



ST. ANTHONY spiritualitycenter

Spring 2022



As St. Anthony's moves forward, its sturdy walls continue to offer a haven of constancy, warmth, and healing to all those who seek peace, clarity, and spiritual growth amid the challenges and material distractions of a rapidly changing world. Step inside this newsletter to find a retreat opportunity at St. Anthony's that will help you set aside the busy-ness and noise of daily life to (re)connect with the "you" you were created to be!

300 E. Fourth Street Marathon, WI 54448 | 715.443.2236 | www.sarcenter.com

RETREAT RESOURCES FOR OUR GUESTS

Whether you are visiting St. Anthony's for a day, for a private retreat, with a group, or for one of our sponsored retreats, we have a variety of resources available for your use while you are here. If you are new, or have not been here for a few years, let us introduce you to a few of these resources.



Creation: We respond deeply to God through His creation. Being outdoors replenishes us, moves our hearts, opens our souls, and strengthens our faith. St. Anthony's has 40 acres of grounds to explore, including walking paths in the woods, a pond, flower gardens and the Rib River, with benches placed along the way for you to stop, rest, ponder and pray. Maps of the grounds are available on the shelves outside the Front Office.

Resource Room: We have recently added a Resource Room for retreatants, located in the front hall across from the Main Office, which contains a variety of resources available for the use of our guests during their stay.



Here guests will find several binders that contain a variety of resources for reflection and spiritual growth, a few different prayer books, and some reflective reading materials. These resources may all be taken to the guest's room for their use during their stay. There are also a few spiritual music CDs and a player which may be used in the Resource Room.

Art Room: Engaging in the creative process is very powerful and efficient, not in the sense of taking less time, but in releasing treasure that is quite deep within the soil of a person's being and at getting to the heart or essence of an issue or concern. To foster that creative opportunity for our guests, we have an Art Room available for everyone's use. It is located on the Main floor, in the NW corner of the building. Supplies for a variety of creative expressions are free to use; we ask only that guests clean up after themselves and return any supplies to where they found them.



Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.

Library: Reading can be a spiritual practice, making us more attentive to the movement of God in our life and in the world. It can help us to grow in love for God and for our neighbors. A Bible is provided in each guest room. In addition, St. Anthony's Library (located on the Main floor in the NE corner) has a collection of books on a variety of spiritual subjects: Saints, Sacraments/Worship, Addiction, Poetry, Male or Female Spirituality, Prayer, Franciscan Spirituality, Scripture, Marriage/Family, Jesus, Mary, Healing, Personal Care, Morality, Religious Life, Ministry, and Church. You are welcome to borrow any of the books during your stay. Before you leave, we ask you to return the books to the Library and leave them on the table near the door.



Music: Music is essential to human life and an integral part of our development as individuals and as a species. Like breath, music has rhythm, tension and release. One might even claim that the sound of breath, or the waves of the ocean are musical expressions of life. Any music that helps reconnect us to our essence -- to our inner and divine nature -- is spiritual. For each person, the sound of that path is likely to look or sound quite different, though.

We have a small selection of spiritual music available on CDs and cassette tapes. These can be found in the Pillow Room, in the NE corner of the Main floor, in the Resource Room across from the Main Office, and in the Art Room. Cassette and CD players are available in each of those spaces for your use.

To reserve your spot on a retreat, visit www.sarcenter.com or call 715-443-2236

Sacred

Who might benefit from spiritual direction?

You may seek out spiritual direction because you are a religious person who wants to deepen your faith life or you may be a spiritual person who, although not part of a particular faith tradition, is longing to go deeper with God. You may come because what was once life giving to you, is now dry and lifeless. You may have had a life changing event that has resulted in your questioning of long held beliefs or asking, "Where has God gone?" While some seek to deepen their relationship with God, others seek to "find" God in new place.

Wherever you are on your spiritual path, God is with you. Consider spiritual direction as a help as you journey deeper into your relationship with God.

