

EST. 1919
ST. ANTHONY
Spirituality Center
Marathon, WI

Winter 2026



St. Anthony's sturdy walls offer a haven of constancy, warmth, and healing to **all** those who seek peace, restoration, hope, 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



WOMEN CREATING IN RECOVERY

First Tuesday of every month

6:00 - 8:00 PM

Facilitated by Candace Bahr

Community and Connection

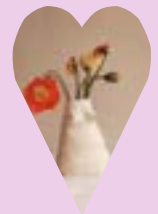
Participating in creative groups or workshops can provide a sense of belonging and support, fostering connections with others on a similar journey.



Some examples of our creative activities include:

Art Therapy

This involves using various art forms like painting, drawing, or sculpting to explore emotions and process experiences.



Creative Writing

Journaling, poetry, or short story writing can be powerful tools for self-reflection and emotional processing.



Music Therapy

Engaging with music, whether through listening, playing an instrument, or singing, can be therapeutic and uplifting.



Crafts and Hobbies

Knitting, crocheting, pottery, or other crafts can provide a sense of accomplishment and relaxation.



Dance and Movement

Expressing oneself through dance can be a fun and empowering way to connect with the body and emotions.



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

REGISTRATION POLICY

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

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!

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 Katy B. at 715-443-2236, ext. 124 or kbailey@sarcenter.com for more information or to request a schedule of events!

Wednesday Mindfulness Meditation Circle

In this monthly group Candace will share different techniques 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 2026:
The 4th Wednesday of every month
6:00 – 7:00pm

Contact Candace for more information:

715.443.2236 x117 or
bahrc@sarcenter.com

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

NEW YEAR'S EVE AND DAY RETREAT

God, Church, and All Of Us

DECEMBER 31, 2025 - JANUARY 1, 2026



Presented by: Fr. John Schultz

Come start the New Year with us in prayer and fellowship, Adoration and celebration! Fr. John Schultz will facilitate our New Year's retreat with words of wisdom on our God being a relational God, and how important that is for us! The relationship is an active relationship, and we need to do our part (hint: pray!). Part of this relationship is being part of an institutional Church, YES an imperfect Church, and YES God's Church. New Year's morning we will discuss topics that touch *your* hearts, brains, and feelings. Bring some of these topics along with you.

New Year's Eve includes supper, sessions with Fr. John, Holy Hour with Adoration, and then a 'New Year Celebration' with snacks, adult beverages and non-alcoholic beverages. New Year's Day morning has a closing session with Fr. John, quiet time for reflection, and Mass before lunch. What a wonderful and prayerful way to begin the New Year! Please join us!

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.



Investment: \$130

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

The retreat concludes Thursday after the Noon Meal.

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

JANUARY SERENITY RETREAT

Fourth and Fifth Steps

JANUARY 16 - 18, 2026



Facilitated by Candace Bahr

The fellowship developed in recovery is a strong and vital one. That fellowship supports and encourages receiving wisdom and strength from one another. This community sets the foundation for successful fourth and fifth-step work. **Step 4: Made a searching and fearless moral inventory of ourselves and Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.** These steps involve a detailed self-assessment of past actions and character defects, followed by sharing of those findings with a higher power, oneself, and another person.

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.*****

A DEEPER SPIRITUALITY WITHIN THE HEART

JANUARY 23 - 25, 2026

and

APRIL 24 - 26, 2026



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 twenty 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.*

***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 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: \$260

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

Ecumenical Evening of Praying for Peace

Monday, January 12, 2026

6:00 - 7:30pm

RSVP requested. Free-Will Offering.

Come Begin the New Year in the Spirit of Prayer and Peace! Join us as we welcome the New Year with the power of prayer — praying together for peace. Gathering as *two or more in Christ's name* and in the presence of the *Peace Light of North America*,* we will lift our hearts in prayer through Scripture, the Franciscan Peace Prayer, a Litany for Peace, and other meaningful reflections. Following our time of shared prayer, you are invited to walk our sacred, candle-lit hallway in silent, personal prayer and reflection. Fellowship and refreshments will follow.

* *St. Anthony Spirituality Center is a Keeper of the Light*, meaning we maintain the Peace Light year-round. This perpetual flame originates from the Grotto of Jesus' birth in Bethlehem. Since 1986, this Light has been shared across the world as a visible reminder of Christ's message of love and peace.



