

Volume 4, Issue 1 January - April 2021

Roots and Ripples

Private
Retreats

“A snowflake is one of God’s most fragile creations, but look what they can do when they stick together!”

Programs
Prayer

Spiritual
Direction

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.



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 www.marywoodsc.org
 marywood.center@gmail.com

MARYWOOD STAFF

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 Development Director
 Artist

Office Manager
 Buildings/Grounds
 Adjunct Staff

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 Rev. Grant Van Lishout, Ext. 3
 Susan Fredenhagen, Ext. 1
 Philip Theiler
 Marla Lang, FSPA, Ext. 5



Sister Elizabeth



Sister Mary Ellen



Sister Karen



Grant



Susan



Pat



Phil



Sister Marla

“None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.” (Mother Teresa)

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Dear Friends of Marywood,

We reach another milestone as we flip the calendar to 2021. Reflecting on how our lives have changed from a year ago at this time is really a mind boggling memory. The many changes as to how we do business and how we have added face masks to our wardrobe, was not in our mind's eye or even imagined. As you have made adjustments in your lives and families, so our Marywood family has too. Change is not always easy, but necessary and an affirmation of the many gifts and talents we have been given; things we never knew we had.

This Roots & Ripples has some standby programs and many new ones. Be sure to note the change in Women's Christmas this year, Jan.6th 2021. With Zoom, space will not be an issue. Invite others to join you in this year's experience. I'm told we can have up to 999 women!

Thank you for your continued interest and support. Both are energizing and blessings for us. As you are receiving this issue in early December, and it includes both the Christmas and Easter holy/holidays, we want you to know we remember you in prayer and wish you a Merry Christmas and a Blessed Easter. From the infant in the crib at night to the sunrise at the sepulcher, may God's love permeate your being!

Sr. Elizabeth Amman, O.P.

Elizabeth Amman O.P.
Director



With great sadness we say good-bye to Sister Anita Beskar, FSPA, who is returning to St. Rose Convent In La Crosse after twelve years of generous service in the Marywood Community. Sister Anita is known for many gifts, not the least of which is her culinary expertise. During all these years she has baked a loaf of delicious bread for each person coming into one of the cabins. That's a lot of bread! We will miss her.

She has left footprints on our hearts! God bless you, Sister Anita!



MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

Breaking Open *Fratelli Tutti*

January 5 - Tuesday
January 12 - Tuesday
January 19 - Tuesday
January 26 - Tuesday
1:00 - 2:30 p.m. (via Zoom)

Facilitator: Meg Earsley, FSPA

Pope Francis chose the name of his latest encyclical because it “calls for a love that transcends the barriers of geography and distance.” Let’s explore the new social vision of Pope Francis, *Fratelli Tutti*, together. Each week, we’ll concentrate on two chapters as we discuss the ideas and themes contained in them. *Register by Wednesday, December 30.*



Embracing Creation: Enjoy the Silence

January 10 - Sunday 1:00 - 2:00 p.m. (via Zoom)

Presenter: Meg Earsley, FSPA



Embracing Creation is back by popular demand! Spend this winter exploring the natural world around you in an intentional and spiritual way. Notice the sights, sounds and other sensory messages you receive during this cold season of Winter. Sister Meg Earsley will lead seekers through experience-based connections with nature. You are invited to listen to a related spiritual reflection, share your experiences in small groups and join in gratitude and prayers to the Creator. Attend as many sessions as you would like. *Register by Sunday, January 3.*

TO REGISTER

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FREE WILL OFFERING (unless indicated)

CREDIT CARDS ACCEPTED

(2.75% processing fee)

Retreat: Lent’s coming!

