

ST. ANTHONY spiritualitycenter

Fall 2023



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



LABYRINTH AND WOODLAND WALKS



Tuesdays | 4:00pm - 7:30pm | August 1 - September 26, 2023

Give yourself the gift of contemplative movement in God's creation! Contemplative walking, a type of meditation, helps us quiet our minds and let go of our distractions, thus helping us to be more open with God. Whether you walk the labyrinth or in the woods, **we invite you to come and take a contemplative walk.** A St. Anthony's representative will be available to assist you and answer any questions.

"Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to hear and respond to what the Lord is asking." - Catechism of the Catholic Church, 2705

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.*****



PEACE POLES WORKSHOP

SATURDAY, AUGUST 12, 2023

Limit 15 participants; register early!



Check-In: Saturday 8:30 am | Program begins: 9:00 am | Lunch: 12:00 noon | Departure: 4:00 pm

Come share your wishes for greater peace for yourself, your community, and the world, by creating a personal peace pole! A peace pole is a hand-crafted monument, colorfully painted with images and words that express your personal message of peace and hope. Peace poles can be found in gardens, as well as outside of homes, churches, and other buildings. In addition to painting a peace pole, this workshop will include an exploration of what it means to be an instrument of peace as expressed in the Prayer of St. Francis, guided meditation, writing, and time for reflection. No art experience required! Lunch will be provided. All supplies, except the following, will be provided:

Supplies for retreatants to bring: Square PVC pipe (4 or 6 feet tall), old clothes, smock/apron (optional), mask (optional-for lung protection against primer spray particles), hair dryer (optional to quicken the drying process; St. Anthony's has one or two), Images and Pictures that say "peace" to you.

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: \$55

Facilitator: Elizabeth Lewis

THE CUP OF OUR LIFE

AUGUST 25-26, 2023



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

Ordinary life, an ordinary cup, an extraordinary God blessing us. Do you feel ordinary? That is not how God sees you. God wants you to see yourself as loved and as wondrous as God does. Easy? No. But possible with prayerful practice. Using the image of an ordinary cup, we will enter into reflection of our own personal spirituality and growth, specifically with:

C---Christ
U ---Us
P --- People with whom we live.

Each meditation session will begin with a reflection and include scripture and small group sharing. Then there will be large group sharing and a closing prayer. The four sessions are: The Cup of Our Life, The Cluttered or Empty Cup, The Broken Cup, and The Blessing Cup.

Celine Goessl is a member of the Sisters of Mercy of the Holy Cross, an international religious community based in Switzerland. She currently lives her ministry as co-manager of the Lincoln County Food Pantry, a speaker on human trafficking, and gives days of reflection and retreats. Celine has an educational background in Music Education, a Master's in Theology with concentration in Liturgy, and a Doctorate in Parish Pastoral Ministry. She has been a teacher and principal in elementary education, a provincial of her USA Province, a pastoral associate for most of her religious life, and a pastoral administrator of parishes that did not have a priest.

Investment: \$125

Zoom option: \$25

Presenter: Sr. Celine Goessl, SCSC

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

DIVORCE RECOVERY SERIES 2023-24, RETREAT 1:

GRIEF AND TRAUMA, HEALING THE PAST TO BE PRESENT



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

This retreat will help adults learn the skills and 'rebuilding blocks' 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.

1-SEPTEMBER 15-16, 2023 - Divorce Recovery Retreat I - Grief and Trauma/ Healing the Past to be Present

2-FEBRUARY 2-3, 2024 - Divorce Recovery Retreat II - Learning to Let Go/ Living a Life of Peace

3-MAY 3-4, 2024 - Divorce Recovery Retreat III - Healing My Love Relationship/Dating/Moving On

***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: \$125 (each retreat)

Presenter: Tanya Hielke

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

A HEART-CENTERED MINDFULNESS RETREAT

SEPTEMBER 15 - 17, 2023



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

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: \$225

Presenter: Steven Korzinek

BECOMING THE EUCHARIST WE CELEBRATE 2023

Six-Week Series

Tuesdays, 6:00 - 7:30pm

September 19, 2023
September 26, 2023
October 3, 2023
October 10, 2023
October 17, 2023
October 24, 2023



Thursdays, 9:30 - 11:00am

September 21, 2023
September 28, 2023
October 5, 2023
October 12, 2023
October 19, 2023
October 26, 2023

The tradition of the Eucharist goes back to the very first Christians. We hear Jesus’ words at the Last Supper when he gave us his own Body to eat and Blood to drink with the command “Do this...” What did he mean by “Do this?” What do we mean when we respond with “Amen”?

