

January/February 2012

Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

By the brilliance of the Christmas candle, may God fill your home with light and warmth and guide your path through the New Year in ways of joy and peace.

*Blessings to you and yours
this Christmas from
the Prairiewoods staff!*



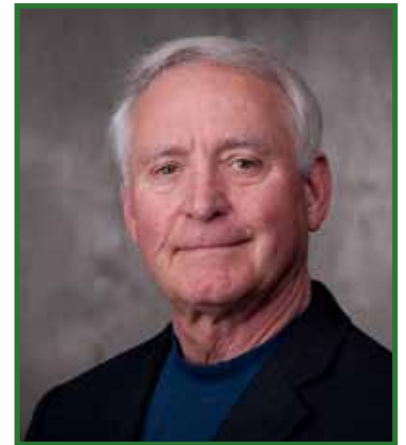
Prairiewoods presents

Spirituality IN THE 21ST CENTURY

*Coming of Age in the Milky Way:
Spiritual Transformation and Creative Hope!*

featuring John Heagle

March 16–17, 2012



Prairiewoods is honored to add John Heagle to a long list of prestigious *Spirituality in the 21st Century* conference speakers. This twelfth annual conference will focus on our role as humans within the universe and its story.

For the first time in human history, we share a common Universe Story. For some this emerging narrative is an invitation to growth and spiritual transformation. For others it is a fearful prospect that evokes resistance, retreat and regression.

As a result, our political, cultural and religious institutions are increasingly polarized and ineffective. We are facing a crisis that makes profound demands on each of us. *Is religion dying or being transformed? Am I losing my faith or encountering the Holy in a deeper way? Does my commitment to work for justice and to care for Earth make a difference, or is it too late?* These are not likely issues that you will hear debated on cable news or talk radio. But they are the quiet, urgent questions stirring in our hearts.

These are also the questions that the *Spirituality in the 21st Century* conference will explore. Evolutionary spirituality is not a passing theological fad. It is the context of today and of all our tomorrows—the agenda that the cosmos itself is revealing. More immediately, it is a vision that challenges our current religious institutions and calls us to a new way of seeing and responding.

After outlining the significance of evolutionary spirituality, we will focus on the personal, communal implications of this vision for our lives. The contemporary summons to discipleship is as old as the gospel and as urgent as this morning's headlines. It is the call to be a life-long learner, a long-distance servant. In specific terms, it is the challenge to “come of age” by moving beyond our anthropocentric, egocentric concerns to embrace our responsibility to Earth and to one another.

For complete information, turn to page 3.

DIRECTOR'S CORNER

PRAIRIEWOODS OPERATING BOARD

Fred Althoff

Administrator for Cedar Rapids School District (Retired)
Robins, Iowa

Lois Bartelme

Consultant in Human Resources
Coralville, Iowa

Cecilia Corcoran, FSPA

CEO for The Christine Center
Willard, Wisconsin

Katie Giorgio

Marketer for Linn County
Nonprofit Resource Center
Cedar Rapids, Iowa

Bruce Hamous

Architect for OPN Architects
Cedar Rapids, Iowa

Cecelia Kivlin Harmeyer

Accountant at Rockwell Collins
(Retired)
Cedar Rapids, Iowa

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Financial Group
Cedar Rapids, Iowa

Theresa Keller, FSPA

Faculty Practice/Lecturer for
University of Iowa College of
Nursing
Hiawatha, Iowa

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Rev. Dr. Barbara H. Schlachter

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Iowa City, Iowa

Mike Thome, Chair

International Offset Manager for
Rockwell Collins
Cedar Rapids, Iowa

Donna Venteicher, FSPA

Nursing Home Administrator
(Retired)
Monticello, Iowa

Jean Wenisch

Community Volunteer
Cedar Rapids, Iowa

Brother Barry Donaghue is no longer the director of Prairiewoods. Sisters Joann Gehling and Donna Venteicher will serve as interim co-directors. We thank Brother Barry for his time here and wish him many blessings for the future!



Joann Gehling, FSPA



Donna Venteicher, FSPA

The story that is Prairiewoods continues. It has been 15 years since this Center, which we love to call a place of peace and transformation, first opened its doors to welcome people of all faiths and cultures in their search for meaning and grace. At present, we are in an interim time, using these weeks while we are in the process of looking for a new director to step back, clarify and reaffirm our mission.

This is also a good time to gratefully remember what has happened in these 15 years. As we do so, we find that our most delightful memories are of you, our friends of all ages, who have been part of the Prairiewoods history and who we hope will be with us for many years to come.