January 13th - Wednesday

9:00 a.m. - 4:00 p.m. (at Marywood)

Facilitator: Grant Van Lishout

For those of you involved with worship and church preparations, this is your heads-up: Lent is nearly here. This year Ash Wednesday is February 17. Congregation members need to be informed of your plans. This leaves a very small window between Christmas break and January publication due dates. Come find sanctuary at Marywood and let your creative juices flow. First we will gather and share ideas, then offer you a blessing on the rest of your time here to allow you to do what it is you need to prepare. Overnight option is available *Please register by Tuesday, January 5. Bring a lunch.*



“What is Spiritual Direction and is it for me?”

January 13 - Wednesday 6:00 - 8:00 p.m. (via Zoom)

Facilitator: Elizabeth Amman, OP

Have you ever wondered how God is working in your life? Have you ever wanted to talk to someone about your God journey? If you can answer yes to either of these questions, spiritual direction/guidance may be for you. Come to this introductory session and get your questions answered about this practice of “holy listening”. *Register by Sunday, January 10.*

“Nothing is more practical than finding God, that is, than falling in a love in a quite absolute, final way. What you are in love with, what seizes your imagination will affect everything. It will decide what will get you out of bed in the mornings, what you will do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.”
— Pedro Arrupe, SJ

MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

“Come Blessings”

January 14 - Thursday

9:30 a.m. - 11:30 a.m.

(via Zoom)

1:30 - 3:30 p.m. at

Marywood

Presenter: Pat Pintens



Each morning we are invited to bless the day by calling out: “Come Blessings.” Pierre Pradervand tells us to: “... bless this day for it is already full of unseen good which your blessing will call forth, for to bless is to acknowledge the unlimited good that is embedded in the very texture of the universe and awaiting each and all. Let’s call out, “Come blessings” together *Register by Friday, January 8.*

“The Call of Christ to Help Wake up the World”

January 15 - Friday 7:00 - 9:00 p.m. (via Zoom)

January 16 - Saturday - 10:00 - 4:00 p.m. (via Zoom)

Presenters: Marla Lang, FSPA and Meg Earsley, FSPA

Do you wonder if you are called to become a Sister, Brother or Priest? Have you felt an inner urge inviting you to delve deeper into the idea of religious life? It can seem overwhelming and difficult to know where to begin your discovery. Join presenters, Sisters Marla and Meg, to learn more about what religious life means today. They will provide details on who religious are, what they do and how this life is



evolving. This is a great opportunity to learn more without requiring any commitment. We will honor the privacy of all participants. *Register by Sunday, January 8.*

For information on Marywood’s accommodations and staff,

please visit:

www.marywoodsc.org

715-385-3750 x1



Reflections from Grant

Recently I heard someone say that Marywood is only for Catholics or the religious. I also heard that it is only for women. It is true that Marywood is sponsored by the Franciscan Sisters of Perpetual Adoration, that many women religious and occasionally priests come here for retreat and that the attendance of our programs is mostly female, yet Marywood strives to serve everyone, female/male, young/old, spiritual seekers from every faith tradition.

Our staff includes Franciscans, Dominicans, Catholic Lay, Lutheran, and Unitarian. Priests, pastors, and church leaders of many different denominations come to Marywood for spiritual direction and other programs. There is a men’s group who study spiritual readings and reflect on how they impact their lives. People come individually or with friends. We are starting to see couples come as well. There are those who claim to be “spiritual but not religious” and those who see spirituality widening the tent of religion.

So, while there are definitely those who have traditionally gravitated towards Marywood, there is also an invitation to all. Come and experience the kindness, openness, and hospitality of the Marywood staff. You will be in an opportune place to experience the peace of the One who is always with us.

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2021 PROGRAMS AND RETREATS

“Hope Rising Out of the Pandemic”

January 20 - Wednesday

9:30 - 11:30 a.m. (via Zoom)

Presenter: Marla Lang, FSPA



The challenging months of 2020 left fragility in many forms of life on this planet. Together, we will examine the hidden and visible fragility, as well as

budding experiences of new hope. Your preparation: seek out new forms of life and the fragility in your setting! *Register by Monday, January 18.*

Snowshoe Walk

January 29 - Friday 2:00 - 4:00 p.m.