Grounded in Grace: A Spiritual Workshop Creating with Sea Glass

Saturday, March 14, 2026

10:00am - 3:00pm

Sea Glass Creation led by Sassy Glassers KT & Juli !!!

Spiritual Reflection Time led by Adele DiNatale-Svetnicka

Creative fun in a spiritual background! The ocean and time transform broken pieces of glass into smooth and beautiful pieces, much like we are transformed, smoothed, and shaped into beautiful creations through our life experiences.

Sassy Glassers, KT and Juli, will lead us in creating a 'succulent' plant made of sea glass; something you can take home or gift to someone special. Throughout the workshop, **St. Anthony's staff member, Adele**, will lead various spiritual reflections to help deepen your appreciation and find personal meaning in your creation.

Investment: \$65 (Includes all materials and a light lunch to eat while we work).

Register early. Spaces limited to 20. Check-In begins at 9:30 am.

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

AN ENNEAGRAM WEEKEND WORKSHOP: A Path Towards Grace and Freedom

MARCH 20-22, 2026

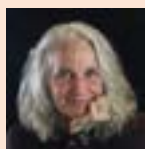
Presented by Wendy Mitch

The Enneagram is more than a sound bite or buzzword; it is an ancient path to a more tender and deeper understanding of ourselves and those we walk with in the world.

Today, the Enneagram is used in many settings as a valuable tool in understanding our motivations, behaviors, and impact. Many view the Enneagram as simply a personality inventory, but you will learn in this workshop that the Enneagram is a deep well of ancient wisdom that surprises and astonishes learners at every turn. It can be eye-popping to discover the vast depth of self-knowledge and spiritual insight that can be gained by even a shallow dive into the Enneagram. This retreat will provide a deep dive.

You will be asked to take an online Enneagram test a couple weeks before the retreat begins, at your own expense of \$15. Wendy, our presenter, will email the assessment test link and instructions. The results will be referenced and used during our weekend.

Through the use of facilitator input, small group discussion, personal reflection time, journaling and the peace of St. Anthony's sacred spaces, participants will find the much-needed space and time to go deeper into the wisdom of the Enneagram, as well as a supportive community to journey alongside with.



Wendy Mitch, owner of *Shifting Perspectives: Coaching and Consulting*, has been challenging, training, and developing others for more than thirty-five years. She is a certified Integral Life Coach through New Ventures West, a Certified Teacher in the Enneagram Spectrum Method, has her master's degree in Servant Leadership from Viterbo University, is a licensed facilitator for the Aringer Institute, and completed the Wisdom Way Life Coaching Program in January 2024. Wendy has facilitated hundreds of workshops, seminars, and retreats in the areas of Outward Mindset, Servant Leadership, Self-Deception/Self Betrayal, Emotional Intelligence, the Medicine Wheel, Spiral Dynamics and Creating an Authentic Life. She has been a lifelong student of the Enneagram and is thrilled to put her learnings and expertise into a deep dive retreat on the Enneagram.

Investment: \$260

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



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

*****Silent Retreat *****

Closer: Deepening Our Relationship with God

MARCH 20-22, 2026



Presented by: Chip Wood

Join us for a weekend of silence, enriched by eight learning sessions on various methods of getting closer to God. Whether you are experienced in contemplation or just learning how to pray, you will thoroughly enjoy exploring the avenues to connect to God that have been utilized for generations. Topics include learning to pray, gratitude, lamentation, practicing presence, walking meditation, recollection, and centering prayer. Time to practice what you are learning and opportunities for spiritual direction with facilitators and retreat center staff are built into our time together.



Chip Wood is a seminary student at Luther Seminary with a passion for meditation and prayer. His greatest desire is to serve God, and his desire has led to decades of research and experience in methods of prayer and meditation. He looks forward to walking alongside you in your journey of getting closer to God.

Investment: \$260

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

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

CREATIVE SPIRITUALITY—A SILENT RETREAT

March 27-29th, 2026

Facilitated by: Ruth Hoenick



Allow your creative spirit to be moved by poetry, music, visual arts, and stories to help you explore your relationship with God as you work through and create something of your own. Facilitated by Ruth, a balance of group gatherings and silent periods will rouse curiosity and delight as you observe and respond to the movement within.

