

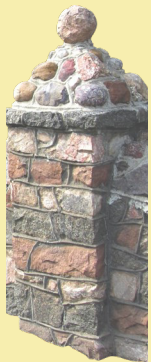
ST. ANTHONY spiritualitycenter

Spring/Summer 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



Thomas and Marilyn Kraemer Trust

St. Anthony's is humbly honored to announce that we have been selected as one of the beneficiaries of the Thomas and Marilyn Kraemer Trust. Tom and Marilyn were long-time area residents, owning and operating several funeral homes in Marathon County, including one here in Marathon. Their gift will allow St. Anthony's to upgrade our aging boiler system later this year and expand our recovery programming.

In grateful remembrance of their generosity, Bonaventure Hall will very soon be renamed as the "Thomas and Marilyn Kraemer Hall." We are truly excited to be able to acknowledge them in this way.

Thank you so much to Elizabeth Kraemer and Paul Gassner, co-trustees of the trust, for the thought and hard work they put into distributing the Thomas and Marilyn Kraemer Trust. You have truly blessed St. Anthony's with this wonderful gift, and we are honored to accept the funds that have been entrusted to us!



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

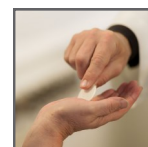
Need a little more time at St. Anthony's?

You are welcome to extend your retreat time with us by arriving a night early or staying an extra night or two!! Ask us how when you register!

BECOMING THE EUCHARIST WE CELEBRATE 2024

Six Week Series

Tuesdays, 6:00 - 7:30 PM OR Thursdays, 9:30 - 11:00 AM



DATES:

April 2 & April 4: Topics 1 & 2

April 9 & April 11: Topics 3 & 4

April 16 & April 18: Topics 5 & 6

April 23 & April 25: Topics 7 & 8

April 30 & May 2: Topics 9 & 10

May 7 & May 9: Topics 11 & 12

Could your understanding and love of the Eucharist use a boost? Does receiving the Holy Eucharist ever feel like 'going through the motions'? Why do we do this every week (or every day)? Why do we respond with the 'Great Amen'? Our Eucharistic celebration and tradition goes back to the very first Christians, but not necessarily our understanding or appreciation.

Join us in learning more about how to 'Become the Eucharist We Celebrate' and get just such a boost! We will listen to the CD series created by Fr. Dan Crosby, O.F.M., Cap., as he examines the Gospels' accounts of Jesus' Last Supper and the examples of the early Church Fathers to reveal the reason we call it a celebration of the Eucharist. We will also better understand 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 series 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 affiliate of the Franciscan Sisters of Perpetual Adoration.*

Free Will Offering | On-location OR via Zoom | CD series w/ Fr. Dan Crosby, OFM Cap.

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

TRANSITIONS AND NEW BEGINNINGS

APRIL 5-7, 2024

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 be dealing with ongoing grief and not be able to move on. 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, who have both 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.

Testimonials from the 2023 retreat:

"I have a game plan now. I was able to identify a barrier that's been holding me back, something I had not realized before.

(Kathleen)

"[Positives for me were:] Connecting again with people. Liking myself a little better. Was able to be me. That was the best part.

(Vicki)

Investment: \$250

Register now! Limited to 18 participants <https://sarcenter.com/event/transitions-and-new-beginnings/>

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:** 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!

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

CELEBRATING FRANCISCAN WOMEN

APRIL 12 - 14, 2024



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

Christian history is full of incredible women whose legacies continue today! Join us for a weekend learning about five Franciscan women who followed their specific calling and made a difference in the world!

St. Angela Merici, Third Order Franciscan (1474 - 1540) created a 'third option' for the women of her time. Instead of becoming a nun, living a cloistered life under the guidance of a priest, or getting married and living under the guidance of a husband, Angela created a community of women committed to living the Franciscan values as single women, which was unheard of at the time. It was not created originally as a religious order, but you would know them today at the Ursulines.

St. Marianne Cope, Third Order Regular, (1838-1918) is best known for her selflessness in caring for those afflicted by leprosy in Hawaii. She considered it a "privilege... to sacrifice [my]self for the salvation of the souls...and minister to the abandoned 'lepers'". She worked with Fr. Damien De Veuster and cared for him during his last days. She is the first American Franciscan woman to be canonized.

Blessed Mother Maria Theresa Scherer, (1825-1888) always wanted to be a teacher, but she was called to become superior of the congregation's first hospital. She helped care for the poor, aged, and sick in their homes or in hospitals and to train children who were mentally or physically handicapped. She was considered the co-foundress, was one of the first members and the first superior general of the Sisters of Mercy of the Holy Cross.