For more information or to contact one of our spiritual companions, you can go to the Spiritual Direction page on our website, <https://sarcenter.com/spiritual-direction/>

Connection



PILGRIM CHURCH, PILGRIM PEOPLE

A SPIRITUALITY OF THE WAY

WEDNESDAYS APRIL 20 - MAY 25

1:30 - 3:00 pm

We, along with the entire Church, are always pilgrims, always on the way, never able to say we have fully arrived, and never in full possession of the truth. We travel this "way" in a long line of pilgrims—from Abraham and Sarah down to our own times, when "pilgrimages" have taken on new importance. In a sense, even Jesus was a pilgrim when He came to be one of us. But what does it mean to live as a pilgrim, knowing you never arrive and are never able to settle in completely? Join us as we listen to the recorded presentations of Fr. Dan Crosby, OFM Cap., on what it means to be a pilgrim in our modern world. This six session series is perfect for those looking for a fuller spirituality as they travel along the Way of Christ. The discussion will be facilitated by Marge Lindell, a resident and volunteer at St. Anthony's. Follow Jesus on His Way in this remarkable course on Wednesdays from 1:30-3:00 pm, beginning April 20, 2022 and continuing weekly through May 25. Participants may join the discussion in person or via Zoom. There is no charge for this program but free will offerings are gratefully accepted.

Free Will Offering

CD Series by Fr. Dan Crosby

Facilitated by Marge Lindell

Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.

CARE FOR THE EARTH: THIS EARTH DAY



APRIL 22 - 23, 2022

Check In: 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure : Saturday 4:00 pm

Earth Day is a universal call to pause and consider how our beliefs, thoughts and actions affect the whole of our Common home which is intertwined with caring for our most marginalized sisters and brothers. We will draw from the wisdom of Earth peoples, and Pope Francis' encyclicals, *Laudato Si*, and *Fratelli Tutti* as we explore our relationship with the many sides of fire. Earth is pleading with us to take a look at and change our actions, as well as how we think of and use the energy of fire.

At Pentecost, the Holy Spirit descended upon the disciples which impassioned them to spread the Good News. The Spirit comes to us, too, as fire in our lives. Come explore what that fire is, how we think of and use the energy of fire, that energy deep within you that gives you the faith and hope to make a difference in caring for all creation as brother and sister.

Sr. Roselyn Heil, FSPA, is well-versed in the art of revealing unexpected beauty, joy, and insight in the world around us, drawing upon her Franciscan charism, her work as a chaplain, and her experience as a park ranger and naturalist to see the world from a different perspective and to share her vision with others.

Cost: \$115

Presenter: Sr. Roselyn Heil, FSPA

SPIRITUALITY AND THE TWELVE STEPS FOR EVERYONE

EXPLORING RICHARD ROHR'S BOOK "BREATHING UNDER WATER"

FRIDAY, MAY 6 - SATURDAY, MAY 7, 2022

Check-in 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure: Saturday 4:00 pm

From the book's back jacket: "*We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In Breathing Under Water, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addiction—from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin.*" From Faith, Hope and Love to Courage and Humility and much in between, Ron will guide us through Richard's book which shows how the Twelve Steps offer a spirituality that can help us face our dependencies head on and in doing so find fulfillment and true joy!

Ron Alexander is retired and an active community advocate for addictions recovery, social justice issues, and prison reform. He was an Addictions Counselor at North Central Health Care and maintains his certification as a Clinical Substance Abuse Counselor. Ron is currently a Recovery Coach and has an Associates Degree in AODA Counseling.

Cost: \$115

Presenter: Ron Alexander

To reserve your spot on a retreat, visit www.sarcenter.com or call 715-443-2236



PICTURE THIS: LIFE IS LIKE A PHOTOGRAPH

MAY 13 - 15, 2022

Check-in: 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure: Sunday after noon meal

Life can be described in many ways. Most of us have heard Forrest Gump quote his mother saying, “Life is like a box of chocolates, you never know what you’re going to get.” During this retreat we will explore life as a sacred photograph, one being beautifully composed by you! You will be introduced to the basic principles, elements and concepts of photography to assist you on your quest. You will also have the opportunity to peer at life through that same photographic lens by engaging the spiritual practices of meditation, Visio Divina (sacred seeing) and journaling. So, if you would like to start dabbling in photography or are a well-seasoned ‘photo bum’, if you are searching for a new spiritual practice or desire to renew an old one, this weekend of creative reflection is meant for you!

