Here, I would like to offer Christians a few suggestions for an ecological spirituality grounded in the convictions of our faith, since the teachings of the Gospel have direct consequences for our way of thinking, feeling and living. More than in ideas or concepts as such, I am interested in how such a spirituality can motivate us to a more passionate concern for the protection of our world. A commitment this lofty cannot be sustained by doctrine alone, without a spirituality capable of inspiring us, without an ‘interior impulse which encourages, motivates, nourishes and gives meaning to our individual and communal activity’ (Apostolic Exhortation Evangelii Gaudium, 2013). Admittedly, Christians have not always appropriated and developed the spiritual treasures bestowed by God upon the Church, where the life of the spirit is not dissociated from the body or from nature or from worldly realities, but lived in and with them, in communion with all that surrounds us. ‘The external deserts in the world are growing, because the internal deserts have become so vast’ (Benedict XVI, Homily for the Solemn Inauguration of the Petrine Ministry, 2005). For this reason, the ecological crisis is also a summons to profound interior conversion. It must be said that some committed and prayerful Christians, with the excuse of realism and pragmatism, tend to ridicule expressions of concern for the environment. Others are passive; they choose not to change their habits and thus become inconsistent. So what they all need is an ‘ecological conversion,’ whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them.

—Pope Francis, Laudato Si’: On Care for Our Common Home, 2015

Please see pages 4–5 for Prairiewoods’ response to climate change and Pope Francis’ call to action.
We often say that Prairiewoods is a place of peace and transformation. I regularly witness and am confided in about the ways that folks experience transformation in their time here. Lately, though, I’ve been reflecting more on the concept of peace and what it means, at and to Prairiewoods and our mission.

Naturalist John Muir wrote, “Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.” The peace of nature is a profound gift, and one that the woods and prairies here offer in abundance to all of us. As a staff, we work to extend that peace into the spaces we occupy at the Center, Guest House and Hermitages. I like to think the tradition our foundresses began more than twenty years ago of listening to and learning from the land continues to inform our efforts to amplify that peace.

Being a place of peace isn’t always easy, nor is it simply a matter of maintaining low noise levels or silence. What makes it difficult is that we all—staff and guests—arrive at Prairiewoods as members of our human communities, carrying with us all of the noise and disquiet that comes with that. Some of what we carry is personal, while other “luggage” is shared among all who call Earth home. For each of us, the challenge is how to project peacefulness when what we may be feeling is overwhelmed or sad or angry—a quiet place filled with negative energy will not feel peaceful.

As we live into climate change and its direct impacts, our shared fear, grief and pain may make peace that much more of a gift and a value. Etty Hillesum, a Dutch woman who wrote of her spiritual awakening during World War II, spoke eloquently of inner peace as a means of healing the world. Prior to her death in 1943 at Auschwitz, she wrote, “Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will be in our troubled world.”

Now that the land at Prairiewoods is protected from development, our promise is to continue our efforts to project Earth’s peace into our world—beginning with these 70 acres and our own hearts. We invite you to join us in this very promising peace process.

Peace and all good,

Jenifer Hanson, Director
Prairiewoods Sabbatical for Spiritual Pioneers

Monday, Jan. 6, 11 a.m.–Friday, Jan. 31, 4 p.m.
or
Monday, Feb. 3, 11 a.m.–Friday, Feb. 28, 4 p.m.

Facilitators: Prairiewoods staff

We are spiritual pioneers, people who set sail into mysterious waters with an eye toward the infinite horizon! We’re integrating where we’ve been, wondering where we are and don’t necessarily know where we’re heading—let’s sail on! Once we’ve ascended life’s oceanic crest—where the rising is all about the milestones, titles and acquisitions—riding that beautiful wave now requires the wisdom, nuance and finesse of deep interior listening and focused reflection to emerge on another shore. If we can be truly courageous, compassionate and wily in the wild, unfolding universe, we need some extended time away to listen and learn, refocus and rejuvenate as we prepare to set sail on the sea of discovery. It may be time for us to come to Prairiewoods for a winter sabbatical in 2020. Four gentle weeks of quietude and rejuvenation await us in the beauty of seventy acres of woodland and prairie. We will enjoy ready access to astounding resources for exploring the macrocosm of the emerging universe and the microcosm of our soon-to-be-astonished hearts. Let’s lean boldly into our emerging future, and become a spiritual pioneer for the 21st century. Most of the time is for quiet reflection, our own sacred germinating space. Three times a week (about 1.5 hours each meeting) is for exploring the work of spiritual pioneers whose work will enlighten and challenge us along the way:

- **Week 1: Seeding** Leaping into the New Universe (exploring the work of Pierre Teilhard de Chardin, Thomas Berry and Diarmuid O’Murchu)
- **Week 2: Grounding** Spirituality for a New Story (Beatrice Bruteau, Cynthia Bourgeault and Pope Francis’ eco-encyclical, *Laudato Si’*)
- **Week 3: Planting** Feeding the Imagination for Shifting Paradigms (Otto Scharmer, Joanna Macy and Ken Wilber)
- **Week 4: Cultivating** Meeting in the Microcosm of our Soul Work (such as journaling, dream work, poetry, prose, music, movement, art, gardening and healing energy)

**Fee:** $2,500 includes sessions, lodging and all meals

Join us in welcoming noted writer, psychologist and mythologist **Sharon Blackie** and musician-of-Earth **Sara Thomsen** for *Spirituality in the 21st Century* May 1–2, 2020. Sharon’s best-selling book, *If Women Rose Rooted: A Life-Changing Journey To Authenticity and Belonging*, has been described as “a rallying cry for women to reawaken their natural power—not just for the sake of their own wellbeing, but for love of this threatened earth.” In *The Enchanted Life: Unlocking the Magic of the Everyday*, Sharon “speaks to those who feel an emptiness at the heart of modern life—who long for a more authentic, harmonious and connected way of life.”

Mark your calendar now and plan to join us for Prairiewoods’ annual celebration of the mysterious, the hope-filled, and the life-affirming journey we all take toward authenticity and belonging in the great web of life!

This event is filling up fast, so register today at 319-395-6700 or www.Prairiewoods.org. The cost is $75 for the full event ($80 after April 1), $25 for Friday only or $50 for Saturday only. We also have a few overnight rooms left. If you would like to lodge at Prairiewoods Friday night ($55 for a single, $80 for a double, Saturday breakfast included), call 319-395-6700 today.

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**or**

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Things That Give Us Hope

• The youth of the world, inspired by 16-year-old Greta Thunberg of Sweden, turned out in immense numbers all over the globe with the message that, yes, we can rein in greenhouse gas emissions, but we need to act now.

• Ethiopia planted more than 350 million trees in 12 hours.

• Ecosia, an internet search engine, uses its profits to plant trees—more than 67 million to date!

• Two young female scientists have invented a bacterium that eats plastic and turns it into carbon dioxide and water.

• More people are moving into a new understanding of the oneness of all life through the meditation. The natural result is an increased sense of unity with all that is holy.

Ideas for Creating Effective Change

• Pray and meditate daily to foster heart-centered action and activism.

• Connect with Mother Earth by spending time outdoors, walking barefoot, talking to the land and animals.

• Ask Mother Earth to share her wisdom and guidance around climate change.

• Gather with others in ways that feel healing and loving, and take action on behalf of Earth.

• Create a special outdoor prayer space in your yard, or find a contemplative place outdoors that speaks to you.

• Consider taking Earth Vows, like from the book Order of the Sacred Earth: “I promise to be the best lover and defender of the Earth that I can be.”

• Learn from Jai Dev Singh, who says, “The essential job for every person on the planet is to activate the spiritual power within them.”

Gratitude & Gift

“I want to live consciously and deliberately everyday within the sacred space that God has given us. Asking myself frequently ... how do I use the blessing of my ministry to learn, exchange and pass on wisdom about how we can help Earth heal and be the gift God has given us to know God’s self.”

—Nancy Hoffman, FSPA

“The denial of the climate crisis by some officials in government and industry is deeply disturbing. And yes, the Amazon is burning, the Arctic is melting and the Siberian permafrost is thawing. Where do we turn for a sense of hope? The odds seem to be totally against us. But I find reasons for hope in the promises of the Christ, who with invisible guidance leads us into greater love and unity. We can hope because of our connection to divine mercy. As Cynthia Bourgeault says in Mystical Hope, “Our life is connected to an innermost essence of great profundity and power, and that access to it is through what is innermost in our own selves.” Our deep spiritual connection to God’s masterpiece of creation strengthens that ability to hope.”

