



WINTER 2021

FRANCISCAN SPIRITUAL CENTER

ABUNDANCE

Thank you everyone for your support in 2020, a most challenging, difficult and anxious year. We ended the year in positive territory thanks to your amazing generosity and the support from our sponsoring organization, the Sisters of St Francis of Philadelphia. We are grateful your support helped the ministry pivot and reach out to a national and global community of people seeking Franciscan wisdom and guidance.



Thank you. Bless you.

ANONYMOUS (2)
SANDY AHLQUIST
HEIDI AMUNDSON
MARGARET BAKER
DENNY BARNES
KAREN BEAL
CHERYL BELLAMY
PAULA BENANTI
TIM & EILEEN BICE
MAUREEN BINZER
JOHN & PEGGY BROCKAMP
CAROL BROWNLOW
ANNE BROYLES
ERIN CARKNER
CAROL CATE
CATHY CEDERGREEN
SR. MARY JO CHAVES
SR. CELESTE CLAVEL
JOANNE CLAY
BEN COMBS
RICK COOK
SCOTT DALGARNO
TOM DAVIES
LOUISE DEKREON-WATSJOLD
CATHERINE DUMMER
DEANNA DYER
MARGARET EBERLE
KATIE ELIA
SUZANNE EMERY
DIANE ERICKSON
CAROLYNNE FAIRWEATHER

TOM & MARILYN FINK
NANCY FLEMING
CLAIRE FOSTER
THOMAS FRANZ
MARILYN FULLMER
CAROL FULLMER
CONNIE FURSETH
PAULA GAMBLE-GRANT
LOUISE GESSNER
MICHELLE GRAHAM
MICHAEL GRIEGO
LAURALIE HAIKIN
ANN HAMILTON
JUNE MARIE HIZA
VAL HORNBURG
JEANNIE HOWARD
SHEILA HOWE
DIANA HUGHES
JERRY & CONNIE ISGRO
S. JALALIKARCHAEI
PHYLLIS JASZKOWIAK
THOMAS JOSEPH
PAMELA KERR
LORI KONDRATH
EMILIE KROEN
KRISTIN KRUEGER
SR. THERESA LAMKIN
KERMA LAMKIN
BETH LILLIE
PAM MABEN
KEN MAZZOCHI
NANCY MCAULIFFE

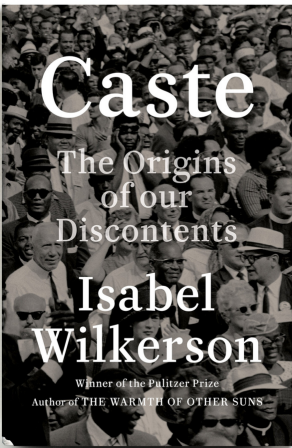
KATHLEEN MCDONNELL
SUZANNE MCGILL-ANDERSON
CATHERINE MCGOVERN-ZLOTEK
EILEEN MCNAMARA-RAISCH
RAFAEL MENDOZA
RANDY MILLER
JILENE MODLIN
CHARLES MOORE
NORMA MOORE
PAT MORRIS-RADER
KATHLEEN MURPHY
HOA NGUYEN
MELANIE NORTH
CATHERINE NUGENT
MARSHA OLSEN
NANCY OPALSKI
DOUGLAS PACHICO
JUDITH PAISLEY
EILEEN PARFREY
MARY BETH PATTON
LARRY PEACOCK
MARY PLEIER
JANE RICKENBAUGH
VIRGINIA RIPP
STEPHEN RISTAU
NANCY ROBERTS
JOE ROBERTSON
DEBRA ROSE-WEISS
RUTH RYAN
JOHN & MARGIE SAYER
LEEANN SCHAMP

SUZANNE SEATON
MAUREEN SHERIDAN
BETTY SIEBENMORGEN
LINDA SMITH
TIM SPENGLER
LAURA SPURRELL
SUE STEPHENS
MELISSA STEWART
THERESA STUHRMAN
MARJE TAKEI
JAN TAYLOR
BOB THOMPSON
CAROL THOMPSON
SHIRLEY TORMEY
MARY VAN DENEN
JOSE VARGASBOZO
ANNE VITORT
MY PHUONG VO
EDGAR WALES
DEBBIE WEAVER
DONNA WEHRLEY
MARGE WEITZEL
TOM WELCH
KARLA WENZEL
LINDA WEST
EMMETT WHEATFALL
VICI WOLFF
ANGELA WOLLE
PAULINE YOUNGREN
AGNES ZUEGER
BILL ZUELKE

Giving statements were sent to donors in January. Email us with any corrections.