We recall so many events—programs, retreats and celebrations. There were work days when trees were planted, trails chipped, windows washed and flower beds weeded. You came to help in the kitchen, office and woods. Your financial help kept the doors open, and your enthusiasm and energy refreshed our spirits. You will never fully know the depth of our gratitude for all the ways in which you have been so actively engaged with us in keeping Prairiewoods open as a sacred space.

Now we look ahead to the future and go forward with hope. We cherish this season of Advent that draws us into deep participation in the Christ Mystery. We ponder the meaning the Incarnation holds for the world of today. What are the connections between the story of Jesus and the stories of our individual lives? How can the programs and retreats we offer bring people of different faiths more closely united in the life of the Spirit so that we can become more loving, forgiving, relational people?

We find that so many good things are already planned for the future, so many opportunities to keep faith alive and relevant. We are happy to be a part of this future and continuing the mission of Prairiewoods. We feel that something is being born anew here each day. And we invite you to be a part of our mission.

Joann Gehling, FSPA

Donna Venteicher, FSPA



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others within an expanding understanding of the Universe Story.

Prairiewoods is an ecospirituality retreat and conference center in the Franciscan tradition. It is a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin.

Prairiewoods publishes this newsletter bimonthly. Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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Prairiewoods Announces Conference Speaker John Heagle



John Heagle, MA, JCL, LMHC, is a Catholic priest, counselor and author with more than 46 years of pastoral experience as a campus minister, college professor and pastor. In 1976 he was appointed the first director of the Office of Justice and Peace for the Diocese of La Crosse, Wisconsin. Since 1985 he has ministered as a licensed psychotherapist and

the co-director of Therapy & Renewal Associates in the Pacific Northwest. During this time he also has served on the adjunct faculty for the School of Theology & Ministry at Seattle University. John is the author of seven books on spirituality, ministry and human relationships, and the co-author with Fran Ferder, FSPA, PHD, of three books, including *Tender Fires: The Spiritual Promise of Sexuality* (Crossroad, 2002). His latest book is *Justice Rising: the Emerging Biblical Vision* (Orbis Books, 2010).

Prairiewoods Franciscan Spirituality Center is the sole sponsor of this event. Both Friday and Saturday's events are open to the public, and registration is encouraged as space is limited. Some lodging is available at Prairiewoods for an additional charge. For more information or to register, contact Prairiewoods at 319-395-6700 or download a registration form at www.Prairiewoods.org.

Who: John Heagle

What: Spirituality in the 21st Century

Where: To be determined

When: Friday, March 16, 7–9 p.m.
Saturday, March 17,
9 a.m.–3:30 p.m.

How Much: \$25, Friday only
\$50, Saturday only
\$60, full event (register by
March 5)
\$65, full event (register after
March 5)

John Heagle, in his own words ...

PW: To what do you feel the Source of All Being and our expanding consciousness is calling us?

John: I believe we are called to become more radically open intellectually and spiritually, and thereby more transparent, even vulnerable in our lives. To embrace this kind of openness we will have to choose an attitude of genuine humility (from *humus*, the earth), as well as an inner stance of fierce hope. Like Abraham and Sarah, the Source of All Being is calling us to leave everything that is familiar and set out toward a new horizon. There is no MapQuest for this journey.

PW: What impact does this expanding consciousness have on our personal and communal spiritual growth?

John: The initial impact is often that of restlessness, confusion, doubt and the feeling of being lost. This is because an expanding consciousness challenges much of our past, cherished assumptions about theology, religion and the role of the human in creation. Over time, most religious traditions have become obsessed with dogma—with being orthodox or “right.” It is time once again—both personally and communally—to embrace mystery as the heart of faith, and compassion as the core ethic for our lives. Obviously, this means trusting that the Spirit is leading us to create new wine skins for this new wine.

PW: How do you perceive our world may be impacted if we were to bring a new sense of divine energy into our religious imagination?

John: First, we will likely continue to experience an intense period of polarization, conflict and chaos. The initial response to a “new sense of divine energy” is often fear, denial and resistance, both in individuals and in institutions. At the same time, this newly emerging religious imagination is even now shaping a vision that will eventually transform our struggling institutions into more inclusive, justice-based, unifying structures. Our greatest danger is fear and despair. Our deepest challenge is to mobilize and embody this new consciousness before our egocentric delusions destroy a viable future.

PW: What gives you hope for the future in terms of our expanding consciousness and its impact on social justice?

John: My hope is grounded in the Source, the Ground and Destiny of this evolving universe. As a limited pilgrim, I cannot see clearly the path that is before us or the response that is required of us. But I trust that the Spirit is, even now, unfolding that vision and shaping our response from within creation and our lives. Our task, it seems to me, is to listen deeply to the Spirit—within and among us—and then to risk it all by acting justly, loving tenderly and walking humbly (Micah 6:8). Hope is justice on a journey.