Facilitator: Pat Pintens

Come, enjoy the quiet of the winter woods, the companionship of others, and reflect on God's presence in the vastness of winter. Bring snowshoes, clothing to keep you comfortable, and a snack to share at the end of the trail. We will begin at Marywood. *Register by Monday, January 25.*



“Discerning Your Purpose: A Weekend of Deep Decision Making”

January 29 - Friday 6:00 - 7:30 p.m. (via Zoom)

January 30 - Saturday 9:00 - 5:00 p.m. (via Zoom)

January 31 - Sunday 11:00 - 2:00 p.m. (via Zoom)

Presenter: Meg Earsley, FSPA

If you are feeling general discontent or wonder what you should do next, it may be that you need to spend some time in discernment. You are invited to spend a virtual weekend on a journey to discover God's direction for you. Over the course of the weekend, you will be encouraged to spend time listening to your mind, heart and gut in this holistic way. We will be exploring prayer, journaling and other creative ideas you can use in your process of discernment.

This time away will be presented online, but Marywood cabins may be available

for those who want to spend this time in a contemplative and sacred place. Contact Marywood for more information and pricing for our cabins. . *Register by Sunday, January 3.*



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Leaving a Legacy

Thank you for supporting the Marywood mission. Please consider remembering us in your will. A bequest established today guarantees a vital lifeline for our future.

Another opportunity available at this time is a Charitable IRA Distribution. Because the charitable rollover completely avoids the donor's tax return, the donor can effectively get both the standard deduction and the charitable contribution deduction.

As you reflect on various gift options, it is best to consult a financial advisor.

Marywood Franciscan Spirituality Center is owned and operated by Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin, a 501(c) 3 not-for-profit charitable organization. All contributions are tax deductible as the law allows.

MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

“Full Moon Snowshoe Walk”

January 29 - Friday 8:00 - 10:00 p.m.



Facilitator: Pat Pintens

Enjoy a full moon walk: the shadows on the snow, the quiet of the winter woods, the companionship of others, and

reflect on God’s presence in the vastness of winter. Bring snowshoes, clothing to keep you comfortable, and a snack to share at the end of the trail. We will begin at Marywood. *Register by Monday, January 25.*

**Couples’ Check - in
February 4 - Thursday
7:00 - 8:30 p.m.**

Facilitator: Grant Van Lishout

Whether you and your partner have been together five months, five years, or 50 years, you know the importance of checking in with each other. You also know how difficult it is to find time for each other without daily distractions. Your love tank may be running empty, or you haven’t had the time to have a good quality conversation in a long while. You are invited to step away from all the busyness for a time of reflection on nurturing your relationship.



Register by Monday, January 25.

OUTREACH AVAILABLE: LET US COME TO YOU

You choose: whole day, half day, evening

We will bring our retreats to your church or organization and will work with you to create a retreat in your setting.

For further information, contact Marywood Outreach Coordinator:

*Rev. Grant Van Lishout
715-385-3750, Ext 3*

“Behind Our Masks”

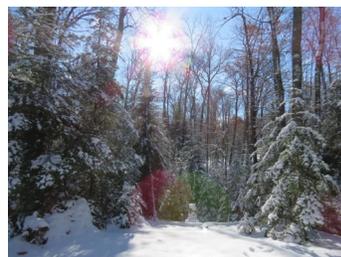


**February 9 -
Tuesday 9:30 -
11:30 a.m. (via
Zoom)
1:00 - 3:30 p.m. at
Marywood
Presenter: Pat
Pintens**
The COVID
pandemic has

increased our familiarity with masks though perhaps not our understanding of their cultural, healing and spiritual role in our history. Let’s take a look at what’s behind our masks - besides our faces! *Register by Wednesday, February 3.*

“Embracing Creation: Peaceful Renewal”

**February 14 - Sunday
1:00 - 2:00 p.m. (via Zoom)
Presenter: Meg Earsley, FSPA**



Refer to January 10 for program description. *Register by Sunday, February 7.*

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2021 PROGRAMS AND RETREATS

Sacred Art of Listening

February 18 - Thursday

9:30 - 11:30 a.m. (via Zoom)

Presenter: Marla Lang, FSPA

Let's engage in practices that can lead us into deeper relationships with God, with our soul and with others.



