourselves. Do we recognize the 'small violences' within us and their impact on our lives and the lives of those around us? Let's look inside. Let's find peace. Suggested offering \$10.00.

Register by Thursday, March 7.

INTO THE DESERT: LENTEN REFLECTION DAY

March 15 – Friday

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

Facilitator: Sister Julia Walsh

Enter into the sacredness of the Lenten season. Get away from noise and your busy life and participate in this day of prayer and contemplation. How might the Spirit speak to you in the silence? How are you being invited to renew your relationship with God and others during these "desert days"? A simple lunch will be included. Suggested offering \$30.00. *Register by Monday, March 11.*



CELTIC SPIRITUALITY CELEBRATION

March 17 – Sunday

7:00-8:30 p.m.

Facilitator: Sister

Julia Walsh

On the night of the Feast of St. Patrick let us pray and party! We will experience some of the gems of Irish spirituality such as storytelling, friendship, reflection, song and feasting at this festive celebration in order to honor one of Ireland's great saints. Suggested offering \$5.00. *Register by Thursday, March 14.*



BOOK CLUB

March 21 -Thursday

Third Thursdays of the month

9:30 –11:30 a.m.

Facilitators: Sister Anita Beskar and Sister Marla Lang

Register the day before.

IONS: Science and Spirituality

March 21 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

For program description see page 6. Suggested offering \$10.00.

BIRTH BY THE WORD OF TRUTH

March 18 – Monday

9:30-11:30 a.m.

Presenter: Pat Pintens

For program description see page 6. Suggested offering \$10.00. Participants can attend one or more sessions. *Register by Tuesday, March 13.*

MONASTERY LUNCHES

March 22 – Friday

11:30 a.m. – 1:00 p.m.

Presenter: Pat Pintens

For program description see page 7. Suggested offering \$15.00. *Register by Monday, March 18.*

MARYWOOD WRITERS GROUP

March 19-Tuesday

6:00-8:30 p.m.

Facilitator: Sister Julia Walsh

Suggested offering \$5.00. Please register by the day before the session.

Courage is the hallmark of spirituality. Courage comes when you love yourself for who you are.

- Amit Ray

Programs - April 2019



BEAD-DAZZLED: MIXED MEDIA

**April 1, 2, 3: Monday, Tuesday & Wednesday
9:00 a.m.-3:00 p.m.**

Presenter: Sister Karen Kappell

Each day is independent of the previous and has a different lesson. This program will use beads and fibers to create embellishments for paper, jewelry, fabric. The embellishments have countless uses for the quilter, sewer, journal maker, jewelry maker, art painter in mixed media, etc. All materials will be available but if you have yarns, fancy string, beads, fibers bring them along to use and exchange. Get ready to play! Fee: \$30.00 each day or \$80 for all 3 days. Bring a lunch & register by *Monday, March 25.*

MARYWOOD WRITERS GROUP

**April 1- Monday
12:00-3:00 p.m.**

Facilitator: Sister Julia Walsh

Suggested offering \$5.00.

Please register by the day before the session.

UKRAINIAN EGGS

**April 2-Tuesday
9:30 a.m.-12:30 p.m.**

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 \$20.00.

Bring a lunch. *Register by Thursday, March 28.*



IONS: Science and Spirituality

**April 4 – Thursday
12:30-3:00 p.m.**

Facilitators: Jan Lewis and Sister Marla Lang

For program description see page 6. Suggested offering \$10.00.

THE WAY OF THE CROSS with Caryll Houslander

**April 5 –Friday
9:30-11:30 a.m.**

Presenter: Pat Pintens

Caryll Houslander was an English lay Roman Catholic artist, mystic, popular religious writer and poet. A dominant theme in her writing was the relation of Christ's Passion to the world today. She saw Christ living and rejoicing, suffering and dying, in all she met. Come, reflect on her The Way of the Cross and how it can speak to the world today. Suggested offering \$10.00.

Register by Monday, April 1.