OPERATING BOARD SPOTLIGHT



Mike Thome,
Chair

Mike has served on the Prairiewoods Board for more than six years because he feels that it is a “great way to support the basic beliefs that I have about spirituality and ecology.”



Carol Lensing,
Vice Chair

Carol, who has been on the Board for more than five years, says that Prairiewoods’ role is “to be a place of peace and reflection as well as (a) connection to the environment for all.”



Jeff Kaiden,
Secretary/Treasurer

Jeff has spent four years on the Prairiewoods Board and is inspired by Prairiewoods’ niche as “an alternative to current living styles” for everyone, not just people of certain faiths.

Fred has served three years because this is “a place for individuals to better know themselves and their relationships with others, their physical world, and God.”



Fred Althoff

Lois, a Board member for four years, says, “The founders had a strong, powerful mission and vision statement—and PW has remained faithful to that vision” for 15 years.



Lois Bartelme

Sister Cecilia has served on the Prairiewoods Board for two years. She says that Prairiewoods is “a living, organic witness to the sacredness of Earth.”



Cecilia Corcoran, FSPA



Katie Giorgio

Katie, a three-year Board member, appreciates the Center’s focus on “faith, the environment and time for reflection, (which) are very important in today’s busy world.”



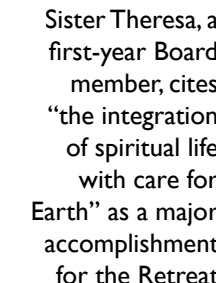
Bruce Hamous

Bruce, a three-year member, is proud of Prairiewoods’ “incorporation of a sustainable energy strategy with the installation of the photovoltaic panels and solar hot water heater.”



Cecelia Kivlin
Harmeyer

Cecelia has recently joined the Board because she feels that Prairiewoods continues “to grow and evolve over the years to provide programming that is relevant to those of all faiths.”



Theresa Keller, FSPA

Sister Theresa, a first-year Board member, cites “the integration of spiritual life with care for Earth” as a major accomplishment for the Retreat Center.

Alan is a new Board member who says that “Prairiewoods is a resource (for) educational and spiritual experiences for individuals and groups from all faiths and cultures.”



Alan F. Kessler

Sister Suzanne was a Board member for four years and has been the FSPA liaison to the Board for over a year. She says that “the staff and volunteers are the heart and hands of Prairiewoods.”



Suzanne Rubenbauer,
FSPA



Rev. Dr. Barbara H.
Schlachter

Barbara, an eight-year Board member, says, “Outstanding speakers have come from all over the world to present forward-thinking ideas about our cosmos and our relationship to it.”



Donna Venteicher,
FSPA

Sister Donna has been on the board for more than three years. She says, “Many people have found healing of body, mind and spirit through the programs offered” at Prairiewoods.



Jean Wenisch

Jean has served for six years and says we are in a great position to “educate the community on how caring for Earth (and each other) enables better mental and physical health.”

Be a Localvore All Year Long

Purchasing local foods during the summer and fall is pretty easy these days, with multiple farmer's markets, CSAs and farm stands in the area. But how easy is it to buy local foods in the winter? Are those of us who do not garden, can and freeze our delights out of luck until summer rolls around again? Thankfully, the answer is no!

There are year-round options for local food purchasing. Consider visiting winter farmer's markets in Mount Vernon, Springville, Ely and Iowa City. (Learn the specific dates by visiting www.JohnsonLinn-LocalFood.Webs.com.)

You can also use food cooperatives—which are member-based and work directly with producers and consumers—to find fresh, local products throughout the winter. A local option is the Iowa Valley Food Coop (www.IowaValleyFood.com). You can also try local grocer New Pioneer Coop (www.NewPi.coop).

Jason Grimm, food system planner with Iowa Valley Resource Conservation and Development, also suggests contacting local farmers directly. He says that many farmers take orders from individuals year round.

For those of you looking forward to spring and all of those fresh greens, consider joining us at Prairiewoods on Sunday, March 18, for our 3rd Annual Linn County Local Farmer and CSA Fair. (See page 9 for a full description.)

Explore Shades of Green

As Kermit the Frog once said, "It isn't easy being green." Or is it? The term "green" is everywhere these days, but what exactly does it mean to be green? Kermit obviously had that covered because he is green (and a frog, of course), but what about the rest of us?

