

# Prairiewoods

March/April 2012

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

## Presenting Spirituality in the 21st Century Speaker

The following text is an excerpt from pages xvi–5 of John Heagle’s book *Justice Rising: The Emerging Biblical Vision* (Orbis Books, 2010). We hope it introduces you to our March 16–17 speaker, in his own words.

“The first recorded words of Jesus in the Gospel are a summons to change. “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news” (Mark 1:15). ... The need to change goes beyond culture, politics, and religious institutions. It confronts human persons at the core of their being. “The journey of a thousand miles,” in the familiar words of Lao Tzu, “begins with one step.” ...

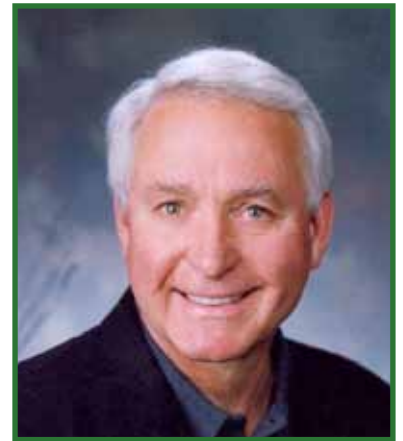
It [this journey] is not just any voyage that we share. This is a journey toward deeper and more expansive life. Specifically, it is a passage toward *liberation*. We are a part of a universe that is still coming alive, still unfolding in hope. The J. B. Phillips translation of the Christian Scriptures says it well: “The whole creation is on tiptoe to see the wonderful sight of the sons [and daughters] of God coming into their own” (Rom 8:19).

What would it imply for our communities of faith “to come into their own”? What would it mean for each of us, as members of the human race, to live out the truth of our calling? There is indeed an emerging, shared intuition that creation is standing on tiptoe, straining to see in what direction the human community will choose to walk. It is as though we are summoned to a new moment of shared responsibility, poised at the edge of vast possibilities. A persistent inwardness stirs in our consciousness, like a new dawn breaking through the morning clouds, a promise waiting to be realized. There are things hidden since the beginning of time that are still being revealed, secrets of the reign of God to be embodied, creative energies waiting to be set free. The question is whether we will hear this invitation. Have creation and God’s good earth unfolded through 13.7 billion years only to end in our communal failure to choose life? Or will we make the next step in the journey toward authentic freedom? ...

We are speaking of a mystery

that is unfolding in all of creation, not just with human beings. This is what Loren Eiseley describes as the “immense journey” of creation—the unfolding of the universe through the evolution of energy, matter, biological life, and human consciousness. In this sense, the entire 13.7 billion years of this universe is salvation history. Liberation has been at work for all these billions of years.

Evolution is itself a transformative passage—an exodus—from less complex forms of life to more developed forms. Its path is clearly toward deeper awareness and reflective consciousness, for it flowers in the gift of intentional freedom—the challenge of taking responsibility for the care of the earth and of being compassionate toward our sisters and brothers. It is a passing over from (apparently) inert being to becoming vibrantly alive, from being bound by externality to blossoming into inwardness and the surprise of creative imagination.



John Heagle

The contemporary theologian and cosmologist John Haught describes this parallel between our faith tradition and the way that we have come to view the journey of the universe. The first image that should come to mind when we read or hear the word of God, he maintains, is *liberation*. ... To bring about “new being, more being, and more intense being” in the world ... The first step toward reimagining the meaning of biblical justice as a path toward peace requires that we embark on this more expansive worldview. It challenges us to open our horizons, to take the wide-angle view that Teilhard, Haught, Thomas Berry, Brian Swimme, and other cosmologists are inviting us to embrace today.”

Prairiewoods Franciscan Spirituality Center is the sole sponsor of this event. Both Friday and Saturday’s events are open to the public, and registrations are encouraged. Limited lodging is available at Prairiewoods. A block of rooms also has been reserved at a nearby hotel. For more information or to register, contact Prairiewoods at 319-395-6700 or download a registration form at [www.Prairiewoods.org](http://www.Prairiewoods.org).

