

ST. ANTHONY spiritualitycenter

Fall 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

Sacred

What should I talk about with a spiritual director or companion?

Anything & everything! God made us body, mind and spirit – all interconnected. God is present in the whole of us and thus everything matters to God. Rather than tell you how to grow in your relationship with God, the director journeys with you by listening deeply and without judgment to your personal story while providing support, encouragement, acceptance and, at times, lovingly challenging you to go deeper with God. Your spiritual director is not going to tell you what to do or how to do it but rather will walk with you as you explore and deepen your relationship with the God who dwells within you.

“In everyone’s life, there is great need for an anam cara, a soul friend. In this love, you are understood as you are without mask or pretension.” - John O’Donohue

For more information or to contact one of the spiritual companions in our area, please see the Spiritual Direction page on our website here: <https://sarcenter.com/spiritual-direction/>

Connection

How can I make the most of my retreat?

To some extent, that depends on the type of retreat, but the best advice I ever heard about entering into a retreat is “Don’t anticipate, just participate.” Let go of your expectations of how you will spend your time, what you will experience, what you will hear/see/feel, and just be open to letting the Spirit lead you.

Retreats are your time alone with God, whether you are on a private retreat alone or at a sponsored retreat with other people. Trust that God will use the time to give you what you need. If you are on a sponsored retreat, don't feel you have to attend every talk and prayer service. If you need to sleep, take a nap; if you need to be outside in nature, go for a walk or just sit on a bench on the grounds; if you feel drawn to the chapel, or the Art Room, or the Library, go there, take a few deep breaths and see what catches your attention.

Take time to be silent, even if you are not on a silent retreat. Set aside your cellphone and electronic devices that will distract you from your goal of time alone with God. For many, keeping a journal of the thoughts and feelings that surface helps deepen the retreat experience by tuning into what God may be saying to you. Others find art helps them get in touch with those deeper thoughts and feelings.

The bottom line is don’t overthink it. Retreats are your time to relax, rest, reflect and reconnect with God.

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



ST. ANTHONY'S MISSION STATEMENT

St. Anthony's, as a special place of spirituality, peace and hospitality, is a community welcoming all seeking healing, hope and transformation through deeper connection with God, Self, Others and Creation.

We strive to embrace and grow through our Franciscan Roots and Values of simplicity, compassion, joyful service, and relationships in which all are welcome to seek spiritual deepening.

HOSTING VOLUNTEERS

Calling all weekend hosts! St. Anthony's calendar is filling up! Whether you are one of our regular hosts or would like to learn the ropes, we would love to hear from you! Please contact Jackie K. at 715-443-2236, ext. 116 or jackiek@sarcenter.com for more information or to request a schedule of events!

UPDATED REGISTRATION POLICY

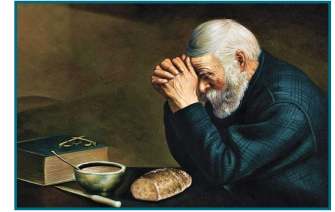
Now that we have gotten through the worst of the pandemic and are reopening capacities, we have also made some changes to our registration policy. **For registrations made after September 1st, guests will be required to pay in full at the time of registration in order to fully secure their spot on retreat.** Your spot is only reserved when you have paid in full. Also, we will no longer waive the \$50 non-refundable deposit as we did during the pandemic. Thank you for your understanding!

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

BREAD OF LIFE RETREAT

OCTOBER 28 - 30, 2022

Check-In: 3:00pm | Orientation: 5:45pm | Supper: 6:00pm
Departure: Sunday after Noon Meal



Transformation. Imagine for a moment the different ingredients that go into a loaf of bread... the different steps to make sure the bread turns out just right, including the kneading, waiting and going into the fire... the enticing aroma as it bakes, and then finally sharing the bread with others around the table. Bread is nourishment around the world and God intends for us to be nourishment to each other. But first, we must allow ourselves to be nourished by God.