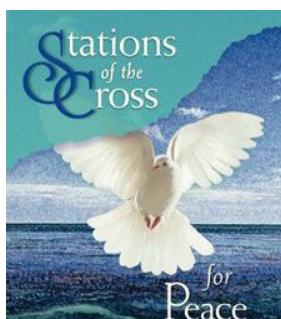
PEACE AND JUSTICE STATIONS OF THE CROSS

**April 6 – Saturday
10:00 – 12:00 Noon**

Facilitator: Sister Julia Walsh

As we journey through Lent, let us meditate together on how Christ is still suffering in his body. We will walk through downtown Minocqua and pray the Stations of the Cross to connect Christ's passion to the needs of today's world. Come join us as we pray for healing, justice and peace. Call 715-385-3750 to find out where to meet. Donations will be shared with the Lakeland Pantry. No registration needed although it's appreciated

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



Programs - April 2019

LIVING FROM A COSMIC PERSPECTIVE

April 9 – Tuesday

9:30 a.m.-12:00 Noon

Facilitator: Dick Bruesehoff

Imagine a world in which everyone, and especially those with power and influence, holds an expanded view of our place in the cosmos. Imagine living from the perspective that we do not simply live in this universe but that the universe lives within us. This cosmic perspective is simultaneously humble—and

humbling—spiritual, challenging and filled with mystery. Working with what Neil DeGrasse Tyson, author of *Astrophysics for People in a Hurry*, describes as attributes of a cosmic perspective, we'll explore how it might shape our own living. Suggested offering \$10.00. *Register by Friday, April 5.*



BIRTH BY THE WORD OF TRUTH

April 10 – Wednesday

9:30-11:30 a.m.

Presenter: Pat Pintens

For program description see page 6. Suggested offering \$10.00. *Register by Thursday, April 5.*

MARYWOOD WRITERS GROUP

April 16-Tuesday

6:00-8:30 p.m.

Facilitator: Sister Julia Walsh

Suggested offering \$5.00.

Please register by the day before the session.



CONTEMPLATIVE PRAYER WORKSHOP

April 17 – Wednesday

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

Facilitator: Sister Julia Walsh

What does it mean to be a contemplative? What sort of tools and resources can assist us as we develop our spiritual practices and rhythms? This workshop will introduce and walk us into a variety of contemplative prayer forms in order to deepen and broaden our prayer lives. Bring a lunch. Suggested offering \$20.00. *Register by Monday, April 15.*

Easter is meant to be a symbol of hope, renewal, and new life.

- Janine di Giovanni

IONS: Science and Spirituality

April 18 – Thursday

12:30-3:00 p.m.

Facilitators: Jan Lewis and Sister Marla Lang

Noetic science means inner/intuitive knowing. These 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.

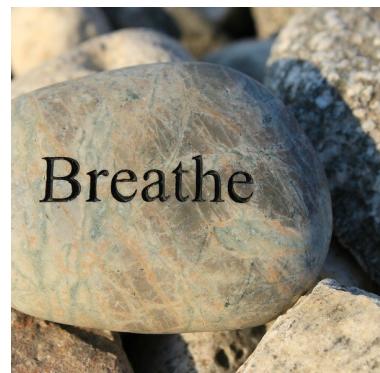
A BREATH OF RESURRECTION

April 30 – Tuesday

9:30-11:30 a.m.

Presenter: Pat Pintens

Sometimes we say: "I need to stop and catch my breath." To catch one's breath is to take in life. To take in life is to experience resurrection. Let's explore how we might more fully catch our breath, take in life, and experience resurrection in our day to day lives. Suggested offering \$10.00. *Register by Wednesday, April 24.*



Marywood Also Offers

PRIVATE RETREATS

Marywood has space and facilities for quiet time away, any time of the year

DIRECTED RETREATS

Space and facilities can be arranged with a spiritual director for any time of the year. Call to schedule with any of our on-staff experienced, certified spiritual directors: 715-385-3750.

Sister Elizabeth Amman, OP, Ext 2
Sister Marla Lang, FSPA, Ext 5
Pat Pintens, Ext 6

SABBATICALS: November thru April each year (2 weeks to 6 months)

Time away for renewal, rest, creative writing or art, etc. To plan and schedule a sabbatical, contact Sister Elizabeth Amman or email eaamman@gmail.com

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



OUTREACH AVAILABLE • LET US COME TO YOU

At-Your-Site Retreats Available

You Choose: whole day • half day • evening

- Themes focused on Scripture, Gospel living and liturgical seasons
- Prayer and general spirituality themes
- Youth, young adults, and Confirmation

