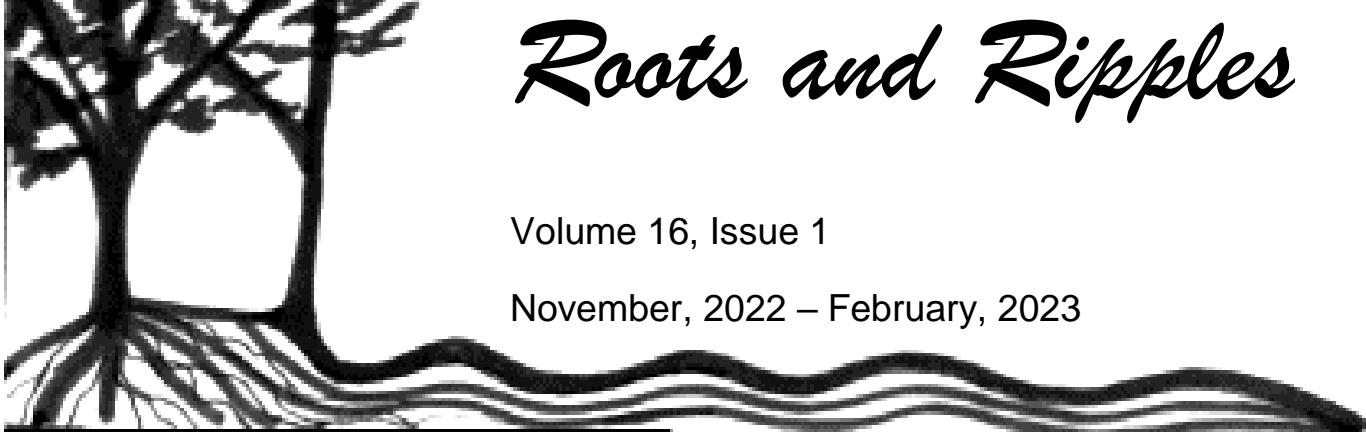


MARYWOOD FRANCISCAN SPIRITUALITY CENTER



Roots and Ripples

Volume 16, Issue 1

November, 2022 – February, 2023



Where peace prevails and goodness is shared

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From the Director...

Dear Friends, Supporters and those Curious and wondering about Marywood,

Welcome to our 2022 – 2023, November – February, retreat and program guide! You will note there are some “oldies and goodies” offered along with some new programs and guest presenters. It seems as we near the end of a year, we often review highlights of that year, and mark down those things we just didn’t get around to doing or experiencing. It might be time to gift yourself or someone you love with attendance at a particular program or some time apart for a retreat.

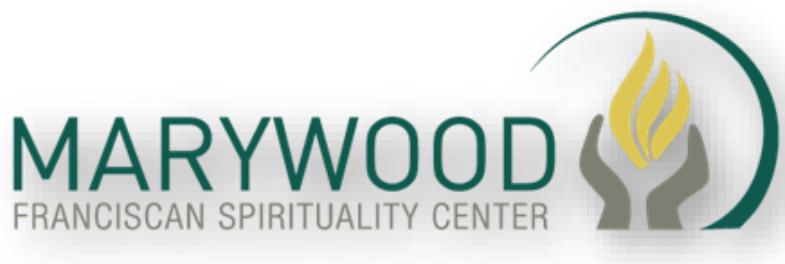
A retreat at Marywood can be designed for you personally, either a day, a week or a month, as well as one that is scheduled or being led for a group. Once one experiences time with the Holy, God, Spirit, Jesus, or one’s namesake saint, it is a blessed experience, one difficult to put into words.

Our annual church secretary/bookkeepers retreat day is being offered after all the holiday extras this year. Don’t forget to reserve a place and mark your calendars!

Spiritual Direction is another of our programs. This experience allows a person to share their journey with God or to begin to develop a relationship with the Holy One/s. Those who experience spiritual direction find it a very positive and wonderful addition to their lives. At Marywood we have four trained and certified spiritual directors who received their education from different schools. Give us a call to learn more about this program/offering. Check page 3 in your last issue of Root & Ripples for more about this offering.