One way we can learn about and practice our "greenness" is to join the Green Living Group (GLG), which meets monthly to discuss the many facets of being green. The GLG focuses on everything from food and water to transportation, from voluntary simplicity to ecospirituality. Discussions typically include recent articles, films or guest speakers and time for discussion.

There will be no GLG in December or January, but meetings will resume in February with a discussion of local food options in the area. The March topic is green cleaning and April will focus on Sustainable YARDening. You are invited to come every month or as the topics interest you. Learn something new, share your knowledge and ideas, and stay up-to-date on local eco-events taking place (such as Eco Fest 2012).

The GLG meets the third Wednesday of each month from 6:30–8 p.m., and free-will offerings are gratefully accepted. For more information, contact Emy Sautter at 319-395-6700, ext. 222, or esautter@prairiewoods.org.

Recycling at Prairiewoods

Prairiewoods was founded on ecological principles, so recycling is a large part of what we do. However, as an organization, we are charged a fee every time we recycle items like batteries and lightbulbs. (It is free for individuals and families to recycle these items.) So while we appreciate that you—our friends and guests—want to recycle, we cannot accept your recyclable items here.

If you are in the Corridor, we recommend taking your recyclable items to the Solid Waste Agency, located at 1954 County Home Road in Marion. They can be reached at 319-377-5290. For more information on where to take your recyclable items, contact Prairiewoods at 319-395-6700 or visit www.SolidWasteAgency.org.



Xavier High School Volunteers



Students from Xavier High School spent a morning in late October volunteering on the Prairiewoods grounds as part of a service project. They worked with the Prairiewoods Outdoors Committee to mulch the trails. We couldn't have gotten the grounds ready for winter without their help, so we extend a heartfelt thank you!

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

A Wintry Reading Weekend Retreat

Friday, Jan. 20, 6:30 p.m.–Sunday, Jan. 22, 1 p.m.

Facilitator: Ann Jackson, PBVM

Do you enjoy a wonderful wintry day filled with a good read, great snacks, a warm fire and a periodic snooze? This weekend is just for you! Come spend the weekend with your favorite read, whether it be poetry, prose or periodicals. The time will be filled with lots of quiet, individual, reading time and a few hours together to share our insights.

This weekend will be facilitated by Ann Jackson, PBVM. Sister Ann is on staff at Prairiewoods, where she designs and coordinates retreats and provides spiritual direction and retreat facilitation.

Fee: \$175 includes lodging and all meals



The Zen of Baking: Bread and Blessing Retreat II

Monday, Jan. 30, 11 a.m.–Friday, Feb. 3, 1 p.m.

Facilitators: Jill Jones; Ann Jackson, PBVM

Allow the smell of baking bread on a cold day to help you reflect on blessings in your life. Shake the dust from your apron, saddle up alongside a good friend and create blessing. It's amazing how a small handful of dough can invite us to reflection. Participants will ask themselves: *What am I kneading in my life? What is rising within my life, offering nourishment? How am I called to be leaven for others?*

Join Prairiewoods Chef Jill Jones and Retreat Coordinator Ann Jackson, PBVM, in the retreat kitchen at Prairiewoods for lots of recipes, baking, fun and healthy inspiration around wholesome nutrition. The group also will spend an afternoon visiting Stringtown Grocery in Kalona and an organic garden.

This retreat will be limited to eight people and is almost full, so please register soon by calling Prairiewoods at 319-395-6700.

Fee: \$375 includes presentations, cooking materials, lodging and all meals

Commuter Fee: \$300 includes presentations, cooking materials and daily lunch



Praying Our Dreams: Discovering God's Messages

Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.

If you are interested in learning more about your dreams, save the weekend of June 8–10 for a dream workshop/retreat called *Praying Our Dreams: Discovering God's Messages* presented by Olga Wittekind, OSF, a clinical psychologist and Jungian analyst.

Forgiveness: A Gift to Give Yourself Retreat

Friday, Feb. 24, 6:30 p.m.–Sunday, Feb. 26, 1 p.m.

Facilitator: Vince Hatt

Forgiveness is not simply a one-time event; rather, you enter into the process of forgiveness. This retreat will help you learn and practice steps in the forgiveness process, as well as discover how to maintain a spirit of forgiveness in your life. The weekend promises to balance input, individual reflection and prayer.

This retreat will be facilitated by Vince Hatt, who regularly reflects on the gifts and challenges of forgiveness to concretely name the specifics of his life's purpose. A life-long learner, he has presented programs for 40 years around the Midwest with rave reviews from a variety of audiences. He holds a Bachelor of Science degree from the University of Notre Dame, a Master of Theology degree from Aquinas Institute and a masters degree in religious education from the Catholic University of America. Vince also is an experienced, trained spiritual director and a certified Mid-life Directions Consultant. He enjoys life with his wife, Janice, and is a recovering Cubs fan.