This CD series created by Fr. Dan Crosby, O.F.M., Cap., examines the Gospels’ accounts of Jesus’ Last Supper and examples of the Church Fathers to reveal the reason we call it a celebration of the Eucharist. The sessions explore how to incorporate that fullness into our own lives through the action of the words of institution themselves and the example of people like Francis of Assisi and Archbishop Romero.

*This retreat will be facilitated by **Adele DiNatale-Svetnicka**, our Retreat and Program Coordinator. She has twelve years of parish ministry experience, including creating, presenting, and coordinating retreats. She also is an FSPA affiliate (Franciscan Sisters of Perpetual Adoration).*

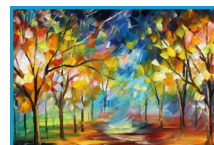
Free Will Offering

Facilitated by Adele DiNatale-Svetnicka

In-Person & Virtual via Zoom

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

A TIME TO HEAL SEPTEMBER 22-24, 2023



One Weekend - Two Options

Some talks and activities will be combined; others will be specific to each retreat.

WHERE THERE IS DESPAIR, HOPE with Rev. Catherine Kuschel OR **MOVING THROUGH GRIEF INTO GRATITUDE** with Susan Soriano

Where There is Despair, Hope

When a spouse or significant other, child, relative, friend, work colleague or even an acquaintance dies by suicide, a trail of unanswered questions and pain remains. This uncertainty and sorrow make it difficult, if not seemingly impossible, for those left behind to come to resolution of the death of their loved ones. The grief and healing process will be addressed at this retreat through an exploration of the spiritual, theological, and psychological dimensions surrounding recovery after a death by suicide. Participants will have opportunities to engage in quiet reflection, as well as to make connections with others who have lost a loved one to suicide. Prayer services, including a service of remembrance and healing for those who have been lost to us, will be a part of the weekend.

Rev. Catherine Kuschel, Psy D., M. Div, MAC, LPCC, LADC, is a licensed mental health therapist and drug and alcohol counselor in the State of Minnesota, where she works at a residential treatment facility for women suffering from the co-occurring conditions of drug addiction and mental illness. She has experience working with persons on both sides of the suicide issue: those who have attempted and survived and those who have been left behind by someone who died by suicide. Catherine is also an ordained minister in the Episcopal Church, serving a small congregation in New Richmond, WI, and is a trained spiritual director.

Investment: \$225

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

Moving through Grief into Gratitude

To love someone includes not only the willingness to know and be changed by that love, but also the possibility of losing that love, whether by death, estrangement, or abandonment, to name a few. Grief is the heart's response to loss—of course there will be challenges. It is human nature to avoid change, and now we are faced with this terrible pain and sorrow that disrupts our life and patterns of living. We want so desperately to return to the way it was. The great wisdom is not to move away from the sorrow and changes, but to lean into it – to listen to the questions that arise and to honor the importance of the journey. This retreat is designed to help us make space for our feelings and to recover our bearings after the loss of a loved one. The goal is not to forget the past, but to honor the journey we shared for a season and a time, grateful for what has been and what lies before us.

Susan Soriano has worked in ministry for many years. She is a retired director of faith formation and pastoral minister and was a member of the extended preaching team at St. Anthony's. She is a graduate of the Diocesan Lay Formation and Leader of Prayer programs and earned a certificate in Servant Leadership through Viterbo University. Susan enjoyed married life for many years and is mother to five children. Having lost a spouse, she believes in the importance of knowing that we are not alone in our grief and that we can help one another heal through shared experiences and insights.

Weekend Investment (Fri. 5:45pm to Sun. 1pm) \$225 or Saturday only Investment: 8:30am-4:00pm \$70.00

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

FRANCISCAN LIVING SILENT RETREAT

St. Francis and Blessed Solanus Casey Show Us the
Way to a Mature Spirituality



September 29 - October 1, 2023

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

There are a lot of spiritualities out there – and initially, many seem pretty attractive.
How do we know which ones are not just attractive
but will truly help us follow Christ more authentically?
This retreat will pull out from the New Testament principles for all authentic Gospel
living – and then show how powerfully and beautifully they're reflected
in the lives of St. Francis and Blessed Solanus Casey.

