

# ST. ANTHONY spiritualitycenter

## Fall 2024



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)



**Women's recovery can differ from men's, and each person's recovery is, in many ways, unique. It is important to find your own path in terms specially suited to the way women experience, not only addiction and recovery,**

but also relationships, self, sexuality, and everyday life. This focus helps deepen and extend the lessons in the 12 Steps and beyond.

**AUGUST 16-18  
2024**

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



## **SOBER SISTERS RETREAT:**

**We come together as sisters we have chosen**

During this retreat we will be referring to *The Woman's Way through the Twelve Steps*, by Stephanie S. Covington, Ph.D. We will have presentations, small group discussions, and plenty of time for private prayer and meditation. If you have a drum or any other instrument, please bring it for our drum circle. We will also have a social on Saturday night.

***Candace Bahr*** is a recovering alcoholic/addict. The twelve-step spiritual program is her blueprint for living! She grew up in an alcoholic home and is a survivor of mental and physical abuse and a consumer herself of professional treatment services. She is committed to sharing her story so that it will help others know that healing and transformation are possible. Candace is retired from a twenty-five-year career in Mental Health, AODA and Trauma Based Treatment Services. She is trained and licensed with the state of Wisconsin. 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: \$225**

**Presenter: Candace Bahr**

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



AUGUST 23 - 25, 2024

## EARTH: OUR ORIGINAL MONASTERY



WITH REV. TAMMY BARTHELS

*This retreat is based on Christine Valters Paintner's book "Earth, Our Original Monastery."*

Listening to and using the elements of the Earth, we will experience Earth as Our Original Cathedral, Our Original Spiritual Director, Our Original Scripture, Our Original Sacrament. You will participate in Contemplative Exploration, Visual Art Exploration, and Writing Exploration. "Convinced that creation pulses with the Divine Presence, Christine Valters Paintner leads us to fall in love with it. Taking her words to the heart and following her suggestions for relishing nature will help you see the sacred in creation."

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

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

Investment: \$230

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



# FALL WEEKEND RETREATS

Investment: \$230.00  
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.

## WOMEN'S DIVORCE RECOVERY WORKSHOP

September  
13-15,  
2024



As you continue to navigate the new world of living single, it is important to practice living a deeper and more meaningful life. You will learn practical steps to heal from grief and trauma and how to rebuild a spiritual life in order to become a more authentic you! Join me at the workshop where you will learn practical skills to heal from the effects of divorce. I hope to see you there! Blessings, Tanya Hielke

**Tanya Hielke** is a spiritual director and facilitator of divorce recovery workshops for more than 15 years. Tanya is passionate about sharing her recovery from broken relationships, childhood trauma, and a 40-year consistent cycle of grief. She shares practical steps in her workshops, small and large group discussions, one-on-one conversations, and prayer; all in a contemplative style that fits a variety of faith and spirituality styles.



**Presented by: Tanya Hielke**

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## TWELVE STEPS FOR EVERYONE

SEPTEMBER 13-15, 2024

With Candace Bahr



This retreat is for anyone seeking a practical path to spiritual and emotional freedom. We will take a compassionate, insightful look at the spirituality, history, and social influences of the time when The Twelve Steps were developed and how the steps can be a practice in everyone's life. The steps are rooted in spiritual principles such as Honesty, Open-Mindedness, and Willingness. Come and enjoy presentations, small group discussions, and plenty of time for private prayer and meditation.

*Candace Bahr will take you through the steps and how they can be applied in daily life, which can lead to a more contented, joyous life. She has applied the steps and their principles to her daily life for decades. She ministers to the 12-step community through Spiritual and Retreat Direction.*



## SILENT FRANCISCAN LIVING RETREAT

Our San Damiano Crucifix  
and the Mysticism of Open Eyes

SEPTEMBER 27-29, 2024

With Fr. Dan Crosby, OFM Cap

Every Franciscan knows about the cross of San Damiano which spoke to Francis early in his conversion. But have we *learned* from that cross all that Francis learned?

Jesus is gazing at us with open eyes, in the same way he gazed at Francis, inviting us to open our eyes to the ways his suffering continues in his church, in all his brothers and sisters.

During this silent retreat we'll delve deeply and challengingly into this treasure of Franciscan spirituality.

*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.*

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## OCTOBER SERENITY RETREAT



Healed, Whole, and Holy with the Steps  
**OCTOBER 4-6, 2024**

With Kathleen McCauley

On this retreat we will explore various spiritual teachers and psychologists who believe we all crave to be Whole: Union with Divine (H.P.) Longing to be whole is what Dr. Silkworth says causes our Restlessness, Irritability, and Discontent. Our session will help you unpack some of these theories in conjunction with Healing Steps 4-9 and find a way for each retreatant to get traction in their spiritual journey to Wholeness.

"Hang on....we are taking a deep dive into spirituality, healing, and recovery!!"

