



PRAIRIEWOODS

Franciscan Spirituality Center

A Place of Peace and Transformation

2012 Retreats

120 East Boyson Road • Hiawatha, Iowa 52233 • 319-395-6700 • www.prairiwoods.org

Make the Seemingly Impossible Become Possible

What would our lives look like as expressions of a shared vision of the possible we find in God? Francis of Assisi suggested, "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

Declaring a possibility wholeheartedly can, in fact, be transforming. What's possible with God? With Earth? With Self? With Others? Within an expanding understanding of the Universe Story? Prairiewoods is a sacred space where people of all faiths and cultures are invited to explore and declare the possible.

Possibility creates something new. The Universe Story propels us into what appears impossible. The Franciscan Sisters of Perpetual Adoration (FSPA), who sponsor Prairiewoods, and our Prairiewoods staff invite you to take up the challenge to move forward, both individually and communally, in three components of life that hold power and promise: *inner transformation, authentic relationship* and *awakening consciousness*.

The vision that Prairiewoods continues to co-create is one of people everywhere, awakened and energized by the loving, creative Spirit of the Universe, forming a learning community that moves together into wisdom, compassion and the fullness of life.

What is the possibility we stand for? Do we dare to declare a future that has the quality of being and aliveness that we choose to live into? Do we dare to declare a church, a world that we desire to inhabit?

So it is that the retreats listed in this brochure invite all of us to accompany one another on our spiritual quests and to embody what seems—the impossible. We encourage you to enter into your own inner transformation, authentic relationships and awakening consciousness by reserving your place in a Prairiewoods retreat.



What types of retreats does Prairiewoods offer?

Prairiewoods tailors your retreat to address your needs and provide the most meaningful experience. For more information on any of the retreats listed on the following pages, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203, or ajackson@prairiewoods.org.

Directed Retreat

A directed retreat provides extended time for prayer, solitude and quiet. According to your preference, a daily one-on-one meeting with a spiritual director is provided. Retreatants enjoy comfortable guest rooms or hermitages and meals in quiet areas. Retreat length is flexible. You may schedule a directed retreat throughout the year.

Private Retreat

Private retreats accommodate individuals who desire time alone to pray and reflect using their own spiritual resources. Retreatants enjoy a comfortable guest room and meals in the quiet areas of the spirituality center or the solitude of the hermitage. You may schedule private retreats any time throughout the year.

Group Retreat

For groups or organizations, the Prairiewoods staff offers Days of Prayer and Renewal as well as weekend retreats on a pre-selected theme. These retreats provide opportunity for input on a specific theme along with time for private prayer, reflection and group dialogue. Staff members help create, guide and facilitate quiet time, activities and space.

Day Stay/Day of Prayer

Come for a day of quiet and personal prayer. You will enjoy a room at the Guest House to use for rest and relaxation during this day stay. If desired, arrangements can be made for you to meet with a spiritual director or holistic health practitioner.

Hermitage Stay

Two hermitages are available for those who seek the solitude and peace of the woods. Each hermitage has radiant floor heat and bath and kitchen facilities. Since the hermitages are solar powered, the electrical outlets do not accommodate appliances like hair dryers or computers. Bring food for your stay, though staples are provided.

Private retreats and private, directed retreats are available throughout the year. To arrange these, please contact Marj English at 319-395-6700, ext. 216, or menglish@prairiewoods.org.

The following pages describe retreats offered at Prairiewoods during 2012.
For the latest information on all retreats and programs, please visit www.Prairiewoods.org.
To register, contact Prairiewoods at 319-395-6700 or complete and mail the registration form on page 11.

A Wintry Reading Weekend Retreat



Friday, January 20, 6:30 p.m.–Sunday, January 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 retreat 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 (lodgers only)



Zen of Baking: Bread and Blessing Retreat II



Monday, January 30, 11 a.m.–Friday, February 3, 1 p.m.

Facilitators: Jill Jones; Ann Jackson, PBVM

The February blahs are a great time to 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 you to reflection:

*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 facilitators Jill Jones and Ann Jackson, PBVM, in the retreat kitchen for lots of recipes, baking, fun and healthy inspiration around wholesome nutrition. Participants will spend an afternoon visiting an organic garden and Stringtown Grocery in Kalona, Iowa.

The retreat will be limited to eight people and is almost full, so please contact Prairiewoods as soon as possible if you would like to participate.

