Betty Daugherty, FSPA, grew up on a farm in eastern Iowa. Although she left the farm as a young woman, Sister Betty was a lifelong planter of seeds and tender of growing things. The literal seeds she planted included trees and prairie grasses and milkweed for the pollinators. Walk the beautiful grounds teeming with vibrant life here at Prairiewoods, and you'll see Sister Betty's touch everywhere.

The very fact that there is a Prairiewoods to walk is testament to a different kind of seeding to which Sister Betty dedicated her life. A voracious reader, Sister Betty fell in love with the work of Teilhard and Berry, with Beatrice Bruteau and Cynthia Bourgeault, with the new cosmology and Celtic traditions reimagined. Taking in all she was reading and absorbing, the idea of creating a spirituality center dedicated to deep ecology took shape as a seed Sister Betty planted among her Franciscan Sisters of Perpetual Adoration (FSPA) community and tenderly brought to life. With Sister Betty's visionary leadership and the committed care of all six foundresses, Prairiewoods flourished.

On October 4, 2019—Saint Francis Day and Sister Betty's birthday—we celebrated the decision by FSPA to place most of the 70 acres here at Prairiewoods into a conservation easement, protecting the land from further development. At that joyous celebration, Sister Betty recalled the founding of Prairiewoods, saying:

“We were called to create this center, to open these 70 acres in the midst of a city to people … who wish to deepen their relationship with the Divine, who desire a space in which to listen in peaceful silence to what is in their hearts, who acknowledge the bonds that unite us with all peoples and who wish to connect with the mystery and wonder of creation as essential to their spiritual journey. And, I might add, to those who know that land is not just a commodity to be fought over and divided up, who know that we can walk with God, present here in this woods and this prairie.”

If you knew Sister Betty, it is likely that at least once she handed you some reading material—a book, a poem, an article—saying, “You might like to read this.” It may have seemed a spontaneous impulse. More likely, it was Sister Betty planting another seed, this time to broaden your perspective, expose you to a new idea or aid your spiritual deepening. Sister Betty's thoughtful attention and concern that each person feel seen, appreciated, even celebrated was at odds with her own desire to stay out of the spotlight, to avoid being singled out or credited in any special way. Everyone who misses her gentle presence and mischievous smile, her ability to make real our interconnected ongoing cosmic origin story, knows how extraordinary and worthy of acclaim Sister Betty was and is. In planting her seeds and tending our growing edges, Sister Betty demonstrated a deep understanding of the enormous value of doing ordinary things. (To read Sister Betty's complete obituary, please visit www.Prairiewoods.org/Blog.)
Dear friends of Prairiewoods:

This March/April issue is the first newsletter we’ve published since the death of Betty Daugherty, FSPA, on Dec. 20, 2019. Despite the passage of several months, here at Prairiewoods we miss Sister Betty every day.

At the same time, we see her presence and feel her spirit in many, many ways. We take comfort and find joy in this truth daily.

I have the honor of expressing, on behalf of the entire staff at Prairiewoods, our deep gratitude for the outpouring of concern, expressions of love, and humbling offers of support from so many of you in the days and weeks immediately following our loss of Sister Betty.

Thank you for the lovely testaments to Sister Betty’s impact on your lives. For the stories that made us laugh or cry and nod along, thinking, “Yes, that sounds like Betty!”

Thank you for the hugs, the plants, the drop-in visits just to ask how we were holding up.

Thank you for the many ways you’ve said, “Yes, this is a big loss for Prairiewoods. But you’ve got this.” As a number of you reminded us, we learned from the best! Perhaps it goes without saying (but I sometimes think it is best to say these things anyway): we will continue our commitment to what Sister Betty started at Prairiewoods. We will endeavor to practice the Franciscan hospitality for which Sister Betty was known. We will keep striving to go deeper into the mission, which Sister Betty articulated so beautifully in written documents and reflective pieces. We will continue to hold space for transformation and spiritual deepening, for the exploration of relationships with self, others, Earth and God. And, perhaps most importantly, the Prairiewoods land will be protected and waiting to welcome you!

In other words, we will endeavor to carry forward the beautiful example of “living a life,” put into words by poet Mary Oliver but deeply expressed by Sister Betty’s life:

Pay attention.
Be astonished.
Tell about it.