Please note that this retreat is silent.

Investment: \$225

Zoom option \$50

Presenter: Fr. Dan Crosby OFM Cap.

FALL SERENITY RETREAT

Journey Into the Heart and Soul of Recovery

October 6-8, 2023



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

Recovery from addiction is an ongoing process. We can become stuck. How do we continue? How do we move forward?

In this retreat we will explore some of the barriers and difficulties and what we can learn from them. Through this exploration, we will be able to identify possible ways forward for true healing in our heart and soul.

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. As someone with over 30 years of sobriety, Steven has always pursued his calling from the Spirit and has consistently had an office within clinical settings to do this work.

Ron Alexander is a retired and active community advocate for addictions recovery, social justice issues, and prison reform. He was an Addictions Counselor at North Central Health Care and maintains his certification as a Clinical Substance Abuse Counselor. Ron is currently a Recovery Coach and has an Associates Degree in AODA Counseling.

Investment: \$225

Facilitators: Ron Alexander and Steven Korzinek

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

GRIEF AND THE WISDOM OF FORGIVENESS

October 13-14, 2023



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

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 also highlight two forgiveness models: The Four Fold Path and The Eight Steps to Freedom.

***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

Presenter: Elizabeth Lewis

BREAD OF LIFE RETREAT

October 20 - 22, 2023



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

We will create our own loaf of sourdough bread while having ample time for personal prayer, reflection, walking, and spending time outside or in the woods. We will have presentations and sharing sessions as we reflect on the baking ingredients as metaphors in our spiritual journey: flour as spiritual hunger, water as spiritual thirst, and salt as spiritual courage. We also will enjoy some social time together Saturday evening!

***Candace Bahr**, a Resident Volunteer at St. Anthony's, a Certified Spiritual Director, Soul Companion, and extensive retreat leader will be our Spiritual Retreat Guide for the sharing sessions.*

***Deanna, Robin, and Tanya**: This trio, two sisters and one daughter, share a love for good food and homemade cooking. They are our creative bakers and exuberant instructors who will guide us in creating delicious sourdough bread.*

Investment: \$225 | Facilitator: Candace Bahr | Bakers: Robin Elmer, Deanna Deising, and Tanya Hielke

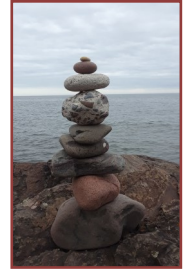
*****Register early! All retreats are pending a minimum number of six participants.*****

DRAWING CLOSER TO THE HOLY

November 3-4, 2023

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

There are probably as many ways to draw close to God, to the Holy, as there are people who try. Tammy, Rae Ann and Sallie, who are all experienced spiritual directors, will share with you some of the ways that have helped them and others they have companioned through the years. During this retreat you will also be given an opportunity to experience spiritual direction as another way of drawing closer to God, plus being given time for silence and your own personal reflection.



This retreat is an invitation to draw closer to the Holy through being grateful, attentive, and open to the unexpected.

Presented by the Sacred Huddle. *Presenters include Reverend Tammy Barthels, Rae Ann Thomas and Sallie Bachar. The Sacred Huddle is a diverse group of trained and certified Spiritual Directors and Companions who serve our St. Anthony's community and greater Wisconsin. More information on spiritual direction can be found at <https://sarcenter.com/spiritual-direction/>.*

Investment: \$125

Presenters: Sacred Huddle

SILENT THEME RETREAT 2023-24

**“Moving Beyond Ourselves:
A LOVE that Integrates and Unites”**

**November 10 - 12, 2023 | January 26 - 28, 2024,
March 22 - 24, 2024 (Women's Retreat)**



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

What does this LOVE look like? It is a love that is compassionate, reverent, merciful, peaceful, just, and faithful. We will be reflecting upon these attributes of love and how, by living them fully, they lead each of us to a rich and joyful life.

Investment: \$225

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

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

HAPPY - NOT STRESSED - HOLIDAYS

'TIS THE SEASON OF JOY - AND STRESS



November 17-18, 2023

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

The holiday season can be a whirlwind of shopping, gift-giving, family gatherings, and parties and activities, beginning right after Halloween and lasting through the end of the year. While this season is meant to - and can - bring feelings of spiritual renewal, love and cheer, it can also herald a season of stress, sadness, and a sense of being unable to cope. Indeed, the *American Institute of Stress* indicates that 80% of us feel overwhelmed, depleted and "blue" during the holiday season.