During our time together, each participant will make their own loaf of bread! We will ponder the various ingredients and steps to make this bread and explore how they relate to our own lives - especially our faith journey in which we can become our true selves and be able to share ourselves and our gifts with our neighbor and the world around us; becoming bread for others.

Candace Bahr, a Resident Volunteer at St. Anthony's, is a Certified Spiritual Director and Soul Companion with an extensive background and experience in leading retreats and living out her calling to help individuals to notice, savor and respond to the presence of Divinity/Spirit/Essence in their lives.

Deanna, Robin, and Tanya: In the winter of 2021, three women embarked on a quest to learn how to make and bake great sourdough bread. Having a love for good food and homemade cooking, the three women, two sisters and one daughter, attended a woman's bread baking school in Fountain City. A day of kneading, learning, and absorbing the craft of bread making led to more reading, testing, and lots of baking! The trio will share their knowledge of sourdough artisan bread making as a way to give back and to spread the love of baking to others.

Cost: \$220 | Facilitator: Candace Bahr | Bakers: Robin Elmer, Deanna Deising, and Tanya Hielke

ETHICAL AND SPIRITUAL DISCERNMENT IN THE FACE OF ILLNESS OR INJURY

NOVEMBER 4 - 6, 2022



Check-In: 3:00pm | Orientation: 5:45pm | Supper: 6:00pm | Departure: Sunday after Noon Meal

For many of us, it is uncomfortable to think about ourselves and our loved ones getting older and increasingly frail. While it is easy to get caught up in our society's fear and anxiety, we have an alternative. We can find comfort not only in Christian thought, but also in our ability to use our human reason and intellect to work through common and well-understood ethical and spiritual issues when faced with declining health.

During this weekend retreat, participants will explore Ignatian discernment of spirits, decision-making in ethically and emotionally challenging healthcare scenarios, and confronting the universal human fears related to advancing age and declining physical and cognitive function.

Dr. John Stys still likes to consider himself a "son of Ignatius," having been a vowed member of the Society of Jesus (the Jesuits) for many years. That experience, as well as formation as a professed Secular Franciscan, has guided his thought and operational work as a hospice and palliative care senior executive and university educator.

Cost: \$220.00

Facilitator: Dr. John Stys

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

SILENT THEME RETREATS 2022-2023

LIVING FROM THE INSIDE OUT



NOVEMBER 11-13, 2022

JANUARY 27-29, 2023

MARCH 31- APRIL 2, 2023

This retreat is an opportunity to reflect on the living God who invites us to delight in the world around us. Drawing from the traditions of the mystics, we realize that we are already chosen by a loving God. During our time together, we will expand upon this certainty and explore spiritual practices to bring forward into our daily lives.

Presented by: Fr. Frank Corradi, Lee Ann Niebuhr, Elizabeth Schussler, and Rita Simon

Check-in begins at 3:00 pm on Friday, followed by orientation at 5:45 and supper at 6:00.

The retreat concludes Saturday afternoon at 4:00 pm.

Cost: \$220

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

WOMEN, ART, AND SPIRITUALITY

NOVEMBER 18 - 19, 2022



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

Sometimes we as women need to take a time out and just have fun. This Retreat is designed to do just that. It will enable you to spend time with other women and connect with the spirit within. We will be creating "Soul Sister" icons to assist us on the journey. NO art experience necessary!

***Reverend Tammy Barthels** is an ordained minister with the Evangelical Lutheran Church in America. She is a wife, mother, grandmother, spiritual director, and seeker of Truth. She has been a presenter of retreats for over 20 years. Her mission is to assist others on their Journey as they seek to find their Inner Truth. She welcomes the opportunity to listen to your sacred stories, share and walk with you as we journey toward wholeness with God together.*

Cost: \$120

Presenter: Rev. Tammy Barthels

ADVENT DAY OF PRAYER: NEW BEGINNINGS

DECEMBER 4, 2022

9am - 4pm



Check-In: 8:30am | Orientation: 8:50am | Lunch: Noon | Departure: 4:00 pm

Do you associate 'New Beginnings' with Advent? We invite you to do just that as we take time to deepen our relationship with the God of 'New Beginnings'. You will be guided through scripture taken from Jesus' Nativity narrative, encouraged along the way to recognize God's movement in the lives of John the Baptist, Mary, Joseph, Jesus and the Wise men. In turn, you will have the opportunity to reflect on and recognize the movement of God and his 'New Beginnings' in your own life.

