



ST. ANTHONY spiritualitycenter

Spring/Summer 2025



St. Anthony's sturdy walls 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

Making Plans for the Summer?

Have you resolved to give greater priority to your spiritual or mental health?

If you are looking for a place to recharge your batteries and take some restful time away from all the commotion of life, you have found a special haven.

St. Anthony's invites you to make a personal retreat here during the upcoming months, as spring turns to summer, when our gardens are thriving, our walking trails are beckoning, and our courtyard pigeons are dancing!

We welcome you to stay for a day, a week, or longer, for your personal reflection and growth.

St. Anthony's is a place where peaceful stillness and abundant life come together to enable a nurturing environment for body and soul.

For nourishment of your soul, we have spiritual directors - listed on our website - with whom you can arrange a meeting here. We have forty acres of woods, lovely outdoor trails to the Stations of the Cross, an outdoor grotto, and a labyrinth. Our two chapels are always open.

For nourishment of the body, we have staff lunches or refrigerator meals available, charming bedrooms for your rest, and swimming at The Marathon Swim Center for a small fee, available to guests of St. Anthony's.

If this is something you would like to look into, please call Sr. Barb Knauf at 715-443-2236, ext. 114, to inquire further or to book your stay.

We hope to have A/C units available in select bedrooms by this summer.



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

A MASTERPIECE OF WELCOME

When our elevator was installed in 2020, one of the old doorways (near the ramp door) was permanently sealed. The idea at the time was to prep this area for a mural, but the pandemic happened and the mural forgotten - until a few months ago. This fall we were able to move forward with this project, and thus, Charlotte Gruetzmacher was presented with this challenge. After a few drafts, Charlotte came up with a beautiful piece that we feel exemplifies St. Anthony's. The physical work started the first week in December.



We are excited to share that our mural is complete! We simply love it! Please take some time to check out this beautiful piece next time you are visiting! Thank you, Charlotte, for all the love and care you put into this masterpiece of welcome!

Charlotte is a Wausau native and currently lives in Marathon City. She graduated from Marathon High School in 2023 and is now studying Fine Arts at the University of Wisconsin, Stevens Point. In 2022, Charlotte was a winner in the All-Conference for the Marawood Art Show. She specializes in digital art but excels in a variety of genres and mediums.

HOSTING VOLUNTEERS

Calling all weekend hosts!

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!

REGISTRATION POLICY

Guests are required to pay in full at the time of registration in order to fully secure their spot on retreats.

This includes suite upgrade fees. Your spot is reserved once you have paid in full. In the event that a retreatant cancels a reservation, a \$50 administration fee will be applied. Thank you for your understanding!

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

~ RETREAT SERIES ~

Wednesday Mindfulness Meditation Circle

In this monthly group, Candace will share a different technique each month that you can take with you & practice in your everyday life. Some techniques that will be shared are breathing methods, guided imagery, walking meditation, and other practices to relax the body and mind and help reduce stress.

What are the benefits of Mindfulness meditation?
Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- Attention
- Job burnout
- Diabetes
- High blood pressure

Continuing Series in 2025:
The 4th Wednesday of every month / 6:00 - 7:00pm

Contact Candace for more information:

715.443.2236 x117 or
bahrc@sarcenter.com

SILENT THEME RETREATS 2024 - 25

The Glory of God is the Human Person Fully Alive

Each human journey is a living pathway of body, soul, and spirit. Becoming fully alive and deeply human is a real challenge for all of us. How do we do this?

Let's explore this together! We will actively engage in time-tested practices to help expand and deepen our awareness, wonder, reality, and presence within our unique humanity. This is exactly what God truly desires for us!

Investment: \$230.00

Friday check-in: 3:00 pm

Orientation at 5:45 | Supper at 6:00.

Dismissal: Sunday after Noon Meal.

**PRESENTED BY: Fr. Frank Corradi,
Lee Ann Niebuhr, Elizabeth Schussler,
and Rita Simon**



APRIL 11-13, 2025
(Palm Sunday: Women Only)

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

~ RETREAT SERIES ~

A DEEPER SPIRITUALITY WITHIN THE HEART

TWO UPCOMING RETREATS:

April 25-27, 2025 | September 19-21, 2025



Presented by Tammy Barthels and Steven Korzinek

What prevents us from living deeper within our heart and soul?

