The land at Prairiewoods has a story to tell. Its story stretches back much further than we have the ability to know, since it emerged from the one far-distant, singular and spectacular event that is the source of all life in the universe.

This story has been told by thousands of actors who have taken their place on the stage over the millennia, first by very simple life forms, then through more and more complex and diversified expressions of the love forever flowing from a Creator God, the Source of All Being.

Chapter after chapter, story within story, huge chunks of time were needed to keep the narrative alive and moving. And it was not so long ago, as reflected in the great scope of evolutionary history, that peoples of the First Nations dwelt here; members of the Sauk and Fox (Meskwaki) lived in belonging and harmony with these woods and grasslands. Their spirits remain.

In 1837 the government of the United States acquired this land and opened it for settlement. A survey that followed described topography, soils, tree species and the size of streams. The team conducting this survey noted the abundance and variety of trees, the enormous size of the oaks and the ample open space between them for ground level sedges and other plants.

Several families owned the land before 1962, when Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin, purchased these 70 acres in an undeveloped area of Hiawatha as a possible site for administrative offices for a new province. This plan never developed and, by 1994, members of the community were ready to begin telling a new story about this land and making the choices that eventually came together as Prairiewoods—a spirituality center based on the Franciscan concept that creation itself is the great arena of life where the voice of God can be heard.

(continued on p. 3)
On Mount Subasio, just over four miles above Assisi, stands the Eremo delle Carceri, a monastery built on a site beloved by St. Francis of Assisi. When our pilgrimage group arrived there, it was still early morning and the view of Assisi and the valley below were enshrouded in mist, adding to the feeling of isolation from the greater world.

After mass in the chapel and a claustrophobia-inducing tour past the small rock grotto where St. Francis often slept on retreat, I stood in the quiet woods, listening to the birds. When Pope Francis took his name, he called Francis of Assisi “the man of poverty, the man of peace, the man who loves and protects creation.” Standing in that mountain forest, I felt a part of creation—not just a random visitor to Carceri or to Earth, but a relative: just as Francis’ own words describe.

In Italy, Father Andre, our pilgrimage leader, taught us about Franciscan history, theology, practice. Before my trip I thought of St. Francis as a kindly, holy soul who loved animals. Learning about Franciscan theology and Franciscanism’s history within the Church was eye-opening. As Richard Rohr, OSF, says, “Throughout history, the Franciscan School has typically been a minority position inside of the Roman Catholic and larger Christian tradition, yet it has never been condemned or considered heretical—in fact, quite the opposite … For Franciscans, the incarnation was not just about Jesus but was manifested everywhere once you learned how to see spiritually. As Francis said, ‘The whole world is our cloister!’” (Eager to Love: The Alternative Way of Francis of Assisi).

This is what lies beneath and upholds the profound joy all of us at Prairiewoods feel as Franciscan Sisters of Perpetual Adoration (FSPA) enter the land here into a conservation easement agreement with the Iowa Natural Heritage Foundation. If Francis felt the need to go into the woods to escape the demands of civilization in a mountain village in a sparsely populated world, imagine the need today. Here in Hiawatha, FSPA is establishing a protected space where all are welcome to experience peace and space, to find themselves as part of creation. Importantly, the easement carves out space where deer and fox, groundhogs and beavers, birds and pollinators all have a safe place to call home.

The easement signing ceremony and celebration is scheduled for Oct. 4, St. Francis Day. On behalf of FSPA and Prairiewoods, I hope that you will come home and join us for all or part of the events that day! (See p. 12 for complete details.)

Peace and all good,

Jenifer Hanson, Director

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

Mission: 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.
We tell our stories through the choices we make. This choice, to protect this space from the intrusion of future development, rests soundly on the heritage of those earliest Franciscans, Francis and Clare, both known and loved for their own expressions of joy in creation. The mystic Francis found union with God through all of creation. In his Canticle of Creation, he sings the praises of sun and stars, fire and water. He praises Mother Earth with all of her diverse and astounding expressions of life.