Christine Gall *Always a seeker, always a learner, Chris was called as a fishing guide to be transformed into a spiritual guide which has included various parish ministries for the past twenty-three years as well as being a spiritual director. She finds fulfillment in journeying with others as they discover the sacred in the joys and struggles we call ‘our life’.*

Kathy Holperin *Kathy is a long-time “photo bum” who finds great joy in making photographs of everything from a comet in the night sky to the snow capped mountains in Montana to a teensy, brilliant red spider in her own backyard. She’s always up for a new adventure of “chasing the light” and truly believes that “the best camera is the one you happen to have with you”. Don’t be surprised if she pulls out her phone to make a photo in the middle of the retreat, especially if she sees the light is touching a “squirrel” outside the window beautifully. She also finds great joy in simply sharing her creations with others on social media.*

Cost: \$ 210

Presenters: Christine Gall and Kathy Holperin

CELEBRATING FRANCISCAN WOMEN

MAY 20 - 22, 2022



Check In: 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure: Sunday after noon meal

Come get to know four bold, courageous women who transformed the world in which they lived. They were innovators in the way they lived the gospel, becoming the change that their world needed. In being open to the guidance of the Holy Spirit, they followed their unique call from God and allowed what, according to their time, was 'supposed to be' to collide with what 'needs to be'. Let them *inspire you* to boldly and courageously live out your own unique calling by the Holy Spirit to be the change our own world so desperately needs.

This retreat features:

St. Clare, St. Elizabeth of Hungary, Margaret of Cortona, and Thea Bowman, FSPA.

Cost: \$210

Presenters: Sr. Jolynn Brehm, FSPA; Sr. Marla Lang, FSPA;
Lee Ann Niebuhr, OFS; and Adele DiNatale-Svetnicka, FSPA Affiliate

Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.

JUNE SERENITY 12-STEP RETREAT: OVERCOMING BARRIERS IN RECOVERY JUNE 3 - 5, 2022

Check-in 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure: Sunday after noon meal

Recovery from alcoholism, addiction and the family disease of alcoholism has its challenges. There are often barriers that prevent us from moving forward or being our best selves.

One comes into recovery with set thoughts, attitudes and behaviors. The challenge can be overcoming barriers that stop us from moving forward into a new way of living. In taking time to examine the barriers, then finding new ways to think and be, one can transform into a whole new way of living. Spend a weekend and travel the journey of 12 step recovery. As Ruth shares her story, participants can investigate their own stories. You will explore creating a language that works for you, moving from fear to trust, going beyond shame and embarrassment, transforming through healing and developing a divine spark in yourself.

Ruth Hoenick is a Spiritual Companion and facilitates retreats throughout the United States. Ruth is actively involved in group and one-on-one spiritual guidance, workshops, and Sacred Circles to support those seeking a more spiritual life. She is a wife, mother and grandmother. Ruth is Chair Emeritus of the Board of Directors at the Jesuit Retreat House in Oshkosh and retreat coordinator. Her background includes 30+ years in education of children and adults.

Cost: \$ 210

Presenter: Ruth Hoenick

REFRESH AND RENEW: MOVING MEDITATION PRACTICES FOR SELF CARE

AUGUST 26 - 28, 2022

Check-in 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | Departure: Sunday after noon meal

Moving meditation is any type of meditation in which we are in motion or active. In this workshop you will discover how deep intention and attention can turn any form of conscious movement into a sacred body prayer to help us better understand the nature and sanctity of this world. By applying present moment awareness, and by using movement as a tangible focal point, we are given the opportunity to experience our bodies as a path to the Spirit. With St Anthony's tranquil wooded forest, hiking trails and labyrinth as inspiration, you will experience various forms of walking meditation, as well as standing and nature meditations. Slow hand, chocolate tasting, eating, drawing (no art experience required), gazing and sensory meditations will also be explored. There will be plenty of time for private contemplation and discussion on how any movement-based task (dish meditation!) can be a way to still the mind and renew the soul.

Elizabeth Lewis is a motivational speaker, personal development coach, grief support specialist and spiritual counselor whose areas of expertise include resilience building, forgiveness facilitation, healing art and writing, and trauma healing. Recognizing that there is no "one-size-fits-all" path to wellness and a sense of wholeness, Elizabeth has pursued extensive training and certification in diverse approaches to resilience, healing and growth. Elizabeth also draws on her personal resilience and experience in overcoming trauma to help her clients find their own best path to wellness. For more information on Elizabeth and her work, visit <https://elizabeth-lewis-coach.com/>.

Cost: \$ 210

Presenter: Elizabeth Lewis

To reserve your spot on a retreat, visit www.sarcenter.com or call 715-443-2236

CELEBRATING OUR PATRON SAINTS SERIES

Lunch 'n Learn: In-Person begins with lunch at 12 noon

Our session, In-Person and on Zoom: 1:00 - 2:30 pm

Free Will Offering



Sometimes we are so familiar with something that it becomes mundane and void of its importance and significance. This can be especially true in much of our faith practices, including our Patron Saints. Let us take some time to step back, retreat if you will, to reflect on and ponder our Patron Saints of St. Anthony Spirituality Center.