—Betty Daugherty, FSPA
“As Hiawatha, Marion and Cedar Rapids have grown together with development, this 70 acres of beautiful prairie and woodland contrasts its surroundings from a satellite view. We make space here; calm, endearing and welcoming space, and I am grateful for that.”
—August Stolba, board member

On St. Francis Day, Oct. 4, Franciscan Sisters of Perpetual Adoration (FSPA) committed the majority of the 70 acres at Prairiewoods to a conservation easement with the Iowa Natural Heritage Foundation. The easement will guarantee that Prairiewoods remains as it is now: a place where woods and prairie are protected, where wildlife flourishes and where our human spirits are renewed. This easement seems even more significant in this time when the climate crisis we are now in threatens all of life. As Thanksgiving approaches, we look with gratitude on this conservation easement, its festive celebration, and Prairiewoods’ and FSPA’s ongoing commitment to Earth care.

“I am grateful for and in awe of the young people who, through organized protests, have taken a stand on Climate Change and concrete ways to save our environment.”
—Jane Lonergan-Highley, volunteer

“I am grateful for all those who have accepted the invitation to work for the care and renewal of Creation—for their love and connections to the Earth—for their willingness to say ‘YES’ to the Creator to be companions on the way as we pray and work in relationship with one another and the world around us—for their passion to engage others in this vital ministry. Thanks be to God for each one and the gifts they bring to caring for this beautiful place we call home.”
—Rev. Rose Blank, volunteer

“I am grateful for the gift of life, for all of God's magnificent Creation, for Prairiewoods and the commitment that is ours to care for Mother Earth.”
—Lucille Winnike, FSPA
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.

Silent Mindfulness Meditation
Friday, Nov. 8, 6:30 p.m.–Sunday, Nov. 10, 1 p.m.
Facilitator: Chris Klug

“Life unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.”

—Jon Kabat-Zinn, Full Catastrophe Living

Mindfulness is an open, kind, non-judging attention to what is happening in the present moment as it is happening. It shapes a wise and compassionate relationship with and response to experience as it unfolds moment by moment. As Joseph Goldstein writes in A Heart Full of Peace, “Mindfulness is the quality and power of mind that is deeply aware of what’s happening—without commentary and without interference … keeping us connected to brushing our teeth or having a cup of tea … connected to the people around us.” Scientific research shows that mindfulness can positively affect stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well-being and happiness. Join us as we cultivate mindfulness in silence amid instruction, questioning, sitting meditation, walking meditation, mindful movement and mindful eating. All are welcome to participate, whether we are interested in beginning a formal mindfulness meditation practice or have been practicing for some time.

Chris Klug has practiced mindfulness meditation for more than 30 years, including seven silent extended mindfulness meditation retreats. He is an instructor in the Mindfulness-Based Stress Reduction (MBSR) program at Prairiewoods and at the University of Iowa Hospitals and Clinics (UIHC), where he began teaching in 2001 following participation in training by Jon Kabat-Zinn. He is a grief counselor, educator and consultant in private practice in Iowa City, and a consultant to the palliative care staff at UIHC. Chris has more than 30 years of experience in facilitating retreats and workshops on mindfulness, nonviolence, creative conflict resolution, and grief and loss.

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

This retreat is full. Please call 319-395-6700 to be added to the wait list.

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 Fee: $230 includes all sessions, lodging and meals
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Saturday Soul-Stretch for Lovers of Embodied Spirituality
Saturdays, Nov. 9 & Dec. 7, 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! We are invited 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)

Weaving Light in Words: Poetry as Spiritual Practice
Friday, Dec. 6, 6:30 p.m.–Sunday, Dec. 8, 1 p.m.
Facilitator: Carol Tyx

How do words help us find our way to the sacred? Poetry is one way words reveal the luminous light around and within us, connecting us more deeply to ourselves, one another and Earth. We will join with other word lovers so that we may be buoyed by the presence of poetry. We don’t need to be poetry experts; we simply need a willingness to see what poetry might open for us. Poems come in many shapes and sizes. Let’s see what fits for us, what deepens our sense of wonder and connection to all beings. We’ll take it slow, with time to be playful and reflective as we try on poetry as spiritual practice.

