

# ST. ANTHONY spiritualitycenter

WINTER 2018 NEWSLETTER



## Father Solanus Casey

LIVING WITH & LEARNING  
FROM AMERICA'S NEWEST  
"BLESSED"

SILENT PREACHED RETREAT

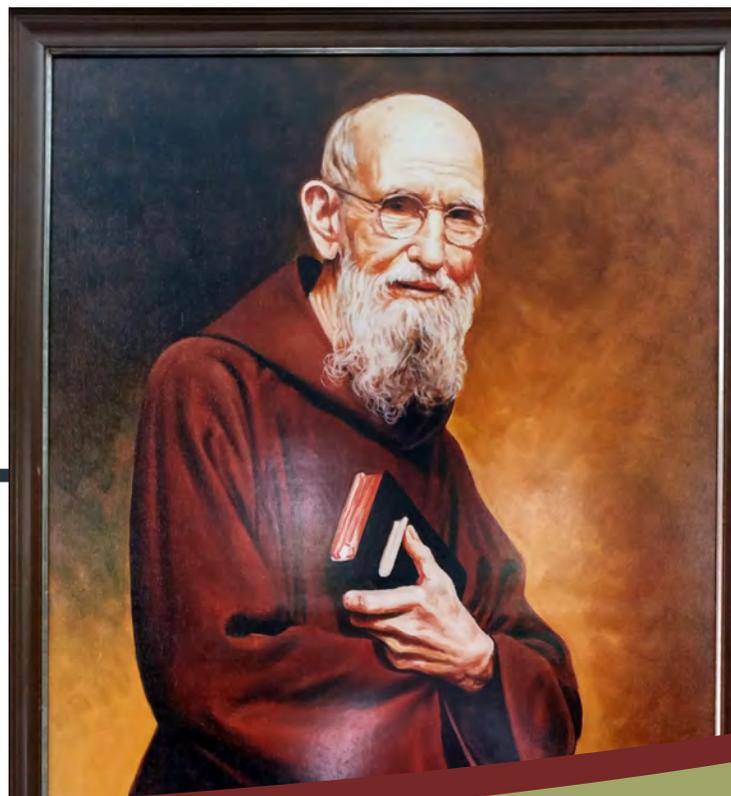
JUNE 7-10, 2018 COST: \$275

WITH FR. DAN CROSBY, OFM CAP

*Pope Francis wants the entire Church to know and learn from Solanus' holiness.*

***On November 18, 2017, not just the Capuchins rejoiced but the whole American Church rejoiced; Pope Francis declared that Father Solanus Casey, our Wisconsin-born Capuchin brother, is to be known as BLESSED.***

***Father Dan lived with Father Solanus in the last year of his life. During this retreat he will share personal stories about this saintly but so-human man as well as what he has learned from him about our own journey to become holy.***



Come for the retreat, stay for the second installment of our Centennial Celebration on Sunday, June 10th, featuring even more stories of the early years at St. Anthony's, this time highlighting the beautiful, historic building that holds dear so many prayers and dreams.



## RETREAT FOR MOTHERS WITH FATHER ERIC NIELSEN

**January 18-21, 2018 | Cost: \$200**

*Motherhood is the most important natural institution of any healthy culture, yet it is often looked down upon, marginalized, avoided and even feared. How can women who are the primary caretakers of young children keep their peace and joy amidst a culture that gives them many conveniences but little actual emotional and practical support?*

*This retreat is designed to give women with young children time away to recoup and gain the spiritual insight to feel confident about their vocation as wives and mothers.*

**Fr. Eric Nielsen** is a popular priest from St. Paul University Center at UW-Madison. He is a frequent guest on Relevant Radio.