Our time together begins with breaking bread at noon lunch. After lunch, our session will offer us time to learn about and reflect on these saints' lives and how we might be called to emulate them today.

June 13, Monday: St. Anthony of Padua

It seems St. Anthony is most often thought of when something is lost and needs to be found. Do you know why? Do you also know that he is a patron saint of amputees, fishermen, mail and travelers, among many others? St. Anthony of Padua was born Fernando Martins de Bulhões in Lisbon, Portugal. How did he get to be in Italy, or be Franciscan for that matter? Join us in learning more about St. Anthony and his story, which will shed light on why he was one of the most quickly canonized saints in the Church's history!

August 11, Thursday: St. Clare of Assisi

What did Clare think about a young woman in her town who snuck around to meet with a man? Or when this woman rebelled against her good family and the promising future her parents helped to secure for her? And what about when this same woman went radically countercultural with an unlady-like haircut? That young woman *was* Clare. Sometimes we forget to stop and really reflect on how Clare's decision to follow Christ as Francis followed Christ was extremely 'not-normal'. Join us as we learn more about and discuss Clare and what she may be inspiring each of us to radically do today in our Christian journey.

October 4, Tuesday: St. Francis of Assisi

Our beloved Francis is the inspiration of our Holy Father Pope Francis and whose example we desperately need today. Too often when one hears 'St. Francis of Assisi' we envision Francis with various animals and critters in nature perhaps talking to Brother Sun or Sister Moon. But his conversion of heart and convictions to follow Christ in poverty, for one example, was an extremely radical and head-scratching idea then and even more so now. Imagine yourself, desiring to be one with Jesus and live out the Gospel so wholly and completely, that you literally sell and/or give away everything you have and own. Every last thing. You not only are now living in poverty but also in *insecurity* and completely dependent on the providence of God and others' charity. This is at the heart of our Francis. Share some time with us delving into Francis' "all-or-nothing" approach to following Christ and being open to how the Holy Spirit calls each of us to our own unique way to follow Christ today.

Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.

VOLUNTEER WEEK

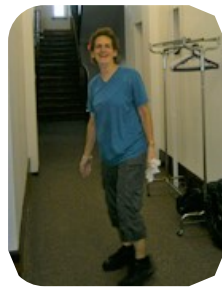
JULY 28 - AUGUST 2, 2022

Check-in: 3:00 PM on Thursday July 28th | Orientation: 5:45 | Supper: 6:00
Volunteer Week will end on Tuesday August 2nd, after the noon meal.

Come, discover the simplicity and alive-ness of prayer, work, rest, and meals grounded in joyful community! The number of participants will be limited to 30 overnight guests, so please register early!

It is always a great time meeting new friends and reconnecting with familiar faces!

Volunteers will be able to choose from a variety of projects, from dusting to vacuuming to picking up brush in the woods, and lots of tasks in between, that will help us get the house whipped back into shape for the fall retreat season!



Volunteers will be able to take meals and worship together, with social distancing guidelines in place.

To reserve your spot on a retreat, visit www.sarcenter.com or call 715-443-2236

SAVE THE DATE! 2022

APRIL

4/7: American Prophets Series: Heschel, Hamer & Nouwen w/ Tony Pichler

4/8 - 10: Palm Sunday Silent Theme Retreat: Separating the Wheat from the Chaff in Our Lives (Women only) w/ various presenters

4/20: Pilgrim Church, Pilgrim People: A Spirituality for the Way - Discussion of Fr. Dan Crosby's CD series (Session 1)

4/22 - 23: Care for the Earth: This Earth Day w/ Sr. Roselyn Heil

4/27: Pilgrim Church, Pilgrim People Discussion (Session 2)

MAY

5/4: Pilgrim Church, Pilgrim People Discussion (Session 3)

5/6 - 7: Spirituality and the Twelve Steps for Everyone w/ Ron Alexander

5/11: Pilgrim Church, Pilgrim People Discussion (Session 4)

5/13 - 15: Picture This! Life is Like a Photograph w/ Chris Gall & Kathy Holperin

5/18: Pilgrim Church, Pilgrim People Discussion (Session 5)

5/20 - 22: Celebrating Franciscan Women w/ various presenters

5/25: Pilgrim Church, Pilgrim People Discussion (Session 6)

JUNE

6/3 - 5: Overcoming Barriers in Recovery: A 12-Step Retreat w/ Ruth Hoenick

6/13: Celebrating Our Patron Saints Lunch n' Learn Series: St. Anthony of Padua

Cultivating Your Family Culture: It Starts at Home w/ Lindsay Murray and Michele Sachs has been rescheduled for 6/9-6/11, 2023