***Candace Bahr**, a Resident Volunteer at St. Anthony's, is a Certified Spiritual Director and Soul Companion with an extensive background and experience in leading retreats and living out her calling to help individuals to notice, savor and respond to the presence of Divinity/Spirit/Essence in their lives.*

Cost: \$70

Presenter: Candace Bahr

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

DRAWING CLOSER TO THE HOLY

DECEMBER 9 -11, 2022



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

There are probably as many ways to draw close to God, to the Holy, as there are people who try. Tammy, Rae Ann and Sallie, who are all experienced spiritual directors, will share with you some of the ways that have helped them and others they have companioned through the years. During this retreat you will also be given an opportunity to experience spiritual direction as another way of drawing closer to God, plus being given time for silence and your own personal reflection.

This retreat is an invitation to draw closer to the Holy, through being grateful, attentive, and open to the unexpected.

Presented by the Sacred Huddle. *Presenters include Reverend Tammy Barthels, Rae Ann Thomas and Sallie Bachar. The Sacred Huddle is a diverse group of trained and certified Spiritual Directors and Companions who serve our St. Anthony's community and greater Wisconsin. More information on spiritual direction can be found at <https://sarcenter.com/spiritual-direction/>.*

Cost: \$220

Presenters: various spiritual directors

NEW YEAR'S EVE AND DAY RETREAT

DECEMBER 31, 2022 – JANUARY 1, 2023



Check-In: 3:00pm | Orientation: 5:45pm | Supper: 6:00pm | Departure: Sunday after Noon Meal

***"The people who walked in darkness have seen a great light;
Upon those who lived in a land of gloom, a light has shone." - Isaiah 9:2***

We all experience periods of darkness, some more serious than others. Perhaps you have felt more darkness this past year and are longing for a time of light. The Christmas season brings us the 'Light of the World' in a vulnerable and unexpected way. When we allow ourselves to be vulnerable to our Lord, the Light works in us in unexpected and powerful ways!

As we let go of the past year and welcome in the new year, we will reflect on our experiences of last year, recognizing the times of darkness as well as the times when the Light helped and sustained us. We will also reflect on what prayer practices will help us to stay in the Light in the coming year.

Candace Bahr, a Resident Volunteer at St. Anthony's, is a Certified Spiritual Director and Soul Companion with an extensive background and experience in leading retreats and living out her calling to help individuals to notice, savor and respond to the presence of Divinity/Spirit/Essence in their lives.

Cost: \$120.00

Presenter: Candace Bahr

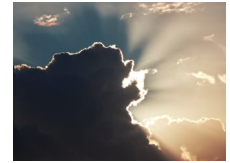
Note: Fr Tom Zelinski, OFM, Cap. has a new job and is unable to take time away for this retreat.

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

SERENITY TWELVE - STEP RETREAT

STEP 11: PUTTING PRAYER INTO PRACTICE

JANUARY 6 - 8, 2023



Friday Check In: 3:00pm | Orientation: 5:45pm | Supper: 6:00pm | Departure: Sunday after Noon Meal

Step 11 "Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of His will for us and the power to carry it out."

Prayer and meditation are our principal means of conscious contact with God. We have seen self-searching as the means by which we bring new vision, action and grace to bear upon the dark and negative side of our natures. This step is a development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step and we will want to go further. (Pg. 98, 12&12)

On this retreat you will be encouraged to develop a personal daily prayer and meditation plan. We will look at several types of prayer and meditations from different traditions. The hope is to practice these together as a group and also in your own personal reflection time.

What we have is a daily reprieve contingent on our spiritual fitness!