## SILENT RETREAT FOR MEN IGNATIAN SPIRITUAL EXERCISES

**February 23-25, 2018 | Cost: \$185**

*In the distractions and busyness of life, everyone is looking for the kind of solace and consolation that can only come from an encounter with Jesus in the silence of prayer. Join with us in these few days of retreat from the noise of the world to learn from the master of the spiritual life, St. Ignatius of Loyola, the founder of the Society of Jesus (the Jesuits), who will guide us through this introduction to his Spiritual Exercises.*

***In the silence, God speaks. Come and listen!***

**Presented by Deacon Stephen Najarian**, a Fellow of the American College of Surgeons, also holds a Master of Arts in Pastoral Ministry. Upon his ordination in 2003, he's been in active ministry, including ecclesial parish work and a range of other involvements. From 2005-2012, he was on the diaconal formation team for the Diocese of La Crosse and for the past several years has also been an instructor in the deacon formation program for the Archdiocese of St. Paul and Minneapolis. Since 2010, he has served on the faculty of the St. Paul Seminary teaching Pastoral Theology, the Sacrament of Marriage, and Biomedical Ethics.



## A PERFECT DATE NIGHT! EVENING FOR LOVERS

**February 11, 2018 | 6-8:30 p.m. | Cost: \$55 per couple**

*Can't decide what to do to honor Valentine's Day? We've solved that problem for you with our Evening for Lovers. This special evening includes an elegant, candlelight dinner and a time of reflection and story as we celebrate what is wonderful about marriage.*

**Presented by Drs. Keith & Noelle Marks.** Our book store will be open from 5:15-6 p.m.



## LENTEN DAY OF PRAYER

**March 4, 2018 | 9:00-3:30 p.m. | Cost: \$45**

**Jesus: Model of Prayer:** *The Gospel of Luke has about 24 passages that reveal the ways that Jesus prayed. Jesus chose different places to pray. He also chose to pray at significant times in His life. The season of Lent offers us the opportunity to focus on our prayer, to strengthen our relationship with God through prayer. We can use Luke's Gospel to note when, where, and how Jesus prayed. Come for this day to discover more fully when, where, and how each of us can deepen our life of prayer. **Presented by Sister Jolynn Brehm, FSPA.***



## EUCHARIST RETREAT

March 16-18, 2018 | Cost: \$185

*“When we speak of the Mass, we are venturing into the Holy of Holies, where God would have us live with Him.”*  
(Scott Hahn)

The Book of Hebrews tells us that the celebration of the Eucharist is now the way to enter God’s sanctuary. How wonderful it is to know with our entire mind, body and spirit that Jesus is truly present in the Eucharist and to live in joyful expectation of His coming in glory. The prophet Jeremiah spoke of a New Covenant, a covenant written on people’s hearts rather than on stone. Jesus’ death on the cross effected this New Covenant. **Presented by Father Bob Streveler.**



## SILENT SACRED LISTENING & SPEAKING FOR WOMEN

March 23-25, 2018 (Palm Sunday Weekend) | Cost: \$185

This **silent** weekend retreat for women only will explore **Sacred Listening and Speaking**. As a retreatant, you will soak up new insights and reflections that will transform your relationships and bring new perspective to how you view society and your own potential. With both biblical and contemplative experiences throughout the weekend, the theme will unfold in a setting full of inspiration, quiet, and natural beauty through the historical building and wooded grounds of St. Anthony’s. Join us and seek new, holier ways of communicating with others through this weekend retreat. **Presented by Lee Ann Niebuhr, Sister Jolynn Brehm, Betsy Schussler.**



## COPING WITH COMPASSION FATIGUE: A WORKSHOP FOR CAREGIVERS

April 14, 2018 | 8:30 a.m. to 4:30 p.m. | Cost: \$65

*“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”*

(Rosalynn Carter, former First Lady)

Compassion fatigue is a form of care-giver burnout, manifesting in deep physical, emotional and spiritual exhaustion. Those who have experienced compassion fatigue describe it as being sucked into a vortex that slowly pulls them down, eroding empathy, compassion and connection for and to others – and one’s best self. In this workshop we will explore: the causes, signs and symptoms of compassion fatigue; how to develop a self-care action plan; and strategies and tools for coping and continuous renewal.