**Who:** John Heagle

**What:** Spirituality in the 21st Century  
*Coming of Age in the Milky Way: Spiritual Transformation and Creative Hope!*

**Where:** St. Elizabeth Ann Seton Church  
1350 Lyndhurst Dr. in Hiawatha

**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)

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Donna Venteicher, FSPA

We are delighted to be here at Prairiewoods as we look ahead to a year filled with promise. Yes, we know there is work to be done and hurdles to cross, but the thought that the Spirit is always inviting us to stretch and grow, to enter into a blessed newness, eases the sense of any doubt we might hold within. As we move forward, we want to continue to build on the past, but also encourage and facilitate genuine newness.

One of our favorite philosophers and authors, Beatrice Bruteau, writes that evolution—or growth—needs two things to unfold: stability and novelty. Just as the universe has developed in a sequence of time and events, with each new step dependent on what has gone before, the future of Prairiewoods is supported by all that has been built over the past 15 years. This kind of stability is invaluable. But also, just as the universe is in a constant state of cosmogenesis, a continuous movement of imaginative unfolding, so we at Prairiewoods wish to be open to new and creative possibilities. We must continue to develop our potential.

How will this happen? Fortunately Prairiewoods is hugely blessed by community. We have the community of our staff, the community of a loyal and active board, the marvelous support of many friends, and beyond that, a Franciscan Community whose support makes it all possible. And we know that within every community, every circle of support, there are individuals who are uniquely gifted. We have those in abundance. Within our supportive communities, we see a gold mine of strength, a variety of interests, skills and gifts. We feel richly blessed by these circles of energetic and committed people, passionate for the mission of the Center, who will continue to affirm the movement forward.

In this community, we have a commonly held belief: that all of us are called to further God's kingdom here on Earth. It is we who are asked to do the needed work by letting the Source of All Being use us and the talents we have been given to work together in harmony.

So we embrace this New Year, knowing that we live in a world of stupendous beauty and promise. We will look for new opportunities, even as we face the challenges of a world that continues to change with remarkable speed. It is our hope that in this place of peace and transformation, we can firmly fix all our energies on the side of that which is life-affirming and unifying. We will do it with you.

Joann Gehling, FSPA  
Interim Co-Director

Donna Venteicher, FSPA  
Interim Co-Director



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 with an increasing awareness of the story of the Universe.

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.

Please address all correspondence to:

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120 E Boyson Rd  
Hiawatha, IA 52233  
319-395-6700

[www.Prairiewoods.org](http://www.Prairiewoods.org)  
[Ecospirit@Prairiewoods.org](mailto:Ecospirit@Prairiewoods.org)



SAVE THE DATE...

3rd annual

## Linn County

# LOCAL FARMER & CSA FAIR

building relationships between  
farmers and the community

**MARCH 18, 2012, 2-5 p.m.**

Prairiwoods Franciscan Spirituality Center  
120 East Boyson Road, Hiawatha, IA 52233

Join us for the third annual Local Farmer and CSA Fair to meet some of Iowa's Community Supported Agriculture (CSA) and local food farmers. These farmers will have information available for those interested in finding out how to add fresh fruits & vegetables and other local foods to their diet throughout the Iowa growing season. The fair will also include music, snacks and refreshments.

A **CSA** is a weekly subscription program for vegetables. CSA is a way for consumers and farmers to join together in support of local agriculture. Members purchase a share of the harvest in advance of the growing season. In return you receive a weekly supply of high-quality, locally grown fresh vegetables and herbs throughout the growing season.

The fair is sponsored by



*for more information contact*

Jason at [jason@ivrkd.org](mailto:jason@ivrkd.org) or 319.622.3264 or Emy at 319.395.6700



## OUR “WOW” MOMENTS

### Identifying Personal Moments of Insight

In an interview with *U.S. Catholic* some years ago, cosmologist and author Brian Swimme said that humans were created for a sense of delight, for a sense of astonishment. He said that, as aware and conscious beings, it is our role to observe all we see around us and say “WOW.” Brian is saying that the Universe is so incredible, so amazing, mysterious and fascinating, that we humans cannot help being caught up and transformed by the experiences offered to us by our home—our beautiful, fragile planet.

We’ve invited a few of our friends to share a WOW moment—a time in which they were gifted with a surprising insight, a moment of grace. Here are some of their responses.

“This WOW moment happened when I was a teenager. I grew up in Minnesota, weeding the vegetable and flower gardens for my mother. On a trip to Illinois, as I was sitting against a tree, reading and praying, I noticed the weeds around me. They were different weeds than the weeds in Minnesota! I burst out laughing at a God who could be so creative and humorous as to make weeds different just a few hundred miles away. I felt in awe and enriched to live in a world with infinite variety—even in the weeds.”