These practices will be listening beyond words, more than just hearing words! Being truly listened to is one of the greatest gifts we can give each other at any time of

the day. Register by Tuesday, February 16.

"Fasting and Feasting: Lenten Day of Reflection"

February 20 - Saturday 9:00 - 2:00 p.m. (at

Marywood) Facilitator: Pat Pintens



Lent is a time to ask "who do I want to become?" and "what do I need to 'give up' in order to become that person?" Let's explore how both the fasting and feasting aspects of Lent help us become that person. Bring a

bag lunch. Register by Monday, February 15.

Enhancing Watercolor Painting

March 1 - Monday-Rushing Streams

March 2 - Tuesday-Waterfalls

March 3 - Wednesday-Landscapes

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

Presenter: Karen Kappell, FSPA

Oriental rice papers are tactilely stimulating and can provide desired surface enrichment leading artists in unanticipated directions. We will use a combination of oriental papers and watercolors to create textural paintings of rushing streams, waterfalls, and landscapes all having some element of rock patterns. The oriental paper will be provided. Artists

need to bring watercolor supplies and 1/2 sheets of 140# cold press watercolor paper. Each class is independent of the other so one can choose March 1 or



2 or 3 as a single workshop or all three. Fee \$30.00 each day. Bring your own lunch. Register by Monday, February 22.

"Befriending Fear"

March 4 - Thursday 9:30 - 11:30 a.m. (via Zoom)

1:30 - 3:30 p.m. at Marywood

Presenter: Pat Pintens

What is fear? When are fears valid? When is it wise to be afraid? FDR admonished a fearful nation saying, "The only thing we have to fear is fear itself."

Another saying asserts, "Your largest

fear carries your largest growth." The

most frequent scriptural message

from God is, "Be not afraid." Let's explore

how befriending our fears opens us to the

grace within them and helps us grow from them.

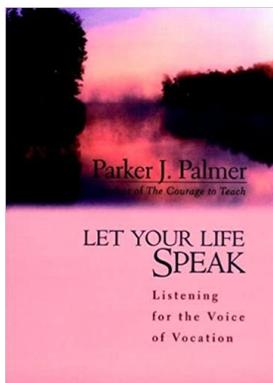
Register by Friday, February 26.



Book Study: Let your Life Speak: Listening to the Voice of Vocation by Parker Palmer

March 8 - Monday 1:30 - 3:30 p.m.

Facilitator: Grant Van Lishout



Before I can tell my life what I want to do with it, I must listen to my life telling me who I am. I must listen for the truths and values at the heart of my own identity, not the standards by which I must live--but the standards by which I cannot help but live if I am living my own life.

Let the voice and wisdom of Parker Palmer guide our time together as we ponder, "What am I to do with my life?" Register by Monday, March 1.

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MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

“What is Spiritual Direction and is it for Me?”

March 11 - Thursday

9:30 - 11:30 a.m. (via Zoom)

Presenter: Sister Elizabeth Amman
(see January 13)

“Women Who Followed Jesus”

March 16 - Tuesday

9:30 - 11:30 a.m. (via Zoom)

Presenter: Marla Lang, FSPA

Eleven women in the Gospels were among the first Christian witnesses. They were disciples of Jesus in some way. Each woman had a name except one. Select one that especially engages you. Imagine her specialness and bring to share on March 16. *Register by Monday, March 15.*



“Praying St. Patrick’s Lorica”

March 17 - Wednesday 9:30 – 11:30 a.m. (via Zoom)