**Presented by Elizabeth Lewis**, certified stress management instructor.



## OTHER RETREAT INFORMATION

- Most of our weekend retreats begin Friday evenings and end early Sunday afternoon.
- Delicious buffet meals and overnight accommodations (if applicable) are included in the cost of all retreats.
- With notice, our kitchen staff can provide for a variety of special dietary needs, including gluten-free, dairy-free and vegan diets.



## MEDIEVAL WOMEN MYSTICS

April 27-29, 2018 | Cost: \$185

**... and a few men, too:** This retreat will take an historical and spiritual look at some of the most interesting mystics of the Middle Ages. Beginning with the Beguine communities, followed by Julian of Norwich, the great Hildegard of Bingen, Meister Eckhart, and concluding with briefer looks at a few others. A communal penance service with individual reconciliation will be part of the weekend as well as Eucharist, as usual. **Presented by Father Jim Bartelme.**

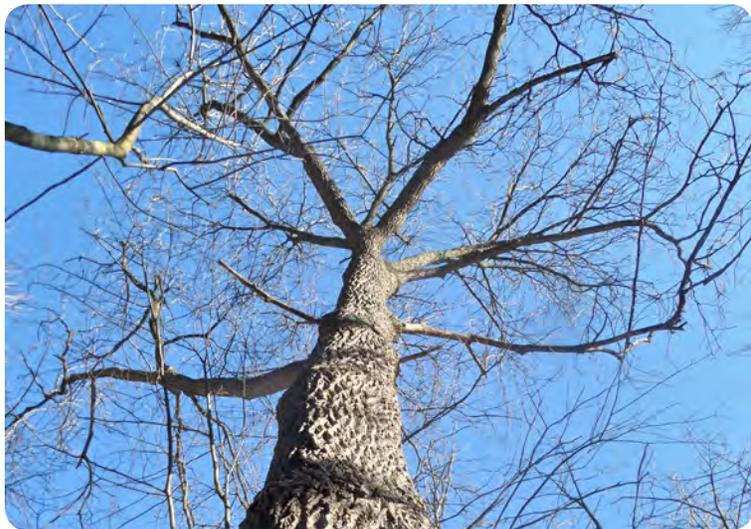


## SERENITY RETREAT FOR RECOVERING ALCOHOLICS

June 1-3, 2018 | Cost: \$185

**Topic/Presenter TBD:** We gather to discover and share the joy and serenity of the spiritual substance of the AA program through talks, discussions and opportunities for private consultation. Includes communal prayer, Mass, a healing service and ice cream social.

**First time retreatants to St. Anthony's can attend this retreat for half price!**  
(phone registration only, limited to 5 participants)



## EXPLORING NATURE'S WAYS

May 18-19, 2018 | Cost: \$90

Do you like to experience the sacred and the spirit of the natural world? The landscape/woodlands of St. Anthony's provides endless opportunities to immerse in the mystery, awe, and wonder of the natural world. Some of nature's ways that will be experienced and shared are the Way of Trees, Water, Stones, Wind, Clouds, Sound, Wild, Abundance, and Transformation. Frequently there are connections with our own lives as well as the healing of being with Mother Earth, our other mother. The key resource is the book, *Nature's Ways*, by Philip Sutton Chard.

**Presented by Sister Jolynn Brehm, FSPA.**



## RETREAT FOR THOSE LEFT BEHIND BY SUICIDE

June 15-17, 2018 | Cost: \$185

**Grieving & Healing:** When a spouse/significant other, child, relative, friend, work colleague or even an acquaintance commits suicide, she or he leaves behind a trail of unanswered questions and pain, all of which makes grieving and healing difficult, if not seemingly impossible, for survivors of this loss. It also places these survivors at a higher risk for suicide.

During this retreat we will approach the mystery that is suicide, exploring some of its physiological, psycho-social, and spiritual dimensions as well as addressing the grieving process. The retreat will offer space for quiet reflection as well as connection with others. There will be a service of remembrance and healing for those who have been lost to us.

"We should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. The Church prays for persons who have taken their own life." (Catechism of the Catholic Church, Revised 1994, p. 550.)