Peace and all good,

Jenifer Hanson, Director

The Prairiewoods staff collaborates to publish this newsletter bimonthly. Content, except where otherwise noted, is created by our staff in consultation and with care to offer a uniquely Prairiewoods perspective.

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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.
The old mythologies and philosophies of the West are rich and complex and beautiful. They offer up a world in which everything is not only alive, but has purpose and intentionality of its own. A world to which each incarnated soul chooses to come, for a reason, and to offer up a unique gift which can only be expressed through relationship with and participation in this beautiful animate Earth.

During this weekend, we’ll explore what it might be to court the *anima mundi*: the “world soul” of ancient tradition, and to uncover our own part in its unfolding.

**Registration for Spirituality in the 21st Century:** The cost of the two-day event is $75 and includes Saturday lunch. After April 1, the cost is $80. Friday only is $25, and Saturday only is $60, including lunch. Lodging is full at Prairiewoods but may be available at Comfort Inn & Suites (2025 Werner Ave NE in Cedar Rapids, 319-378-8888) or Country Inn & Suites (4444 Czech Lane NE in Cedar Rapids, 319-294-8700). Please call early to inquire about a room.

**Dr. Sharon Blackie** is an award-winning writer, teacher and speaker and is recognized internationally for her work on cultivating the mythic imagination. As well as writing four books of fiction and nonfiction, Sharon has had her work published in magazines and newspapers around the world, and she has been interviewed by major broadcasters and radio stations. She is a mythologist with a specialization in Celtic Studies and a psychologist who has specialized both in neuroscience and narrative. [www.SharonBlackie.net](http://www.SharonBlackie.net)

**Sara Thomsen** is an artist of the melody whose music touches the soul and invites us to respond for the good of the global community. Sara’s gentle, soulful and uplifting acoustical renderings celebrate the beauty of the cosmos and call us into fuller communion with the global family. [www.SaraThomsen.com](http://www.SaraThomsen.com)
The Universe Story—the 14-billion-year history of the unfolding of the universe and all who abide in it—was foundational to Prairiewoods foundress Betty Daugherty, FSPA. On these two pages, you will find Sister Betty’s own words describing this essential story of creation. To read, begin at number one in the center and spiral outward …

The Great Flaring Forth
This is the beginning of everything in existence, the emergence of the universe. Some time between 13 and 15 billion years ago, in a great burst of stupendous energy, the Universe billowed out in every direction, creating its own space in which to exist. All of creation unfolded from this originating event. All the protons that would ever be were created in this moment. The Universe was born.

Multi-Cellular Species
About one billion years ago, life was mysteriously drawn toward union, and the first simple-celled organisms began to reproduce sexually. Different strands of genetic memory were combined in the new offspring. Seven hundred million years ago, the first multi-cellular life emerged within the sea. Five hundred million years ago the first fish with back bones developed, encasing Earth’s first nervous system and developing sensory organs.

Life on Earth
Four billion years ago, over time, more complex arrangements began to take shape within the oceans. Gradually, amino acids formed, and finally, proteins. These were the first simple cells, and in, by and through them, Earth awakened into life. These first simple cells learned how to catch the rays of the sun for food and how to reproduce by dividing. These ancient creatures prepared the way for every complex form of life that followed.

Earth
A little more than four billion years ago, our own planet Earth formed ... It was just the right size and distance from the sun for life to develop. Torrential downpours washed the land for millions of years, carrying minerals into slowly forming seas, rich with minerals and possibilities. An atmosphere and land masses gradually formed.

Dinosaurs, Flowers & First Mammals
For about one hundred million years dinosaurs were the most prevalent vertebrate form. Birds are their direct descendants. The coming of the flowers, about two hundred thirty million years ago, provided a truly concentrated food source, which made possible the development of mammals. With flowers came the greatest increase of new species the planet had seen. Flowers brought not only nourishment to Earth but also decked it with beauty, color and fragrance. The first placental mammals developed about one hundred ten million years ago. By forty million years ago, the various orders of mammals were complete and inhabited the continents of Earth’s body.