Carol Tyx, the current artist in residence at Prairiewoods, taught creative writing and American literature at Mt. Mercy University for twenty years. The author of two books of poetry, The Fifty Poems and Rising to the Rim, Carol has led poetry workshops in elementary schools and prisons, and has found herself saved by a poem more than once.

 Fee: $230 includes all sessions, lodging and meals
Commuter Fee: $180 includes all sessions, Saturday lunch and dinner, and Sunday lunch
Women in Interfaith Dialogue
Saturday, Nov. 2, 10 a.m.–3 p.m.
Facilitators: Angie Pierce Jennings, Virginia Melroy, Dr. Paula Sanchini & Mary Beth Siemann
Come together quarterly with women of various faith traditions for conversations about faith and spirituality. Our topic for Nov. 2 will be sacred places and sacred spaces. Participants are invited to bring a reading or prayer to share with the group, as well as an object that represents their faith tradition or the topic in general. Please register by Oct. 30 with your dietary restrictions.
Fee: $15 includes lunch

Sweat Lodge (Inipi) Ceremony
Saturdays, Nov. 2 & Dec. 14, 5–9 p.m.
Facilitator: Kerry Batteau
Participate in a sacred ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which we sit on the Earth around heated stones. The ceremony includes sacred songs and prayers and is followed by a communal meal. Please register and sign a release form.
Fee: Donation of $10 to Prairiewoods for materials

Hatha Way Yoga
Mondays & Thursdays; Nov. 4–21 & Dec. 2–19; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.
Facilitators: Cindy Hathaway, Carla Brems & Cheryl Lindo
Join us as we link our movements with our breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway, Carla Brems and Cheryl Lindo offer multiple one-hour Gentle/Beginner’s and Chair Yoga classes each Monday and Thursday. Please bring a mat if possible. People of all fitness levels are welcome. Let’s see how our bodies and souls can benefit from yoga! This group will not meet Nov. 25–28 or Dec. 23–30 in honor of the holidays.
Fee: $99 for eleven-punch card or $60 for six-punch card, one punch per session

Prayer Experience Series
Fostering Love, Connection & Balance
Tuesdays; Nov. 5, 19 & 26; 11:30 a.m.–12 p.m.
Facilitator: Emelia Sautter
Prayer and meditation nurture our spiritual connection and promote mental and physical well-being. It benefits each of us individually and communally. Let’s learn three meditations that promote love, connection and balance for us and for our world:
• Nov. 5: Meditation for a Calm Heart
• Nov. 19: Healing Prayer with Music
• Nov. 26: Kirtan Kriya (a chanting prayer, Sa Ta Na Ma)
Registration is appreciated.
Fee: Free-will offering

Seeing IS Believing: Visio Divina
Tuesdays, Nov. 5–Dec. 17, 10–11:30 a.m.
Facilitator: Lois Ocenosak
We invite you into a circle of trust to integrate imagination, learning and prayer through the practice of Visio Divina, or holy seeing, on Tuesday mornings. A contemplative practice of praying the Scriptures while viewing visual art, Visio Divina involves listening to the word of God, viewing art, pondering God’s message, letting our hearts speak and resting with God. Various works of art are used for the sessions, including pieces from The Saint John’s Bible, professional artists and local artists. Feel free to enjoy this as a series or as individual sessions.
Fee: $5

Prairiewoods Remembrance Service: Remembering What Makes Us Whole
Tuesday, Nov. 5, 6–6:30 p.m.
Facilitators: Prairiewoods staff
All are invited to a memorial service to celebrate and honor the memory of deceased loved ones. The remembrance prayer service will be set in the context of remembering what makes us whole, especially on the journey of grief. Please come for just the memorial prayer service or stay for The Spirit of In-Between.
Fee: Free

A Two-Part Grief Series
The Spirit of In-Between
Tuesdays, Nov. 5 & 19, 6:30–8 p.m.
Facilitator: Father Denny Juhl
We are alive in difficult times; there isn’t a person who hasn’t experienced some sort of turmoil or crisis. Many people describe feeling as if we are moving from crisis to crisis in our personal lives, in our communities and in the religious institutions to which we turn for guidance. This two-part series of reflection will explore what it means to be people of faith in these times. How do we sustain faith when hurt, disillusioned, alienated, grieving? How do we live in between the time when everything made sense and the time before all comes together again in a hope-filled future? Feel free to enjoy this as a series or as individual sessions.