~ Cynthia Madsen

“I have many WOW moments and most of them involve animals. I feel closest to God in the presence of animals. For a number of years, a magnificent three-legged buck lived in our neighborhood. One moonlit winter night a fresh snow was falling. I was reading in my living room and felt I was being watched. I was startled to see the face of a large buck looking in the front window. I went to the window. It was the three-legged buck. He looked at me and then left. I looked into the back yard a short time later and he was standing on the hill, looking toward me.

Even though it was bitterly cold, I felt compelled to go outside. I put on my boots and coat and slowly walked up the hill toward him, snow crunching under my boots. The buck watched me but did not move. I got within a few feet of him and stopped. The sky was pink and the snow blue under the full moon. The buck and I stood in close proximity, in peace, in silence and with no fear of each other, sharing the quiet beauty of the night and the pure new snow falling on our faces.”

~ Laurie Crawford Stone

“It was early fall and I was spending time in one of the Prairiewoods hermitages, engaged in a difficult discernment about my participation in the process for leadership in my religious community. Uncharacteristically, there was not a lot of active life in the woods beyond my window, save for one robin that literally never went away. For a while she perched in the bare branch of a tree where she simply hovered over me. At other times, she flew down to the threshold space just outside my door, danced around a bit, then stopped and stared right in at me until our eyes literally locked. When I left the cabin, I would, on my return, find her on the path, and she pranced ahead of me, leading me back into the hermitage. I claimed her as a faithful friend; a guide; and, robin that she was, a harbinger of some promised new springtime in my life. While there, I knew in the way only the heart can that, after twelve years in leadership, it was time to let go.

Some weeks later, after communicating my decision to my congregation, I received a letter from one of my sisters in community. When I opened the letter, I could hardly believe what I saw and read. There at the top of the page was a photo of a robin on a branch. It looked exactly like the one who had companioned me during my days of discernment at Prairiewoods. The woman who sent the letter, affirming my decision about leadership, said that, knowing my love for deer, she had hoped to find pictures of a deer, but all she could find was this robin. I was truly moved by the realization that there is indeed something more going on in life. We are held in and connected by an all-pervasive tender loving holy energy. I know it, because a robin tells me so!”

~ Mary Ann Zollmann, BVM

“I have lots of memories of times when I felt especially aware of the universe and sensed myself as part of a great mystery. When I was 9 or 10, I sprawled on my stomach on a neighbor’s lawn when a small cricket hopped into view—only he had one leg missing. I watched him for a long time and marveled at his adaptability and endurance, feeling a profound connection to the world in which I live. It seemed to me that he symbolized our ability as humans to accept suffering with courage and dignity, knowing that we are part of something greater than ourselves.”

~ Lois Bartelme

## Lent—Leading to Resurrection

by Betty Daugherty, FSPA

Those 40 days we call Lent are upon us. It is a time to give greater attention to the meaning of Jesus' presence among us, and in particular, to the meaning of his life and resurrection. And so we ask ourselves: *What does Jesus' resurrection mean for us today?*

Looking at current theological views of the meaning of resurrection might well change everything about our approach to our Lenten days.

These quotations from Christian theologians open the door to the power of resurrection:

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“The theme that Christ is at the center of creation is also a powerful biblical rediscovery of our time. He is the Word through whom all things were made; as the firstborn of creation he is the one in whom all things hold together. ... This kind of Christology offers a powerful deterrent to exploitation of the earth for the earth is pervaded with significance within the divine milieu. ... In our day the humanocentrism of much of Christology is expanding toward a cosmic vision of the significance of Jesus Christ. Both the example of Jesus and Spirit christologies point the way toward a new, urgently needed appreciation of the universality of reconciliation at work in the world through Christ. The promise of redemption is meant for all the peoples of the world and for the whole cosmos itself.”

~ Elizabeth Johnson, *Consider Jesus* (pp. 141–143)

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“The Resurrection was like an explosion of light, an explosion of love which dissolved the hitherto indissoluble compenetration of ‘dying and becoming.’ It ushered in a new dimension of being, a new dimension of life in which, in a transformed way, matter too was integrated and through which a new world emerges. It is clear that this event is not just some miracle from the past, the occurrence of which could be ultimately a matter of indifference to us. It is a qualitative leap in the history of ‘evolution’ and of life in general toward a new future life, toward a new world which, starting from Christ, already continuously permeates this world of ours, transforms it and draws it to itself.”