**Presented by Catherine Kuschel, MA, LPCC.**

# Save the Date

## JANUARY 2018

1/18-21/2018 ▶ Mother's Retreat with  
**Father Eric Nielsen**

## FEBRUARY 2018

2/9-11/2018 ▶ Retrouvaille

2/11/2018 ▶ Evening for Lovers

2/23-25/2018 ▶ **Silent** Retreat for Men with  
**Deacon Stephen Najarian**  
(Topic: Ignatian Spiritual Exercises)

## MARCH 2018

3/4/2018 ▶ Lenten Day of Prayer with  
**Sister Jolynn Brehm, FSPA**

3/16-18/2018 ▶ Eucharist Retreat with  
**Father Bob Streveler**  
(Topic: Mass as Heaven on Earth)

3/23-25/2018 ▶ **Silent** Sacred Listening & Speaking  
Retreat for Women  
(Palm Sunday Weekend)

## APRIL 2018

4/14/2018 ▶ Compassionate Caregiving Day with  
**Elizabeth Lewis**

4/21/2018 ▶ Earth Day Celebration

4/27-29/2018 ▶ Medieval Women Mystics with  
**Father Jim Bartelme**

## MAY 2018

5/18-19/2018 ▶ Exploring Nature's Ways Retreat with  
**Sister Jolynn Brehm, FSPA**

## JUNE 2018

6/1-3/2018 ▶ Serenity Retreat for Recovering Alcoholics

6/7-10/2018 ▶ **Silent** Preached Retreat with **Father  
Dan Crosby (Topic: Solanus Casey)**

6/10/2018 ▶ Second Centennial Celebration

6/15-17/2018 ▶ Retreat for Those Left Behind by  
Suicide with **Catherine Kuschel**

## JULY 2018

7/27-29/2018 ▶ Twelve-Step Serenity Retreat

## AUGUST 2018

8/4/2018 ▶ Continuing the Journey of Widowhood

8/11/2018 ▶ Saint Clare Day Program

8/17-19/2018 ▶ Retrouvaille

8/18/2018 ▶ Supporting a Healthy Spirituality While  
Living With Chronic Pain or Cancer

8/24-26/2018 ▶ Creative Retreat (Journal Making with  
**Tammy Barthels** followed by Drum  
Making with **Wayne Manthey**  
- Sign up for one or both!)

## SEPTEMBER 2018

9/14-16/2018 ▶ Scripture Retreat with  
**Sr. Dianne Bergant, CSA** (Topic: If God  
So Loved the World, Why Don't We?)

9/28-30/2018 ▶ **Silent** Franciscan Living Retreat with  
**Lee Ann Niebuhr**  
(Topic: Walk through Creation)

## OCTOBER 2018

10/5-7/2018 ▶ Serenity Retreat for Recovering Alcoholics

10/7/2018 ▶ Saint Francis Celebration Afternoon

10/14-20/2018 ▶ Icon Writing Workshop with  
**Phil Zimmerman**

## NOVEMBER 2018

11/9-11/2018 ▶ **Silent** Retreat sponsored  
with Wis. Rapids Area Churches  
(Topic: Wisdom of Our Experiences)

11/16-17/2018 ▶ Women's Retreat

## DECEMBER 2018

12/9/2018 ▶ Advent Day of Prayer

## JANUARY 2019

1/3-5/2019 ▶ Serenity Retreat for Recovering Alcoholics

## FEBRUARY 2019

2/10/2019 ▶ Evening for Lovers

2/15-17/2019 ▶ Men's **Silent** Retreat

## MARCH 2019

3/8/2019 ▶ Lenten Day of Prayer

3/15-17/2019 ▶ Celtic Spirituality Retreat with  
**Father Dan Crosby, OFM Cap**  
(Topic: Celtic Saints)

**ST. ANTHONY**  
**spirituality**center

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**GUESS WHO'S  
COMING BACK  
IN 2018?**

*Open up this newsletter to  
find out who,  
why & when!*



**LOOKING BACK AS WE LOOK FORWARD...**

*We have enjoyed finding jewels of old images that show us  
what St. Anthony's was like as a friary and a seminary.  
This is the refectory (dining room) decked out for the  
Christmas Season.*