

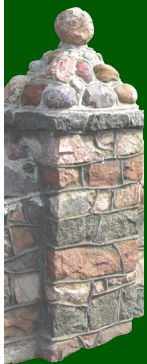
ST. ANTHONY spiritualitycenter

Winter 2022-23



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 CONNECTION

Where did spiritual direction come from? Although spiritual direction has been rediscovered in our day, it is actually a very ancient means of spiritual growth. There are examples found in both the Hebrew and the Christian Scriptures as well as throughout history of people seeking spiritual counsel. Some examples are people who sought out Jesus; the desert mothers and fathers; and many of the saints, such as John of the Cross and Theresa of Avila. In more recent times, people thought of spiritual direction as something that was reserved for priests and nuns. We are fortunate to live in a time when spiritual direction is recognized as not just for a small, select group. Rather, it is available and can be very valuable to people like us, whether married, single or in religious life, and whether a member of a denomination, part of a spiritual tradition, or a "none". The spark of the Divine, whom Christians refer to as the Holy Spirit or God's divine life, lives within everyone.

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

WHAT IS A RETREAT?

Where did the practice of retreats come from? Retreats are most simply defined as a definite time (from a few hours in length to a month) spent away from one's normal life, for the purpose of reconnecting, usually in prayer, with God. The practice of leaving one's everyday life to connect on a deeper level with God is nearly as old as Christianity itself. Jesus himself went on a retreat, fasting alone in the desert, before beginning his public ministry. Christians annually recall Jesus' retreat with the season of Lent.

The modern retreat practice dates from the 1520's and St. Ignatius of Loyola's composition of the Spiritual Exercises. While these retreats were largely limited to priests in the beginning, the participants expanded to include religious women and men, and eventually lay people as well.

Spiritual retreats, typically 1-3 days in length, feature much silence and prayer, and may have various themes that reinforce Christian values, principles, and scriptural understanding. Retreats may be individual or involve a group. St. Anthony's offers private retreats for individuals, sponsors a variety of group retreats, and provides the opportunity for other groups to come here to hold their own retreats.

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.

*****Register early! All retreats are pending a minimum number of six participants.*****

NEW YEAR'S EVE AND DAY RETREAT

DECEMBER 31, 2022 – JANUARY 1, 2023



Saturday Check-In: 3:00pm | Orientation: 5:45 pm | Supper: 6:00 pm | 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 in leading retreats. She lives out her calling by helping individuals to notice, savor, and respond to the presence of Divinity/Spirit/Essence in their lives.

Investment: \$120

Presenter: Candace Bahr

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

SERENITY 12-STEP RETREAT

STEP 11: PUTTING PRAYER AND MEDITATION INTO PRACTICE

JANUARY 6-8, 2023



Friday Check In: 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | 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. She 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.

Investment: \$220

Presenter: Candace Bahr

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

JANUARY 27-29, 2023 | MARCH 31- APRIL 2, 2023 (Women only)

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



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.

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

Investment: \$220

DIVORCE RECOVERY RETREAT SERIES

FEBRUARY 10-12, 2023:

Divorce Recovery Retreat II-Learning to Let Go, Living a Life of Peace

MAY 5-7, 2023:

Divorce Recovery Retreat III-Healing My Love Relationship/Dating/Moving On



Friday Check-In: 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | 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.

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.

Investment: \$220 (each retreat)

Presenter: Tanya Hielke

*****Register early! All retreats are pending a minimum number of six participants.*****



SILENT LENTEN WEEKEND OF PRAYER RETREAT: WAY OF THE CROSS

February 24-26, 2023

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

Retreat participants automatically are included in Sunday's Day of Prayer

Welcome to 'Way of the Cross', a Stations of the Cross retreat allowing you to follow Jesus on his journey to the cross and the Resurrection, whilst praying for others around the world.

Praying the Stations of the Cross, or the Way of the Cross, is a traditional Christian way of praying during Lent. We pray it also because we wish to become close to who this Jesus is who loves us so deeply. As we walk this journey with Him, we get a glimpse of the heart and mind of Jesus Christ, who is alive today! We experience the journey to the Cross whenever our sisters and brothers are suffering throughout the world. The weekend will be spent reflecting on the deep meaning of each station and how it relates to your own life experience and the experience of others. There will be plenty of time for reflection.