~ Pope Benedict XVI, quoted by Ilia Delio, *The Emergent Christ* (pp. 75–76)

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“Christians believe in bodily resurrection, and bodies are inseparable from the material universe. In some sense, therefore, resurrection, if it is not an irrational belief, must be the destiny of the entire universe, not simply of perishable

### Hope

Everything in God's economy is used for good.

Our toil, our suffering, become milk and honey.

Just me and my pen  
and you and your plow  
us and our song

O let us feed the world  
with our humble works,  
through the risen Christ  
in whom we place our hope.

~ Jean Elliott Junis

(Jean is a teacher and poet  
living in Iowa City.)

She has been a familiar face at  
Prairiewoods since its beginning.)

human lives. So Christian theology, today more than ever, must find a way to connect the whole cosmic story to that of Jesus Christ ‘in whom all things consist’ (Col 1:17). ... The Christian must have hope for the whole universe because the resurrection of Jesus demands it.”

~ John Haught, *Christianity and Science: Toward a Theology of Nature* (p. 155)

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“The Wisdom of God has always been at work, enabling each creature to be and to become. In Jesus risen, a specific human being is radically united with the power of divine Wisdom at work in the universe. In the resurrection, Jesus of Nazareth becomes the Cosmic Christ. The humanity of Christ achieves a new relation with the material universe in the resurrection. The resurrection involves this humanity in Wisdom's cosmic work.”

~ Denis Edwards, *The God of Evolution* (p. 122)

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“There are three important principles at work in Rahner's theology which can be brought together at this point: first, the understanding that our relationship with God is permanently mediated through the humanity of Christ; second, the conviction that God's relationship with human beings is always also a relationship with the whole cosmos in and through human beings, who are the cosmos come to self-awareness; third, the concept that the whole cosmos forms a unity with the risen Jesus, so that his resurrection is the beginning of the divinization of the world.”

~ Denis Edwards, *Jesus and the Cosmos* (p. 104)

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In light of the thoughts of Pope Benedict and these representative theologians, it seems that the way we approach Lent could be different. Since the whole world is transformed through the resurrection of Jesus, our relationship with the material world is raised to a spiritual level.

Lenten practices that lead toward resurrection in this sense come out of a vision of Christ who brings all things together. We give greater purpose to our lives as we enter into a new relationship with Earth. Our spiritual tradition of a Lenten practice can be directed toward cutting our ecological footprint. Just a few ideas:

- Lessen the amount of carbon dioxide emissions in the atmosphere by eating more locally grown foods.
- Support green energy options. Investigate the use of solar and wind power.
- Support organizations involved in protecting the environment.
- Encourage peace activists or become involved yourself.

# RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

## **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.**

**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”? No matter what you do for a living, you spend a good part of every day in conversation.

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.

Given her own remarkable recovery from paralyzing stage fright, Barbara McAfee is walking (singing) evidence of the transformational power of the voice. With twelve years experience as an organizational development consultant, she



has directed retreats throughout the country to restore vitality and balance to individuals and organizations. In her 20 years as a voice coach, she has helped numerous people “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:** Tom 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. It will help you discover the fascination and beauty inherent in small and deceptively trivial patterns, colors and textures. As you allow yourself to photograph and become more connected to these things without biases, filters or fears, your experiences and connections become rich and joyous.

No photographic experience is necessary, nor is fancy camera equipment. This retreat is not about *what* you see, but *how* you see.

A psychotherapist and hypnotherapist in private practice, facilitator 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.

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

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



## **Opportunities for Exploring Dreams**

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. (The cost is \$225 or \$175 for commuters.)

Another opportunity is the *Dream Workshop DVD Series* on Thursday evenings in September from 6–8 p.m. (The cost for this four-week series is \$80, or \$72 if paid by August 1.)

Participants in this workshop series then will have the opportunity to join small dream groups that will meet from 6–8 p.m. on the first and third Thursdays from October through December. (The cost for this six-week series is \$120, or \$108 if paid by August 1.)

If you have questions, contact Marj English, OSF, at 319-395-6700, ext. 216, or [menglish@prairiewoods.org](mailto:menglish@prairiewoods.org). Please plan ahead, as space is limited and registration is required. To register, contact Prairiewoods at 319-395-6700 or [nrood@prairiewoods.org](mailto:nrood@prairiewoods.org).