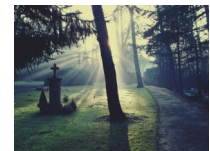
Candace Bahr is a recovering alcoholic/addict. The twelve-step spiritual program is her blueprint for living! She grew up in an alcoholic home and is a survivor of mental and physical abuse and a consumer herself of professional treatment services. She is committed to sharing her story so that it will help others know that healing and transformation is possible. Candace is retired from a twenty-five-year career in Mental Health, AODA and Trauma Based Treatment Services. She was trained and licensed with the state of Wisconsin. Candace is the founder of Inner Wind LLC, which is a multicultural community-based wellness program. Candace has a certification in Spiritual Direction from the FSPA program in La Crosse, WI. She intends to be of service to others as a spiritual companion on an individual/group basis and within the retreat setting.

Cost: \$220

Presenter: Candace Bahr

GRIEVERS INVISIBLE

JANUARY 13 - 15, 2023



Check-In: 3:00pm | Orientation: 5:45pm | Supper: 6:00pm | Departure: Sunday after Noon Meal

Have you felt lost and stuck in a sad place after suffering through the loss of a beloved partner, family member or friend? After the whirlwind of planning for and having the funeral or memorial service, society seems to forget that you continue to struggle with your new situation. It doesn't 'see' you anymore; you feel invisible.

In this retreat, we will come together to create a community of support and encouragement and *be seen*. We will be adapting the 12 Steps from the Recovery Program and discover how they can be a 'plan' to help us overcome the obstacles that keep us mired in our grief, learning that it is possible to move forward and be visible once again.

Robert Wiessinger has a calling to help others in their grief journey. When he experienced his parents' divorce as a teenager, he found himself participating in and benefiting greatly from Al-Anon. His personal experience with the 12 Step program has helped him through many times of grief, especially when 'pillars of his world' have passed away. Robert feels called to share how the 12 Step process can help others work through their grief and find a sense of peace.

Cost: \$220

Presenter: Robert Wiessinger

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

DIVORCE RECOVERY RETREAT SERIES



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

In this three part series, adults will learn the skills needed to heal the grief and emotional pain associated with divorce. No one understands the emotional toll divorce places on another except the person going through the divorce. Deep sadness, anger, loneliness, and even physical pain are all part of the divorce process. Family and friends may have said to you, "the divorce is over, time to move on", or "there are plenty of fish in the sea." These statements, and others, are said because the person making the statement doesn't know how to respond to your grief. Much like a person who loses a loved one to death, we too experience the death of a relationship. Only divorced people don't receive cards, casseroles, or cash! And no one comes to visit to see how you are doing or if you need any help. There isn't a visitation to help us process the grief with a sea of friends and well wishers. Instead, we can be left feeling abandoned, ashamed, and alone.

"Guiding divorced adults through the process of healing past hurts and the deep pain associated with divorce has truly been a gift in my life. I watch adults transform as they discover a new way to live, a new way to look at themselves, family, and friends, and blossom into joyful and hope-filled people whom God intended them to be."

If you are experiencing a divorce now or have been divorced for years and still hold onto old hurt and pain, this series is for you! Trust the process. It works! Your life will change and you will feel joy and hope once more.

2-FEBRUARY 10-12, 2023-Divorce Recovery Retreat II-Learning to Let Go, Living a Life of Peace

3-MAY 5-7, 2023-Divorce Recovery Retreat III-Healing My Love Relationship/Dating/Moving On

Tanya Hielke is a 14 year veteran facilitator of divorce recovery workshops, retreats, and support groups. Tanya has an education in business and theology and has worked in both corporate positions as well as ministry.

Tanya is a certified facilitator as well as a spiritual director and brings her own life experiences with divorce to the healing ministry that has been her passion these past 14 years.

Cost: \$220 (each retreat)

Presenter: Tanya Hielke

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

SAVE THE DATE!