This theme is central in the writings of many Franciscan theologians. Early follower Bonaventure spoke of creation as the “speech of God.” Ilia Delio, OSF, writes that, “To stand in creation as the sacrament of God is to stand in mystery” (Care for Creation).

In its Mission Statement, Prairiewoods promises to offer a sacred space for those seeking greater intimacy with God, Self, Others and Earth.

**The easement ensures that:**
- The Franciscan value of protecting the environment will remain a tangible FSPA legacy to the people of the area.
- We, as a community, take a stand for all life in an age of great environmental destruction.
- Most of these 70 acres of natural beauty and ecological assets will remain forever preserved as a habitat for wildlife.
- Even if these acres are eventually sold, the new owner is bound by all terms of the easement “in perpetuity.”

This conservation easement seems even more significant in this time when the climate crisis we are now in threatens all of life. Trees and the land itself are our allies as we do what we are called to do. The stakes are high.

We offer this prayer from Pope Francis, who in his encyclical, Laudato Si’: On Care for Our Common Home, addresses our God who speaks to us through creation:

```plaintext
All-powerful God,
You are present in the whole Universe
and in the smallest of your creatures.
You embrace with your tenderness
all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Touch the hearts of those who look only for gain
at the expense of the poor and the Earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly tied with every
creature as we journey toward your infinite life.
Amen.
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Help us celebrate this huge milestone on Oct. 4! (See p. 12 for complete details.)
Earth’s Sensuous Eloquence

What is Earth-language? Earth’s sensuous eloquence has enraptured artists, poets, musicians and mystics for millennia. Love and loss, terror and awe have been variously interpreted as brilliant sunsets molten with saturated reds and golds; morning mists rolling through ancient moors; dappled, sun-kissed prairie flowers swaying in the summer breeze; lush primeval forest streams springing forth into serene, limpid pools. Wildly diverse and captivating natural phenomena are synced primordially with human perception and language to reveal profoundly felt experiences. Poets especially invoke natural metaphors to summon depths of insight about life, love and loss that otherwise elude expression. Witness the metaphorical nature-language of the erotic lyrical poetry of the ancient biblical Song of Songs:

How beautiful you are, my darling, how beautiful you are! Your eyes are doves behind your veil. Your hair is like a flock of goats streaming down Mount Gilead. Your teeth are like a flock of ewes to be shorn, that come up from the washing. All of them big with twins, none of them barren. Like a scarlet strand, your lips, and your mouth—lovely! Like pomegranate halves, your cheeks behind your veil … Your breasts are like two fawns, twins of a gazelle feeding among the lilies. Until the day grows cool and the shadows flee, I shall go to the mountain of myrrh, to the hill of frankincense.

—Song of Songs 4:1–6

Many elements of our direct experience, our perception and even our language are intricately intertwined with the scintillating energy and allure of the natural world. This is our Mother-tongue, our common Earth-language.

Ancient indigenous peoples wove their stories, etched dramas, and danced shades of meaning through metaphors of nature. Pre-literate communities performed rituals that celebrated the language of Earth as it opened paths to the divine. Post-Enlightenment Romantic philosophers and poets had a mesmerizing effect on how we perceived and translated our relationship with Earth and other-than-human kin. (Think Thoreau and Emerson for American perspectives.) Only in the techno-industrial age have we become desensitized and disembodied in both our perception and language. Marketing sound bites and internet memes create a need for expedient access and excessive consumption. This world-view espouses a conception of Earth as a repository of disposable consumables, valuable or meaningful mostly as raw material. Earth is no longer perceived as our sacred, mysterious, effulgent Mother, or as a tensile web of interconnected life, but as a fetid waste-station. We cannot learn Earth-language because we cannot hear, see, touch, smell and taste her delights.