Absolutely no art or writing experience is necessary. This is about the process, not the product. Try something different as you encounter the presence of the Holy in your heart, your life and your work. Bring a friend with you!

If you have joined one of Ruth's past retreats on spiritual creativity, you know that each weekend unfolds as a brand new journey of unique surprises.



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. Her background includes 30+ years in education of children and adults.

Investment: \$260

**Check-in begins at 3:00 pm on Thursday, followed by orientation at 5:45 and supper at 6:00.
The retreat concludes Friday after the Noon Meal.**

SILENT WOMEN'S THEME RETREAT - PALM SUNDAY

Sing to Me of Hope, Beloved

MARCH 27—29, 2026

Presented by:

Fr Frank Corradi, Elizabeth Schussler,
Rita Simon, and Adele DiNatale-Svetnicka



What is hope? How can we water the seeds of hope within ourselves and in the suffering world around us? How can we BE hope? Come, listen, and allow the Song of the Beloved to magnify hope in you.

Throughout the weekend, each presenter will offer a presentation on Hope, with plenty of time for silent, personal prayer and reflection in between.

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.**

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

TRANSITIONS AND NEW BEGINNINGS

APRIL 10 - 12, 2026

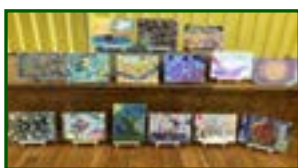
Presented by Barb Bickford and Sandy Salvo

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.

During a transition, you may feel stuck, angry, lost, or lonely. You may long for a time to step out of the busyness of daily life and simply rest. Or you may just want to be in the company of people who understand while you wait to find meaning in the midst of loss.



We often cross thresholds or sacred markers between where we've been and where we hope to go. But some transitions take longer to pass through, and it can take time to decide what your next steps should be. 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.

Your guides for this retreat are Barb Bickford and Sandy Salvo, both of whom have 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!

2025 Retreat Testimonial:

This is the third time I have attended this retreat and the biggest thing I get out of these retreats is the individuals sharing who they are. (Vicki)



Barb Bickford designs and leads transformational workshops and helps people lead more engaging and effective meetings. She lives and gardens in Stillwater, MN with her husband and a spunky cat.

Sandy Salvo is a retreat planner, mindfulness meditation and Qigong teacher, leadership trainer and Senior Faculty certifying new Qigong instructors. She and her husband live in Middleton, WI and enjoy anything and everything to do with water, nature, and grandkids.



Limited to 18 participants. Register early!

Investment: \$260.

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.

***Note:** In this workshop we use creative expression (painting) to give ourselves insights about our heart's deepest desires. Artistic talent is not needed. Only curiosity is a must!

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

ST. ANTHONY'S NEW MISSION STATEMENT

St. Anthony Spirituality Center;
a sanctuary for peace, restoration, hope
and spiritual growth.

SAVE THE DATES FOR OUR 2026 SPONSORED EVENTS!!

JANUARY 2026

1/12: Ecumenical Evening:- Praying for Peace 6-7:30pm
1/16-18: January Serenity Retreat w/ Candace Bahr
1/23-25: A Deeper Spirituality Within the Heart w/
Tammy Bartels & Steven Korzinek

MARCH 2026

3/14: Grounded in Grace w/KT and Juli 10am-3pm
3/20-22: Deepening Our Relationship with God w/Chip
Wood
3/20-22: Enneagram Weekend Workshop w/Wendy
Mitch
3/27-29: Women's Silent Theme Retreat (Palm Sunday)
w/various presenters
3/27-29: Creative Spirituality - A Silent Retreat w/
Ruth Hoenick

APRIL 2026

4/10-12: Transitions & New Beginnings Retreat w/ Barb
Bickford and Sandy Salvo
4/24-26: A Deeper Spirituality Within the Heart
w/Tammy Barthels & Steven Korzinek

JUNE 2026

6/5-7: Serenity Retreat
6/11-16: Volunteer Week!

SEPTEMBER 2026

9/25-27: Franciscan Living Retreat

OCTOBER 2026

10/2-4: Serenity Retreat w/Kathleen McCauley

NOVEMBER 2026

11/13-15: Silent Theme Retreat w/various presenters
11/20-22: Creative Retreat w/Tammy Barthels

DECEMBER 2026

12/31/2026 - 1/1/2027 New Years Eve and Day
Retreat

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