***Candace** is a Resident Volunteer at St. Anthony and has a background in Spiritual Direction and Retreat work. For more information, see www.sarcenter.com*

Investment: \$225

Presenter: Candace Bahr

SILENT LENTEN DAY OF PRAYER: WAY OF THE CROSS

Sunday, February 26, 2023 9:30am - 4:00pm

Starting with a presentation focusing on the themes of the stations, we will look at the similarities and connections to our own lives and spiritual journeys. We will also pray the stations together as a group in the halls of St. Anthony's.

Our day includes lunch as well as Adoration, the opportunity for the Sacrament of Reconciliation, and Mass.

***Candace** is a Resident Volunteer at St. Anthony and has a background in Spiritual Direction and Retreat work. For more information, see www.sarcenter.com*

Investment \$70

Presenter: Candace Bahr

Celebrant: Fr. Al Burkhardt

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

TRANSITIONS AND NEW BEGINNINGS

MARCH 3-5, 2023

Presented by Barb Bickford and Sandy Salvo



Photo Credit: Barb Bickford

We have all experienced transitions -- some by choice and some not -- including new jobs; retirement; relationship changes; illness; grief; or new roles, such as caregiver or empty-nester. Each day we cross thresholds or sacred markers between where we've been and where we hope to go.

Join us for a safe, gentle, and creative experience as we explore how to move with grace and intention through our "Transitions and New Beginnings".

In the restorative, peaceful setting of St. Anthony Spirituality Center, we will pause to talk, play, and worship together. Through intuitive painting, journaling, and mindful movement, we will connect to a source of inner guidance and listen deeply to the messages that are arising.

Note: This workshop isn't about creating art for display or approval, nor is it about learning specific techniques. It is about allowing your unique creative expression to point you toward insights into your heart's deepest desires. Artistic talent is not needed. Only curiosity is a must!

This workshop is led by Barb Bickford and Sandy Salvo, who have both lived through significant life transitions and are willing to walk with you for a time, as you walk through yours.

Come, join us for a restorative weekend of healing and movement toward new beginnings that we choose to create!

Barb designs and leads transformational workshops and trains people on how to lead better meetings. She lives and gardens in Stillwater, MN with her husband and an elderly cat.

Sandy is a retreat planner, certified Qigong instructor, and leadership trainer. She and her husband live in Middleton, WI and enjoy anything and everything to do with water, nature, and grandkids.

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

Investment: \$225

*****Register early! All retreats are pending a minimum number of six participants.*****

A MEN'S SILENT RETREAT
WITH ST. IGNATIUS OF LOYOLA AND HIS EARLY COMPANIONS
MARCH 10-12, 2023



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

The brilliance of St. Ignatius of Loyola is his relatability. He fought, he loved, and he struggled. Like many of us, he longed to find his place in the world and the best way to relate to the Divine. During this silent men's retreat, we will consider the early life of Ignatius and the qualities of the early band of brothers who followed him. We will delve into the essential core of the Spiritual Exercises. The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices that St. Ignatius Loyola himself developed to help people deepen their relationship with God.

Dr. John Stys is an Assistant Professor at the Parkinson School of Health Sciences and Public Health at Loyola University Chicago, where he teaches medical ethics and healthcare management. He still considers himself a "son of Ignatius," having been a vowed member of the Society of Jesus (the Jesuits) for many years before marrying and starting a family.

Investment: \$225

Facilitator: Dr. John Stys

BUILDING YOUR RESILIENCE: A SELF-CARE RETREAT
MARCH 17-18, 2023



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

Resilience can be defined as the capacity to prepare for, recover from, and adapt in the face of stress, challenge and adversity. When resilience is compromised, it is not unusual to feel a deep sense of physical, emotional, and spiritual depletion that keeps you from expressing your best self. In this workshop we will focus on easy-to-learn-and-do renewing practices that will increase your confidence in your ability to take positive, effective action throughout the day during times of pressure, challenge and change. The causes and signs of stress depletion, ways to develop a self-care action plan, and resilience-building strategies will all be explored.

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/>.