Eco-philosopher David Abram laments how “the human mind came to renounce its sensuous bearings, isolating itself from the other animals and the animate Earth” (The Spell of the Sensuous: Perception and Language). Abram notes how words have been employed as merely codes of abstracted thought, not an “echo of the deeply interconnected matrix of sensorial reality” (Becoming Animal: An Earthly Cosmology). We have all but lost the full spectrum of our animal sensorium, and have preferred a world that is two-dimensional and digital. Computer codes have re-written our perception and dissected language into tiny bytes, 0 or 1. Dichotomy reigns and nuance has faded. Our alphabet itself, in which letters stand for sounds, not pictures of elements of the natural world, further widens the chasm between our senses and our perception of meaning and the natural world. We have become communicators of transaction more than conveyors of mysterious truths enshrined in Earth’s astounding diversity, energetic dynamism and timeless rhythms. We have all but lost the Mother-tongue.

What might we recover by listening to the deep breathing of Earth’s forests and the “icy streams tumbling down granite slopes, by owl wings and lichens, and by the unseen, imperturbable wind?” (Abram, Spell of the Sensuous). Our animal senses can re-awaken us to an ancient eloquence—Earth’s own language—if we would listen, see, taste, smell, touch and learn.
Native Music Fest Focuses on Nature, Mind, Body & Spirit

Come hear the voice of the land! The fifth annual Sweetgrass Flute & Nature Festival is coming to Prairiewoods Sept. 27–29. This free, family-friendly festival includes live performances by internationally renowned musicians from around the country. We will be mesmerized by the music of Native American–style flutes, world flutes and other indigenous instruments.

Unlike any other event in the Midwest, Sweetgrass offers abundant opportunities to immerse ourselves in indigenous music, nature and mind-body-spirit wellness. A variety of creative workshops for kids and adults are scheduled throughout the festival, so the whole family can experience inner transformation, learning and fun! With a stroll through vendor village, we’ll find great food, singing bowls, one-of-a-kind crafts, handmade flutes, essential oils, nature-inspired jewelry and more. For the first time, this year’s festival will feature traditional hoop dances by Ronnie Preston on Friday and Saturday evenings.

The festival culminates Sunday afternoon with Prairiewoods’ popular annual Blessing of the Animals at 3 p.m. Every member of the family—even those with fur, wings, scales and fins—are invited to this annual celebration in honor of St. Francis, the patron saint of ecology. This family- and pet-friendly celebration honors our connection with animals, Earth and all of creation!

Entrance to this three-day outdoor music festival is free, and food and workshops are available for a donation or small fee. Visit www.SweetgrassFest.com for complete details, including schedules for concerts and workshops. This unique, nature-focused music festival is one the whole family will love!
Retreats

The following are retreats and programs that Prairiewoods is hosting in the next two months. For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

Active Hope Renewed: Answering Earth’s Call for Transformative Healing & Loving Action
Friday, Sept. 13, 6:30 p.m.–Sunday, Sept. 15, 3 p.m.
Facilitator: Kathleen Rude