On Nov. 5, Remembering What Makes Us Whole, we will explore how faith offers stability and hope, even when significant loss tells us life will never be the same. The depth of grief can cause us to step into the grave or nurture deep spiritual revival. We will engage powerful ways to discover life-giving, soulful ways to step—stronger and more fully alive—into the future.

On Nov. 19, Living Between the Times, we will focus on how religion, seemingly on a decline in our culture, may still offer some tools for discovery of a faith-filled community of imagination and creativity. Our true sense of tradition may help us see glimpses of how a true spirituality of religion may transform and enliven our shared concerns for community that fully lives the gospel of Christ.
Fee: $15 per session
Wednesday Women
Wednesdays, Nov. 6–20 & Dec. 4–11, 10–11:30 a.m.; & Wednesday, Dec. 18, 11:30 a.m.–1 p.m.
Facilitator: Ann Jackson, PBVM
Join women seeking spiritual enrichment, inspiration and motivation in the supportive setting of Prairiewoods each Wednesday. Come whenever available! Topics arise from within the hearts and minds of those gathered. We view TED Talks, converse, reflect, support and challenge one another to personal growth, no matter what stage of life. Together we will foster deep reflection, learning, lively conversation, laughter, storytelling and inquiry to generate incredible energy and spiritual stimulation!

Nov. 6–20, we will explore *The Wizard of Us: Transformational Lessons from Oz* by Jean Houston. Dec. 4 and 11, we will engage the spiritual meaning of the three gifts of the Magi in the time of Jesus and for today. On Dec. 18, we will meet at 11:30 for our annual Christmas luncheon. Please register for each session by the previous day.
Fee: $10 per session, $20 for Christmas luncheon

Tower Garden: Big Food, Little Space
Wednesday, Nov. 6, 4–5 p.m.
Facilitator: Mark Woldruff
TOWER Gardens represent the next generation of urban farming. Let’s learn about this highly efficient aeroponic growing system that allows us to grow massive amounts of produce in a tiny amount of space—in about half the time of traditional soil-based agriculture, using a fraction of the water. TOWER Gardens have only a 36-inch footprint and state of the art LED lighting system. Let’s learn how to grow food outside in season or inside all year. Mark Woldruff, who has been growing in Tower Gardens for seven years, will lead us in this hand’s-on seminar. Please register by Nov. 5.
Fee: Free

Going Inward with Sounds & Vibrations
Wednesdays; Nov. 6, Nov. 20, Dec. 4 & Dec. 18; 6–7 p.m.
Facilitator: Kathy Broghammer
Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan and crystal singing bowls. Kathy Broghammer will lead us in gentle movement through the song of bowls to connect with our inner selves. We will sit or lie on yoga mats to listen and just be. We will hear the sounds and feel the vibrations of the singing bowls going inward. Let’s let our souls rest and allow ourselves to be recreated!
Fee: $10 per session

Redemption Songs
Wednesday, Nov. 6, 6–8 p.m.
Facilitator: Andy Douglas
Join Andy Douglas as he reads from and discusses his latest book, *Redemption Songs: A Year In the Life of a Community Prison Choir*, which describes his work singing in the Oakdale Prison Choir. Restorative justice and the arts in prison are highlighted in the book. Andy will also lead a few songs so we can feel the power of singing to transform lives! Please register by Nov. 4.
Fee: Free-will offering

Bridges to Contemplative Living with Thomas Merton
Thursdays; Nov. 7, Nov. 21, Dec. 5 & Dec. 19; 6:30–8 p.m.
Facilitator: Betty Daugherty, FSPA
Do you long for a more contemplative life? Do you want to respond to life’s events with greater faith? Join us the first and third Thursday of each month to study the *Bridges to Contemplative Living* series, which includes musings of Thomas Merton and other spiritual writers. Feel free to enjoy this as a series or as individual sessions.
Fee: $5 per session

