

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!

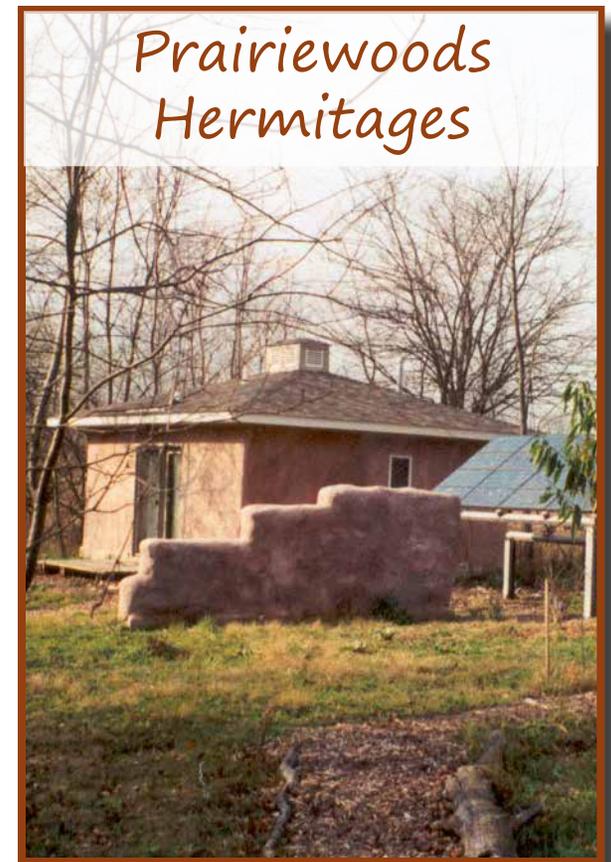


Prairiewoods is sponsored by Franciscan Sisters of Perpetual Adoration.



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A Sacred Space in the Woods

PRAIRIEWOODS
A Place of Peace and Transformation

Retreat to the Woods in a Hermitage

Are you longing for a place where you can enjoy *being alone* in nature?

Does your *spirit yearn* for a cozy place in the woods far from the usual stresses of life?

A time of *solitude* and *rest* may offer exactly what you need!

Prairiewoods has two hermitages, or small, rustic cottages in the woods, for people who want a quiet retreat. The hermitages are simple one-room buildings—self-contained living spaces for one person, equipped with a bed, stove, refrigerator and bathroom. These energy-efficient, earth-friendly retreat spaces feature straw-bale construction, radiant floor heating and a wetland septic system. The electricity, generated entirely from solar panels, provides only direct current (DC)



for the existing lamps and electronics. Non-DC appliances such as cell phones, laptops, hair dryers, razors and CPAP machines cannot be plugged into electrical outlets. There is no air conditioning. Air is circulated by a ceiling fan and small battery-powered fan.

The hermitages are set at the edge of a woods populated by squirrels, turkey, deer and other creatures that will capture your attention and your heart. The 2.5 miles of wood-chipped paths take you to the edges of Dry Creek, to a restful prayer circle, to the winding sand paths of a labyrinth, past ancient oaks and through

prairie grasses. All invite integration of body, mind and spirit.



You will have access to the Guest House, should you need to charge your devices, and to the spirituality center, which includes a Meditation Room, Gift Shop, Art Room and large Media Center lending library. While you are on retreat, you may want to meet with a spiritual director or have another holistic service, such as massage, healing touch or reflexology. (Please schedule these in advance.)

What to Bring

- Your own food to prepare, although basics such as sugar, flour, coffee, tea, ketchup, mustard and oil are provided
- Comfortable walking shoes and casual clothing
 - Reading materials and a journal, although the Media Center offers a great selection
 - Towels and bed linens are provided.



Fee: \$60 per night with a two-night minimum

To schedule time in a Hermitage, please contact Prairiewoods at ecospirit@prairiewoods.org or 319-395-6700.