Blessed Ulrika Nisch, (1882-1913) was born into extreme poverty and served as a farm servant and later a domestic servant and cook. She was known for her simplicity and joy.

Blessed Zdenka Schelingova, martyr, (1916-1955) was remembered by her sisters as a person who lived continually in God's presence, both in prayer and work. She once wrote: "I want to do God's will without paying attention to myself, my comfort, or my rest." As a nurse, she demonstrated love and compassion to everyone and was always ready to serve, especially sick hospital patients.

Investment: \$225 | Zoom option: \$50

Presenters: Lee Ann Niebuhr, OFS; Sr. Kathlyn Lange, SCSC; and Adele DiNatale-Svetnicka, FSPA affiliate

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

A DEEPER SPIRITUALITY WITHIN THE HEART

APRIL 26-28, 2024



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

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 each moment with loving intent, so each participant can look at the God given Light within.

Reverend Tammy Barthels, an ordained minister with the Evangelical Lutheran Church in America, is a wife, mother, grandmother, spiritual director, and seeker of Truth. Presenting retreats for over 20 years, her mission is to assist others on their Journey as they seek to find their Inner Truth by active listening and walking together on the journey toward wholeness with God.

Steven Korzinek is a Life Coach with over 20 years' experience working as a Case Manager, Youth Minister, and Life Coach. He has facilitated numerous groups and retreats, mentored many adults and teenagers. Steven has always pursued his calling from the Spirit in service to others.

Investment: \$225

Presenters: Rev. Tammy Barthels and Steven Korzinek

DIVORCE RECOVERY RETREAT III

Healing My Love Relationship/Dating/Moving On

MAY 3-4, 2024



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

Come "retreat" with other adults and together learn more about the skills and 'rebuilding blocks' needed to heal the grief and emotional pain associated with divorce. While each divorce is unique with its specific challenges, gathering with others who know from personal experience the ongoing challenges of divorce is extremely helpful, affirming, and provides hope. If you are experiencing a divorce now or have been divorced for years and still hold onto old hurt and pain, these retreats are for you! Trust the process. It works! Your life will change and you will feel joy and hope once more.

"Guiding divorced adults through the process of healing past hurts and the deep pain associated with divorce is truly a gift to me. I watch adults transform as they discover a new way to live; to look at themselves, family, and friends; and to blossom into joyful and hope-filled people whom God intended them to be."

Tanya Hielke is a 15-year veteran facilitator of divorce recovery workshops, retreats, and support groups. She 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 15 years.

Investment: \$125

Presenter: Tanya Hielke

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

JUNE SERENITY RETREAT:

Practicing the Principles

JUNE 7 - 9, 2024

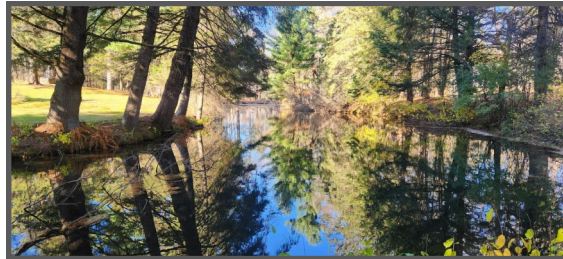


Photo by Amy Y.

Presented by Sr. Elise Cholewinski

The 12 step programs are spiritual in nature, based on actions coming from love. The spiritual principles are our outline for living. In this retreat Sr. Elise will reflect on these principles and how we can apply them to our lives. Topics specifically explored will be: Allowing Interruptions, Venturing into Unknown Territory, Facing Reality, Focusing on the Greater Things, and Standing Tall.

Sister Elise Cholewinski is a member of the community of the Sisters of St. Francis of the Holy Cross, whose convent is located in Green Bay, Wisconsin. Sister taught in several parishes in the Diocese of Green Bay before entering the ministry of religious education. She has a master's degree in religious education from Loyola University in Chicago, and was trained in spiritual direction at the Norbertine Center for Spirituality in De Pere, Wisconsin. She is currently teaching adult education courses throughout the diocese of Green Bay. She does spiritual direction and regularly does retreat work, including Twelve Step retreats, at the Jesuit Retreat House on Lake Winnebago.