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

Marywood Franciscan Spirituality Center
3560 Highway 51 North • Arbor Vitae WI 54568
715-385-3750 • marywood.center@gmail.com • www.marywoodsc.org
Program Calendar • January-April 2019

January 2019

- 3-5-8 Women's Christmas
- 3 IONS - Science and Spirituality
- 7 Marywood Writers Group
- 15 Marywood Writers Group
- 15 Birth by the Word of Truth
- 17 Book Club
- 17 IONS: Science and Spirituality
- 18 Living the Dream: Reflecting on the MLK Legacy
- 22 Seek First to Understand
- 23 The Winter of the Spirit
- 25 Monastery Lunch

February 2019

- 4 Marywood Writers Group
- 5 Birth by the Word of Truth
- 7 IONS: Science and Spirituality
- 13 Love: Harsh and Dreadful?
- 14 Book Club
- 19 Who Am I Now?
- 19 Marywood Writers Group
- 20 Cabin Fever Survival
- 21 IONS: Science and Spirituality
- 22 Monastery Lunch
- 23-28 Ancestral Women Exhibit
- 26 With Eyes Made Quiet

March 2019

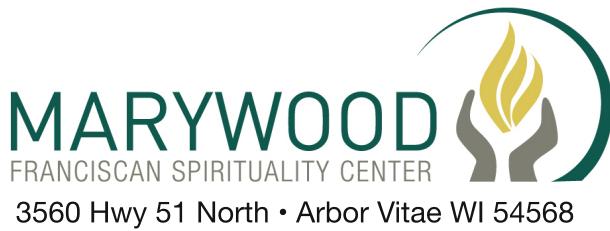
- 1 IONS - Science and Spirituality
- 1-3 Ancestral Women Exhibit
- 4 Watercolor: From Soft to Hard
- 4 Marywood Writers Group
- 5 Watercolor: Palette Knife Painting
- 6 Adding Body Color to Watercolor: Back Lighting in Woods Scene
- 13 The Impact of Small Violences
- 15 Into the Desert: Lenten Reflection Day
- 17 Celtic Spirituality Celebration
- 18 Birth by the Word of Truth
- 21 Book Club
- 21 IONS: Science and Spirituality
- 22 Monastery Lunch

April 2019

- 1-2-3 Bead-Dazzled: Mixed Media
- 1 Marywood Writers Group
- 2 Ukrainian Eggs
- 4 IONS: Science and Spirituality
- 5 The Way of the Cross
- 6 Peace and Justice Stations of the Cross
- 9 Living from a Cosmic Perspective
- 10 Birth by the Word of Truth
- 16 Marywood Writers Group
- 17 Contemplative Prayer Workshop
- 18 IONS: Science and Spirituality
- 21 Book Club
- 22 Monastery Lunch
- 30 A Breath of Resurrection

Marywood 2019 Retreats

- | | |
|---|---|
| February 22-23 Finding Your Soul Song - Jan Huseby and Pat Pintens | July 12-14. A Part, Not Apart: Christian Tradition and Contemplative Ecology - Eric Anglada |
| April 21-27. Icon Retreat: Our Lady of Tenderness- Barb Lawless | July 14-17. Wilderness and Wonder: A Canoe-Camping Retreat - Sister Julia Walsh |
| May 17-19. Praying with Greening Beads - Dick and Naomi Bruesehoff | July 21-27. Word and Community: A Writers Retreat - Sister Julia Walsh |
| May 26-31 Mixed Media Workshop - Sister Karen Kappell | September 27-29. Reconnecting with Sister/Mother Earth - Pat Pintens |
| June 21-24. The Beauty of God and of Soul - Pat Pintens | |
| July 7-12. Watercolor for Starters or Refreshers - Sister Karen Kappell | |



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Please Join Us!

Women's Christmas: An Epiphany Celebration for Wise Women

We invite you to a special celebration of the Irish tradition, Women's Christmas, and the Feast of the Epiphany with our own special event now three days, January 3, 5, or 8. Treat yourself to an evening of new traditions, plus a meal and gifts. Gather at 5:00 p.m. Meal and Blessing Circle from 6:00 to 8:00 p.m. \$35.00 includes meal and gifts. Reservations only. Call for transportation information and/or overnight accommodations. *Please register by Friday, December 18, 2018.* (See full details on page 6).

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