1:30 - 3:30 p.m. at Marywood

Presenter: Pat Pintens



In the Irish monastic tradition, a *lorica*, is essentially a “protection prayer” in which the petitioner invokes all the power of God as a safeguard against evil. St. Patrick’s *Lorica* begins, “I arise today through a mighty strength, the invocation of the Trinity, through a belief in the Threeness, through confession of the Oneness of the Creator of creation.” Let us reflect on St. Patrick’s

Lorica and enjoy some Irish treats. . *Register by Friday, March 12.*

Greetings Favored One ... Luke 1:26-38

March 25 - Thursday 9:30 - 11:30 a.m. via Zoom

Facilitator: Grant Van Lishout

This is the Annunciation of our Lord, the time when the Angel Gabriel announced to Mary that she was to have a child who was to be named Jesus. This fascinating text shares the love of God for humanity through a woman named Mary. During this time we will focus on Luke 1:26-38 and how it applies to our lives today. *Register by Thursday, March 18.*

“Pastels: Building your Skills”

April 5 - Monday: Blending Techniques

April 6 - Tuesday: Broken-Pattern Techniques

April 7 - Wednesday: Overlay of Color-Feathering/Scumbling

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

Presenter: Karen Kappell, FSPA

Blending, rubbing one color into another so lines are softened is the most used technique in pastel painting. It is an excellent way to create skies and soft effects. **Broken-Pattern** is created by using short strokes that mix color visually at a distance. It is highly used by Impressionist painters. **Overlay of color** is a technique that uses very light strokes over another, feathering or scumbling and building a mixed color in the process. Each class is independent of



the other so one can choose one or two or three as a single workshop or all three. Bring soft pastels. Nu Pastels are preferred and the most adaptable to the three techniques. Fee \$30.00 each day. Bring your own lunch. *Register by Monday, March 29.*

“Working Out, Working In”

April 5 - Monday

9:30 - 11:30 a.m. (at Marywood)

Presenter: Grant Van Lishout

Breath and Movement are key factors in keeping ourselves physically healthy. Breath and prayer are key factors in keeping ourselves spiritually nourished. Based on the teachings of Paul Chek, holistic lifestyle coach, we will explore the relationship between our physical and our spiritual selves. Note: There will be breathing and movement, but nothing physically demanding. *Register by March 22.*



MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

Miracle Trees United as One

April 8 - Thursday

9:30 - 11:30 a.m. (via Zoom)

1:30 - 3:30 p.m. At Marywood

Presenter: Marla Lang, FSPA



It is hard to believe two different trees have united as one for 50+ years! Yes, a pine and an oak tree are united underground and several feet above ground. We will explore such a tree and other usual and

unusual aspects of trees and more, as Spring happens in this part of God's creation! *Register by Tuesday, April 6.*

"Spirituality and Poetry"

April 14 - Wednesday

1:30 - 3:30 p.m. (via Zoom)

Presenter: Elizabeth Amman, OP

Come relax, enjoy, and enrich your spirit! Sacred voices from the East and the West have left behind great nuggets of wisdom and God's love for us. We will share writings from famous saints, leaders, people, and poets from our day, too. This time set aside will feed your soul. . Register by April 10.

"Earth Day Canticles"

April 22 - Thursday 9:30 - 11:30 a.m. (ZOOM)

1:30 - 3:30 p.m. at Marywood

Presenter: Pat Pintens

A canticle is a narrative or religious poem. Perhaps the most famous is St. Francis of Assisi's *Canticle of the Sun*, also known as *Canticle of the Creatures* or *Canticle of Brother Sun*, written in praise of creation. Come and remember Earth Day as we reflect on this canticle as well as similar canticles from other traditions. Register by Thursday, April 15.



"Wisdom in Times of Upheaval"

April 27 - Thursday

9:30 - 11:30 a.m. at

Marywood

Presenter:

Pat Pintens



Though change is just part of life, living in the midst of change can produce uncertainty, confusion, indecisiveness, and stress. We look for solid ground to stand on and a wise word to hold onto. Who or what sources of wisdom do you turn to for such a word? Have you explored the Book of Wisdom in scripture? Let's share our sources of wisdom.