Garden Potluck & Celebration
Friday, Nov. 8, 11 a.m.–1 p.m.
Facilitators: Metro Catholic Outreach, Feed Iowa First, Mathew 25 & Prairiewoods
Celebrate a wonderful season of gardening and land care at Prairiewoods at our annual fall potluck for the Green Prairie Garden, the vegetable garden co-tended by Prairiewoods and Metro Catholic Outreach. We will celebrate the garden, land, volunteers and all creatures—the bees, butterflies, worms, sun and rain—knowing that we all work together to create food and community. We will also be joined by two other local non-profits: Feed Iowa First and Mathew 25 will share even more good news in our community about the work they are doing with and around local food production. Please bring a dish to share and register by Nov. 7. All are welcome!
Fee: Free

Day of Self Renewal
Mondays, Nov. 11 & Dec. 9, 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 or chair yoga.) Please register, pay a nonrefundable/nontransferable deposit of $25 and list your top three services choices five days in advance.
Fee: $95 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch

Singing Bowl Prayer
Mondays, Nov. 11 & Dec. 9, 12:45–1:30 p.m.
Facilitator: Kathy Broghammer
Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. In these afternoon sessions, we let the resonant sounds of Himalayan and crystal singing bowls relax the entire body and create a pathway for clearer connection with the divine. We will just receive and breathe! Some yoga mats and pillows are available.
Fee: $5 per session
Guided Ecospirituality Experience
Mondays, Nov. 11 & Dec. 9, 2:30–3:30 p.m.
Facilitator: Emelia Sautter
Let’s get our “Vitamin N” fill and immerse ourselves in the natural world with our plant, animal and elemental kin! Our relatives have much wisdom to share. As St. Francis said, “Praised be You my Lord through Sister Water, so humble, precious and pure.” Let’s connect and make new friends! Please dress for the weather, as we will be outdoors. Registration is appreciated.
Fee: $10 per session

Drumming for Healing
Mondays; Nov. 11, Nov. 25, Dec. 9 & Dec. 23; 6–7 p.m.
Facilitator: Sheri Mealhouse (Hawkwoman)
In the cosmic experience, drumming touches many people at a deep level and brings all creation together. Drumming—and feeling the Creator’s rhythm inside us—resonates with a variety of people. Join us to see how it resonates with your inner spirit! No experience is necessary, and all ages are welcome. Percussion instruments are available. Depending on weather, this group may meet outside.
Fee: Free-will offering to the facilitator

Prairiewoods Knitters & Stitchers
Tuesdays, Nov. 12 & Dec. 10, 9:30–11 a.m.
Facilitators: participants
Practice knitting and stitching in the company of new friends! This group of crafters of various skill levels create handmade goods—such as hats, mittens, blankets and baby items—for charity twice a month. New participants (even those who don’t knit or stitch yet) are always welcome. This group will not meet Nov. 27 or Dec. 25 in honor of the holidays.
Fee: Free

Celebration of Mass
Tuesdays, Nov. 12 & Dec. 10, 11:30 a.m.–12 p.m.
Please join us for the celebration of Catholic Mass on the second Tuesday of each month. Father Mark Ressler is the celebrant, and registration is not necessary.
Fee: Free

Evening Centering Prayer
Tuesdays; Nov. 12, Nov. 26 & Dec. 10; 5:30–7 p.m.
Facilitator: Judith Edwards
Centering prayer is a form of meditation focused on praying in silence. Join us as we relax, clear our minds and find God’s presence within us during this time of silence and centering prayer. Feel free to enjoy this as a series or as individual sessions. This group will not meet Dec. 24 in honor of Christmas.
Fee: Free-will offering

Fall Root Medicine Series
Immune System Support
Tuesday, Nov. 12, 6–8 p.m.
Facilitator: Trilby Sedlacek, RH (AHG)
Fall is a great time to focus on our immune system—strengthening and protecting it for the upcoming cold and flu season. The job before us is to restore and strengthen our immune system while making peace with the natural and health-supporting environment around us. We will discuss routines, habits and ideas to support better general health. We will make teas and formulas for supporting optimal wellness and functioning. We will also discuss how food is a major component of our immune function and share recipes. Please register and pay by Nov. 8.
Fee: $40