Investment: \$125

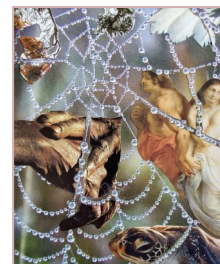
Facilitator: Elizabeth Lewis

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

SILENT RETREAT WITH SPIRITUAL CREATIVITY

MARCH 24-26, 2023

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



Spend a weekend exploring your heart and soul through visual arts of any kind and/or creative writing, creating journals/bookmarks/cards. We'll begin by creating a group and individual poem, and encouraging a connection with you and the divine within you. We will observe how your questions, feelings, and the divine surprise and delight you. This weekend will be a time of silence, reflection, and creation. Absolutely no art or writing experience is necessary! This is about the process, not the product. Come! Be curious. Try something different as you experience the Holy Mystery's presence in your heart, your life, and your creations. Bring a friend!

If you have joined Ruth before in exploring & spirituality, this will be similar to the previous retreat. However your journey will most likely be entirely different!

Ruth Hoenick is a Spiritual Companion in the Slinger/Hartford, WI area and facilitates retreats throughout the United States. Ruth is actively involved in group and one-on-one spiritual guidance 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. Ruth is a spiritual companion who brings the gifts of respectful listening and honest presence to individuals who desire courageous exploration of their sacred journeys.

Investment: \$225

Presenter: Ruth Hoenick

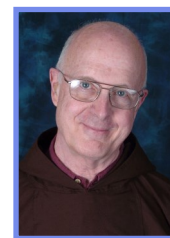
DISCOVERING A GOD RICH IN MERCY, IN A WORLD THAT KNOWS NO MERCY

APRIL 14 - 16, 2023

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



The Sunday after Easter is called "Divine Mercy Sunday."
The prayer, "Lord have mercy" is often on our lips.
But what is mercy?
Apart from times of prayer, when was the last time
mercy was on your lips or, even more, in your actions?
When our world constantly cries out for justice,
Who cares about mercy?
Where is mercy?



We'll explore all these areas during our retreat, opening up for ourselves this marvelous gift of God and what it means for us and demands of us in our tension-filled 21st century.

Investment: \$225

Presented by Fr. Dan Crosby OFM Cap.

Register early! All retreats are pending a minimum number of six participants.



GRIEVERS INVISIBLE

APRIL 21-22, 2023

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

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.

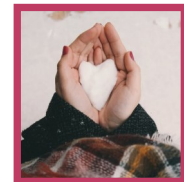
Robert Wiessinger has a calling to help others in their grief journey. When he experienced his parents' divorce as a teenager, he found himself participating in and benefiting greatly from Al-Anon. His personal experience with the 12-Step program has helped him through many times of grief, especially 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.

Investment: \$125

Presenter: Robert Wiessinger

A HEART-CENTERED MINDFULNESS RETREAT

APRIL 28-29, 2023



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

Draw yourself closer to the Spirit by starting in your own heart. This retreat will focus on being present in each moment with loving intent, so each participant can look at our God-given "Light Within". Using both In-Group and One-On-One activities, Steven will help participants identify the barriers to their own "Light Within", and coach ways to keep this level of self-care in focus.

Steven Korzinek is an Intuitive Life Coach with over 20 years' experience working with all populations as a Case Manager, a Youth Minister, and as a Life Coach. He has facilitated various groups and retreats and has mentored many adults and teenagers. Steven has always pursued his calling from the Spirit, and has consistently had an office within clinical settings to do this work.

Investment: \$125

Presenter: Steven Korzinek

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

CULTIVATING YOUR FAMILY CULTURE: IT STARTS AT HOME

JUNE 9-11, 2023



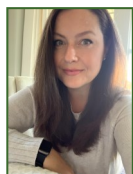
Presented by Lindsay Murray and Michelle Sachs

Join Michelle and Lindsay from *The Modern Lady Podcast* as they dive deeper into some of their most popular podcast episodes. They have pulled highlights from over 100 episodes to create a weekend retreat that will motivate you to create a family culture that will have a generational impact.

This weekend retreat is a great opportunity for long-time listeners of the podcast to get an exclusive experience, hearing Michelle and Lindsay build on these topics, adding updated information and new reflections. For guests who have not yet listened to *The Modern Lady Podcast*, there will be much to unpack and explore as they discover what women around the world have come to expect from Michelle and Lindsay. You will leave this retreat feeling refreshed and inspired, whatever season of life you are in.

