



# ST. ANTHONY spiritualitycenter

## Winter 2024 - 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](http://www.sarcenter.com)



# NEW YEAR'S EVE AND DAY RETREAT

Investment: \$125.00  
Check-in begins at 3:00 pm on Tuesday, followed by  
orientation at 5:45 and supper at 6:00.  
Retreat concludes Wednesday after the Noon Meal.

## LIVING NEW YEAR'S WITH THE EXCITING MYSTERIES OF GOD, CHURCH, AND EUCHARIST

December 31, 2024 ~  
January 1, 2025

Let's bring in the New Year with excitement about the divine presence in our lives! Many of us first learned of the mysteries of the Trinitarian God, of Church, and of the Eucharist in elementary school. With the gift of years, comes growth and understanding. During our time together we will examine: 1) the life of God, 2) the story of Jesus as Church with ourselves also being Church, 3) the Sacrament of the Eucharist drawing us into "communion." We will discern how these mysteries touch and flow together. We will listen to each other. We will celebrate the wonders of grace together as we welcome 2025!

With Fr. John Schultz



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.\*\*\***



# JANUARY SERENITY

Investment: \$230.00  
Check-in begins at 3:00 pm on Friday, followed by  
orientation at 5:45 and supper at 6:00.  
Retreat concludes Sunday after the Noon Meal.

## Experience, Strength, & Hope:

What it Was Like, What Happened,  
What it is Like Now

January 3-5, 2025

When one is in recovery from the disease of addiction, we form a fellowship. That fellowship supports and encourages receiving wisdom and strength from one another.

Our speakers will be members from the **Greater Wausau area recovery fellowship**. Each will speak to us and share from their experience, strength and hope. Join us for a retreat weekend full of encouragement, support and hope!



## NOTES

### 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](mailto: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 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!

To reserve your spot on a retreat, visit [www.sarcenter.com](http://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

Starting again in January, 2025:  
The 4<sup>th</sup> 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!

#### DATES:

**JANUARY 24-26, 2025**

**APRIL 11-13, 2025**

**(Palm Sunday: Women Only)**

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



**Investment: \$230.00**

**Friday check-in: 3:00 | Orientation at 5:45  
Supper at 6:00.**

**Dismissal: Sunday after Noon Meal.**

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



~ AT ST. ANTHONY'S ~

## AGING AS A SPIRITUAL PRACTICE

Presented \*via Zoom by: Elizabeth Lewis

Open yourself to midlife and beyond as an unprecedented period of growth, fulfillment and inner renewal. Learn how to focus on positive aspects of aging that transcend culture, age and time. In this workshop series, we will explore how to let go of age-related grief and aging-related fears, some practical guidelines and practices for choosing peace throughout life, the role resilience plays in graceful aging, creative envisioning and redefining purpose, and how to relax, look deeply and let go in the dying process. This workshop experience will include: guided meditations; writing exercises; private time for reflection; the learning of resilience tools that can aid in acceptance and letting go; and more.



### **THREE-WEEK SERIES**

**February 5, 12, 19, 2025**  
Wednesdays, 6:00-7:30pm

**Investment:** \$30 for the series



**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/>.

\*Elizabeth will present each week via Zoom. Attendees are welcome to come to St. Anthony's to watch the presentation together and engage in small group discussions or participate via Zoom (we will do our best to include everyone in small group discussion).

To reserve your spot on a retreat, visit [www.sarcenter.com](http://www.sarcenter.com) or call 715-443-2236

*Winter can be the ideal season to go on a private retreat at St. Anthony's. It may be the perfect opportunity to embrace a season of reflection and rejuvenation in your life. In fact, a personal retreat here during any season can be just the reset you need in order to find renewed strength of body, mind, and soul. You'll find pictures here of some of the unique and welcoming spaces we offer, both indoors and out.*



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



# SPRING WEEKEND RETREATS

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.

## **CLOSER: Deepening Our Relationship with God**

A \*Silent\* Ignatian Retreat

### **MARCH 14-16, 2025**

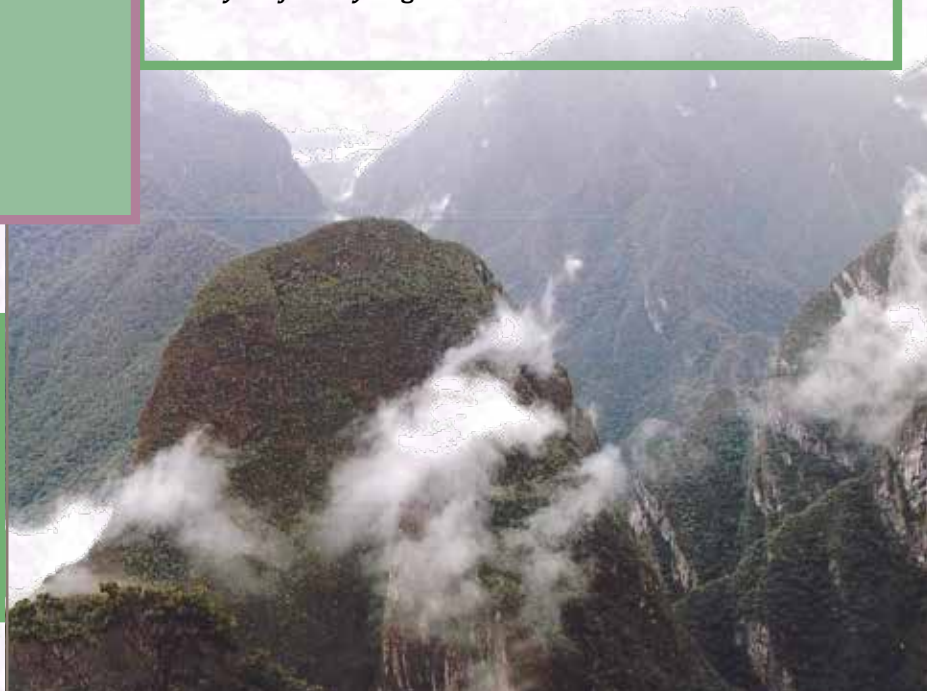


Presented by  
Chip Wood

Join us for a weekend of silence enriched by eight sessions of learning different methods of getting closer to God. Whether you are experienced in contemplation, or just beginning your prayer journey, you will thoroughly enjoy exploring the avenues to connect to God 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 to get closer to God.*