“May God bless you that you remember we are all called to God’s redemptive work of love and healing in God’s place, in and through God’s name in God’s Spirit, continually creating and breathing new life and grace into everything and everyone we touch.” Franciscan Missionary Society
Have a Happy, Holy and Merry Christmas and may your 2023 be filled with many blessings and pleasant surprises.

Sr. Elizabeth Amman, OP



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marywood.center@gmail.com

Sister Elizabeth



MARYWOOD STAFF

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Sister Mary Ellen



Development Director Mary Ellen Green, OP

Sister Karen



Artist Karen Kappell, FSPA

Grant



Office Manager Laurie Sullivan, FSPA

Phil



Programs Pat Pintens

Pat



Programs Grant Van Lishout

Sister Laurie



Buildings and Grounds Phil Theiler



“Death Café”

Wednesdays, Nov. 2 and Dec. 7

9:30 – 11:00 a.m. ON-SITE



Facilitators: Pat Pintens and Grant Van Lishout

We often have questions, wonderings and feelings about death. Death Café is an open, respectful opportunity to talk. There is no intention of leading participants to any particular beliefs, conclusions or course of action regarding death. All sharing is confidential. Please register one week before the program date. Donations welcome.

“Ways to Recycle Rejected Watercolor Paintings”

November 7, 8, and 9, 2022: 9:00 a.m. – 3:00 p.m.

Monday: Inks and Pen over Watercolor

Tuesday: Doodling over Watercolor with Felt Pens

Wednesday: Acrylic and Plastic Wrap over Unfinished Watercolors

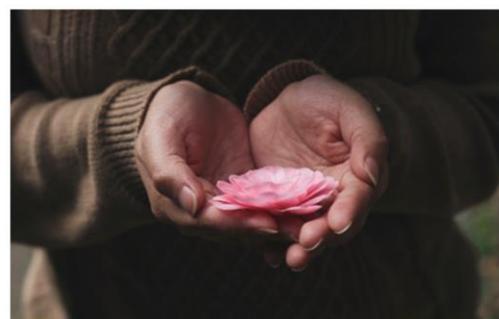
Facilitator: Sister Karen Kappell

Bring your rejected/unfinished watercolor paintings. Several rejected watercolor paintings will be provided if you do not have any. Inks, plastic wrap, and other materials will be on hand. Also, bring watercolors, brushes and other materials you think might come into play. Limit of nine, bring a lunch. Register by October 29. Fee: \$35, \$90 for all three days.



Monthly Metta Meditation Group ZOOM

This is a monthly meditation group that meets on the Second Tuesday of each month until May 9, 2023, beginning Tuesday, November 8, 6:00 - 7:15 p.m. Freewill Offering



Feeling anxious or depressed? You aren't alone. Psychologists report that anxiety and depression are afflicting more Americans, particularly since the pandemic upended life as we knew it. One science-backed way to ease anxiety, depression, anger, and fear is to meditate. We'll practice loving kindness meditation (or Metta), which produces compassion for others and ourselves. Throughout the months, we will also engage in a variety of other meditative practices so that participants can find what works well for them. Join us on the Second Tuesday every month. **Register for the first session by Tuesday, November 1.** Kathy Carlson is Professor Emerita of English and Lecturer in Physical Education at Franklin College in Indiana. She has taught mindfulness meditation formally at the college since 2013.

"Who am I? A Look at the Enneagram"

Monday, Nov. 14

9:30 – 11:30 a.m. ON-SITE

Presenter: Grant Van Lishout

"Who am I?" is one of the biggest questions we ask ourselves. There are many ways to answer this question and many tests to help us out. One such test is the Enneagram, which is based on nine different personality types. This program is an introduction to the enneagram and what it can offer in discovering who you are. Upon completion you will know what someone means when they say, "I am a nine...what are you?" Register by Monday, November 7. Fee \$20



"Grief & the Holidays"

Wednesday, November 16

10:00 a.m. – 12 Noon ON SITE

Presenters: Amy Kitsembel & Pat Pintens

Grieving is painful, especially during the holidays. No matter how long it has been since a loved one has died, those grieving can find themselves with many conflicting feelings, thoughts and longings. Let's explore things we can do to make the holiday season easier when our hearts are hurting. Register by Wednesday, November 9. Fee: \$20 [Amy is a bereavement coordinator for Aspirus Comfort Care and Hospice Services.]