Through the exploration of tools for spiritual and physical renewal that are both easy to learn and easy to use, this retreat will prepare you to let go of stress so that you can more fully experience the love, joy and renewal of the holidays. We'll focus on intentionally relaxing, slowing down, and quieting the body and mind! And we'll learn techniques for navigating holiday activities and family gatherings with spiritual light, grace and inner ease. Retreat activities will include a guided mindful eating meditation to help you learn to skillfully avoid holiday overindulgence, as well as the opportunity to do visual journaling to create an image of the light you want to embody and shine forth during the holiday season and throughout the year!

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

Presenter: Elizabeth Lewis

NEW YEAR'S EVE AND DAY

ST. PAUL'S RECOMMENDATIONS FOR THE NEW YEAR



December 31, 2023—January 1, 2024

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

As Catholics, we are familiar with Saint Paul largely from the little "harpoons" that we get, as the reading that comes before the reading of the Gospel at weekend Mass. However, at closer look, Saint Paul has a lot to say about what is expected of the Christian, and also what makes us joyful in our Christian way of life.

How can we better understand and use what Saint Paul has to say, for our journey here on earth in the New Year and for the life to come?

Reflection on some of what Saint Paul has to say may be helpful in our desire to be more in touch with our proper posture before God. Can this contribute to, and be a component in, our everyday Christian lives?

Deacon Peter Burek, a deacon for 23 years, currently serves the Eastside Parishes of Wausau, especially in RCIA, Baptism Preparation, FOCUS, Marriage Preparation, Scripture Groups and Liturgical Service. He is involved in various community outreach programs, and he and his wife, Marilyn, enjoy spending family time with their children and grandchildren.

Investment: \$125

Presenter: Deacon Peter Burek

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

JANUARY SERENITY RETREAT

Experience, Strength, Hope:
What it Was Like, What Happened, What it is Like Now



January 5 - 7, 2024

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

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!

Investment: \$225

Presenters: various - from Wausau community



A New Freedom and a New Happiness

March 8 - 10, 2024

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

Emotional sobriety refers to the ability to be present with all of your feelings without any one of them defining or controlling you. Addictions and out-of-control behaviors are really about numbing pain and not coping with it. The remedy is learning a healthy coping mechanism that will get you through that pain. It's putting an end to cravings and finding the courage to address underlying issues – emotional sobriety.

In this time together we will look at our emotions as valuable partners in our journey to a more awake existence with ourselves and others. To know your innermost self is to master inner strength and peace; self-harming no more. Worksheets and small group discussion incorporated with lively presentations and self-care practices will be a part of our sessions as we come together. There will be plenty of time for individual prayer and reflection, Guided Meditation and Thai Chi.

***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 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 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

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

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

Guests are required to pay in full at the time of registration in order to fully secure their spot on retreat. Your spot is reserved once you have paid in full. In the event that a retreatant cancels a reservation, the \$50 deposit is non-refundable. 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.

SAVE THE DATE 2024

JANUARY

1/26 - 28: Silent Theme Retreat: Moving Beyond Ourselves: A LOVE that Integrates and Unites w/ various presenters

FEBRUARY

2/ 2 - 3: Divorce Recovery Retreat w/ Tanya Hielke

MARCH

3/ 8 - 10: Emotional Sobriety w/ Candace Bahr

3/ 15 - 17: Silent Retreat with Spiritual Creativity w/ Ruth Hoenick

3/ 22 - 24: Women's Silent Theme Retreat: Moving Beyond Ourselves: A LOVE that Integrates and Unites w/ various presenters

APRIL 2024:

4/ 5 - 7: Transitions and New Beginnings w/ Barb Bickford and Sandy Salvo

4/ 12 - 14: Celebrating Franciscan Women w/ Sr. Kathy Lange, Lee Ann Niebuhr, & Adele DiNatale-Svetnicka

MAY 2024:

5/3 - 4: Divorce Recovery Series: Retreat III - Healing My Love Relationship/Dating/Moving On w/ Tanya Hielke

JUNE 2024:

6/ 7 - 9: Serenity Retreat w/ Sr. Sue Seeby

JULY 2024:

7/25 - 30: Volunteer Week

AUGUST 2024:

8/16 - 18: Sober Sisters w/ Candace Bahr

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