Life Goes on Land & Vertebrate Animals
Four hundred million years ago, the first life forms left the oceans, having learned to develop a membrane within which they could carry their own water and through which they could withstand the pull of gravity. Vertebrates left their ocean home and went ashore. Amphibians were descendants of fish who had developed lungs. They made their way into the world of swamps and forests, reaching sizes of twenty feet in length. The land filled with reptiles and dinosaurs … a great, green, slow-moving Earth.
The Universe Story

The original fireball spread out and cooled, the first atoms were formed—hydrogen first and helium second. About a billion years after the Great Flaring Forth, the first stars appeared. They expanded and then collapsed, forming carbon, oxygen, sulfur and iron, some of the elements necessary for life. This process continued for billions of years, creating a trillion galaxies, each with billions of stars. We know now that stars are still being born in these heavenly cauldrons.

Our Sun & Planetary System

About five billion years ago, our mother star in the Milky Way was coming to the end of her life. She expanded and swelled and then burst, exploding her stardust into space and birthing all the new elements such as calcium, nitrogen and oxygen. These elements would later appear on Earth as parts of our bodies. As the exploding stardust began to slow down and cool, it formed into our sun and our solar system.

The Milky Way

Among the countless galaxies in this vast universe, our own Milky Way Galaxy was formed. It is a spiral galaxy, 100,000 light years across and 16,000 light years thick. Our mother star was just one star in one arm of this gigantic galaxy.

The Galaxies

The original fireball spread out and cooled, the first atoms were formed—hydrogen first and helium second. About a billion years after the Great Flaring Forth, the first stars appeared. They expanded and then collapsed, forming carbon, oxygen, sulfur and iron, some of the elements necessary for life. This process continued for billions of years, creating a trillion galaxies, each with billions of stars. We know now that stars are still being born in these heavenly cauldrons.

Modern Homo Sapiens

Forty thousand years ago, modern Homo Sapiens arrived, occupying Africa and Australia. These new creatures looked about and marveled at all they saw. They learned the secrets in every leaf and rock and tree, and moved with the animals and seasons across the land. They fashioned language, tools, art, and cultures rich in ritual and celebration. Ages passed and humans changed, settling down to live in villages and then in cities. Empires and kingdoms grew and spread, characterized by monarchy and hierarchy, conquest and colonization. Into this period, just over two thousand years ago, Jesus Christ was born.

Ice Age & First Humans

A little more than three million years ago, the current ice ages of Earth began, shaping the mountains, valleys, rivers, lakes and streams that form our present bio-regions. About two and a half million years ago, the earliest humanoid types evolved. These creatures, with brains and nervous systems, were complex enough that in and through them Earth awakened into self-conscious awareness of her existence.

Consciousness Changing

The challenge facing humans at this time is to awaken to the realization that each of us is a participant in this moment of Earth’s evolution. Like all other creatures, we carry within ourselves the wisdom and powers of the Universe. Unlike other creatures we must awaken our consciousness to the powers within us and choose how we will live.

Our Species Today

The human species, driven by myths of progress, power and security, is bringing to a close the Cenozoic Age, the last sixty-five-million-year geological era of Earth’s greatest variety and abundance of life. Yet, even as we humans recognize the effects of our dangerous and destructive behavior, we are also gradually discovering the great Mystery contained in the story of the Universe. We are learning more about our expanding and unified Universe, seeing how we are part of a common origin story and participants in its continuing emergence. We are seeing ourselves as members in single Earth community in a single sacred Universe.
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.

The Energy of Love Retreat  
**Friday, March 6, 6:30 p.m.–Sunday, March 8, 1 p.m.**  
**Facilitator:** Catherine Quehl-Engel  
There are beautiful wild forces within us, says St. Francis. This heart-focused mind-body-spirit-practices retreat taps East-West spiritual wisdom on indwelling life force. The Spirit coursing through life’s veins fills and interconnects us, all creation and the Sacred as one. Harnessing the healing energy of love, we will practice shifting our awareness to the oneness we have all along through radiant heart, breath and energy-centered meditation, yoga and prayerful sending of compassionate healing intention. We will also practice deep peace yoga nidra (or yogic sleep), vibrational sound healing, and the energy medicine of qigong and healing touch. This retreat enfolds insights from mysticism and HeartMath scientific research.