Fee: \$200 includes presentations, lodging and all meals

Commuter Fee: \$150 includes presentations, Saturday lunch and dinner, and Sunday lunch



Full Voice: Unleashing the Power of Your Vocal Presence Retreat

Friday, March 30, 6:30 p.m.–Sunday, April 1, 1 p.m.

No matter what you do for a living, you spend a good part of every day in conversation. *Full Voice* with Barbara McAfee will offer a memorable, pragmatic, and playful way to ensure that your voice is congruent with your message.

Mindful Presence Retreat



Participants in the Mindful Presence Retreat with Tom Roberts earlier this fall took advantage of the beautiful weather by practicing mindfulness techniques on the Prairiewoods grounds. This retreat focused on how we are connected to all life.

Women in Interfaith Dialogue

Saturday, Jan. 7, 10 a.m.–3 p.m.

Facilitator: Rev. Dr. Barbara Schlachter

Women in Interfaith Dialogue, a group open to women of all faiths, will hold its quarterly gathering at Prairiewoods to discuss the theme of *light*. Every religious tradition has a special way of



understanding light as an essential part of its faith. If you would like to participate, you are asked to think about light in your religious tradition and be prepared to share and discuss; you also may bring a brief reading about light.

The day will start with a discussion of the Solstice in the Celtic traditions of ancient Britain and Ireland. It will conclude with the lighting of candles and the sharing of brief readings from each tradition. For more information or to register, contact Barbara Schlachter at 319-351-4380, b.schlachter@mchsi.com.

Fee: \$15 includes lunch and coffee

Finding Meaning through Creativity:

Advancing Along Our Creative and Spiritual Journey

Mondays, Jan. 9, 16, 23, 30, 9:30–11 a.m.

Facilitator: Michelle Fischer

Whether you doodle or hold serious aspirations as an artist, you have creativity and the gift to imagine within you. Monday mornings in January, working artist and teacher Michelle Fischer



will help you explore your individual creative gifts of imagination. Michelle will take you—students of the visual arts—through instruction and critique as a means to strengthen your skills and hone your talents. All visual artists are welcome, whether you are a beginner with curiosity or a gifted veteran. *Please bring your artwork in progress to each class.*

Michelle will help you identify connections between your creative and spiritual journeys, which can open channels to inner and outward transformation. To learn more about Michelle, visit her website at www.ArtListens.com.

Classes will be limited to ten people, so please register early by contacting Andrea Jilovec at 319-395-6700, ext. 202, or ajilovec@prairiewoods.org.

Fee: \$15 per class or \$51 for four-week series (paid by January 9)

T'ai Chi Chih®

Tuesdays, Jan. 10, 17, 24, 31 and Feb. 7, 14, 1:30–3 p.m.

Facilitator: Nancy Hoffman, FSPA

Do you want to feel and be well?

T'ai Chi Chih®, or Joy Through Movement, is a series of twenty simple movements that are slow, gentle and easily done by anyone, regardless of age or physical condition. The movements promote physical, mental, emotional, and spiritual harmony and well being. No experience is necessary. Several Qi Gong exercises, which also promote good health, will be included.



This class will be facilitated by Nancy Hoffman, FSPA. Sister Nancy is the Holistic Services Coordinator at Prairiewoods and an accredited teacher of T'ai Chi Chih®.

Fee: \$60 for six-week series

Day of Self Renewal

Mondays, Jan. 16, Feb. 20, March 19, 8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

This is a day all about you—your health, well-being and peace. You are invited to escape from your normal hectic pace and leave your worries outside our door. You will find rest, peace and renewal as you participate in group Guided Meditation and two 30-minute holistic services of your choice. Walk our grounds; visit our Media Center for books on spirituality,

ecology and much more; read; rest and reflect all day long. Your fee also includes a private guest room for the day and a delicious lunch. Services you may choose include Massage, Head & Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands and Spiritual Direction. Registration is required at least five days in advance, so please call Prairiewoods at 319-395-6700.

Fee: \$90 includes group session, two holistic services, room for day and lunch

Fostering Unity and Oneness Within, With Others and With All of Life: A New 12-Step Path for All Spiritual Seekers

Friday, Feb. 3, 6:30 p.m.–Sunday, Feb. 5, 1 p.m.

Facilitator: Gary Egeberg

Focus on themes of unity, oneness and centering love in this weekend program. Facilitator Gary Egeberg developed a 12-step approach that provides a framework around



which you can gather with others on a regular basis to process your spiritual journeys. Gary's program is unique in that it does not require a person to be addicted or codependent to participate and experience a deep sense of belonging (although those who are addicted or codependent are also welcome).