**Early-Bird Investment: \$230**  
Now through February 13, 2025  
**Later Investment** for February  
14, 2025 and later: **\$255**



To reserve your spot on a retreat, visit [www.sarcenter.com](http://www.sarcenter.com) or call 715-443-2236

# SPRING WEEKEND RETREATS

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.

## SILENT RETREAT WITH SPIRITUAL CREATIVITY

MARCH  
14-16, 2025

**Spend a weekend  
exploring your heart and soul**  
through Creative Expression of visual art,  
writing, photography, any means that  
connects you to the Divine. Each  
participant will observe how questions and  
feelings arise, and the divine surprises and  
delights. This will be a time of silence,  
reflection, and creation with short  
gatherings. 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 Spirit's presence in your heart,  
your life and your creations.



Original artwork by Ruth Hoenick

Investment  
\$230

### PRESENTED BY RUTH HOENICK

***Ruth** 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, workshops, and Sacred Circles to support those seeking a more spiritual life. She is a wife, mother and grandmother. Ruth is Chair Emeritus of the Board of Directors at the Jesuit Retreat House in Oshkosh and a current Board Member & Art Room 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.*

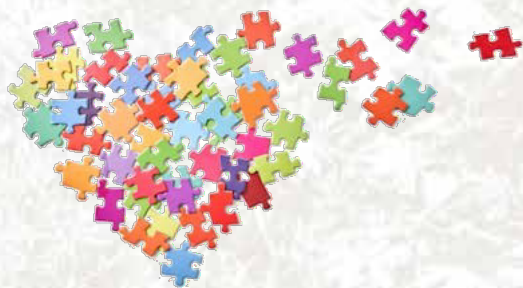
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# SPRING WEEKEND RETREATS

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orientation at 5:45 and supper at 6:00.  
Retreats conclude Sunday after the Noon Meal.

## GRIEF AND



## The Wisdom of FORGIVENESS

**Presented by Elizabeth Lewis** - *Elizabeth 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.*



**Grief is a natural process**, a healthy response to the pain and stress of loss. Forgiveness is a process that requires intention and effort – a purposeful letting go of demands and expectations one makes on God, life, self or others as a condition for expressing love and other positive attitudes. Often when grief is present, unforgiveness is also present compounding our pain and inhibiting our inner peace.

In this workshop we will explore through discussion, guided meditations and other exercises: the connection between grief and forgiveness; why we resist forgiveness and how that resistance can compound grief; and the benefits of and reasons for forgiving. This workshop experience will look at: the forgiveness models The Four Fold Path and the Eight Steps to Freedom; and the grief models of Worden’s grief tasking and The Grief Recovery Method.

If you have taken this workshop in the past,  
you are welcome to return and  
explore grief and forgiveness on a deeper level.

**March  
21-23, 2025**



**Investment:  
\$230**

**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](http://www.sarcenter.com) or call 715-443-2236

# SPRING WEEKEND RETREATS

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.

## TRANSITIONS AND NEW BEGINNINGS

APRIL 4-6, 2025

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!

**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 an elderly cat.



**Sandy Salvo** is a retreat planner, mindfulness meditation teacher, 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.

### Testimonial from a previous retreat:

*The art exercises ...really had an impact on my thought process. I discovered that it was ok to get messy and explore ideas and options I normally wouldn't have. I can confidently say that the retreat helped me settle into a phase of open exploration without being afraid. (Bob)*

### Limited to 18 participants. Register early!

Early Bird Investment - Now through January 31, 2025: \$230.

February 1 through March 1: \$275 | Regular Investment - March 2 and later: \$300

**\*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 give you insights about your 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.\*\*\***



# SPRING WEEKEND RETREATS

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.

## A DEEPER SPIRITUALITY WITHIN THE HEART APRIL 25-27, 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 an 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.

To reserve your spot on a retreat, visit [www.sarcenter.com](http://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 DATE FOR OUR 2025 SPONSORED EVENTS!!**

### **APRIL 2025**

**4/4-6** Transitions & New Beginnings Retreat w/  
Barb Bickford and Sandy Salvo

**4/11-13** Women's Silent Theme Retreat - The  
Glory of God is the Human Person Fully Alive w/  
Various Presenters

**4/25-27** A Deeper Spirituality Within the Heart  
w/Tammy Barthels & Steven Korzinek

### **JUNE 2025**

**6/6-8** Serenity Retreat w/Elizabeth Neubauer

**6/19 - 6/24 Volunteer Week**



### **SEPTEMBER 2025**

**9/19-21** Moving Meditation Retreat  
w/Elizabeth Lewis

**9/19-21** A Deeper Spirituality Within the Heart  
w/Tammy Barthels and Steven Korzinek

**9/26-28** Silent Franciscan Living Retreat

### **OCTOBER 2025**

**10/3-5** Fall Serenity Retreat w/Catherine  
Androya

**Series - Wed. 10/8, 10/15** : The Gift of Fear  
w/Elizabeth Lewis at **6:00-7:30pm**

### **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



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