**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, March 7 & April 4, 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, SJ

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)

Ignatius at 2020 Retreat  
**Friday, April 3, 6:30 p.m.–Sunday, April 5, 1 p.m.**  
**Facilitator:** Dennis Hamm, SJ

Ignatius of Loyola was both a mystic with a powerful vision of the interconnectedness of humanity with all other creatures and also a practical man of his time and place. He was the inventor of the modern university and the visionary founder of the Jesuits. Because of his special interest in personal and social transformation, we have included him in our series of retreats featuring cosmic visionaries of the past and what they have to teach us about our pilgrimage on planet Earth today. With Father Dennis Hamm, SJ, we will work with forms of meditation, contemplation and discernment inspired by Ignatius’ methods in the latter’s Spiritual Exercises. Dennis will give special attention to the spirituality of Pope Francis as articulated in his encyclical, *Laudato Si*: *On Care for our Common Home*, in response to the cry of Earth and the cry of the poor.

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

What I Stand for Is What I Stand On: A Retreat on Wendell Berry  
**Saturday, April 4, 8 a.m.–6 p.m.**  
**Facilitator:** Eric Anglada

The farmer-poet Wendell Berry (1934- ) is arguably one of today’s most important, prophetic and interesting writers and critics on matters of land, health, community and spirituality. This contemplative retreat will be a celebration of Berry’s life and words, delving into his importance for our precarious age. Our time together will include talks, discussion, silence and contemplative time outdoors.

**Commuter Fee:** $150 includes sessions and all Saturday meals (or add $55 for an optional night Saturday, including Sunday breakfast)

Save the Date!  
for these upcoming retreats:

**Thomas Merton: Contemplative Wisdom for the 21st Century Retreat** with Judith Valente, May 15–17

**In Fire & Bone: Teilhard at 2020 Retreat** with Laura Weber, May 16
Metta Yoga (formerly Hatha Way Yoga)
Mondays & Thursdays; March 2–April 30; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.
Facilitators: Carla Brems, Cheryl Lindo & Heather English
Join us as we link our movements with our breath and cultivate strength, flexibility and relaxation through regular yoga classes. Carla Brems, Cheryl Lindo and Heather English offer multiple one-hour Gentle/Beginner’s and Chair Yoga classes each Monday and Thursday, now under the name Metta Yoga. 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!
Fee: $99 for eleven-punch card or $60 for six-punch card, one punch per session

Prayer Experience Series
Tuesdays; March 3, March 17, March 24, March 31, April 7, April 21 & April 28, 11:30 a.m.–12 p.m.
Facilitators: Angie Pierce Jennings & Emelia Sautter
We are blessed with many ways to pray, including songful prayer, contemplative prayer, silent meditation and body prayers like walking the labyrinth. Join us for this ongoing prayer series and experience the joys of prayer and meditation together. Registration is appreciated but not required.
Fee: Free-will offering

Offered in Partnership with Cedar Memorial
Mindfulness-Based Stress Reduction
Information Sessions: Tuesdays, March 3 & 10, 5:30–6:30 p.m.
Eight-Week Series: Tuesdays, March 24–May 12, 5:30–8 p.m.
Combined Extended Class: Saturday, April 25, 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)

Wednesday Women
Wednesdays, March 4–April 22, 10–11:30 a.m.
Facilitator: Ann Jackson, PBVM
Join women seeking spiritual enrichment, inspiration and motivation in the supportive setting of Prairiewoods each Wednesday. 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! In March and April, we will explore how to find wonder in everyday life through Prairiewoods’ Spirituality in the 21st Century speaker Sharon Blackie’s book, The Enchanted Life: Unlocking the Magic of the Everyday. An award-winning writer, visionary, teacher and speaker, Sharon is recognized for her wisdom in Celtic studies. Feel free to enjoy this as a series or as individual sessions. Please register for each session by the previous day. This group will not meet April 29.
Fee: $10 per session