"www.God: Women Wrestling with God"

Monday, Nov. 21

9:30 a.m. – 11:30 a.m. ZOOM

Presenter: Pat Pintens

We are neither unusual nor alone if we find ourselves wrestling (struggling) with God. Some well-known and not-so-well-known biblical women also wrestled with God. Let's explore and learn from their stories, share some of our own, and grow in faith and wisdom together. Register by Monday, November 14.

Fee: \$20



"Advent Lectio"

Tuesdays, November 22 & 29, December 6, 13 & 20

6:30 – 7:30 p.m. ZOOM

Facilitator: Pat Pintens

Lectio divina is an ancient way of reading, pondering and praying the scriptures or other spiritual writings. Let's read, ponder, and pray together the Advent Sunday Scripture readings and discover new insights for our daily living as we prepare for Christmas. Register by Thursday, November 17. (Free will offering)

The conclusion is always the same: love is the most powerful and still the most unknown energy of the world.

~ Pierre Teilhard de Chardin

"Holy Days of December"

Tuesday, December 6

9:00 – 11:00 a.m. ZOOM

Presenter: Grant Van Lishout

December is the month when we celebrate Christmas, the birth of Christ in the Christian tradition. There are many more holidays that are celebrated this twelfth and last month of the year. These include Hanukkah "Festival of Lights", Kwanza, Rohatsu, Santa Lucia and the yule "Winter Solstice." We will



take a trip through December and explore the many holy days from various faith traditions.
Register by Wednesday, November 30. Fee \$20

Advent Lectio" (see November 22)

Tuesday, December 6 6:30 – 7:30 p.m. ZOOM

Facilitator: Pat Pintens

TO REGISTER...

715-385-3750 X1

Marywood.center@gmail.com

Credit cards accepted

(2.75% processing fee)

**"Our Lady of Guadalupe Today"
(Advent Day of Reflection)**

Monday, December 12

9:00 – noon ON-SITE

1:00 – 4:00 p.m. ZOOM

Presenter: Pat Pintens

Nearly 500 years after Our Lady of Guadalupe appeared to Juan Diego, an indigenous peasant in Mexico, she continues to inspire faithful believers in their daily routines and struggles. Let's explore how the "Patroness of the Americas" speaks to our disjointed world today.
Register by Tuesday, December 6. Fee \$25

"Advent Lectio" (see November 22)

Tuesday, December 13

6:30 – 7:30 p.m. ZOOM

Facilitator: Pat Pintens



"Advent Lectio" (see November 22)

Tuesday, December 20

6:30 – 7:30 p.m. ZOOM

Facilitator: Pat Pintens



"Women's Christmas"

Thursday, January 5

Saturday, January 7

Monday, January 9

5:00 – 8:00 p.m.

Dinner and program on site at Marywood. Please register with payment by Monday, December 19.

Fee: \$45.00. Space is limited.



"Hildegard of Bingen"

Thursday, January 12

9:30 – 11:00 a.m. ON-SITE

Presenter: Sr. Mary Ellen Green

Hildegard of Bingen was a 12th century German Benedictine abbess and a woman of great and varied learning as a writer, composer, philosopher, mystic, visionary, and as a medical writer and practitioner during the High Middle Ages. She is one of the best-known composers of sacred monophony, as well as the most recorded in modern history. She has been considered by scholars to be the founder of scientific natural history in Germany. What can we learn from her today? Register by Thursday, January 5. Fee \$20



"Humanity, take a good look at yourself. Inside, you've got heaven and earth, and all of creation. You're a world—everything is hidden in you."

-Hildegard of Bingen.