Gary is a former lay Catholic prison chaplain and recovery veteran. He is the author of several books, including *The Pocket Guide to Inner Peace*. His retreats blend wisdom from several spiritual traditions—including Christianity, Taoism and 12-Step programs—as well as recent findings from neurobiology and psychology.

For more information or to register, contact Prairiewoods at 319-395-6700.

Fee: \$225 includes presentations, lodging and all meals

Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

PROGRAMS

Finding Meaning through Creativity: Art and Fear Mondays, Feb. 6, 13, 20, 27, 9:30–11 a.m. Facilitator: Michelle Fischer

Fear can hold us back. Sometimes fear can be a good and healthy response—we don't jump off roofs for fear of spraining or breaking parts of ourselves. Other times it prevents us from taking a step in the right direction, or any step at all. You know, of course, that nagging feeling that you should be doing something, but since you are not sure of the outcome, you keep yourself from even starting the task.

Artist and teacher Michelle Fischer, who is leading the *Advancing Along Our Creative and Spiritual Journey* classes in January, will also teach this series of classes in February. She will help you explore why art gets made, as well as the reasons art often *doesn't* get made. As a guide, she will use the book *Art & Fear* by David Bayles and Ted Orland. Right from the start, the authors remind us that: "art making involves skills that can be learned. The conventional wisdom here is that while 'craft' can be taught, 'art' remains a magical gift bestowed only by the gods. Not so" (*Art and Fear*, page 3). This book will be required reading for this class and is available in the Prairiewoods Gift Shop.

This class will be a good fit for creatives of all sorts, but will particularly appeal to visual artists. So, if you are ready to work but wondering how to get started, or know that your project needs something and are afraid to push it further, come to this class and get prepared to move forward in your art-making processes.

Fee: \$15 per class or \$51 for four-week series (paid by February 6)



Prairie Seed Stomp Tuesday, Feb. 7, 6:30 p.m. Facilitator: Emy Sautter

Unlike many humans, prairie seeds actually *like* cold weather! Learn more about these crazy little seeds and help us add new plants to our 30 acres of tall-grass prairie in a Prairie Seed Stomp on February 7. This will be fun for the whole family! Please dress appropriately for the weather, as you will be outside. If there is extreme weather, call Prairiewoods at 319-395-6700 to learn if the class is cancelled.

Fee: Free-will offering to support purchasing prairie seeds for Prairiewoods

Institute of Spiritual Healing and Aromatherapy: Sent to Heal & Anoint, CCA Course 301 Friday, Feb. 17, 6:30 p.m.–Sunday, Feb. 19, 6 p.m.

Facilitator: Patricia Springer, RN, BSN,
MA, CHTP/I, CCA

Certification in Clinical Aromatherapy course 301, *Sent to Heal & Anoint*, is a two-and-a-half-day course by the Institute of Spiritual Healing and Aromatherapy (ISHA).

Aromatherapy is the practice of using natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. Developed centuries ago, this ancient healing tradition is practiced today through aromatherapy and hands-on healing. In this course, the science of aromatic oils and their vibrational frequencies are examined. As a student, you will integrate essential oils with heart-centered energetic healing techniques through instructor-guided experiences.

This course explores the healing capabilities of essential oils from ancient cultures, our Biblical experience, medieval healers and those in healing professions today. This course is open to all who wish to learn to use aromatherapy in their daily lives or who want to lay the



groundwork for certification as Clinical Aromatherapists. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 24 CEs).

Instructor Patricia Springer is a holistic nurse with more than 40 years of experience specializing in Pediatrics, Cardiology, Critical Care and Emergency Room. She maintains a private practice that integrates spiritual ministry and aromatherapy. She holds a Masters Degree in Religious Studies, is a certified labyrinth facilitator and, most recently, is a certified clinical aromatherapist.

For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$400 plus lodging and meals (Go to www.Prairiewoods.org to see numerous discounts available.)

Institute of Spiritual Healing and Aromatherapy: Using Your Hands to Heal, HTSM Course 103 Saturday, Feb. 18, 8:30 a.m.–Sunday, Feb. 19, 6 p.m.

Facilitator: Gayle Mohr
Healing Touch

Spiritual Ministry 103, *Using Your Hands to Heal*, is a 16-hour course by the Institute of Spiritual Healing and Aromatherapy (ISHA). It is aimed at those who want to do healing work from a spiritual ministry perspective. The course incorporates a variety of healing modalities that spring from the laying-on of hands found in our Christian heritage. Bio-energetic healing principles are introduced. Topics include distance-healing, meditation, working with the human energy field and the path of the healing practitioner. Participants will receive Continuing Education Credits (Nurses: 14.5 CEs, Massage Therapists: 16 CEs).