Mid-Week Tree Speak:
Spirituality & the Wood-Wide-Web
Wednesdays, March 4–25, 1–2:30 p.m.
Facilitator: Laura Weber
Pause mid-week to explore and celebrate the recent glut of books and spiritual practices associated with trees. How do trees reach out to us and animate our spiritual journey? The poetess Mary Oliver writes, “When I am among the trees, especially the willows and the honey locusts, equally the beech, the oaks and the pines, they give off such hints of gladness. I would almost say that they save me, and daily.” We will experience prayer-poetry, enter the woods to immerse ourselves in the healing energy of trees and read and discuss excerpts from recent books about the sacredness of trees:
• March 4: Overture by Richard Powers
• March 11: The Wild Trees by Richard Preston and The Hidden Life of Trees: What They Feel, How They Communicate by Peter Wohlleben
• March 18: Like a Tree: How Trees, Women, and Tree People Can Save the Planet by Jean Shinoda Bolen
• March 25: To Speak for the Trees: My Life’s Journey From Ancient Celtic Wisdom to a Healing Vision of the Forest by Diana Beresford-Kroeger
Fee: $10 per session or $35 for four-week series

Healing Conversations with Plants
Wednesdays, March 4 & April 1, 6–7:30 p.m.
Facilitator: Carolyn Herbst Lewis
For millennia, humans have relied upon herbs and other plants for nourishment and healing. They fuel and heal our bodies, providing for our growth and well-being. If we are willing to listen carefully, they offer us wisdom and companionship as well. This exchange is not one-sided. By tending plants, we tend to the planet, fostering healing and growth for ourselves and the world. On the first Wednesday of each month, this conversation and hands-on learning series will showcase the healing potential of a medicinal plant, including:
• March 4: Lavender
• April 1: Lemon Balm
We will explore the plant’s historic and current uses and learn how to incorporate it into our own self-care regimen. We also will discuss the bigger lessons plants offer us, as well as the healing energy we might offer to the plants and the planet in exchange for the healing and wisdom they offer us.
Registration and payment are required by the previous day.
Fee: $15 per class or $120 for ten-month series
Day of Self Renewal
Monday, March 16 & April 20, 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 $50 and list your top three services choices at least five days in advance.
Fee: $110 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch (or $95 without private guest room)

Guided Ecospirituality Experience
Monday, March 16, 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 in nature! Please dress for the weather; as we will be outdoors.
Fee: $5

Spring Break Day for Children & Families
Tuesday, March 17, 10 a.m.–2 p.m.
Facilitators: Emelia Sautter, Angie Pierce Jennings, Andi Lewis & Ann Jackson, PBVM
Calling all kids and families! Spend one day of break enjoying nature and being creative at Prairiewoods. Bring the whole family for a fun-filled day that will help us connect with each other and with the land. The day will include a creative art session, prayerful meditation, a delicious lunch, guided nature activities, learning about the labyrinth and more! All ages are welcome. Registration and payment are required by noon March 16.
Fee: $15 per person, includes lunch (or $10 if you bring your own lunch)

Y.O.L.O. (Your Other Lunch Option!)
Wednesdays, March 18 & April 15, 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 spirits 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:
• March 18: St. Patrick’s Day—An annual celebration of all things Irish, with a Prairiewoods spin on traditional fare!
• April 15: Tax Day—Take the sting out of the day by joining us for a celebration of abundance. Spring will be in the air, and we’ll be surrounded by good friends and delicious food! Please register at least two days in advance. Each lunch is limited to 35 people, so register early!
Fee: $12 per session

Offered in Partnership with Unity Point Hospice
Mind Care: Creative Arts Grief Support Group
Wednesdays, March 18 & April 15, 5:30–7 p.m.
Facilitators: 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.
• March 18: Kokedama—Work with the Japanese technique Kokedama to create living balls for plants to live on.

Shooting Star Rock Painting
Saturday, March 21, 2–4 p.m.
Facilitator: Andi Lewis
We are all made of stardust! As Neil deGrasse Tyson writes, “The atoms of our bodies are traceable to stars that manufactured them in their cores and exploded these enriched ingredients across our galaxy, billions of years ago.” Let’s celebrate our star-selves by painting beautiful shooting stars on rocks in this hands-on creative workshop. We will have time to paint two rocks to take home or give as gifts. This is a fun, relaxing process that can be done by anyone. 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.)
Fee: $13 per person includes art supplies

Mindfulness for Families
Mondays, March 23 & April 13, 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 focus on simple, mindful practices to create peaceful awareness in the parent, child and home. We explore and engage fun mindfulness activities to do together as a family. 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:

- **March 23:** My Wonderful Calm Body
- **April 13:** Spring into Mindfulness

Some activities will occur outside, so please dress for the weather. Each session is limited to 30 total parents and children. Please register by the previous Friday with your children’s ages.