## Women's Month at Prairiewoods

Celebrate all that is feminine during Women's Month at Prairiewoods. Bring the women in your life to one or all four of these Thursday evenings in March. Andrea Jilovec and Emy Sautter will co-facilitate each week. 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.**

Join veteran dancers, instructors and sisters Alison Frerking and Pam Hyberger as they introduce you to this deeply feminine 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 Feminine Power, and balance the feminine and masculine parts of each person. Sharing food is an intimate way to add to your personal, traditional and cultural stories. Joann Gehling, FSPA, will guide you through this evening of cultural traditions. Please bring some "moon" food to share. (Moon food is usually white and/or round like the moon—think cookies, various breads and apples. Moon food is preferred, 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. Nancy Hoffman, FSPA, and Mary Ellen Dunford will share holistic practices—such as massage, tai chi, reflexology and healing touch—you can easily incorporate into your life for physical health and spiritual well-being.

### The Phases of Womanhood

**Thursday, March 22, 6:30 p.m.**

Join us as we examine 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.

New programs have a way of popping up right after the newsletter goes to print! Keep up with the latest developments by checking the Prairiewoods website at [www.Prairiewoods.org](http://www.Prairiewoods.org), browsing brochures in the Center or calling Andrea Jilovec at 319-395-6700, ext. 202.

### Finding Meaning through Creativity Advancing Along Our Creative and Spiritual Journey

**Mondays, March 5, 12, 19, 26,  
9:30–11:30 a.m.**

**Facilitator:** Michelle Fischer

"Where the spirit does not work with the hand there is no art." ~ Leonardo da Vinci

Prairiewoods is pleased to continue this very popular 4-week class with artist, teacher and art-coach Michelle Fisher. She will help you explore your individual creative gifts and will take you through instruction and critique as a means of strengthening your skills and talents as a visual artist. Michelle will help you to open creative channels for inner and outward transformation. Please bring your artwork in progress to each class.

**Fee:** \$20 per class or \$72 for four-week series (paid by March 5)



### 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 per family



# PROGRAMS

## Seasonal Celebrations

Celebrate the changing seasons with Prairiewoods, Indian Creek Nature Center and Wickiup Hill:



*Spring Equinox*  
March 18 (2 p.m.)  
at Indian Creek



*Summer Solstice*  
June 20 (6 p.m.)  
at Prairiewoods



*Fall Equinox*  
Date and time TBD  
at Eastern IA Observatory



*Winter Solstice*  
December 20 (6 p.m.)  
at Prairiewoods

## Local Farmer & CSA Fair

**Sunday, March 18, 2–5 p.m.**

**Facilitators:** Prairiewoods & IVRCD

See page 3 for complete details.

**Fee:** Free-will offering



## Day of Self Renewal

**Monday, March 19, 8:30 a.m.–4 p.m.**

**Monday, April 16, 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 the door at Prairiewoods. 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.

You can check into your room as early as 8 a.m., and the program begins promptly at 8:30 a.m. Registration is required at least five days in advance.

**Fee:** \$90 includes group Guided Meditation, two holistic services, room for the day and lunch

## Institute of Spiritual Healing and Aromatherapy

### Introduction to Healing Ministry, HTSM Course 101

**Saturday, March 24, 8:30 a.m.–6 p.m.**

**Facilitator:** Kate Petree

Are you interested in enhancing your spiritual focus with a healing heart? If so, you may be interested in enrolling in this introductory Healing Touch Spiritual Ministry

course. Offered through the Institute of Spiritual Healing and Aromatherapy (ISHA), this one-day course details the history of healing in Christianity with the opportunity to experience the laying-on of hands. This inspiring day includes the roles of prayer and belief, the development of a healing presence and guided meditations. This is a great introductory course for ministers, massage therapists, hospital and hospice workers, nurses, chaplains, Stephen ministers, prayer teams and other spiritual practitioners. Participants receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

This class will be taught by Kate Petree, BME, LMT, CCA, HTSM-CP/II. She has a degree in Music Education with endorsement in Elementary Education and became a Licensed Massage Therapist in 2002. Kate has a private practice in Knoxville and Oak Ridge, Tennessee.