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

Commuter Fee: \$300 includes presentations, cooking materials, Saturday lunch and dinner, and Sunday lunch

*This retreat is back by popular demand!
If you can't make it this year,
make plans to attend the third annual
Zen of Baking Retreat, January 14–18, 2013.*



FEBRUARY/MARCH RETREATS

Forgiveness: A Gift to Give Yourself Retreat



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

Facilitator: Vince Hatt

Forgiveness could be your key to happiness. It is not simply a one-time event. Rather, you enter into the process of forgiveness, which takes time. This retreat will help you learn and practice the steps in the forgiveness process, as well as discover how to maintain a spirit of forgiveness in daily life. The weekend

will hold a wonderful balance of input, individual reflection and prayer.

Vince Hatt regularly reflects on the gifts and challenges of

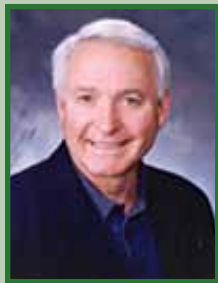
forgiveness to name the specifics of his life's purpose. A life-long learner, he has presented programs for 40 years with rave reviews from a variety of audiences. He holds a Bachelor of Science degree from the University of Notre Dame, a Master of Theology degree from Aquinas Institute and a masters 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.

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

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

Spirituality in the 21st Century

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



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

Facilitator: John Heagle, MA, JCL, LMHC

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 that are stirring in our hearts.

These are also the questions that this retreat explores. 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 God, to Earth and to one another.

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, John also has served as 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, held at St. Elizabeth Ann Seton Church in Hiawatha. The presentations will build upon each other, but participants may attend one or both days as stand-alone events. Both events are open to the public, but reservations are encouraged. For more information about this retreat or to add lodging, contact Ann Jackson, PBVM, at Prairiewoods at 319-395-6700, ext. 203.

Commuter Fee: \$25 for Friday only, \$50 for Saturday only, \$60 for both days (postmarked by March 5) or \$75 for both days (postmarked after March 5); *all fees are due at time of registration*

Full Voice: Unleashing the Power of Your Vocal Presence Retreat



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

Facilitator: Barbara McAfee

How can you speak so people will listen? Are you using all of the resources in your voice in service to your intentions, visions and purpose? What gifts residing deep inside you yearn for expression? How would your life be different if you were “unsilenced,” if your voice was alive, expressive, powerful and clear? No

matter what you do for a living, you spend a good part of every day in conversation at work, at home and in your community.

This retreat offers a memorable, pragmatic and playful way to ensure that your voice is congruent with your message. As a participant, you will explore five distinct vocal sounds using the Five Element Framework™. Then you will explore how sound can enhance everyday communication. In this dynamic, experiential retreat, you will learn common vocal habits that

interfere with powerful communication, understand how to access five essential leadership qualities through your voice, increase awareness of your own vocal habits, and discover practical ways to use your voice more effectively.

Given her own remarkable recovery from paralyzing stage fright, Barbara McAfee is walking (singing) evidence of the transformational power of the voice. Rooted in twelve years as an organizational development consultant, she has directed conferences, retreats and worship throughout the country to restore vitality and balance to individuals and organizations. In her 20 years as a voice coach, she’s been helping leaders, coaches, consultants, physicians, shower singers and teenagers to “find their voice”—whatever that means to them.

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

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

Beginner’s Eye: A Refreshing Way to Cultivate Clear Seeing Retreat



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

Facilitator: Thomas Roberts

This retreat is a delightful blend of mindfulness/contemplation/meditation, photography and Haiku to enhance your connection with your true self and the world around you. Beginner’s Eye will help you discover the fascination and beauty inherent in the small and deceptively trivial patterns, colors and

textures that exist in the world around you. As you allow yourself to become more connected to these things without the biases, filters and fears that often cloud the mind, your experiences and connections become rich and joyous.

Beginner’s Eye is based on the Zen notion of “beginner’s mind”: that open and spacious place in which you are completely receptive, fearless, totally present and connected to the wonder of each moment—a pure, clear seeing awareness where everything is fresh and new. This retreat will help remind you that everything that comes into your awareness is something you are experiencing for the first time!

The retreat begins with an introduction, meditation and the practice of clear seeing. You then enter “the field,” harvesting photographs and crafting Haikus to accompany your pictures. The retreat culminates in a spirited slideshow in which participants show their work and discuss how this experience is an integral component of the mindful/contemplative way of cultivating clear seeing.