“Active Hope is not wishful thinking,” Joanna Macy writes. “Active Hope is not waiting to be rescued by some savior … Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.” In this retreat, we will move through the spiral of The Work That Reconnects with a rich exploration of our interdependence with all life. Kathleen Rude will help us invite fellow species to speak through us in the beloved ceremony, The Council of All Beings. We will spend time in the woods and prairie to hear what Earth is inviting us to embrace and to receive inspiration and healing for our weary, overwhelmed hearts and souls. In supportive community, we will honor our pain for the world, reconnect to active hope and find clarity around how we can play a part in the healing of our beautiful planet. This retreat includes experiential practices, mask making, movement, inspirational readings and simple rituals. It’s engaging, it’s invigorating and it gives us tools for dealing with the challenges of living in difficult times.
Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

Saturday Soul-Stretch for Lovers of Embodied Spirituality
Saturdays, Sept. 14 & Oct. 12, 8 a.m.–1 p.m.
Facilitators: Laura Weber & Prairiewoods collaborators
“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” —Pierre Teilhard de Chardin
Wake up! Wake up! The weekend is here. Saturday Soul-Stretch will get us out of bed and back into our full-spectrum humanity! Come to Prairiewoods once a month to de-stress, reconnect and sink deeply into the present moment. A hot breakfast starts the day, followed by gentle tai chi movement and a sitting meditation to foster deep relaxation. Once we're relaxed and engaged, we'll sip a cup of aromatic tea and enter into a whole new realm of exploration with a different spiritual modality each month, such as working with dreams, journaling, creating mandalas, walking the labyrinth, practicing breath-exercise, sounding, centering prayer, poetry for the soul, singing bowl meditation or drumming. To cap off the morning’s spiritual work-out, we’ll enjoy a mindfulness walk in the beauty of Prairiewoods’ seventy acres of prairie grasses, trees, streams and gardens, with only the owls, squirrels, turkeys and deer as our companion-guides. Finally, we’ll return to the Center for a scrumptious lunch and leave happy and refreshed.
Commuter Fee: $50 includes breakfast and lunch (or add $25 for an optional afternoon stay with dinner, or $50 for an optional overnight stay with Sunday breakfast)

Last chance to register for Prairiewoods’ twelfth annual S.E.E.L. Retreat!
Spiritual Exercises in Everyday Life (S.E.E.L.) 12
Saturdays, Sept. 14 & May 16, 9 a.m.–3 p.m.; and Saturdays; Oct. 12, Nov. 9, Dec. 7, Jan. 11, Feb. 8, March 7 & April 4; 9 a.m.–1 p.m.
Facilitators: Ann Jackson, PBVM; Betty Daugherty, FSPA; Lucille Winnike, FSPA; & Karen Skalitsky (Sept. 14 only)
“We long to sense how God reveals God’s love within and through daily activity.”
“We desire to establish a practice of daily prayer and to deepen prayer.”
“We yearn to discern the future of life as it unfolds daily.”

Past S.E.E.L. retreatants cite these longings and learnings among the greatest gifts of the S.E.E.L. Retreat. We learn more about St. Ignatius of Loyola, founder of the Jesuit Community, who offered the Spiritual Exercises to help seekers who long to develop a disposition of the heart and the words to articulate the movement of God in daily life. During these nine-months, S.E.E.L. retreatants gather monthly at Prairiewoods to enter into the Exercises in prayer and reflection. Between monthly gatherings, each retreatant receives daily readings to spur prayer and meets monthly with a spiritual director to listen to insights that arise within prayer and to learn the art of discernment. Some retreatants find it so beneficial they participate in S.E.E.L. year after year! If you are interested in going deeper in your spiritual journey, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203 for a registration form.
Commuter Fee: $450 (payable in September 2019 or in monthly installments of $50), plus the cost of monthly spiritual direction sessions paid separately (usually $45 per hour)
Tallgrass Conversations: In Search of the Prairie Spirit
Friday, Sept. 20, 6:30 p.m.–Saturday, Sept. 21, 6:30 p.m.
Facilitator: Thomas Dean