Y.O.L.O. (Your Other Lunch Option!)
Wednesdays, Nov. 13 & Dec. 4, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)
Facilitators: Tara King, Laurie Erlacher & Rochell Potter
Tired of the same old lunch places? It’s time that we renew our bodies and refresh our spirit in a beautiful setting! Join us for Y.O.L.O. (Your Other Lunch Option!)—a lunch choice celebrating wholesome, fresh food made from scratch by chefs Tara King, Laurie Erlacher and Rochell Potter in Prairiewoods’ no-waste kitchen. We will dine in a community setting (at small-group or communal tables) with friends we bring with us or new friends we meet over a delicious themed lunch:
• Nov. 13: Healing Sounds (featuring foods with healing properties)
• Dec. 4: Cajun Christmas
   Please register at least two days in advance. Each lunch is limited to 35 people, so register early!
Fee: $12 per session

Men Exploring Faith
Thursdays, Nov. 14 & Dec. 12, 7–8:30 p.m.
Facilitator: Bob Davis
As men mature, we undergo a major life transformation from goal driven-ness to receptivity, from ego to wisdom. The transition may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life’s changes and faith’s response.
Fee: Free-will offering

Prairiewoods Holiday Bazaar
Saturday, Nov. 16, 8 a.m.–1 p.m.
See back page for complete details.

Mindfulness for Families
Sunday, Nov. 17, 3–4:30 p.m.; & Monday, Dec. 16, 6–7:30 p.m.
Facilitators: Kim Seward, BSN, RN, CMI, & Ann Jackson, PBVM
We continually look for creative ways to bring awareness, compassion, kindness, peace and tranquility into our homes. These monthly opportunities are for parents and children from kindergarten through grade 12 to attend together. We will focus on simple, mindful practices to create peaceful awareness in the parent, child and home. Practicing foundational aspects of mindful awareness— noticing senses, emotions and thoughts in fun and practical ways—will cultivate awareness and a greater understanding of emotions, kindness and compassion in all relationships, especially the parent-child relationship. As parents and children attend these sessions together, we will build a comprehensive mindfulness toolkit to use for future family enjoyment. Monthly themes include:
• Nov. 17: Gratitude and Kindness
• Dec. 16: Emotions
   Some activities will occur outside, so please dress accordingly. Please register by the previous Monday with your children’s ages.
Fee: $20 per family for each session (some financial assistance available)
Programs

Offered in Partnership with Unity Point Hospice

Soul Care: Creative Arts Grief Support Group

Wednesdays, Nov. 20 & Dec. 18, 5:30–7 p.m.
Facilitators: Jamie Siela, LISW, and 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. Nov. 20 we will create personal collages using pictures from magazines to express our deep inner thoughts about our grief journey. Dec. 18 we will try Fizzing Heart Art, which is a fun combination of science and art that results in unique, beautiful remembrance hearts. Please register by the previous Friday.

Fee: Free includes all art supplies

Seasonal Tree Rock Painting

Friday, Nov. 22, 6:30–8:30 p.m.
Facilitator: Andi Lewis

At different times in life and even various times within the same year, we may find ourselves in different seasons of the heart. We may be in the rush of promise, hope and possibility present in spring, or withdrawing inward during the challenges of grief, loss or turbulence in winter. In this contemplative and creative workshop, we will read passages from various spiritual texts to help us discern which season of the heart we are in. Then we will delve into that season and express our emotions through painting on smooth rocks. We will use a paint brush and fine dotting tools to create a beautiful, one-of-a-kind seasonal tree. This is a fun, relaxing process that can be done by anyone, but it may be too contemplative for young children. It is aimed at both those who have painted rock mandalas and those who are totally new to rock painting. Please register and pay by Nov. 20.