**Fee:** $20 per family per session (some financial assistance is available)

### Spiritual Art Journaling
**Tuesdays, March 24, April 21, 1–2:30 p.m.**
**Facilitator:** Angie Pierce Jennings

We will use the process of art journaling as a creative way to contemplate and explore our spirituality. Participants may wish to bring a journal or mixed media tablet, colored pencils, and water color paints. Prairiewoods has some art supplies available for use. Artists of all experience levels, including beginners, are welcome.

Please register by the previous day.

**Fee:** $10 per session (can be enjoyed as a series or as individual sessions)

### Introduction to Adoration
**Tuesday, April 14, 1–2 p.m.**
**Facilitator:** Sarah Hennessy, FSPA

Eucharistic adoration is a door that we can walk through to a lifestyle of deeper awe, empathy and service. Sarah Hennessy, FSPA, joins us from St. Rose Convent in La Crosse, Wisconsin, where the tradition of 24/7 Eucharistic adoration was kept alive for over 140 years. With her, we’ll survey a basic history and a contemporary view of adoration, consider tips for adoration and discuss ways adoration can change our lives.

**Fee:** Free-will offering

### Guided Labyrinth Experience
**Monday, April 20, 2:30–3:30 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 is 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 April 19.

**Fee:** $5

**Co-Sponsored by Trees Forever**

### Forest Bathing with the Seasons
**Friday, April 24, 1–4 p.m.**
**Facilitator:** Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Spend the afternoon exploring the mindfulness practice of forest immersion with Dr. Suzanne Bartlett Hackenmiller, a practitioner of integrative medicine. We will learn about evidence supporting the healing benefits of forest bathing and then experience an extended gentle, contemplative, guided walk with the Prairiewoods land. We will use our senses to enhance well-being in the healing embrace of nature. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage! Please register and pay by April 23.

**Fee:** $50 includes snacks

### Mother’s Day: Mother/Daughter Retreat
**Sunday, May 10, 1–5 p.m.**
**Facilitators:** Helene Hirniesz & Adina Joy Levitt

Spend Mother’s Day at Prairiewoods in this afternoon for mothers and adult daughters to engage with each other in intention, meaningful and creative ways. The afternoon will be facilitated by a mother/daughter pair, and each hour will have a different focus: art (Zentagles), honoring our ancestors, dance/movement and gratitude. No art or dance experience is necessary. (This retreat is for adult children only.) Registration and payment are required by May 7.

**Fee:** $40 per person

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

- **Bridges to Contemplative Living with Thomas Merton**
  with Carole Butz (Thursdays; March 5, March 19, April 2 & April 16; 6:30–8 p.m.)

- **Celebration of Mass**
  with Father Mark Ressler (Tuesdays, March 10 & April 14, 11:30 a.m.–12 p.m.)

- **Drumming for Healing**
  with Sheri Broghammer (Hawkwoman) (Mondays; March 9, March 23, April 13 & April 27; 6–7 p.m.)

- **Evening Centering Prayer**
  with Judith Edwards (Tuesdays; March 10, March 24, April 14 & April 28; 5:30–7 p.m.)

- **Going Inward with Sounds & Vibrations**
  with Kathy Broghammer (Wednesdays; March 4, March 18 & April 15; 6–7 p.m.)

- **Men Exploring Faith**
  with Bob Davis (Thursdays; March 12, March 26 & April 23; 7–8:30 p.m.)

- **Prairiewoods Knitters & Stitchers**
  (Tuesdays, March 10 & April 14; 9:30–11 a.m.; & Wednesdays, March 25 & April 22; 6:30–8:30 p.m.)

- **Seeing IS Believing: Visio Divina**
  with Lois Ochenosak (Tuesdays, March 3–April 28, 10–11:30 a.m.)

- **Singing Bowl Prayer**
  with Kathy Broghammer (Monday, March 16 & April 20, 12:45–1:30 p.m.)

- **Sweat Lodge**
  with Kerry Batteau (Saturdays, March 14 & April 18, 5–9 p.m.)

For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).
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“This we need to know: how to participate creatively in the wildness of the world about us. For it is out of the wild depths of the universe and of our own being that the greater visions must come.”

—Thomas Berry, The Great Work: Our Way Into the Future