Conversation is perhaps our greatest hope, not only for healing the rifts in human understanding, but also for restoring and reinspiring our relationship with the natural world. If we think of conversation as encounter and interaction that creates something new—understanding, inspiration, care, healing—then conversation with our native landscape can nurture a deeper relationship with and sense of stewardship of the tallgrass prairie, one of the most altered and threatened ecosystems in the world. To be in search of the prairie spirit here in this place on Earth, then, means to engage in tallgrass conversations.

The Friday night event—which is open to the public—will consist of Thomas Dean reading and sharing photographs from his recently-released book Tallgrass Conversations: In Search of the Prairie Spirit, as well as discussion about how conversation can enhance our relationships with the natural world. The day-long Saturday workshop will continue the discussion but focus greatly on us encountering the prairie, generating creative expression and sharing that creative expression with one another.

Fee: $195 includes sessions, lodging, all meals and a copy of Tallgrass Conversations (or add $55 for an optional overnight Saturday, including Sunday breakfast)
Commuter Fee: $165 includes sessions, Saturday lunch and dinner, and a copy of Tallgrass Conversations
Friday-Only Book Reading Fee: $10

Belonging to Our Longings in Troubled Times: A Seeker’s Writing Retreat
Friday, Oct. 11, 6:30 p.m.–Sunday, Oct. 13, 1 p.m.
Facilitator: Karen Hering
What transformative power might we discover if we followed our heart’s longings while opening our life to the needs crying out in the world today? Perhaps we already have and wish to be encouraged. Perhaps we have just recently heard our heart speak and are pondering how to begin. Perhaps, in the noise of our times and the busyness of our life, we find it difficult to hear our heart’s soft voice at all. In this weekend retreat, we’ll use guided writing, conversation, gentle movement, and activities both playful and contemplative to listen for the wisdom rising from our own lives and bodies. We will consider how the world’s needs today can help us understand our own longings more deeply and clearly. And we’ll join in community, encouraging one another and discovering the transformative power of belonging to our longings in troubled times. For writers and nonwriters alike.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

Introducing the new Prayer Experience Series!
Prairiewoods is pleased to announce a new ongoing series focused on a group prayer experience that is open to all. Feel free to enjoy this as a series or as individual sessions. Registration is appreciated but not required. We will experience walking in prayer in September and contemplative prayer in October. Save the date for Tuesdays in November as this group prayer series continues!

Prayerful Walking
Tuesdays; Sept. 3, 17 & 24; 11:30 a.m.–12 p.m.
Facilitator: Angie Pierce Jennings
Celebrate the goodness of creation with others as we walk the land and pray together. We will gather in prayer outside and then walk together through the woods and prairie in silence while holding the day’s prayer.
Fee: Free-will offering

Contemplative Experience
Tuesdays; Oct. 1, 15, 22 & 29; 11:30 a.m.–12 p.m.
Facilitator: Betty Daugherty, FSPA
Contemplation is both an ancient and new tradition in our search of the Holy One. In contemplation we stop our doing and learn to be; we enter into communion with the God beyond words and with our own deepest essence. We will experience the power of being in contemplation with others and sending peace and love into the brokenness of our world.
Fee: Free-will offering

Field of Compassion Book Study
Mondays; Sept. 9, 16 & 23; 10–11 a.m. or 6–7 p.m.
Facilitators: Betty Daugherty, FSPA, & Angie Pierce Jennings (mornings only)