Michelle and Lindsay will discuss topics like: family entertainment choices and how they contribute to or distract from what values you want to encourage within your family, bringing beauty into the home, what leisure really is and how it is “re-creative”, and why it’s important you start thinking today about the legacy that you are leaving behind.

Ever since its inception in 2018, *The Modern Lady Podcast* has received countless reviews from women of all ages, from all over the world, thanking Michelle and Lindsay for addressing these topics in a way that is well-researched, yet approachable, engaging, and often funny! This is “edutainment” (educational entertainment) at its best and you’ll see why women have said that listening to Michelle and Lindsay is like spending time, sitting around a kitchen table with friends that you feel like you’ve known for ages.



Lindsay Murray is a happy homemaker who truly enjoys looking after her husband of eighteen years and four kids. She is the co-host of *The Modern Lady Podcast*, which gives her the opportunity to spend way too much time doing her favourite things - reading and writing! You can find Lindsay sharing what homemaking means to her on Instagram @lindsayhomemaker.



Michelle Sachs lives in Southwestern Ontario with her husband and their four kids, and is a co-host of *The Modern Lady Podcast*. She tries to balance her love for producing, exploring the outdoors, and reading, with the adventures of homemaking, homeschooling, and family life. You can follow her escapades on Instagram @mmsachs.

Check-in begins at 3:00 pm on Friday, followed by orientation at 5:45 and supper at 6:00. The retreat concludes Sunday after the Noon Meal. Breastfeeding babies are welcome!

Investment: \$225

*****Register early! All retreats are pending a minimum number of six participants.*****

JUNE SERENITY 12-STEP RETREAT

BEING CONNECTED

JUNE 2-4, 2023



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

Alcoholism damages our connection to ourselves, our loved ones, and our Higher Power. In recovery, we have the opportunity to move beyond our shame and isolation into wholeness. Together, we will explore the barriers to building meaningful relationships and how through working the steps and principles of recovery, we can awaken to a better understanding of our humanity, spirituality, and a sense of belonging.

***Elizabeth Neubauer** is a Spiritual Director in Milwaukee. She has served as retreat leader at retreat houses and other organizations in the Midwest. In addition, she had led groups on topics including mindfulness, prayer, meditation, and the spirituality of the 12 Steps. Elizabeth has degrees in Art and Business and is a graduate of the Spiritual Guidance Training Program at the Siena Retreat Center.*

With more than 30 years of daily spiritual practice, Elizabeth understands the challenges and gifts of a contemplative journey. As a retreat leader, her goal is to provide food for thought that encourages individuals to go deeper into self-knowledge and to explore their experience of a Higher Power, God, or Deep Self - however they define this journey for themselves. As a spiritual companion, she brings attentive listening, compassion, and open-mindedness to individuals who desire a dedicated time to explore the direction of their lives.

Investment: \$225

Presenter: Elizabeth Neubauer

SAVE THE DATE 2023

MAY

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

5/12 - 14: Celebrating Franciscan Women

JUNE

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

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

JULY

7/27 - 8/1: Volunteer Week

AUGUST

8/12 - Peace Poles Workshop w/ Elizabeth Lewis

SEPTEMBER

9/22 - 24: A Time to Heal w/ Rev. Catherine Kuschel and Sue Soriano

9/29 - 10/1: Franciscan Living Retreat w/ Fr. Dan Crosby
OFM Cap

OCTOBER

10/6 - 8: Serenity Recovery w/ Steven Korzinek and Ron Alexander

10/13 - 14: Grief and Forgiveness Retreat w/ Elizabeth Lewis

NOVEMBER:

11/10 - 12: Silent Theme Retreat w/ various presenters

11/17 - 18: Women's Retreat w/ Elizabeth Lewis

DECEMBER:

12/10: Advent Day of Prayer

12/31/23 - 1/1/24: New Year's Eve and Day Retreat



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

ST. ANTHONY spiritualitycenter

300 East Fourth Street
Marathon, WI 54448

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

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. **Guests are now 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!

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.

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.

*****Register early! All retreats are pending a minimum number of six participants.*****