## Institute of Spiritual Healing and Aromatherapy

### Introduction to Judeo-Christian Anointing, HTSM Course 102

**Sunday, March 25, 8:30 a.m.–6 p.m.**

**Facilitator:** Kate Petree

This introduction will examine anointing in our Judeo-Christian story and how we lost it through history. This class will focus on nine essential oils traditionally used at the time of Christ, anointing with healing oil, laying-on of hands and other simple healing techniques to give you experience in healing and anointing for ministry settings. Massage therapists, chaplains, Stephen ministers, prayer teams, nurses, hospital and hospice workers, and other health-care practitioners may find that this course serves as a starting point for further investigation of spiritual healing. Participants receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

Like course 101, this class will be led by Kate Petree. Courses 101 and 102 will be taught the same weekend, but need not be taken together or in order.

For more information or to register for one or both classes, contact ISHA at 303-467-7829 or [www.ISHAhealing.com](http://www.ISHAhealing.com). After you register, you may add lodging and meals by calling Prairiewoods at 319-395-6700.

**Fee:** \$150 per class for early registration, \$175 per class after March 2 (food and lodging not included; visit [www.ISHAhealing.com](http://www.ISHAhealing.com) to see numerous discounts available)

Save the date for the following ISHA classes coming to Prairiewoods later this spring:

*Sent to Heal & Anoint, CCA Course 301, May 4–6*

*Forming a Healing Practice, HTSM Course 104, May 5–6*

## Women In Interfaith Dialogue

**Saturday, March 31, 10 a.m.–3 p.m.**

**Facilitator:** Rev. Barbara Schlachter

The focus of this session of Women in Interfaith Dialogue will be *darkness*. It will include a presentation on dark

matter by a professor of physics and presentations on darkness from a spiritual perspective in Islam and Christianity.

All women are welcome. It might be helpful, although not necessary, to read Richard Rohr's *Hope Against Darkness* before the meeting. You are invited to bring a brief reading on the theme of darkness from your own religious tradition to use during a candle-lighting ceremony.

For more information or to register, contact Barbara Schlachter at 319-351-4380.

**Fee:** \$15 includes lunch



### **Sweat Lodge (Inipi) Ceremony**

**Saturday, March 31, 7 p.m.**

**Saturday, April 28, 8 p.m.**

**Facilitator:** Mike Maynard

Prairiewoods offers a monthly Sweat Lodge Ceremony focused on prayer, purification, recognition and healing. The Sweat Lodge is a small, dome-shaped structure in which participants sit on the earth around heated, steaming stones. Please note that the lodge is a small enclosure that is dark and extremely hot inside. *If you have claustrophobia or any medical conditions that prevent you from going into a sauna, you should not participate in this ceremony.*

Registration is required and participants need to be notified of proper protocols, so please contact Prairiewoods at 319-395-6700.

**Fee:** Free-will offering

*Eco-Arts Fest 2012 will be held on Saturday, April 21, in the New Bo District. Check the Prairiewoods website for more details as the date gets closer!*

### **AARP Driver Safety Program**

**Monday, April 23, 8:15 a.m.–1 p.m.**

**Facilitator:** AARP

This is the nation's first and largest classroom course for motorists age 50 and older. Prairiewoods is pleased to partner with AARP to offer this four-hour refresher course, which will review driving skills and techniques. It will also teach strategies and tips to help you adjust to normal age-related physical changes that may affect your driving ability.

Class will begin promptly at 8:30 a.m. Please note that this class is being offered *free* for Prairiewoods volunteers and staff! However, *all* who wish to attend must register by April 18 by calling 319-395-6700.

**Fee:** \$14 for the general public, \$12 for AARP members, free for Prairiewoods Volunteers and Staff

## *Green Series*

Spring brings with it the rebirth of many things, including the Green Series at Prairiewoods. Here are some of the upcoming classes in this engaging, hands-on series focused on eco-living.

### **Seed Starting Class**

**Tuesday, March 27, 6–8 p.m.**

**Facilitator:** Jill Jones

Imagine luscious red tomatoes, shiny green peppers, beautiful purple eggplants and fragrant herbs ... all starting as the smallest of seeds! Join us for a fun and informative class that will help you start seeds for your own garden and teach you how to care for them as they grow. The class will include a starter flat, soil and seeds (tomatoes, green peppers, eggplants, herbs and more). Some seed varieties are heirloom. Registration is required by March 23. Space is limited to 12 participants, so please register early!