In the tradition of Teilhard de Chardin and Thomas Berry, Judy Cannato invites us to consider the powerful force of human consciousness in the unfolding of the future. Through a study of her works, with an emphasis on The Field of Compassion, we will examine how we, through our human consciousness, are crucial participants in the evolution of the universe. Cannato’s book is an invitation to root ourselves in the energy of love and compassion that will bring healing and hope to the community of life. Feel free to enjoy this as a series or as individual sessions. Please register for each session by the previous Friday.
Fee: $5 per session
Qigong for Diabetes & Digestive Issues
Mondays, Sept. 9–30, 1–2:15 p.m.
Facilitator: Gerry Hopkins

Qigong is a gentle exercise involving whole body movement, deep breathing and mental focus. The purpose of qigong is to cultivate energy, or qi, in order to improve health and enhance overall well-being. In this four-week series, we will learn and practice a set of qigong movements designed to improve diabetes, aid digestion and control weight issues. Facilitator Gerry Hopkins has been practicing martial arts for more than 30 years and studying tai chi and qigong for more than 20.

Fee: $50 for four-week series

Offered in Partnership with Cedar Memorial
Mindfulness-Based Stress Reduction

Information Sessions: Tuesdays, Sept. 10 & 17, 5:30–6:30 p.m.
Eight-Week Series: Tuesdays, Sept. 24–Nov. 12, 5:30–8 p.m.
Combined Extended Class: Saturday, Nov. 2, 9 a.m.–3 p.m.
Facilitator: Chris Klug

Mindfulness is the power of mind to be deeply aware of what’s happening—without judgement, commentary or interference. Research reveals numerous benefits to the nervous system, emotions and general sense of well-being. In this eight-week series, we will cultivate the skill of mindfulness through formal meditation practices and informal integrative practices. Chris Klug, a grief counselor, has been an instructor in the mindfulness program at the University of Iowa Hospitals and Clinics since 2001.

Fee: Free for information session, $400 for eight-week series (partial scholarships are available through Cedar Memorial)

You do not have to be good ...
You only have to let the soft animal of your body love what it loves.

—Mary Oliver, Wild Geese

“You Do Not Have to Be Good”: A Celebration of the Life & Poetry of Mary Oliver
Tuesday, Sept. 10, 6:30–8 p.m.
Facilitators: Carol Tyx & Prairiewoods staff

Mary Oliver’s life and words have had a profound effect on many of us—here at Prairiewoods and around the globe. To honor her life and her admonition to, “Pay attention. Be astonished. Tell about it,” we invite you to join us in a celebration of Mary’s life and poetry. On Mary’s birthday, Sept. 10, we invite you to bring a favorite line or stanza from a Mary Oliver poem to share. This celebratory evening will include time to contemplate Mary’s poems out in nature, where she received so much of her inspiration from contemplation; a brief memorial of Mary’s life offered by Carol Tyx, fellow poet and Prairiewoods’ Artist in Residence; and time for sharing, concluding with a litany crafted from Mary’s own poetry. Wine and other refreshments will be served. Registration is appreciated but not required.

Fee: $10 includes refreshments

Rock Mandala Painting for the Whole Family
Wednesday, Sept. 11, 6–8 p.m.
Facilitator: Andi Lewis

Spend an evening creating art with family and friends as we learn the art of rock painting with mandalas, which are sacred works of art in the form of a circle. We will use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas. Facilitator Andi Lewis will guide us in this fun, relaxing process that can be done by anyone, regardless of age. We will have time to paint several rocks and will be encouraged to take one rock home and leave one as a secret gift for a stranger to find. No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. (It is ideal for ages 10 and over.) Please register and pay by Sept. 9. This class always sells out, so register today!

Fee: $13 per person includes rocks and art supplies

Day of Self Renewal
Mondays, Sept. 16 & Oct. 14, 8:30 a.m.–4:30 p.m.
Facilitator: Angie Pierce Jennings