Don't forget to connect with us on any of our many social media platforms!

- [Instagram](#)
- [Facebook](#)
- [Youtube](#)
- [Blog](#)
- [Website](#)



Currently Reading

Caste: By Isabel Wilkerson

The staff is currently reading this book in an effort to broaden our knowledge and further educate us on the lives and histories of our fellow men and women of color. The book comes highly recommended. Feel free to read it as well and take part in the conversations.

Significant Accomplishments in 2020



- Completion of fundraising and construction of a 5-circuit classic outdoor labyrinth
- Graduation of 18 persons trained in spiritual direction (SDTP)
- Completion of the first Spark Leadership program with 8 participants
- Spiritual direction offered to over 80 people a month, now mostly by Zoom
- Closed the Center but kept the ministry going and thriving
- Welcomed 28 people from across the globe (from Hawaii to Africa) to the new cohort of the Spiritual Direction Training Program
- Celebrated a successful virtual auction that raised over \$34,000
- Hired a consultant to go Wider and Deeper in our ministry around the Globe
- Co- Sponsored a community wide book study on racism

Black History Month - A Celebration of Black Poetic Voices



February 28, 2021 at 7:00PM via Zoom,

A night with distinguished Oregon and Washington Poet Laureates will join with Black American poet Emmett Wheatfall in A Celebration of Black Poetic Voices. Emmett Wheatfall, with guest poets Paulann Petersen and Christopher Luna will not read their own poetic works, but those works of great past and present Black American poets. **Register on our Facebook page or Emmett's.**



Walk with Us

Come walk! Our new outdoor labyrinth is open and available for walking. The labyrinth is a single, winding path leading to a center. It is a path of meditation and prayer, reflection and quiet. We ask you to wear a mask and keep a safe distance if others not in your group are walking.



11th Annual Benefit Auction

Please put September 16th, 2021 on your calendar!

We will be following all state and county guidelines. We are hopeful that we will be able to gather at the lovely Gray Gables Estate and have a gathering with the community we miss so dearly.

In the meantime, if you have something that you would like to donate for the auction please contact Michelle.

info@francisspctr.com



Upcoming Programs

Become a Person of Peace

Becoming A Person of Peace, our first eCourse is available for you to sign up for. The seven day retreat can be done on your own time in your home. Each day you will receive an email with a video, suggestions, prayers and reflections on becoming a person of peace. St Francis believed we should have peace in a hearts as well as on our lips. This wise course will encourage you to find prayer practices for your whole day, from morning to evening.

Go to: <https://franciscanspiritualcenter.podia.com/> to sign up and go at your own pace.

Use the coupon code WINTERNEWS to save \$10



Chair Yoga for Well-Being

NOW is a wonderful time to discover the many benefits of traditional yoga, helping you develop strength, flexibility and balance in body, mind and spirit. We will be working from the comfort and safety of a chair in this 60 minute class, which is right for EVERY BODY. Reduces stress, calms the mind, creates peace. New class starts every 7 weeks.

Dates: starting February 24th
Led by: Cecily Hunt

Time: 11:00am-12:00pm
Cost: \$50 per 6-week session

Disarming: Acknowledging and Addressing Our Addiction to Violence

In gentle, loving-kindness with ourselves, we will do the contemplative practice of non-judgmental observation to become aware of the areas in our lives where we remain “armed,” or (h)armful in subtle ways. Then we will loosely use the 12 steps of Alcoholics Anonymous to help us courageously disarm (“Do No (H)arm.”)

