

# ST. ANTHONY spiritualitycenter

## Winter 2023– 24



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

### ST. PAUL'S RECOMMENDATIONS FOR THE NEW YEAR



**December 31, 2023—January 1, 2024**

**Check-In: Sunday 3:00 pm | Orientation: 5:45 pm | Supper: 6:00 pm | 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, FOCUUS, 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: Dcn. Peter Burek**

## 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: \$225.00**

**Various presenters from the Wausau community**

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

# SILENT THEME RETREAT 2023-24

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

**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 (per retreat)**

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

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## DIVORCE RECOVERY RETREAT SERIES, 2023-24

**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.”*

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

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

*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 (per retreat)**

**Presenter: by Tanya Hielke**

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

## 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**

## SILENT RETREAT WITH SPIRITUAL CREATIVITY

March 15-17, 2024



“Every path we walk brings new surprises”

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

Spend a weekend exploring your heart and soul through visual arts of any kind and/or creative writing, creating journals/bookmarks/cards. We'll begin by creating a group and individual poem, encouraging a connection with you and the divine within you. We will observe how your questions, feelings and the divine surprise and delight you. This weekend will be a time of silence, reflection and creation. 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 Mystery's presence in your heart, your life and your creations. Bring a friend!

Every retreat is unique and special as you explore your spiritual nature. If you have joined Ruth before, the process is similar, however your journey will most likely be very special!

***Ruth Hoenick** is a Spiritual Companion in the Slinger/Hartford, WI area and facilitates retreats throughout the United States. Ruth is actively involved in group and one-on-one spiritual guidance to support those seeking a more spiritual life. She is a wife, mother and grandmother. Ruth is Chair Emeritus of the Board of Directors at the Jesuit Retreat House in Oshkosh and Retreat 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.*

**Investment: \$225**

**Presenter: Ruth Hoenick**

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

# 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!

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**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.

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### 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)

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**Register now! Limited to 18 participants** <https://sarcenter.com/event/transitions-and-new-beginnings/>  
Early Bird Investment: \$225 Register by March 5, 2024 | Regular Investment: \$250 after March 5, 2024

**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.**

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**\*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!

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

# BECOMING THE EUCHARIST WE CELEBRATE 2024

## Six Week Series

Tuesdays, 6:00 - 7:30pm OR Thursdays, 9:30 - 11:00am



### 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.

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 and via Zoom | CD series w/ Fr. Dan Crosby OFM Cap.

## 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 keeps 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

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

# 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**

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

# A TIME TO HEAL

## MAY 3 - 5 , 2024

### 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

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### 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**

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### 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.\*\*\***

## Introducing Steven Korzinek, New Board Member

**Steven Korzinek** first stepped on the grounds of St. Anthony's thirty years ago to attend a men's support group. It immediately felt like home to him! Steven has always had a passion to live in the footsteps of both St. Anthony and St. Francis, living close to nature, and knowing his sources of food, often growing that food in his own backyard.



During his youth, Steven would spend his summers at Durward's Glen Retreat Center in Baraboo, Wisconsin. It was there he learned to garden from the Brothers who oversaw the grounds. He was allowed to explore the Glen in its beauty, experience a community, connect with animals, and be immersed in nature.

As a young adult, Steven's choices lead to self-abuse through alcohol and drugs. Estrangement from his family only further encouraged this behavior and his continued poor choices.

In the early 1990's, Steven was able to gain sobriety from severe addiction. He returned to college, ultimately earning a Bachelor's of Fine Arts degree from the University of Wisconsin-Stevens Point in 1997.

During this same time, Steven stayed self-employed as a gardener, turning childhood experiences into his adult trade. Steven's love of creativity is demonstrated through his passion for gardening by guiding nature to be his canvas. He expected to pursue gardening full time until a personal Divine experience guided him into the calling of service to people of all ages.

Over the last twenty-seven years, Steven has pursued this service to others. Five years as a prevention specialist and public speaker for Vivent Health, six years as a Youth Minister at Frame Memorial Presbyterian Church in Stevens Point, sixteen years as a Case Manager & Mentor with Peaceful Solutions Counseling in Wausau, and throughout these years as a part-time Life Coach. He currently has an office in Schofield, Wisconsin, for individual sessions.

Steven has created his own path, but in the vein of the work which both of his uncles demonstrated in his youth. Father Richard Korzinek was the Provincial Superior of his order of St. Camillus at Durward's Glen and oversaw the novitiate priests. Father Wilbur Francis Korzinek was a member of the Glenmary Home Missioners, working mostly in rural areas of the country where there were few Catholics. He was the pastor of Our Lady of the Assumption Church in Sylvania, Georgia.