We will explore the many facets of our layered self that keep us from being connected to our deeper, authentic selves. We will focus on being present at each moment with loving intent, so each participant can look at the God-given Light within.

***Tammy Barthels** is a retired 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 and share and walk with you as we journey toward wholeness with God together.*

***Steven Korzinek** is an Intuitive Life Coach with over 20 years of experience working with all populations as a Case Manager, a Youth Minister, and 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: \$240

**Check-in begins at 3:00 pm on Friday, followed by orientation at 5:45 and supper at 6:00.
Retreats conclude Sunday after the Noon Meal.**

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

SUMMER EVENTS

JUNE SERENITY RETREAT:

Practice These Principles

JUNE 6 - 8, 2025

Come together this weekend to enrich your recovery journey as we explore what it means to incorporate spiritual principles into our daily lives. Not only are these principles important in early recovery, or when we work with others, they are a key component in building a life of joy, purpose and meaning. They can be gateways to the most important questions: Who am I? How can I heal and grow? And especially, how do I get along with all these crazy people in my life!

Presented by Elizabeth Neubauer

Elizabeth serves as a spiritual director for people of all faiths and for those who describe themselves as spiritual. She has facilitated programs on centering prayer, meditation practices, and grief and loss. In addition, Elizabeth leads retreats for recovering alcoholics and addicts and their families in which acceptance, grief, and forgiveness are often topics. She has degrees in business and art and is a graduate of the Spiritual Guidance and Supervision Training Programs at Siena Retreat Center. Elizabeth has additional training in mindfulness, grief and loss, and self-compassion.



Personal Philosophy: With more than 38 years of daily spiritual practice, I understand the challenges and gifts of a contemplative journey. As a retreat leader, my 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, I bring attentive listening, compassion, and open-mindedness to individuals who desire a dedicated time to explore the direction of their lives.

Investment: \$240 *

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.

* Ask us about our commuter rate.

JUBILEE 2025 PILGRIMS OF HOPE

Tuesday, June 10, 2025

6:00pm-7:30pm

Presented by Fr. John Schultz

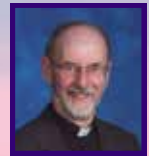
Pope Francis has declared 2025 as a Holy Year/Jubilee, with the theme "Pilgrims of Hope." There will be 35-40 million visitors to Rome this year. Most will come to walk through the four Holy Doors, receive the Sacraments, and deepen their faith. Every Diocese in the world, including the five Dioceses of Wisconsin, will offer opportunities for special prayers and blessings during this Holy Year. Fr. John Schultz, who was in Rome in January, visited the four major Basilicas and pilgrimaged through the four sets of Holy Doors. He was also at an audience with Pope Francis, who focuses highly on the virtue of Hope for this year.

Join us as Fr. Schultz explains the history and significance of the Holy Year/Jubilee events and spirituality.

Your Free-Will offering is appreciated!

Please RSVP to let us know if you will attend in-person at St. Anthony's or at home via Zoom.

Fr. John Schultz, born and raised on the west hill of Chippewa Falls, studied at Holy Cross Seminary in La Crosse and the North American College/Gregorian University in Rome. Ordained in St. Peter's Basilica in Vatican City, he has served as a priest and a chaplain in the diocese of La Crosse. Presently Fr. Schultz assists fellow priests, is involved in other ministries, and participates in JONAH, an interfaith social justice action entity.



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

SUMMER EVENTS

CELEBRATING OUR PATRON SAINTS SERIES

Lunch, Learn 'n Pray:

12:00: Join us for lunch at Noon

1:00 - 2:30pm: In-Person or Zoom Options

We know them. We love them. We may even pray to them. But there is always so much more to learn! Let's learn more about our patrons together!

Join us in celebrating our patron saints by sharing a Noon meal and, afterward, learning more about them and reflecting on how their examples might be calling us to emulate them today. We will close with a group prayer.