"Choose Joy"

Tuesday, January 17

9:30 – 11:00 a.m. ZOOM

Presenter: Grant Van Lishout

In the midst of the cold dark winter when the holidays have past, we may feel like joy has left us. Joy is an intentional choice. There are many reasons to not be joyful, yet many have found ways to look beyond their circumstances and choose joy. During this time, we will do exercises that help us to see the joy in our lives. It is up to us whether we choose to accept joy or not. Register by Tuesday, January 10. Fee \$20



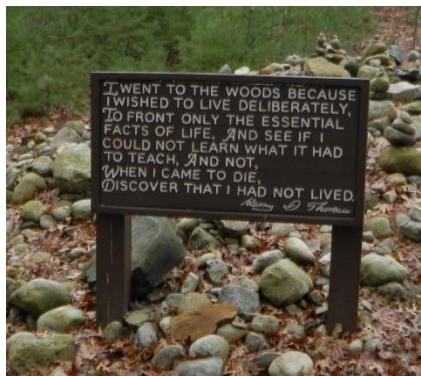
“Christ in the Mirror”

Tuesday, January 24

9:00 – 11:00 a.m. ZOOM

Presenter: Pat Pintens

I am made in the image and likeness of God.” Is this what you say to yourself when you look in a mirror? The image of the mirror was central to St. Clare of Assisi’s spirituality. Let’s explore what she discovered, and make a few discoveries of our own. Register by Wednesday, January 18. Fee \$20 day, January 24



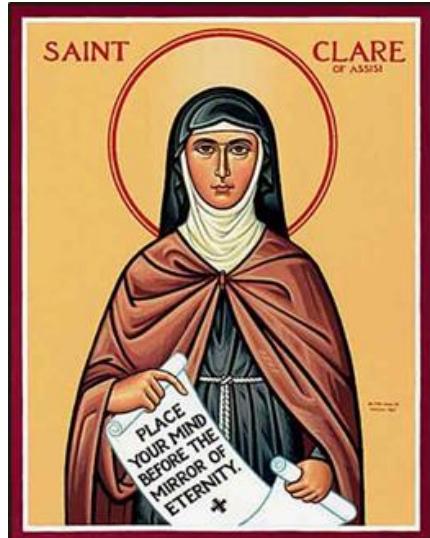
“Pondering with Thoreau”

Thursday, February 2

9:00-11:00 a.m. ON-SITE

Presenter: Mary Anne Smrz

In today’s world, we are all seeking answers to the monumental challenges presenting themselves. Where do we search? Each of us tries to find the solutions in our own way. Henry David Thoreau was a naturalist and philosopher, who believed in the inherent goodness of people and nature. He found his spirituality in nature, seeking “to be always on the alert to find God in nature.” The true essence of his life was to develop his spirituality. Join Mary Anne Smrz, author of her forthcoming book, *Paddlin’ with Thoreau...*, for a morning of journaling and reflecting on a selection of Thoreau’s lesser known quotes from her book. Bring some of your favorite Thoreau quotes for discussion. Journals will be provided. Register by Thursday, January 26. Fee: \$20.



“Beginning Watercolor: Watercolor Essentials”

February 6, 7 and 8: 9:00 a.m. – 3:00 p.m.

Monday: Washes and Glazes

Tuesday: Wet into Wet, and Dry Brush

Wednesday: Soft and Hard Edging

Facilitator: Sister Karen Kappell

Expressing oneself through painting, especially watercolor, is an adventure. Like any adventure, if plans are made ahead and steps are taken to know more about what is needed, the adventure can be more engaging and delightful. Approaches to watercolor vary. Some prefer highly organized and detailed methods and others free and spontaneous style. Both can benefit from learning some of the basics which is the purpose of this series. Bring watercolors, brushes, and a cold press watercolor



paper #140: either a pad, sheets, or block that measures at least 9" by 12". Limit of nine, bring a lunch. Register by January 30. Fee: \$35 for one day, \$90 for all three days.

"Learning to be Astonished"

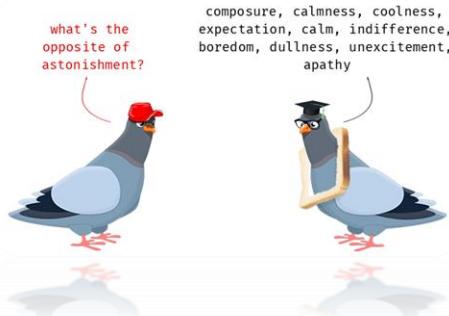
Tuesday, February 7

9:00 – 11:00 a.m. ZOOM

Presenter: Pat Pintens

In her poem "Messenger" Mary Oliver writes: "Let me keep my mind on what matters, which is my work, which is mostly standing still and learning to be astonished."