2022-2023

OCTOBER

10/2: Session 2 Conflict to Connection, 6-8 PM

10/4: Celebrating Our Patron Saints Lunch n' Learn
Series: St. Francis of Assisi, 1-2:30 PM

10/9: Session 3 Conflict to Connection, 6-8 PM

10/16: Session 4 Conflict to Connection, 6-8 PM

10/28 - 30: Bread of Life w/ Candace Bahr

NOVEMBER

11/4 - 6: Ethical and Spiritual Discernment in the Face of
Illness or Injury w/ Dr. John Stys

11/11 - 13: Silent Theme Retreat: Living from the Inside
Out w/ various presenters

11/18 - 19: Women, Art, and Spirituality w/ Rev. Tammy
Barthels

DECEMBER

12/4: Advent Day of Prayer w/ Candace Bahr

12/9 - 11: Drawing Closer to the Holy w/ the Sacred
Huddle

12/31/22 - 1/1/23: New Year's Eve and Day Retreat w/
Candace Bahr

JANUARY 2023

1/6 - 8: Serenity 12-Step Retreat w/ Candace Bahr

1/13 - 15: Grievors Invisible w/ Robert Wiessinger

1/27 - 29: Silent Theme Retreat: Living from the Inside
Out w/ various presenters

FEBRUARY 2023

2/10 - 12: Divorce Recovery Retreat II w/ Tanya Hielke

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

MARCH 2023

3/10 - 12: Men's Silent Retreat w/ Dr. John Stys

3/17 - 18: Resilience Retreat w/ Elizabeth Lewis

3/24 - 26: Silent Retreat with Spiritual Creativity w/ Ruth
Hoenick

3/31 - 4/2: Women's Silent Theme Retreat (Palm
Sunday): Living from the Inside Out w/ various presenters

APRIL 2023

4/28 - 29: A Heart-Centered Mindfulness Retreat
w/ Steven Korzinek

MAY 2023

5/5 - 7: Divorce Recovery Retreat III w/ Tanya Hielke

5/12 - 14: Celebrating Franciscan Women

JUNE 2023

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

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

JULY 2023

7/27 - 8/1: Volunteer Week

AUGUST 2023

SEPTEMBER 2023

9/22-24: Franciscan Living Retreat



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

ST. ANTHONY SPIRITUALITY COVID POLICY
EFFECTIVE: 2022 - 06 - 01

St. Anthony Spirituality Center, as a special place of spirituality, peace, and hospitality, is open to ALL, and we look forward to having you here!

Our COVID-19 guidelines have been put in place by the Board of Directors of St. Anthony's to help ensure the safety of those who choose to visit during this time. These guidelines are subject to change as the situation with COVID-19 evolves.

St. Anthony Spirituality Center is guided by the Center for Disease Control (CDC) regarding face coverings and preventing the spread of COVID-19. That guidance entails a layered prevention strategy based on community COVID-19 levels.

- When Marathon County is at a **LOW LEVEL**, St. Anthony's WILL NOT have a general face covering requirement.
- When Marathon County is at a **MEDIUM LEVEL**, St. Anthony's REQUESTS the use of face coverings. Please remember that face coverings must cover the nose and mouth and fit snugly against the sides of your face and under the chin.
- When Marathon County is at a **HIGH LEVEL**, St. Anthony's **REQUIRES** the use of face **coverings**. Please remember that face coverings must cover the nose and mouth and fit snugly against the sides of your face and under the chin.

The community COVID-19 level will be communicated upon arrival at St. Anthony's and will remain in place for the duration of your stay. Be prepared! Bring a face covering when you visit St. Anthony's as community COVID-19 levels may change quickly.

- Individuals who are not fully vaccinated against COVID-19 are requested to wear a face covering in all common areas within the building.

People with COVID-19 symptoms, a current positive test for COVID-19, or recent exposure to someone with COVID-19 are asked to stay home and reschedule their retreat for a time when they are certain that they are COVID-free.



RETREAT REGISTRATION FORM

Program Title: _____ Program Date(s): _____

Your Name: _____ Email: _____

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

Phone Number: _____

☐ 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: _____

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.

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