No photographic experience is

necessary, nor is fancy camera equipment. This is not a competition, but a way of using photography to open your senses to the way you relate to the world. It is not about *what* you see, but *how* you see. The requirements for this retreat are a willingness to be open and creative, a blank memory card for your camera and some sort of photographic equipment. (Cell phone cameras are perfectly acceptable—really! If you have a DSLR, bring only one lens. Film cameras will not work well since you will be working with your photos the same day.)

A psychotherapist and hypnotherapist in private practice, Tom Roberts has more than 35 years of experience in clinical psychotherapy and his own Zen Buddhist practice. Over the last 40 years, Tom has become an advanced amateur photographer with a unique style of capturing often-overlooked elements of the environment. By constructing Haiku, he completes the full immersion into the continual flow of direct experiences. Tom is the author of *The Mindfulness Workbook: A Beginners Guide to Overcoming Fear and Embracing Compassion* (New Harbinger Press, 2009). He holds licenses as an

Independent Clinical Social Worker and Marriage and Family Therapist, and is certified as a Fellow with the National Board of Clinical Hypnotherapists, a Diplomate with the American Psychotherapy Association and an Addictions Counselor. Tom is an adjunct professor at Viterbo University and St. Cloud State University.

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

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



MAY/JUNE RETREATS

Presencing Retreat



Friday, May 11, 6:30 p.m.–Sunday, May 13, 1 p.m.
Facilitator: Ann Jackson, PBVM

Are you searching for a language and place in which to imagine and talk about a different way of being in the world? So often today, people feel “stuck” in old patterns of seeing and acting. This retreat will focus on learning to see anew through presencing—connecting to our deepest Source, from which our future evolves. This retreat will help you explore core capabilities that underlie your ability to see, sense and be new—in yourself, your family, your workplace and your organizations. Based on the book *Presence: An Exploration of Profound Change in People,*

Organizations and Society by Peter Senge, et. al., four gentle movements will guide you through this retreat experience: Learning to See, Into the Silence, Becoming a Force of Nature and Meeting Our Future. This retreat will feature a balance of input, individual reflection, group wisdom, and communal and personal prayer.

Facilitator Ann Jackson, PBVM, designs and coordinates retreats and also provides spiritual direction and retreat facilitation at Prairiewoods.

Fee: \$225 includes presentations, lodging and all meals
Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

Praying Our Dreams: Discovering God’s Messages Retreat/Workshop



Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.
Facilitator: Olga Wittekind, OSF

You dream, whether or not you remember the contents of your dreams. Dreams can open you into your inner landscape and help you to grow spiritually. Working and playing with your dreams can bring transformation and inner healing. In this retreat, you will use a Jungian approach to look at the archetypal images, learn about symbols and identify parables in your dreams.

Olga Wittekind, OSF, is a clinical psychologist and Jungian analyst. She studied at the Jung Institute in Zurich and Chicago. Sister Olga is the Director of the Oldenburg Franciscan Center

in Indiana. She is a retreat director, spiritual director and counselor who loves combining spirituality and personal growth.
Fee: \$225 includes presentations, lodging and all meals
Commuter Fee: \$175 includes presentations and daily lunch

There will be optional follow-up sessions on Thursdays in September from 6–8 p.m. This DVD Dream Workshop Series will prepare you to unpack your dreams individually and in a group. Subsequently, dream groups facilitated by Joann Gehling, FSPA, and Marj English, OSF, will meet the first and third Thursdays of each month (October through December), from 6–8 p.m.

Creating Sacred Space Retreat



Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.
Facilitator: Ruth Ipsan-Brown

Share the joy and creativity of using gifts from nature to create meaningful, artistic symbols to place in a personal, sacred space. While the final works of art are beautiful, it’s the process of seeing nature anew and finding and using what often is overlooked that is meaningful.

You will allow pieces of nature—such as sticks, twigs, stalks, leaves, stones, shoots and shells—to gather you in to your internal sacred space.

Each item you create “stories” you into being, such as constructing a small chair as a place to rest your thoughts. The works you create will symbolize in your sacred space your honoring the past, reverencing the present and inviting the

future. Giving thanks, you will touch and transform nature, and you will be touched and transformed in the process.