Dates: Thursdays February 25, March 18, and April 15th
Led by: Mark Lesniewski

Time: 1-3pm
Cost: \$50 for the series

Living With a Franciscan Heart – Becoming a person of Hope

Being a person of hope at this time in history is both a challenge and an invitation as we learn to be brother and sister to one another in the midst of racism, the pandemic and violence in our neighborhoods and on our street corners. Living with a Franciscan Heart give us a way to meet the challenge as we explore;

- Francis finding hope in the midst of the chaos in his society and in his order.
- Clare choosing to hope that her one desire to have her way of life approved by the church would happen in her lifetime
- Living the Gospel in the 21st Century.
- Being brother and sister to one another in our neighborhoods and on our street corners.

Date: March 5 – 8, 2021

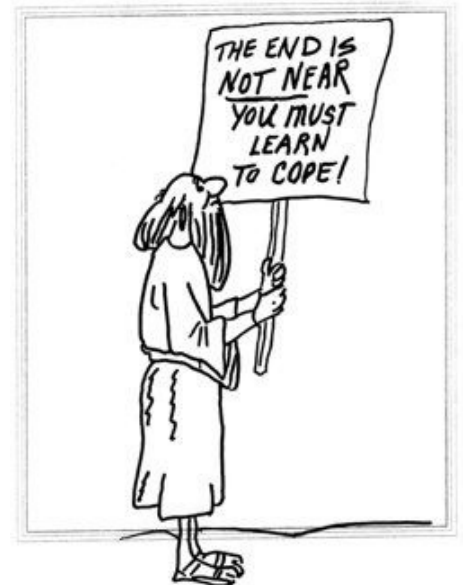
Time: 10:00 – 12:00 each day Friday through Monday

Led by: Sr. Mary Jo Chaves, Connie Isgro, Michelle Kroll & Terry Cappiello Cost: \$100 for the series or \$25 per session

Encouragement & Reflection

From the Director

I remember an old cartoon that had a person carrying a big sign. One on side, in bold letters: “The end is NOT near.” On the back side, in bold letters: “You must learn to Cope”.



It is newly appropriate for our world as we continue to struggle with a mutating virus. We must keep wearing masks, keep a safe distance, get our vaccine shots and find ways to cope with the changes that have happened and will continue to unfold.

While we may not hear the word “cope” much these days, we certainly know our desire for centeredness, resilience, balance, peace, making it through the day.

We get still get calls at the Center for spiritual direction, a companion relationship that can help our coping, living, thriving. We are pleased to be able to offer spiritual direction via zoom or phone.

A recent workshop sponsored by the Center focused on developing practices that bring a spiritual centeredness and strengthen resilience. Our leader encouraged people to develop a morning practice that brings calm and peace that we can carry throughout the day. It may brewing and lingering over a cup of coffee, or adding prayer words to our exercises or stretches, or sitting comfortably with our attention on our breathing, or gazing at a candle or looking outside. I often remind people who are not morning people that “morning” can be any time of the day that works for you.

The leader also suggested that we develop some practices that help us shift or reset when we notice ourselves getting anxious. It maybe as simple as placing our hands on our heart and breathing in and out. Or a breath prayer that rides on each inhalation and exhalation, a short sentence that connects us to God’s desire for us (call us if you would like help in shaping a breath prayer or email us to receive a one page guide to discovering your breath prayer). It is the reset, the pause we take between zoom calls or appointments that brings us back into balance or peace or calmness.

Lastly, she suggested that we keep up the practices to build up and sustain resilience. Living with a global pandemic or the rise of political violence or the revealing of structural racism requires not only that we “cope” but that we bring our best, peaceful, resourceful selves into creating an inclusive, welcoming, equitable and just world. Author Valerie Kaur calls this the “sweet labor of love”, resting breathing and pushing through the transition to birthing a new world.

The Franciscan Spiritual Center is here with spiritual directors and many programs to help guide the formation of spiritual practices and the bringing of peace, courage and light to the fears and darkness of the world. We look forward to journeying with you, even now, in the midst of the challenges of a new year.

peace and good,

Larry