Steven's dear friend, Reverend Tammy Barthels, guided him back to St. Anthony's to continue this good work in retreat settings, and to share his talents in the garden.

Steven is truly humbled and privileged to support St. Anthony Spirituality Center at this time in his life. He is so happy to return to support the history and continued growth at St. Anthony's as it moves into the next chapter of its legacy.

Originally from Racine, Wisconsin, Steven calls Stratford, Wisconsin his home for the last twenty-four years. Steven currently lives the single life and enjoys his gardens, and friends, in Stratford.

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

## Introducing Rev. Tammy K. Barthels, New Board Member

I was born and raised in Wausau, WI. In 2011, I attended Wartburg Theological Seminary in Dubuque IA. In 2015 after graduating with an M Div. I was called to serve Immanuel Lutheran Church (ELCA) in Rhinelander, WI as their solo pastor. I recently retired to spend more time with family and friends and to focus on using my spiritual gifts.

Prior to becoming a pastor, my professional vocations include, certified nursing assistant, graphic designer, hospice care giver, and social worker. I have an Associates Degree in Printing and Publishing; a Bachelors Degree in Human Services, with a certificate in Social Work; and a Masters Degree in Divinity.

I am a wife, mother, grandmother, retreat facilitator, spiritual director, Affiliate with the Franciscan Sisters of Perpetual Adoration for 25 years, a Child of God, and Seeker of Truth. Nothing calls me back to the identity of Child of God/Seeker of Truth, more than my time on retreat, especially on retreat at St. Anthony's.

I enjoy walking daily, kayaking, gardening, knitting, reading, creating art (journals, cards, prayer stones, etc.), nature, and living simply.

St. Anthony's is the place where I first began my spiritual journey. In 1996 I attended my first retreat entitled Love and Forgiveness. A few months later, I attended a one-week silent directed retreat, where I first met my spiritual director, whom I still seek direction from today. St. Anthony's is a spiritual place I continually return to.

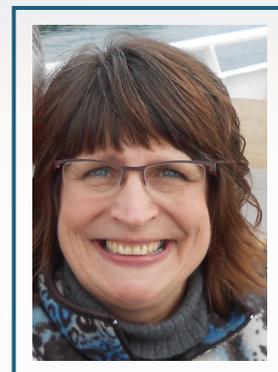
I have had many roles at St. Anthony's from volunteering, retreat facilitator, spiritual director, and, for a short time in the late 90's, served on the extended staff, assisting in the office, hosting, and designing the newsletter.

St. Anthony's is a place where I continue to find spiritual rest for my soul and a place where I renew and refresh my relationship with God. Through the transformative power of God's love, I am changed in this place.

It was in this place that I felt the call to attend seminary. I wanted others to know the unconditional love of God.

St. Anthony's has always been my spiritual home. It is a place where I seek and nurture spiritual deepening. It is a place where the Holy Spirit continues to invite me to.

As a member of the board, I would like to continue my ministry, serving God and others, by assisting the staff wherever needed. I believe in the aspect of Servant Leadership. My hope and desire is that St. Anthony's remains a special place of spirituality, peace and hospitality to **all** people. Welcoming all who are seeking healing, hope, and transformation, through a deeper connection with God, Self, Others, and Creation.



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

# SAVE THE DATE 2024

## JANUARY 2024

- 1/5-7: Serenity Retreat w/ various presenters from the Wausau community  
1/26-28: Silent Theme Retreat - Moving Beyond Ourselves w/ various presenters

## FEBRUARY 2024

- 2/2-3: Divorce Recovery Retreat: Learn to Let Go/ Living a Life of Peace w/Tanya Hielke

## MARCH 2024

- 3/8-10: Emotional Sobriety w/Candace Bahr  
3/15-17: Silent Retreat with Spiritual Creativity w/Ruth Hoenick  
3/22-24: Silent Women's Theme Retreat (Palm Sunday): Moving Beyond Ourselves w/ various presenters

## APRIL

- 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

- 5/3-4: Divorce Recovery Retreat: Healing My Love Relationship/Dating/Moving On w/Tanya Hielke  
5/3-5: A Time to Heal Retreat w/Rev. Catherine Kuschel and Susan Soriano

## JUNE 2024

- 6/7-9: Serenity Retreat  
**6/20-25: Volunteer Week (Our Volunteer Week has been changed to June)**

## JULY 2024

- 7/13-14: Labyrinth Retreat 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: Franciscan Living Retreat

## OCTOBER 2024

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

## NOVEMBER 2024

- 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

- 12/31/2024 - 1/1/2025: New Year's Eve and Day Retreat.

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

Please contact us at 715-443-2236  
or [info@sarcenter.com](mailto: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](mailto: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.

**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](mailto: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.

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