Ruth Ipsan-Brown has been an artist for more than 35 years. With an art degree and teaching certificate from the University of Iowa, Ruth teaches art in schools, art centers and private classes. “Using objects from nature has been my art form for only about four years, and it has become my most rewarding and spiritual work yet,” Ruth says.

Fee: \$225 includes presentations, art materials, lodging and all meals
Commuter Fee: \$175 includes presentations, art materials, and Saturday lunch and dinner



Spiritual Literacy: Reading the Books of Scripture, Nature and Experience Retreat



Sunday, June 17, 5:30 p.m.–Saturday, June 23, 1 p.m.

Facilitator: Trisha Keninger Day

It's been said that while *religion* is an attempt to define who God is and what you must believe, *spirituality* has to do with how and where you experience God. This retreat will focus on the latter by exploring some of the tools of spiritual literacy including awareness, intuition, playfulness and self-expression, as

well as the role the arts play in helping you get in touch with what lies beneath the surface of your life. You will spend the week using these skills in order to be attentive to what is being revealed about God's presence in your life through the Books of Scripture and other Wisdom traditions, as well as through the wonders and beauty of nature

and the ordinary events and circumstances of everyday life. Time also will be set aside each day for you to use however you wish.

Trisha Keninger Day, author of *Inside the School of Charity—Lessons from the Monastery*, has extensive experience leading retreats that focus on living more intentionally and attentively. Married and the mother of two adult children, Trisha is a writer and ardent reader of all kinds of books. She also enjoys playing her harp (when no one else is listening) and working on the many art projects that keep accumulating in her basement.

Fee: \$400 includes presentations, lodging and all meals

Commuter Fee: \$300 includes presentations, opening dinner and daily lunch



Silent Directed Retreats



Sunday, June 17, 5:30 p.m.–Saturday, June 23, 1 p.m.

and Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

Facilitators: Betty Daugherty, FSPA; Marj English, OSF; Lucille Winnike, FSPA; Ann Jackson, PBVM

Prairiewoods offers week-long Silent Directed Retreats twice each summer—one in June and one in July. These retreats provide extended time for prayer, solitude, quiet and peace.

In the beauty of 70 acres of prairie and woods, you will find quiet time and space to experience more deeply the God within you, within your personal relationships and in all of creation. The time throughout the week will be yours to spend in silence in any way that helps foster your sense of spirituality.

You may enjoy a comfortable room in the Guest House or choose to stay in a Hermitage for even more privacy. The Prairiewoods chefs will provide you with nutritious meals that you can eat in silent areas in and around the spirituality center.

You will break your silence for a daily one-on-one meeting with a spiritual director, who will help you reflect on your spiritual journey. An optional quiet period of communal prayer will take place each evening before dinner.

Silent Directed Retreats are ideal for anyone who could use a little quiet time. They are excellent opportunities to:

- take time out from everyday life to consider what is important to you and how you have grown throughout the years
- restore your physical, emotional and spiritual energy
- balance your body, mind and spirit
- remember and re-engage the simple things in life that offer you joy and happiness
- learn new ways to pray and meditate in order to live a whole and balanced life
- build inner strength and courage by deepening your understanding of and ability to develop and sustain spiritual practices, which can lead to contentment
- reflect on the many facets of an important decision you may be making
- get back to nature and experience the interconnections of life

These retreats fill up quickly. If you would like to register, please contact Prairiewoods at 319-395-6700 or complete the registration form on page 11.

Fee: \$400 includes spiritual direction, lodging and all meals (lodgers only)

This is a popular retreat offered in both June and July. When registering, please specify the month you would like to attend!

JULY RETREATS

Nurturing the Sacred Within Retreat



Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

Facilitator: Corrina Thomas, FSPA

We are as multidimensional as the universe. We have bodies, emotions, thoughts and ideas. We live in a world with communities and governments, technologies and history, and we ponder the mysteries of earth and sky, spirit and matter, here and hereafter. We ask ourselves: *Who are we? What are we?*

One way of answering these fundamentally spiritual questions is to get in touch with a sacred system that lies within each person, known as the Chakra system. Chakras are the bridge between the spirit and matter and are a model that represents the integration of body, mind and spirit. It is an ancient metaphysical system that diagrams the interrelationship between various aspects of our multi-dimensional universe.

Chakras provide a map to personal growth, whether focused on rising above the limitations of your life to better understand spiritual realms or bringing spiritual concepts into your everyday life. Regardless of which pathway you are on, this

model helps you explore the many layers of human experience and deepen your understanding of your unique design.