**Personal Statement from Kathleen: I love giving retreats to men and women seeking to strengthen their recovery with a deep dive into 12-step spirituality. Having celebrated 35 years of a continuous sobriety, my recovery retreats offer a rich substance of personal experience and spiritual insight which can captivate audiences of varied spiritual levels, mixed religious backgrounds, and different stages of recovery.**

*Kathleen McCauley is an experienced Recovery Retreat Leader; visit her website for more information <https://www.threadsofspirituality.com/>*

## STRESS MANAGEMENT AS A SPIRITUAL PRACTICE NOVEMBER 1-3, 2024

...Presented by ELIZABETH LEWIS

The spiritual path requires that we listen to the "small still voice" of Spirit within (Ps. 46:10). Stress management tools provide us with a way to slow down and quiet the body-mind so that we can hear that voice. In this workshop, we will explore a wide variety of stress management/resilience-building strategies designed to illuminate the spiritual path by aiding the never-ending process of relaxing, of breathing in light, breathing out fear and of coming into fear's opposite, which is love. (1 John 4:18)

*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 ... 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/>*



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



# Peace Light North America

*Share the love. Spread the light.*

## ECUMENICAL PRAYER SERVICE

Monday, October 7, 2024

Doors open 5:30pm

Prayer Service 6:00pm

Refreshments and  
Fellowship to follow

**Please join us!**

Share the love.  
Spread the Light.

St. Anthony Spirituality Center is becoming host to a Peace Light of North America! This perpetual Peace Light is shared throughout the U.S.A. and Europe. and will now be kept at St. Anthony's.

Our world, and our communities, are still greatly in need of peace. St. Anthony's is proud and humbled to join this opportunity of promoting Peace and Friendship.

The Peace Light is a perpetual flame originating from the site of Jesus' birth and spread around the world with a message of peace and friendship. The sharing of the Peace Light with others began in 1986 in Austria. The Peace Light first came to the U.S.A. in 2000 and another Light was brought to "Ground Zero" after the tragedies of 9/11.

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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 THEME RETREATS 2024-25 The Glory of God is the Human Person Fully Alive

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

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!



## THE ENNEAGRAM: A PATH TOWARDS GRACE AND FREEDOM NOVEMBER 15-17, 2024 | Presented by Wendy Mitch

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



In today's culture, the Enneagram is used in corporate settings, education, health care, as well as non-profits. It is a valuable tool in therapy modalities, Life Coaching, and even personal training, as a way to understand our motivations, behaviors and impact. Many view the Enneagram as simply a personality inventory, but as you will learn in this retreat, the Enneagram is a deep well of ancient wisdom which 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.

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.

**Wendy Mitch**—owner of Shifting Perspectives: Coaching and Consulting— has been challenging, training, and developing others for more than 35 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 Arbinger Institute, and has completed the Wisdom Way Life Coaching Program. 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.



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Investment: \$230.00

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 Theme Retreat  
DATES:**

**November 8-10, 2024**

**January 24-26, 2025**

**April 11-13, 2025**

(Palm Sunday: Women only)

## ***KINTSUGI – BEAUTY IN THE BROKEN***

***NOVEMBER 22-24, 2024***



Kintsugi is the 15<sup>th</sup> century Japanese art of putting broken pottery pieces back together with gold – built on the idea that by embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art.

We are all broken. We may view our brokenness as something that makes us less... less desirable, less valuable, less appreciated, less needed, even less loved. BUT, the reality is that there is beauty in our brokenness. It is our brokenness that connects us to others. God is perfect; we are not! Each one of us is incomplete, and we need each other to function. It is this giving and receiving that ties us together. We are invited to share in the healing love of God, not only by loving others with their flaws, but also by allowing others to love us in our brokenness.

***Reverend Tammy Barthels*** is an ordained minister with the Evangelical Lutheran Church in America. She is a wife, mother, grandmother, spiritual director, and seeker of Truth. She has been a presenter of Retreats for over 20 years. Her mission is to assist others on their Journey as they seek to find their Inner Truth.



***With Rev. Tammy Barthels***

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# 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.

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# 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!

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### 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.

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## SAVE THE DATE FOR OUR 2025 SPONSORED EVENTS!!

### JANUARY

**1/3-5:** Serenity Retreat w/various local presenters

**1/24-26:** Silent Theme Retreat - 'The Glory of God is the Human Person Fully Alive' - w/various presenters

### FEBRUARY

Three-week Series: **Wednesdays: Feb. 5, 12, & 19**, 6:00-7:30 pm: (Zoom option available)  
Aging as a Spiritual Practice - w/Elizabeth Lewis

### MARCH

**3/14-16:** Silent Retreat w/Spiritual Creativity - w/Ruth Hoenick

**3/14-16:** Closer: Deepening our Relationship with God (A Silent Ignation Retreat) - w/Chip Wood

**3/21-23:** Grief and the Wisdom of Forgiveness - w/Elizabeth Lewis

### APRIL

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

**4/11-13:** Silent Theme Retreat for Women: The Glory of God is the Human Person Fully Alive - w/various presenters

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

### JUNE

**6/6-8:** Serenity Retreat



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