Register by Tuesday, April 20.

Upcoming Art Retreat

Vacation with a Purpose

Watercolor/ Mixed Media Workshop

May 30 - June 4

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

Presenter: Karen Kappell, FSPA

Monday: Rice papers and Watercolors

Tuesday: Metallics and watercolors

Wednesday: Watercolor, watercolor pencil, and acrylics with rice and hand-made paper

Thursday: Textural Supports of layered papers and watercolors

Friday: Textural Supports of embedded natural elements
Come, explore ways to use watercolors with water and non-water based media to create a variety of surfaces to paint on. Supplies needed: watercolor paints, and brushes, old brushes, paper towels, spray bottle, glue, gel medium-matte, masking tape and 5 half sheets of 140 # cold press watercolor paper- sheets 15 x 11(or available for \$3.25 per sheet), plus other watercolor supplies that you have. Other materials will be supplied. You might bring incomplete paintings to work on in a different way. Bring a lunch. Workshop for the week: \$200.00 or \$40 each day. Workshop with cabin stay (private room in a shared cabin): \$475. Deposit \$100. *Register by Monday, May 3, 2021.*

MARYWOOD FRANCISCAN SPIRITUALITY CENTER

2021 PROGRAMS AND RETREATS

January - April and beyond...

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Come Blessings
- 15-16
The Call of Christ to Help Wake up the World
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Hope Rising out of the Pandemic
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- 29 - 31
Discerning Your Purpose: A Weekend of Deep Decision Making

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Wisdom in Times of Upheaval

Silent Directed Retreat

June 5 - 13

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

Retreat Directors:

Sister Elizabeth Amman, OP

Sister Marla Lang, FSPA

Sister Mary Ellen Green, OP

Pat Pintens

Pastor Grant Van Lishout

Retreat begins with a simple supper together at 5:30 p.m. on Saturday and ends on Sunday with departure by 11:00 a.m. Participants are responsible for all other meals. Each retreatant meets once each day with their spiritual director. The rest of the day is spent in prayer and solitude, enjoying the water, woodland environment, and lakeside cabin. Register by Tuesday, May 4. Please include a \$100.00 deposit. Fee: \$525 includes spiritual direction plus eight nights in a private room in a shared lakeside cabin.

Art Retreat

Vacation with a Purpose

Beginning Watercolor Workshop

July 5 - 9, 2021

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

Presenter: Karen Kappell, FSPA

This workshop is for first timers and those wanting to expand their beginning skills. We will explore the enchantment of water and watercolor paints. Bring supplies you already have or wait for suggestions on what you may want to purchase. I advise getting paints that have the AP marking and soft watercolor brushes. Basic supplies maybe bought in class. We will discuss preparing paper, painting techniques and some color theory. Subjects for painting will be florals, landscapes, seascapes, etc. Bring a lunch. Workshop for the week: \$200 or \$40 each day if not attending the full week. Workshop with cabin stay (private room in a shared cabin): \$475. Deposit \$100. Meals not included. *Register by Monday, June 7, 2021.*



Women's Christmas Re-envisioned

Many women from the North Woods and elsewhere have enjoyed Marywood's celebration of Women's Christmas for the last four years. Others may be anticipating their first time at the event in January 2021.

At this time the staff at Marywood regrets having to announce that, given the constraints of the pandemic; it will not be feasible to come together in person in January.

We offer instead as **gift** a virtual celebration on **January 6, 2021, 7:00-8:30 p.m.** via Zoom which will include the whole staff of Marywood and as many women from near and far who wish to participate. Together we will acknowledge the challenges of 2020, and celebrate the gifts of this most unusual year. Come join us and bring your friends the evening of January 6, 2021, the traditional feast of Epiphany. The program will be from 7:00 until 8:30. Please call to reserve your place. The **ZOOM** link will be sent later.