In this retreat, we will introduce the Chakra system and teach you to honor the concepts and theories of this God-given gift. You will learn to merge your sense of self on various levels and live based on what is authentic and unique to you.

Corrina Thomas, FSPA, is passionate about the New Universe Story and an evolutionary spirituality that sees the Divine as the primary causality for creation and constitutes the unique ground of our being. Her ministry background includes spiritual direction, retreats and workshops. Corrina was born and raised in India and, therefore, brings into her ministry the wealth of her interreligious and intercultural experience, a harmonious blend between east and west. Her education includes master's degrees in Franciscan studies, culture, and spirituality and communications.

Fee: \$400 includes presentations, lodging and all meals

Commuter Fee: \$350 includes presentations, opening dinner and daily lunch

Yoga Retreat



Sunday, July 22, 6:30 p.m.–Saturday, July 28, 1 p.m.

Facilitator: Mary Morrow

When bright summer days reach a peak, your determination, strength and confidence will build as you learn active standing yoga postures. While these beneficial poses strengthen, tone and heal the body, the purpose of yoga goes far beyond. Its methods bring joy and teach you to have more fun with less stress.

In Anusara Yoga™, a style that combines Universal Principles of Alignment with a life-affirming philosophy, this gift of life is celebrated. Learning how to align your body improves chronic conditions, such as tension in the neck, back and shoulders.

Proper breathing and relaxation minimize the effects of aging and stress, and meditation practice guides you to your creative source.

During this week-long retreat, active yoga postures, breathing techniques and relaxation methods will bring harmony to your body, mind and heart. You will use chant, meditation and guided visualization to further align

with the flow of health and wholeness. Whether you have experience in these disciplines or wish to explore them for the first time, you can participate in this time of personal refreshment and rejuvenation.

Mary Morrow, founder of Laughing Cobra Yoga, is an Anusara™-inspired yoga teacher and an Experienced Registered Yoga Teacher from Yoga Alliance. Mary has more than 3,000 hours of experience instructing yoga, and this retreat qualifies for CEUs. She is certified in Phoenix Rising Yoga Therapy and has studied extensively with national and international yoga professionals since 1991. Mary combines humor, sensitivity and compassion as she weaves life stories and mythology into her teaching. She is available to schedule private yoga instruction or yoga therapy outside the group process for an additional fee. To learn more about Mary, visit www.laughingcobrayoga.com.

Fee: \$400 includes yoga instruction, lodging and all meals

Commuter Fee: \$325 includes yoga instruction and daily lunch



Integrating Energy Centers of the Body Retreat



Sunday, July 29, 6:30 p.m.–Friday, August 3, 1 p.m.

Facilitators: Karen Kappell, FSPA; Nancy Hoffman, FSPA

Revive your spirit by focusing on the seven core energy centers in your body. This retreat will provide integrating experiences in storytelling, healing, art, music, quiet reflection, prayer, T'ai Chi Chih® and Qi' Gong. You will learn ways of going to the Source of God's healing through meditation, ritual, movement, dialogue and the gentle practice of self-renewal. By the end of the retreat, you will create an abstract set of paintings on canvas that can be used in meditation and displayed in a sacred space to awaken you to God's healing energy.

Karen Kappell, FSPA, is an artist and teacher who has used art in combination with spiritual direction to create retreats and opportunities that develop personal creative potential. She believes that silence and beauty surface the creativity that lies within each person. Karen ministers at Marywood Franciscan Spirituality Center in Woodruff, Wisconsin, where she produces art in a variety of media in her art studio.

Nancy Hoffman, FSPA, is a Prairiewoods staff member and licensed massage therapist trained in healing touch, spiritual direction and a variety of healing modalities. As a certified Tai Chi Chih® teacher, Nancy enjoys simple reflective movements that enrich your relationship with yourself, God and Earth.
Fee: \$425 includes sessions, materials, lodging and all meals
Commuter Fee: \$375 includes sessions, materials, opening dinner and daily lunch



Drum Wisdom, Drum Making Retreat



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

Facilitator: Wayne Manthey

Create the sacred gift of a hand drum and drum stick in this retreat. You can choose the size and frame of your drum and customize variables that impact sound. This retreat will help deepen your understanding of the sacred role of drums as creative conduits, and you can even participate in outdoor drum circles.