When is the last time you were "astonished" by a snow flake, Jack Frost's work, a chickadee at the feeder, a smile on the face of someone you love? Perhaps "astonishment" is a form of prayer. Come, be astonished and pray. Register by Wednesday, February 1. Suggested offering: \$20.



Church Secretary/Bookkeeper Retreat Day

Thursday, February 9

9:30 a.m. - 2:00 p.m. ON-SITE

Facilitators: Pat Pintens and Grant Van Lishout

Church secretaries and office personnel are on the front line of ministry, representing their parish/congregation in many ways. Your invaluable ministry needs you to take some "time out" to renew yourself and share supportive ideas with others in your positions. This day is designed especially for you! Suggested offering of \$35 per person or \$60 for two or more from the same church. Includes lunch. Register by Wednesday, February 1.

"Godly Play"

Thursday, February 16

9:30 – 11:30 a.m. ZOOM

Presenter: Sherry Van Lishout

(Associate Pastor of Ascension Lutheran Church in Minocqua)

Godly Play is an interactive way to get involved with Scripture that uses visual aids and natural materials such as sand, wool fibers, wooden figures, water, fire, and in this story even a metal chain. Let's take some time to prepare our hearts for Lent through the presentation and reflection of the sacred story of the exile and return of God's people, and a deeper look into the story of the prophet Ezekiel. Maybe you will also have some self-discovery of God's presence in your times of journey. Register by Thursday, February 9. Fee: \$20



“Planting Your Feet in Midair”

Monday, February 20, 2023· 9:00 – 11:00am ZOOM

February 20, 2023 1:00 – 3:00pm ON-SITE

Presenter: Sr. Rose Heil

What would I do if I weren’t afraid? What determines where I go and what I step into doing this day in my life? Do I need certainty or safety before I try new things? Am I game to risk new possibilities? It takes faith to ask these questions. O God help me... Register by Monday, February 13. Fee: \$20 [Sister Rose Heil, FSPA a former staff member of Marywood is currently ministering at St. Mary’s on the Odanah reservation.]



“Alzheimer Poetry”

Tuesday, February 21

9:30 – 11:30 a.m. ZOOM

Presenter: Pat Pintens

Even though Alzheimer’s is a debilitating disease, it can be an opportunity for creativity. Beautiful poems have been written by those who have Alzheimer’s, their family and friends and their caregivers; poems that offer hope, understanding, goodness, beauty, memories, a bit of the divine. Let’s share some of those poems, both written by others and ourselves. Register by Wednesday, February 15. Fee: \$20.



The Marywood Franciscan Spirituality Center engages persons seeking greater meaning in life and a deeper relationship with God, self and all creation by providing space for inspiration, reflection and solitude.

MFSC is owned and operated by the Franciscan Sisters of Perpetual Adoration of La Crosse, WI, a 501 (c) 3 not-for-profit charitable organization. All contributions are tax deductible as the law allows

LOOKING AHEAD IN 2023

- ✚ “Art Retreat” (Pat Pintens and Sr. Karen Kappell) March 12 – 18, 2023
- ✚ “An Integral Approach to Spiritual Development” (Wendy Mitch) April 21-22, 2023
- ✚ “Vacation with a Purpose” (Sr. Karen Kappell) May 29 - June 2, 2023

An advanced level in watercolor... Participants will review watercolor principles and general techniques that keep surfacing no matter how advanced one becomes. Learning both control and also how to be free with water media. As new media come on the market we will look at how one can incorporate and maybe use the product in their work. Classes will run from 9 a.m.-3:00 p.m. each day.

- ✚ Kayak Retreat w/ Mary Anne Smrz
Saturday, June 24, 2023 7:00 a.m. – Noon



- ✚ “Vacation with a Purpose: Watercolor II: Advancing from Beginning Watercolor” (Sr. Karen Kappell)
July 3 – 7, 2023

Later afternoon arrival in cabins on Sunday, classes begin 9:00 a.m. on Monday. Continuing to learn different ways of using watercolor to create paintings with subjects that center on the Northwoods themes -lakes, streams, waterfalls, marshes, woods. Classes will run 9 a.m.-3:00 p.m. each day.