Find rest and relaxation for mind, body and spirit! This tranquil day features two 40-minute holistic services, group guided meditation, a private guest room, access to walking trails and all that Prairiewoods has to offer, a fresh lunch and hours of free time. (Choose from massage, head and shoulder massage, reflexology, healing touch, spiritual direction, dream processing, yoga, chair yoga, guided nature experience or labyrinth meditation.) Please register, pay a nonrefundable deposit of $25 and let us know your top three services choices
Labyrinth Meditation
Monday, Sept. 16, 2:30–3:15 p.m.
Facilitator: Angie Pierce Jennings

A labyrinth is a powerful ancient symbol of our journey through life. It has been a part of almost every culture and religious tradition in history. The labyrinth is not a maze; it has a single path that leads to the center of the circle and then back out. This winding path takes us on an inward pilgrimage to our own center and leads us toward the Divine. Walking the labyrinth is a spiritual, prayerful practice. Join us for a guided labyrinth meditation on our outdoor labyrinth. (In case of inclement weather, we will walk the indoor labyrinth.) Please register by Sept. 13.

Fee: $5

Offered in Partnership with Unity Point Hospice
Soul Care: Creative Arts Grief Support Group
Wednesdays, Sept. 18, 5:30–7 p.m.; & Oct. 16, 6–7 p.m. (note changed time)
Facilitator: Jamie Siela, LISW, & Julie Wehner, LMSW, M.Div, BCC

Take time to be with others in grief and engage the creative spark. Jamie Siela and Julie Wehner from Unity Point Hospice facilitate this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, we explore a different creative medium. In September, we will use watercolors and ink to explore what has changed in our lives since the death of our loved ones. In October, we will smash paint balls to create art and to experience a physical and emotional release. Please register by the previous Friday.

Fee: Free includes all art supplies

The Wisdom of the Celts Prayer Writing Series
Mondays; Oct. 7, 14 & 21; 10–11 a.m. or 6–7 p.m.
Facilitators: Betty Daugherty, FSPA, & Angie Pierce Jennings (mornings only)
Both John Philip Newell and John O’Donohue share their own rootedness in the spirituality of the Celtic peoples. They help us listen to the sacredness deep within ourselves, in one another and within Earth. They share their love of poetry, nature and a deep sense of the sacredness at the heart of every moment. We will journey with them by viewing podcasts, using excerpts of their work and writing our own prayers. Be prepared to be refreshed in

Fee: $5

Sacred Space, Sacred Hope: Celebrating a Gift for the Future
Friday, Oct. 4, 3–7 p.m.
See p. 12 for complete details.

Find ongoing support in these programs that take place every month:

• Bridges to Contemplative Living with Thomas Merton with Betty Daugherty, FSPA (Thursdays; Sept. 5, Sept. 19, Oct. 3 & Oct. 17; 6:30–8 p.m.)
• Drumming for Healing with Sheri Mealhouse (Hawkwoman) (Mondays; Sept. 9, Sept. 23, Oct. 14 & Oct. 28; 6–7 p.m.)
• Evening Centering Prayer with Judith Edwards (Tuesdays; Sept. 10, Sept. 24, Oct. 8 & Oct. 22; 5:30–7 p.m.)
• Flute Circle (Wednesdays, Sept. 11 & Oct. 9, 6–7:30 p.m.)
• Going Inward with Sounds & Vibrations with Kathy Broghammer (Wednesdays; Sept. 4, Sept. 18, Oct. 2 & Oct. 16; 6–7 p.m.)
• Hatha Way Yoga with Cindy Hathaway & Carla Brems (Mondays & Thursdays; Sept. 5–Oct. 31; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.)
• Men Exploring Faith with Bob Davis (Thursdays; Sept. 12, Sept. 26, Oct. 10 & Oct. 24; 7–8:30 p.m.)
• Prairiewoods Knitters & Stitchers (Tuesdays, Sept. 10 & Oct. 8, 9:30–11 a.m.; & Wednesdays, Sept. 25 & Oct. 23, 6:30–8:30 p.m.)
• Seeing IS Believing:Visio Divina with Lois Ocenosak (Tuesdays, Sept. 3–Oct. 29, 10–11:30 a.m.)
• Singing Bowl Prayer with Kathy Broghammer (Mondays, Sept. 16 & Oct. 14, 12:45–1:30 p.m.)
• Sweat Lodge Ceremony with Kerry Bateau (Saturdays; Sept. 7, Sept. 28 & Oct. 19; 5–9 p.m.)

For more information or to register, visit www.Prairiewoods.org.
We appreciate all of the generous people who donate their time, money and other gifts to Prairiewoods! For a complete, up-to-date list between Newsletters, visit www.Prairiewoods.org/Donate.

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Sisters of the Presentation
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Lucy Slinger, FSPA