Instructor Gayle Mohr is a nurse with more than 40 years experience



in orthopedics, labor and delivery, and complementary and alternative therapies. She has a private practice in healing that includes massage, aromatherapy, trigger point therapy and Healing Touch Spiritual Ministry.

For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$300 plus lodging and meals (Go to www.Prairiewoods.org to see numerous discounts available.)

Almost Full Moon Owl Hike Tuesday, March 6, 6:30–8:30 p.m.

Facilitator: Chuck Ungs

Bring the whole family for an evening owl hike. Linn County Naturalist and expert owl caller Chuck Ungs will teach you about Iowa's native owls and how to call to them. Then take your new knowledge to the woods on a moonlit hike and owl-calling escapade. People frequently are surprised to learn that owls will be sitting on eggs or hatching owlets at this time of year. This will be a great event for the whole family!

Fee: \$5 per person or \$10 for a family



3rd Annual Linn County Local Farmer and CSA Fair Sunday, March 18, 2–5 p.m.

Facilitators: Iowa Valley Resource Conservation and Development, Local Foods Connection, Prairiewoods

You won't want to miss this opportunity to meet a number of local farmers! Various local food growers and Community Supported Agriculture (CSA) farmers will be on hand to provide information about CSA shares, locally-produced meats and locally-grown vegetables. Come to Prairiewoods between 2 and 5 p.m. to meet local farmers, learn about CSAs and add the freshest foods to your diet.

Fee: Free

Women's History Month at Prairiewoods

March is Women's Month, and Prairiewoods is celebrating women and the womanly on Thursday evenings throughout the month. Bring your mother, grandmothers, sisters, female cousins, nieces, sisters-in-law, mother-in-law and friends, and come prepared to listen to and learn from one another with all of your heart, giving respect and welcoming all women who enter. Feel free to join us for one or all four evening sessions. Registration is recommended, so please contact Prairiewoods at 319-395-6700.



Fee: \$10 per session or \$32 for four-week series (paid by March 1)

Introduction to Tribal Fusion Dance Thursday, March 1, 6:30 p.m.

Facilitators: Alison Frerking, Pam Hyberger

Join veteran dancers, instructors and sisters Alison Frerking and Pam Hyberger as they introduce us to this deeply female dance tradition. Tribal Fusion is a modern adaptation of Arabic and Turkish dance movements (commonly called *belly dancing*) that originated in early history and is uniquely designed for the female body. Emphasis is placed on abdominal muscles, hip moves and chest moves. It is firm and earthy and is traditionally danced with bare feet to foster connection with the earth. Sounds of joy and laughter are certain to fill the room!

Full Moon Ceremony and Cultural Potluck Thursday, March 8, 6:30 p.m.

Moon ceremonies have been performed for centuries in indigenous cultures as a way to honor Grandmother Moon, restore our Feminine Power, and restore balance between the feminine and masculine sides of ourselves. Sharing food is an intimate way to add to our personal, traditional and cultural stories. Please bring some "moon" food to share. (Moon food is usually white and/or round like the moon—think cookies, various breads and apples—but all foods are welcome!)

Holistic Healing Thursday, March 15, 6:30 p.m.

Holistic medicine is a system of health care that fosters a cooperative relationship among all involved, leading toward optimal attainment of the physical, mental, emotional, social and spiritual aspects of health. It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment, including drugs and surgery if no safer alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being. Come learn directly from advanced practitioners about adopting holistic approaches for our physical health and spiritual well-being.

The Phases of Womanhood Thursday, March 22, 6:30 p.m.

We'll wrap up our month of celebrating women with an examination of the traditional myth of the three phases of womanhood: Maid, Mother and Crone. Each phase symbolizes a separate stage in the female life cycle and encompasses the concept of the Goddess as being threefold. The phases share associations with the moon phases, the growing seasons and the phases of a woman's life, with a strong connection to Earth and its cycles.

CONTINUING PROGRAMS

Prairiewoods Knitters & Stitches

2nd Tuesday monthly, 9:30–11 a.m., & 4th Wednesday monthly, 7–8:30 p.m.

The Prairiewoods Knitters & Stitches come together to create handmade crafts for charity on the second Tuesday and the fourth Wednesday of every month. Knitters and crocheters of all skill levels are welcome, and donations of materials are gratefully accepted! For more information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: Free



The Prairiewoods Knitters & Stitches display some of their handmade goods before the Holiday Bazaar on November 19.