Fee: $13 per person includes rocks and art supplies

Anam Cara Art Journaling

Tuesdays, Nov. 26 & Dec. 17, 1–2:30 p.m.
Facilitator: Angie Pierce Jennings

As John O’Donohue writes, “Anam cara is the Gaelic word for soul and cara is the word for friend. So anam cara in the Celtic world was the soul friend.” We will read and reflect on passages from O’Donohue’s deeply spiritual book Anam Cara: A Book of Celtic Wisdom. We will use the process of art journaling as a creative way to further contemplate and explore the concepts of the book. Feel free to bring a journal or mixed media tablet, colored pencils or watercolor paints, and Prairiewoods will have some art supplies available. Artists of all experience levels, including beginners, are welcome. Anam Cara is available for purchase in the Prairiewoods Gift Shop. Feel free to enjoy this as a series or as individual sessions. Please register by the previous Friday.

Fee: $10 per session

Prayer Experience Series

Loving Kindness Meditation

Tuesdays, Dec. 3 & 17, 11:30 a.m.–12 p.m.
Facilitator: Angie Pierce Jennings

Join us in December as our Prayer Experience Series continues with the practice of loving kindness meditation. In this meditation, we offer loving kindness to ourselves and to all living beings. Registration is appreciated.

Fee: Free-will offering

Essential Oils from Ancient Scripture

Wednesday, Dec. 4, 2–4 p.m.
Facilitator: Mary Ellen Dunford

Learn about the historical and spiritual story of essential oils as we approach the Christmas season. There are more than a thousand references in the Bible for the use of essential oils. These oils were an important part of the Hebrew culture for disease and health. We will learn a brief synopsis on ten of the oils mentioned throughout the Bible—Aloe, Cassia, Myrrh, Cypress, Frankincense, Hyssop, Cedarwood, Myrtle, Onycha and Rose of Sharon. We will also discuss ancient and current uses of these oils.

Fee: $15

Fall Root Medicine Series

Digging Deeper into Winter Health

Tuesday, Dec. 10, 6–8 p.m.
Facilitator: Trilby Sedlacek, RH (AHG)

Maintaining positive feelings and health as the seasons change creates an opportunity to examine our individual health needs and the specific remedies that herbal medicine can provide. We will explore as a group the challenges that cold weather presents, learn plants as medicine and make some specific formulas based on the group’s needs. Also important is learning how to connect with the energy of specific plants. We will learn how to meditate with a plant and how to decipher the messages the plants are giving us directly, called “the doctrine of signatures.” Trilby Sedlacek is a registered herbalist with 30 years of experience in plant medicine. Please register and pay by Dec. 6.

Fee: $40

Prairiewoods is excited to launch our 2020 wall calendar featuring gorgeous photographs taken at Prairiewoods! There are only 100 copies available, and they will be sold for $12 at the Prairiewoods Holiday Bazaar on Nov. 16. If any remain, we’ll sell them in the Gift Shop until they’re gone. This is the only way to get this beautiful local calendar, so be sure to pick one up at the Holiday Bazaar!
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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Gayla Lewis

Thanks!

Wish List
Have you ever wondered how you can help Prairiewoods? We’d love to have a new piano for our retreatants to enjoy. If you have a piano that you no longer play, we’d be happy to give it a loving new home! Please contact Laura at lweber@prairiewoods.org or 319-395-6700.
Join us for Prairiewoods’ annual Holiday Bazaar to jump start your Christmas shopping and get in the spirit of the season! There is no entrance fee, and coffee, warm apple cider, breakfast and lunch will be available for purchase.

Prairiewoods Holiday Bazaar
Saturday, Nov. 16, 8 a.m.–1 p.m.

Join us for Prairiewoods' annual Holiday Bazaar to jump start your Christmas shopping and get in the spirit of the season! There is no entrance fee, and coffee, warm apple cider, breakfast and lunch will be available for purchase.

Prairiewoods’ Gift Shop offers:
Prairiewoods Tree-shirts in beautiful purple (long-sleeve and short-sleeve)
Books on spirituality and ecology
Wind chimes
Scarves
Felted wool animals and change purses
Prairiewoods journals, calendars and our very first harvest of honey!

Local vendors offer handcrafted items such as:
Knitted and crocheted items
Baked goods
Jewelry
Journals
Mixed Media Art
Pottery
Handmade toys
Holiday ornaments
and much, much more!