JULY

7/28 - 8/2: Volunteer Week

AUGUST

8/11: Celebrating Our Patron Saints Lunch n' Learn Series: St. Clare of Assisi

8/26 - 28: Refresh & Renew Moving Meditation w/ Elizabeth Lewis

SEPTEMBER

9/23 - 25: Franciscan Living Retreat w/ Fr. Dan Crosby

9/30 - 10/2: Serenity 12-Step Retreat w/ Sr. Elise Cholewinski

OCTOBER

10/4: Celebrating Our Patron Saints Lunch n' Learn Series: St. Francis of Assisi

10/28 - 30: Becoming Bread w/ Candace Bahr

NOVEMBER

11/11 - 13: Silent Theme Retreat

11/18 - 19: Women's Retreat

DECEMBER

12/4: Advent Day of Prayer

12/9 - 11: Invitation to Silence w/ the Sacred Huddle

12/31/22 - 1/1/23: New Year's Eve and Day Retreat w/ Fr. Dan Crosby

JANUARY 2023

1/6 - 8: Serenity 12-Step Retreat

1/27-29: Silent Theme Retreat

FEBRUARY 2023

2/24 - 26: Lenten Silent Weekend/ Lenten Silent Day of Prayer

MARCH 2023

3/10 - 12: Men's Silent Retreat

3/31 - 4/2: Women's Silent Theme Retreat

APRIL 2023

4/21 - 23: 12-Step Retreat w/ Sr. Sue Seeby

JUNE 2023

6/2 - 4: Serenity 12-Step Retreat w/ Elizabeth Neubauer

6/9 - 11: Cultivating a Family Culture w/ Lindsay Murray and Michelle Sachs

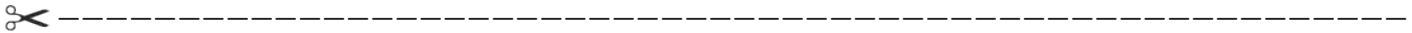
Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.

COVID-19 PRECAUTIONS

St. Anthony Spirituality Center is open to ALL and we look forward to having you here! However, with the development of new COVID variants, continued infections and deaths, including in some cases those who have been vaccinated, we remain cautious as we seek to protect all who come through our doors.

Our COVID-19 guidelines have been put in place by the Board of Directors of St. Anthony's out of love and concern for the safety and well-being of all. At this time, we continue to require all guests, regardless of vaccination status, to wear a mask at all times except when they are in their own room and when they are eating or showering. The full guidelines are available on our website at <https://sarcenter.com/visitorguidelines/>. These guidelines are subject to change as the situation with COVID-19 evolves.

We thank you for your patience and cooperation as we continue to navigate these challenging times.



RETREAT REGISTRATION FORM

Program Title: _____ Program Date(s): _____

Your Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____

\$50 deposit enclosed (Balance to be paid upon arrival) or

Full payment of \$_____ enclosed.

Check: Make check payable to St. Anthony's. Send to 300 E 4th St. Marathon, WI 54448

Credit card: Card #: _____ Security Code: _____ Exp. Date: _____

Name on card: _____ Signature: _____

Online and phone registration also available at www.sarcenter.com or 715-443-2236.

Special dietary restrictions: _____

Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes. We strongly encourage each guest to bring his/her own face covering; however, a limited number of masks will be available for those who do not have their own.

To reserve your spot on a retreat, visit www.sarcenter.com or call 715-443-2236

Please contact us at 715-443-2236
or info@sarcenter.com

If you would like to:

- Be added to the newsletter mailing list
- Change or correct your address
- Be removed from the list
- Report duplicate copies received

Are you looking for haven of peace and inspiration?

PRIVATE RETREATS

While we hope that you will be able to join us for one of the weekend or day-long retreats described in this newsletter, we realize that your spiritual needs are sometimes best served by a private retreat. You can schedule a private retreat at St. Anthony's at any time of year and for any length of stay, from one night to one week or more.

To arrange a private retreat, please contact Sr. Barb Knauf, at bknauf@sarcenter.com or 715-443-2236 ext 114.

To learn more about private retreats, please visit <https://sarcenter.com/st-anthonys-retreats-and-events/>.

If you would like to gift a friend with a private retreat, you can purchase a gift certificate and encourage the recipient to contact Sr. Barb Knauf about scheduling the retreat.

Guests are expected to wear a mask or cloth face covering in common areas except at mealtimes.