Evening Centering Prayer

2nd & 4th Tuesdays monthly, 5:30–7 p.m.

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in Room 113 of the Prairiewoods Guest House. For more information, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203.

Fee: Free-will offering

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

Sacred Circle is gaining momentum as even more strong, sensitive, intelligent and spiritual women gather together to listen to and share with one another. Come regularly or just drop in—either way, you always will be welcomed! This group recognizes that all of us are on individual paths of the spiritual journey, seeking answers and approaches to deepen and enrich our understanding of our own life. Monthly topics vary greatly, from the use of labyrinths as spiritual tools to making mandalas for personal prayer. To learn the planned monthly topic, visit our website or contact Andrea Jilovec at 319-395-6700, ext 202, or ajilovec@prairiewoods.org.

Fee: \$5 per session

Green Living Group

3rd Wednesday monthly (except December and January), 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, Emy Sautter

Please see page 5 for a full description of this continuing program.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

Wednesday Women is a lively group that meets weekly to be spiritually enriched, updated, inspired and challenged. In January the group will finish the *Uppity Women of the Bible* DVD series on the book of Ruth presented by Rev. Dr. Lisa Wolfe. The remaining topics in this series are:

Jan. 4: *An Uppity Woman?*

Jan. 11: *Grace and Hospitality*

On January 18, Wednesday Women will begin discussing the book *The Story of Ruth* by best-selling author Joan Chittister and celebrated artist John August Swanson. This book is said to “reclaim the ancient story of Ruth as a model for contemporary women seeking a fully spiritual life.” This book is available for purchase in the Prairiewoods Gift Shop and through a number of

on-line booksellers. Please read the following sections prior to that day's meeting:

Jan. 18: *Introduction, Loss, Change, Transformation*

Jan. 25: *Aging, Independence, Respect*

Feb. 1: *Recognition, Insight, Empowerment*

Feb. 8: *Self-Definition, Invisibility, Fulfillment*

Beginning February 15, Wednesday Women will discuss *The Art of Dying and Living: Lessons from Saints of Our Time* by Kerry Walters. This book explores the connection between living and dying by exploring the lives of nine modern-day men and women. This book is available for purchase in the Prairiewoods Gift Shop. Please read the following sections prior to that day's meeting:

Feb. 15: *Introduction: An Ars Moriendi for Today* (pp. xiii–xx)
Living toward a Good Death (pp. 1–17)

Feb. 22: *Trust: Joseph Bernardin* (pp. 18–43)

Feb. 29: *Love: Thea Bowman* (pp. 44–73)

Feel free to join this stimulating and supportive group at any time! For more information, contact Marj English, OSF, at 319-395-6700, ext. 216.

Fee: Suggested free-will offering of \$10 per session

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including Jan. 5), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group uses the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. Every other Thursday, the group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. It becomes a positive force in your life and provides direction for your journey, enabling you to embrace your truest self. For more information, contact Betty Daugherty, FSPA, at 319-395-6700, ext. 205.

Fee: \$5 per session

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
We have dedicated a page on our website to chronicle our generous supporters.
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

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Kristi Cooper
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Carol & Helen Nahrwold
In memory of Sandi Heires
Marj English, OSF
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The Prairiewoods Wish List

Throughout the year, the Prairiewoods staff identifies items that we need in various departments. If you have any of the following items, we would greatly appreciate the donation!

Basic Tool Kit for the Office
Blankets and Sleeping Bags to Cover the Sweat Lodge
Flameless Candles (Due to strict adherence to Fire Code policy, Prairiewoods guests are not allowed to burn candles or have other open flames inside the Center, Guest House or Hermitages. Flameless candles are a good alternative.)
Garden Rakes (although we have plenty of leaf rakes)
Long-Handled Spade Shovels
Pitch Forks and Garden Forks
Wheel Barrows
Yarn, Fabric and Other Knitting Supplies for Prairiewoods Knitters and Stitchers



Franciscan Sisters of Perpetual Adoration
 Prairiewoods Franciscan Spirituality Center
 120 E. Boyson Road • Hiawatha, IA 52233

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Holiday Shopping at Prairiewoods

You have probably purchased all of your holiday gifts and even have them wrapped and ready for giving. (But if you find yourself laughing at that statement, don't worry—we can help!)

The Prairiewoods Gift Shop offers a wide assortment of books, CDs, scarves, Fair Trade products and ecologically-minded gifts.

And for those on your list who are hard to shop for, consider a Prairiewoods gift certificate. Our gift certificates can be purchased in any denomination and can be used for holistic services, programming or gift shop purchases.