Drum maker and storyteller Wayne Manthey weaves stories and spirit into the creation process. He lives out of the simple assumption that all living things vibrate at unique frequencies

and that the connection between drums and people is a natural one. "People are drawn to drums for different reasons," says Wayne, "and whether that attraction is guided by spirit, emotion, intellect or natural instinct, the effect is always the work of some deeper wisdom." This retreat will be limited to 12 people, so please register early.

Fee: \$290 (13-inch drum) or \$315 (16-inch drum) includes presentations, materials, lodging and all meals
Commuter Fee: \$240 (13-inch drum) or \$265 (16-inch drum) includes presentations, materials, Saturday lunch and dinner, and Sunday lunch

Participating in the Incarnation: The Mysticism of Teilhard de Chardin Retreat



Friday, September 14, 6:30 p.m.–Sunday, September 16, 1 p.m.

Facilitator: Barbara Leonhard, OSF

Teilhard de Chardin, SJ, was one of the great 20th-century mystics. Far ahead of his time, he found himself immersed in a profound experience of the sacredness of all life. His life story and writings will inspire you to be attentive to the divine energy at work within you and in the universe. In this retreat,

presentations and sharing will focus on the ways in which you relate to Chardin's insights, ample time for personal prayer and opportunities to pray together.

Barb Leonhard, OSF, has been an Oldenburg Franciscan for

44 years. She holds a master's degree in Biblical Studies from the Catholic Theological Union in Chicago and a doctorate in Christian Spirituality from the Graduate Theological Union in Berkeley. Barb ministered in formation both in her Oldenburg community and with the Franciscan Sisters of Mary in Papua, New Guinea. She currently teaches in a variety of settings, is a spiritual director and leads retreats. Barb's life-giving hobbies include photography, hiking, growing flowers, bread-baking, knitting and poetry writing.

Fee: \$225 includes presentations, lodging and all meals
Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

Spiritual Exercises in Everyday Life (S.E.E.L.)



**Saturdays, September 15 & May 4, 9 a.m.–3 p.m.
and Saturdays, October 13, November 3, December 8, January 19, February 23, March 16 &
April 20, 9 a.m.–noon**

Facilitators: Betty Daugherty, FSPA; Marj English, OSF; Ann Jackson, PBVM; Lucille Winnike, FSPA

“Spiritual Exercises in Everyday Life offers a way to reflect and sift through life’s experiences and to discover in them the leading thread of God’s longing and desire to make us a holy people who are given in service to others.”

—Smith and Merz, Moment to Moment



Spiritual Exercises in Everyday Life (S.E.E.L.) is a nine-month retreat based on the spiritual exercises of St. Ignatius of Loyola. Ignatius recognized that not only the intellect but also the emotions and feelings help us come to a knowledge of the movement of the Spirit in our lives. There is no one method of Ignatian prayer; Ignatius drew on a number of sources, and the Exercises contain different kinds of prayer. A readiness to pray with Scripture is important. Group discussion, individual reflection and individual spiritual direction are also part of the Ignatian Exercises, which are oriented to mission and rooted in contemplation. The Exercises also develop dispositions of the heart, which then become part of daily life.

Do you long for GOD? Do you desire time to reflect on your own spiritual path and the movement of

the Spirit within your life? Would you like to enrich your spiritual experience through monthly prayer and reflection? Do you want a framework in which to explore and pray your “heart’s desire”? As a retreatant in S.E.E.L., you will become better able to discern your inner desires and to see how God is working in your life and in the world. You will learn how to bring together contemplation and action. You will become increasingly aware of the presence and activity of God in all things.

We invite you to consider participating in this retreat over a nine-month period—September 2012 to May 2013. Participation in S.E.E.L. requires a time commitment: we invite you to commit to one hour of prayer each day for nine months; monthly meetings with a spiritual director; two Saturday retreat days on September 15 and May 4, from 9 a.m. to 3 p.m.; and seven monthly Saturday sessions in October through April, from 9 a.m. to noon.

This retreat would be best suited for you if you have or are interested in establishing a discipline of regular personal prayer, have experience sharing your spiritual journey with others, and are called and committed to deepening personal faith and nurturing a spirituality that transforms society.
Commuter Fee: \$450 (payable in September 2012 or \$50 monthly if necessary), plus cost of monthly spiritual direction



Splendid Presence: The Path of Clarity, The Wisdom of Discernment Retreat



Friday, October 12, 6:30 p.m.–Sunday, October 14, 1 p.m.