Kayak Retreat w/ Mary Anne Smrz
Saturday, August 19, 2023
7:00 a.m. – Noon

More to follow about these programs in the next *Roots and Ripples*

In a nutshell...



- November 2 and December 7: “Death Café”**
- November 7-9: “Ways to Recycle Rejected Watercolor Paintings”**
- November 8 and the first Tuesday of the month until May 9: “Meditation Group”**
- November 14: “A Look at the Enneagram”**
- November 16: “Grief and the Holidays”**
- November 21: “Women Wrestling with God”**
- November 22 and 29, December 6, 13 and 20: “Advent Lectio”**
- December 6: “Holy Days of December”**
- December 12: “Our Lady of Guadalupe Today”**
- January 5, 7, and 9: “Women’s Christmas”**
- January 12: “Hildegard of Bingen”**
- January 17: “Choose Joy”**
- January 24: “Christ in the Mirror”**
- February 2: “Pondering with Thoreau”**
- February 6-8: “Beginning Watercolor: Watercolor Essentials”**
- February 7: “Learning to be Astonished”**
- February 9: “Church Secretary/Bookkeeper Retreat Day”**
- February 16: “Godly Play”**
- February 20: “Planting Your Feet in Mid-Air”**
- February 21: “Alzheimer Poetry”**



**Our hope is that your generous support of the Marywood mission
may bring you as much joy as it brings us. Thank you!**

The following list includes all those who have donated May – September, 2022.

John & Joanne Ader (in memory of Karin Randolph and in honor of Fr. Joseph Passala)
Marcelline Ahmann
Sharon Aldrich (in honor of Sr. Marla)
Bob & Sheila Beaurain
Rev. Mitchell Bechtold
Rika Beckley
Joseph Benbenek
Carol Bergsbaken (in memory of Wisocki Family)
Chuck & Carol Berigan
Barbara Bernhardt (in memory of Sr. Anita)
Bolger Funeral Home
Richard & Mary Kay Bowman
Albert and Jayne Bromann
Ronald & Susanna Brudos (in memory of Stanley "Buck" Walleser)
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Ruby's Chef Shop
Ted & Judy Russell
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Sharann and Kenneth Schoppe
Susan Schramek

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Shepherd of the Lakes
Shepski Construction
Mike & Kathy Skelton
Trig's
St. Anne Parish
St. Mary Parish
St. Rita Altar Society
Elizabeth Strunz
Diane Taggart
Mary Ticknor (in memory of Sr. Anita and
in honor of Sr. Marla)
Paula and Mike Tupa (in honor of Sr.
Marla)
Pastors Grant & Sherry Van Lishout
Van Natta Plumbing
Deborah Van Swol (in memory of Barbara
Schjoneman)
Kerry Walker (in honor of Pastor Grant Van
Lishout)
Dennis and Ethel Wanke
Norma Waters (in honor of Sr. Marla)
Russell & Eileen Weber
Joan Winteroff

LEAVING A LEGACY

Thank you for supporting Marywood. Please consider including us in your will. A bequest
established today guarantees a vital lifeline for our future.

Another opportunity available at this time is a Charitable IRA Distribution. Because the
charitable rollover completely avoids the donor's tax return, the donor can get both the
standard deduction and the charitable contribution deduction.

As you reflect on various gift options,
it is best to consult a financial advisor.



**11195 Marywood Cove
Arbor Vitae, WI 54568**

WOMEN'S CHRISTMAS

There is a custom, rooted in Ireland, of celebrating Epiphany as Women's Christmas. Called **Nollaig na mBan** in Irish, Women's Christmas originated as a day when the women, who often carry the domestic responsibilities all year, took Epiphany

as an occasion to celebrate together the end of the holidays, leaving hearth and home to the men for a few hours. Whether your domestic responsibilities are many or few, Women's Christmas offers an opportunity to pause and celebrate with friends. Cabins are available if you wish to stay overnight. We offer you three different opportunities to join us: January 5, 7 or 9, 2023

Doors open at 5:00 p.m. Wine and hors d'oeuvres will be served, followed by an elegant dinner. Your spirit will be nourished by a program as well. Fee: \$45.00

Please register with payment by Monday, December 19, 2023