Friday, June 13: St. Anthony

Monday, August 11: St. Clare

Monday, October 6: St. Francis

RSVP Requested for attendance, meal count, and remote or in-person option

Free Will Offering

**ALL ARE
WELCOME!**

VOLUNTEER WEEK

JUNE 19 - 24, 2025

COME ONE, COME ALL!!! EVERYONE is invited to St. Anthony's Volunteer Work Week! We rely on YOUR help to complete our large annual projects. Our staff is mighty but small, and St. Anthony's building and grounds could not be as well maintained, clean, and beautiful without the help of our volunteers - that means YOU!

You are able to choose from a variety of projects, both inside our building and outside on the grounds.

There is something for anyone who wishes to donate their time and talent. Come for just a day, stay the entire week or for any timeframe in between!



We look forward to seeing you in June!

Meals are provided! Lodging is available if you are helping us for more than one day!

Never volunteered? This is a perfect time to see what volunteering at St. Anthony's is all about! Work is not a chore when we work together in community! In fact, many of us have formed lifelong friendships during this work week. Come and join the fun!

Projects begin

Thursday morning, June 19.

If you would like to come Wednesday evening, just let us know when you call to register.

Please bring your favorite work gloves and wear suitable work clothes. All other equipment is provided!

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

SUMMER RETREATS

SOBER SISTERS AUGUST 8 ~10, 2025

This retreat will venture into the stories of **beloved women** who helped in the formation of AA. Participants will examine the pioneers like Sylvia K. and Florence, who fought for their own sobriety, while also jostling for seats at the tables of AA. They will explore the pioneers in themselves. Stories of those who have gone before us such as Marty M. and Betty F. will reveal the sacred chronicles of courageous women. It will bring forward one's own courage. Tales of walking through the twelve steps in recovery with long-timers and sponsors will demonstrate how victorious Sober Sisters can be in a powerful circle of women!

During this retreat, we will probe into the women's stories in the Big Book of Alcoholics Anonymous, and Voices of Women in AA from the AA Grapevine. Participants will experience presentations, small group discussion, and time for prayer and reflection. There will be interactive activities throughout the weekend.

Ruth Hoenick is a Spiritual Companion who facilitates 12-step retreats throughout the United States. Ruth has been actively involved in the 12 step programs of both AA and Al-Anon in sponsorship and service work since 1986. She appreciates the work of spirit in the exchange of recovery stories. Ruth received her commission in Spiritual Guidance from the Siena Retreat Center in Racine, Wisconsin. She is certified through SDI (Spiritual Directors International) in Trauma and Wellness, Essential Seeing, and Bringing Art of Spiritual Companionship. Ruth is a wife, mother and grandmother. She is Chair Emeritus of the Board of Directors at the Jesuit Retreat House in Oshkosh, and current board member. She completed the Camino Ignaciano in Spain in 2022. Ruth is a spiritual companion who brings the gifts of respectful listening and honest presence.



We are each a miracle! We are a circle of women!

Investment: \$240

**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.**

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

SUMMER RETREATS

Silent Directed Retreat *August 15 - 17, 2025*



Is it time to step away from the day-to-day noise and busyness and feed your soul? Would you like to allow yourself time to be still and just be? This silent-directed retreat invites you to do just that! You will have a weekend in the peaceful sanctuary and grounds of St. Anthony's to embrace silence, get to know yourself better, and deepen your relationship with the Divine.

Each retreatant will meet with one spiritual companion each day of the retreat. Your companion will listen to you with ears of the Heart and help you recognize the gentle voice of the Spirit within you. We also have resource binders available with suggestions to pray in a variety of ways, including, but not limited to: Creation, Music, Scripture, and Art.

All of these spiritual companions were trained and received their letter of completion from the Spiritual Direction Preparation (three year) Program at the Franciscan Spirituality Center in La Crosse, WI. *



RaeAnn is also a Counselor and Healthcare Administrator professionally and an Affiliate of the Franciscan Sisters of Perpetual Adoration. RaeAnn is Catholic, but enjoys providing spiritual companionship to people of all faiths and backgrounds. She is a storyteller by nature, and enjoys using metaphor to help people find their deeper relationship with the divine.