Facilitator: Thomas Roberts

“So I can speak to you not of the Truth, but of the obstacles to the truth.” —Anthony De Mello

Contemplative meditation and discernment are two feet on the same path—both require you to work on clearing away the obstacles, the hindrances, the distractions that interfere with accessing and living fully within your true, authentic self.

By learning to see clearly, you can exercise greater discrimination of life-enhancing thoughts, feelings and actions; a more keen perception of God’s role in your life; a greater understanding of God’s love beyond the obvious or superficial; and greater insight into the role that compassion plays in your spiritual journey. This contemplative discernment retreat will enhance your spiritual exploration with practical exercises that

can bring you great wisdom, joy and freedom.

This experiential retreat by Thomas Roberts, LCSW, LMFT, will draw upon the teachings and practices of mindful discernment from various traditions to be relevant to those on a spiritual path. Tom has gained widespread recognition as a healer, educator, author and speaker who shares practical strategies for enjoying a healthier, happier, more fulfilling everyday life. A licensed psychotherapist and clinical hypnotherapist of more than 30 years, Tom is the author of *The Mindfulness Workbook: A Beginner’s Guide to Overcoming Fear and Embracing Compassion* (New Harbinger Press, 2009).

Fee: \$225 includes presentations, lodging and all meals
Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

The Site of the Soul: Writing about Sacred Places Retreat



**Friday, October 12, 6:30 p.m.–
Sunday, October 14, 1 p.m.**
Facilitator: Tim Bascom

Can one place be more sacred than another? Does the Divine shine there like a burning bush that will not stop burning? For some seekers, there are recognized sites that seem saturated with holiness, confirming their set-apart, special status—the

village of Lourdes in France or El Santuario de Chimayo in New Mexico. For some, the Sacred is encountered closer to home, shining forth in quirky, unexpected locations—an ancient burial mound, a community garden, a neighborhood tree, a subway tunnel, a tidal pool. In any case, writing is a way to revisit these significant places, understanding why they affect us spiritually. During this retreat, you will read about the long tradition of sacred places (biblical, historical and literary), using writing to reflect on several personal sites. You will share insights from your writing and receive helpful writing feedback. Writers at all levels are welcome.

Tim Bascom, whose essays have been selected for Best American Travel Writing and Best Creative Nonfiction, has led numerous retreats and workshops at Prairiewoods and the Iowa Summer Writing Festival, including ones on “The Spirit of Travel” and “The Contemplative Essay.” He published a memoir about his early boarding school experience as a missionary kid in Ethiopia (*Chameleon Days*, Houghton Mifflin, 2006), and he currently is working on another memoir (*Running to the Fire*) that explores how going back to Ethiopia as a teen, despite a violent revolution, felt fulfilling, like arriving in his spiritual home.

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

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

Meditation Retreat

Friday, November 2, 6:30 p.m.–Sunday, November 4, 1 p.m.

Facilitators: Prairiewoods Staff

This retreat is for those just learning about meditation or those who desire to deepen their present practice of meditation and spend a weekend in prayer and silence. This weekend will include presentation and practices of Zen meditation, mindfulness, meditation, chanting and sounding, and centering prayer. Optional holistic energy work and spiritual direction are also available.

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

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

Prairiewoods Retreat Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Retreat Attending: _____

Retreat Dates: _____

I have a preferred spiritual director: _____ yes no

My preferred spiritual director is: _____

I will need overnight accommodations. _____ yes no

The date and time I will be arriving: _____

The date and time I will be departing: _____

I would like a: _____ single room double room

I need a first-floor room because of my health. _____ yes no

I need meals in addition to those included. _____ yes no

The extra meals I need are: _____

My dietary restrictions are: _____

A \$25 non-refundable deposit confirms your registration and is applied to the overall registration fee. Mail this form with a check or money order (payable to Prairiewoods) to:

Prairiewoods
Attn: Retreats
120 E Boyson Rd
Hiawatha, IA 52233

Scholarships are available. Contributions to our endowment help others attend retreats.

Retreat fee(s): \$ _____

Deposit: \$ _____

Additional lodging: \$ _____

Endowment Fund: \$ _____

Total Enclosed: \$ _____

For more information on any retreat, please contact Ann Jackson, PBVM, at 319-395-6700, ext. 203.

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

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“The spiritual life does not remove us from the world but leads us deeper into it.”

—Henri Nouwen