**Fee:** \$20

### **Green Cleaning Party**

**Tuesday, April 10, 6–8 p.m.**

**Facilitator:** Emy Sautter

Spring is almost here, and you know what that means—time to clean! Did you know that many household cleaners contain toxic chemicals linked to birth defects, fertility problems, asthma and more? Wipe out unsafe chemicals by mixing your own cleaning products. A Green Cleaning Party is a fun way for you and your friends to learn about chemicals in household cleaners and how they might affect you and your family's health. You will also learn how to make non-toxic cleaners from common ingredients like vinegar, baking soda and essential oils. Leave the party with two samples and multiple recipes! Registration and payment are required by April 5.

**Fee:** \$10

### **Grow Your Own Herbs and Spices**

**Thursday, April 19, 6–8 p.m.**

**Facilitator:** Jill Jones

Learn how to start your own container or kitchen herb garden in this hands-on growing class. You also will learn to cook with your freshly grown herbs and other spices from around the globe. Registration is required by April 12.

**Fee:** \$20

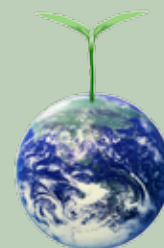
### **Natural Body Care**

**Tuesday, May 8, 6–8 p.m.**

**Facilitator:** Emy Sautter

Have you ever noticed the long list of chemicals in your cosmetics and body care products? Cosmetics are supposed to help us look and feel beautiful, but many of the chemicals found in our cosmetics are anything but pretty! Take this class to learn more about the chemicals in cosmetics and body care products, how to reduce your exposure to these chemicals, safe alternatives and recipes for making your own products! Registration and payment are required by May 7.

**Fee:** \$8



# CONTINUING PROGRAMS & DONORS

## Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including March 1), 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. 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.

Fee: \$5 per session

## 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.

Fee: Free-will offering

## Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, Emy Sautter

The Green Living Group explores the subject of a sustainable and healthy environment through books, articles, films and speakers. This group is ideal for educational purposes as well as for an ongoing support system for happy and healthy green living. Participants may join at any time. The group will discuss Non-Toxic Cleaning for Your Home on March 21 and Sustainable YARDening on April 18. For more information about each month's topic, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

Fee: Free-will offering

## Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

## Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

This lively group of women meets weekly to be spiritually enriched and inspired. The group is currently studying *The Art of Dying and Living: Lessons from Saints of Our Time* by Kerry Walters. Please read the following sections prior to that day's meeting:

March 7: *Gratitude: Etty Hillesum* (pp. 74–102)

March 14: *Obedience: Jonathan Daniels* (pp. 103–130)

March 21: *Courage: Dietrich Bonhoeffer* (pp. 131–159)

March 28: *Patience: John Paul II* (pp. 160–189)

April 4: *Christing: Caryl Chessell* (pp. 190–218)

*Conclusion: The Great Test* (pp. 219–226)

On April 11, Wednesday Women will view and discuss the film *Journey of the Universe*. Then they will begin a six-week Bible DVD series on *The Song of Songs*. Feel free to join this stimulating and supportive group at any time!

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

## Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

Perhaps you are only setting out, or perhaps you have come a long way in your spiritual journey. Either way, you may ask: *What should my next step be? Where might it lead?* Know that you are not alone. We all are seeking answers to enrich our spiritual lives. Sacred Circle is a place to bring your questions. Come to listen and learn, share and sample what others have found and are still finding. Feel free to drop in at any time!

Fee: \$5 per session

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!  
For a complete, up-to-date list between Newsletters, go to [www.Prairiewoods.org/Contact/Donate](http://www.Prairiewoods.org/Contact/Donate).

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The *Garden Party* is scheduled for **Saturday, June 9**. Please mark your calendars, because this is an event you will not want to miss! This is our largest fundraiser of the year and is always a night full of great entertainment, food and auction items!

Prairiewoods is holding its annual *Used Book Sale* in **February and March**. Donations of used books, CDs, DVDs and cassette tapes will be gratefully accepted through February 29. You can purchase used media on a wide variety of topics through March 31.

Prairiewoods has many **resources** you can borrow, including a display about immigration in Iowa, a 24-foot indoor labyrinth and the DVD *Journey of the Universe*. To reserve one of these resources, contact Prairiewoods at 319-395-6700.