Investment: \$230

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

TESTIMONIAL from one of our previous Serenity Retreatants: "I arrived at the Serenity Retreat at a low, spiritually. I didn't know what to expect. My thoughts were "how beautiful this is." As the weekend progressed, small things began to occur [and I became] willing to try something new; I made a "prayer stick"! and attended two different meetings outside of my 12 Step program. There is so much more. All I know is, now, at the time of departure, I am filled with renewed hope. Powerful stuff!" Erica

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

VOLUNTEER WEEK

JUNE 20 - 25, 2024

COME ONE, COME ALL!!! EVERYONE is invited to St. Anthony's Volunteer Work Week! We rely on your help to complete these 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!**

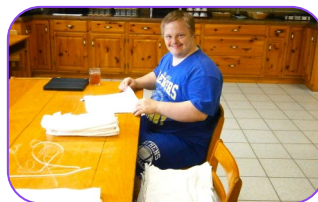
You are able to choose from a variety of projects, both inside our building and outside on the grounds. There is something for anyone willing to donate their time and talent. Come for just a day, stay the entire week or for any timeframe in between!



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!

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

Projects begin Thursday morning, June 20. If you would like to come Wednesday evening, just let us know when you call to register.



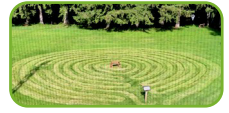
We look forward to seeing you in June!

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

JOURNEY THROUGH THE LABYRINTH

JULY 13 - 14, 2024
(Saturday and Sunday)



Check-In and continental breakfast: Saturday 8:30 am | Orientation at 9:00 am
Departure: Sunday after Noon Meal

Labyrinths are seen by many as a metaphor for life's journey. In fact, the path through the labyrinth can be a journey of self-discovery and spiritual growth. For many it is a Mystical or Sacred Space. In many cultures, labyrinths have been used as sacred spaces for meditation, ritual, and prayer.

In this retreat we will walk the labyrinth as a group and as individuals. We will discover some spiritual gifts the labyrinth can add to our everyday life. Part of your retreat experience, if you choose, will be creating your own walking meditation journal and your own finger labyrinth.

***Candace Bahr** has had Labyrinth education and training with Lauren Artress and Capacitar International. Candace has led labyrinth walks and workshops to support the greater Wisconsin community as a fundraising event for non-profits and groups of individuals recovering from addiction and survivors of domestic violence.*

Come walk with us!

Investment: \$135

Presenter: Candace Bahr

SOBER SISTERS RETREAT:

We come together as sisters we have chosen



AUGUST 16 - 18, 2024

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

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.

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 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

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

EARTH: OUR ORIGINAL MONASTERY



AUGUST 23 - 25, 2024

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

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.

Investment: \$230

Presenter: Rev. Tammy Barthels

TWELVE STEPS FOR EVERYONE



SEPTEMBER 13-15, 2024

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

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 is your presenter. She 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.

Investment: \$230

Presenter: Candace Bahr

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

SAVE THE DATE FOR THESE 2024 SPONSORED EVENTS!!

APRIL

- 4/2-5/9: 'Becoming the Eucharist We Celebrate'
Series: Tuesdays 6-7:30 PM and
Thursdays 9:30-11 AM
- 4/5-7: Transitions & New Beginnings w/
Barb Bickford and Sandy Salvo
- 4/12-14: Celebrating Franciscan Women w/
various presenters
- 4/26-28: A Deeper Spirituality Within the Heart
w/Rev. Tammy Barthels & Steven
Korzinek

MAY 2024

- 4/2-5/9: 'Becoming the Eucharist We Celebrate'
Series: Tuesdays 6-7:30 PM and
Thursdays 9:30 - 11 AM
- 5/3-4: Divorce Recovery III: Healing My Love
Relationship/Dating/Moving On w/
Tanya Hielke

JUNE 2024

- 6/7-9: Serenity Retreat: Practicing the
Principles w/ Sr. Elise Cholewinski
- 6/20-25: **Volunteer Week (Volunteer
Week has been changed to June)**

JULY 2024

- 7/13-14: Journey Through the Labyrinth w/
Candace Bahr

AUGUST 2024

- 8/16-18: Sober Sisters w/Candace Bahr
- 8/23-25: Earth: Our Original Monastery w/ Rev.
Tammy Barthels

SEPTEMBER 2024

- 9/13-15: 12 Steps for Everyone w/Candace Bahr
- 9/27-29: Silent Franciscan Living w/ Fr. Dan
Crosby, OFM Cap.

OCTOBER 2024

- 10/4-6: Serenity Retreat w/ Kathleen McCauley

NOVEMBER 2024

- 11/1-3: Stress Management as a Spiritual
Practice w/ Elizabeth Lewis
- 11/8-10: Silent Theme Retreat w/ various
presenters
- 11/15-17: The Enneagram: A Path Towards Grace
and Freedom w/Wendy Mitch
- 11/22-24: 'Kintsugi' - Beauty in the Broken
Retreat w/Rev. Tammy Barthels

DECEMBER 2024

- 12/31/'24
- 1/1/'25: New Year's Eve and
Day Retreat. w/ Fr. John Schultz



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

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 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!

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.



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/private-retreats/>. 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.

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