Sallie considers it a privilege and blessing to companion others on their spiritual journeys as she listens to their stories and struggles and witnesses the presence of what is sacred and holy in their lives. She is currently a supervisor in the Franciscan Spirituality Center's Spiritual Direction program, training and mentoring others who are on the path to becoming spiritual directors. She was on the team of presenters for the theme retreats at St. Anthony's for seven years and has offered other programs and workshops of her own. She lives in Merrill, WI with her husband.

Tammy has been an affiliate with the Franciscan Sisters of Perpetual Adoration (FSPA) in La Crosse since 1997 and continually feels called by God to deepen her spirituality and ministry to others. In 2015, she received a Masters of Divinity (MDiv) from Wartburg Theological Seminary and was called as a Minister of Word and Sacrament to the Evangelical Lutheran Church in America (ELCA); she is now retired. Her passion is to walk with others on their spiritual journey, companioning them as they seek a deeper spiritual awakening. She is also a retreat director, offering retreats on creativity, spirituality, and self-care.



Terri is an affiliate with the Franciscan Sisters of Perpetual Adoration (FSPA) in La Crosse. She has been privileged to companion people from various backgrounds; these include Protestants, Catholics, married, single, clergy, divorced, widowed and gay people in their desire to go deeper in their spiritual life.



Investment: \$400

Check-in begins at 2:00 pm on Friday, followed by orientation at 5:45 and supper at 6:00.

The retreat concludes Sunday after the Noon Meal.

*When you register, you will be asked your first and second preference for a spiritual companion, or if you would rather leave things up to the Spirit.

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

FALL RETREATS

RELAXING IN NATURE: OUTDOOR LISTENING, MOVEMENT, AND MEDITATION PRACTICES

SEPTEMBER 19 - 21, 2025

“But ask the animals, and they will teach you, or the birds of the air, and they will tell you; or speak to the earth and it will teach you, or let the fish of the sea inform you.” Job 12:7-8

“Praised be You, my Lord, through Sister Earth our Mother who sustains and governs us...” St. Francis of Assisi

Being in nature can provide a felt sense of spiritual peace, connection and renewal. Time spent in nature is also a powerful stress-reliever with measurable benefits that include decreased heart rate, blood pressure and sympathetic nerve activity.

Come explore the healing and renewing practices of listening, walking, and gazing nature meditation within the peace and inspiring beauty of St. Anthony Spirituality Center’s water and woods. Wear comfortable shoes; plan for rain or shine.



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: \$240

**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.**

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

FALL RETREATS

SILENT FRANCISCAN LIVING RETREAT

FRANCIS' PRAYERS REVEAL HIS ONGOING GROWTH
IN THE LORD: LESSONS FOR US

SEPTEMBER 26 - 28, 2025



Fr. Dan Crosby, OFM Cap. is a friar of the Capuchin Province of St. Joseph. Fr. Dan was the Director of St. Anthony Spirituality Center for several years before the transition from Capuchin leadership to lay leadership at St. Anthony's. He currently ministers at St. Bonaventure Monastery in Detroit, MI, but enjoys returning to Marathon to visit and to offer retreats at St. Anthony's.

New Retreat in Development with Fr. Dan!

Investment: \$240 | Zoom Option: \$50

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.

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.

SAVE THE DATES FOR OUR FUTURE 2025 - 26 SPONSORED EVENTS!!

OCTOBER 2025

- 10/3-5:** Fall Serenity Retreat w/Catherine Androyna
10/6: Lunch 'n Learn: St. Francis of Assisi
Fall Series: Wed. 10/8, 10/15: 6:00-7:30pm
The Gift of Fear w/ Elizabeth Lewis
10/17 - 19: Breathing Under Water w/ Ron Alexander
10/17 - 18: Weaving Our Story w/ Lisa Alexander
10/24 - 26: Spiritual Development: Eight Stages of Development with Spiral Dynamics w/ Wendy Mitch

NOVEMBER 2025

- 11/7-9:** Silent Theme Retreat w/various presenters
11/21-23: Mindfulness and Creating a Balanced Life w/Tammy Barthels

DECEMBER 2025

- 12/31/25 - 1/1/26:**
New Year's Eve and Day
Retreat w/ Fr. John Schultz

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