Bonnie & Steve Soviern
Amy & Randy Spaulding
St. Pius X Catholic Church
Amy Starr

Facilitator: Trilby Sedlacek is a registered herbalist with 30 years of experience in plant medicine. Save the date for the other classes in this series:

- **Nov. 12:** Immune System Support
- **Dec. 10:** Digging Deeper into Winter Health

Please register and pay for each session by the previous Friday.

**Fee:** $40 per session (or $105 for the series if paid in advance)

**Fall Root Medicine Series**

**Root Medicine & Weed Walk**

**Tuesday, Oct. 8, 6–8 p.m.**

Facilitator: Trilby Sedlacek, RH (AHG)

Connect with our plant friends in the first session of our new Fall Root Medicine Series about medicinal uses for plant roots. In this session, we will learn to identify herbs around our home and community. We will learn ethical wild-crafting practices on a weed walk. It will help us feel safe using plants as medicine and will include a plant meditation.

Facilitator Trilby Sedlacek is a registered herbalist with 30 years of experience in plant medicine. Save the date for the other classes in this series:

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**Introduction to Sacred Dance: Our Sacred Bodies Free Form Dance & Movement**

**Tuesday, Oct. 15, 6:30 p.m.–8:30 p.m.**

Facilitator: Adina Joy Levitt

Join facilitator Adina Joy Levitt for an evening introduction to sacred dance. When we hold our bodies as sacred and work on connecting with them during intentional movement, we can begin a personal reawakening. We will come together with others who are curious to explore using movement as medicine and to surrender into the mystery of the moment. With lights dimmed and our eyes half closed to keep our focus inward, we will begin to unlock the dancer within us and feel free from our cores. No dance experience is necessary and all body types are welcome in this judgement-free space. Let’s take a risk, be brave and give ourselves permission to feel joyful in our bodies! Please register by Oct. 14.

**Fee:** $15

**Dances of Universal Peace**

**Saturday, Oct. 19, 7–8:30 p.m.**

Facilitator: Morgan Rivers

Join the circle for simple, meditative, joyous, multi-cultural circle dances! We will use sacred phrases, chants, music and movements from many spiritual traditions to help touch the spiritual essence within ourselves and recognize it in others. Beginners and old hands are all welcome! Please register by Oct. 17.

**Fee:** $10
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Lisa Wilson
Geri Wittstruck
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Tom Zenisek

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Dick & Sandra Hutson
In honor of John & Kaye Coughlin, Richard & Sandra Hutson
David Coughlin & Kristin Hutson
In honor of Nancy Hoffman, FSPA & Ann Jackson, PBVM
Anonymous
In honor of Andi Lewis
Peg Burdige
In honor of loved ones
M.L. Folkedahl-Meehleder
In honor of Georgia Rupp
Sarah Montgomery

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MEMORIALS
In memory of Jean Gehling
Mari English, OSF
Joann Gehling, FSPA
In memory of John Gross
Jerry & Kathy Gehling
Joann Gehling, FSPA
In memory of Paul Kitzki
Wanda Kitzki
In memory of Barbara Lynk
Jean Barbaglia (Wenisch)
On Oct. 4, St. Francis Day, Franciscan Sisters of Perpetual Adoration (Prairiewoods’ founding organization) and the Iowa Natural Heritage Foundation will sign an agreement to enter the majority of the 70 acres of prairie and woodlands at Prairiewoods into a conservation easement, saving this sacred space as a natural oasis for future generations. Please join us for part or all of the day’s celebration!

The schedule includes:

3–4 p.m.  Guided ecospirituality experiences and tours to connect with the land
4–5     Panel discussion: Sacred Space, Sacred Hope: Perspectives on Meaning & Mission
5:15–5:45  Easement signing ceremony
5:45–7     Reception (with heavy hors d’oeuvres)

All are welcome, however, registrations are requested so that we can plan appropriately. For more information or to register, visit www.Prairiewoods.org. Come celebrate this gift for the future!