

Why are we here?

- to fulfill our vision of people everywhere, energized into a community of compassion and care for Earth
- to offer a space where people on any spiritual path can experience interior growth, peace and transformation
- to provide sanctuary and rest with warm hospitality and respect
- to reverence the Divine Presence within all creation, leading to ecological awareness

About Prairiewoods

Prairiewoods Franciscan Spirituality Center is an ecospirituality retreat and conference center in the Franciscan tradition. It is located on 72 acres of woods and prairie on the outskirts of Cedar Rapids, Iowa. Prairiewoods offers a variety of programs and retreats, as well as conference space to rent. Please join us for an enriching experience in this relaxing, nurturing environment!



Prairiewoods is sponsored by Franciscan Sisters of Perpetual Adoration.



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www.prairiewoods.org

Find us on social media: 2-2024

Nurturing Relationships with Others

Others



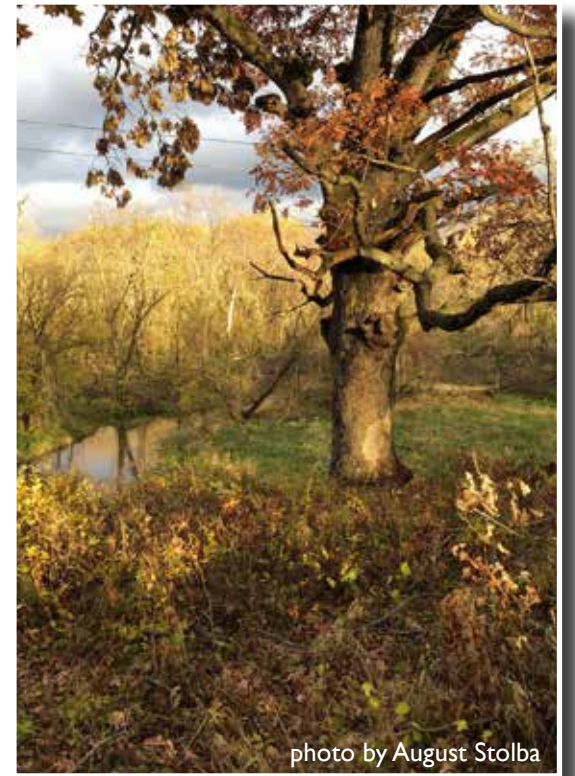
Self



Earth



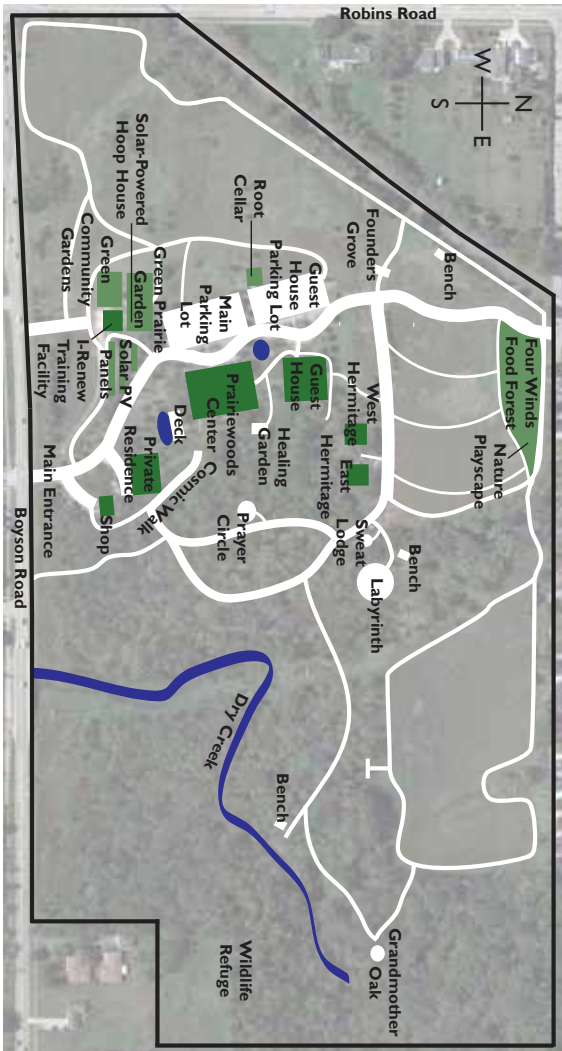
Creator



Prairiewoods Franciscan Spirituality Center is a nonprofit retreat and conference center focused on ecology and spirituality, or *ecospirituality*. We believe that humans are intimately connected with all creation. In his eco-encyclical *Laudato Si'*, Pope Francis writes, "Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it."

Our 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.

PRAIRIEWOODS
A Place of Peace and Transformation



Let Prairiewoods help you nurture your relationships with ...

Creator

Go on Retreat Participate in a private retreat or an organized group retreat to connect with the Source of All Being on a deeper level.

Talk with Our Creator ... and with a trained spiritual director who will help you discover how the spirit is at work in your life.

Walk the Labyrinth Practice a 5,000-year-old spiritual tradition by walking our outdoor labyrinth.



Earth



Walk the Trails Spend time on our 2.5 miles of walking trails, interacting with creation and appreciating the wildlife you encounter, such as deer, fox and groundhogs.

Learn from the Cosmic Walk Take a walk through time with Prairiewoods' Cosmic Walk, a symbolic journey representing the Story of the Universe and its emergence through 14 billion years of evolutionary history.

Tour Our Eco-Features Take a tour of Prairiewoods' buildings, 70 acres of woods and prairie, and many Earth-friendly features, including solar panels, a trombe wall and extensive gardens. (This includes an organic vegetable garden that provides fresh produce to those in need through Metro Catholic Outreach's food pantry.)

Visit Grandmother Oak Sit under the expansive canopy of Grandmother Oak, a wise, ancient tree.

Self

Rejuvenate Your Body Pamper yourself with a holistic service, such as massage, reflexology or healing touch, in our comfortable, spiritual setting.

Meditate Spend time in our beautiful Meditation Room with large windows facing our wildlife-filled grounds.

Grow Your Mind Borrow books, videos and audio materials from our Media Center, which has a wide selection on spirituality, theology, personal growth and the environment.

Relax/Become Spend the day walking our 2.5 miles of trails, taking time for yourself in a private guest room or just sitting in a tree swing!



Others



Take a Class Participate in a variety of programs based on spirituality, ecology or holistic health to engage your body, mind and spirit.

Share a Meal Eat a fresh, nutritious meal made by our on-staff chefs mostly from local, organic ingredients.

Host a Meeting Bring your organization for a meeting, workshop, planning session or conference in our Wi-Fi enabled meeting spaces with current technology. We have food, lodging and meeting spaces, all in one peaceful place.