

Prairiewoods

March/April 2026

A FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

30TH
ANNIVERSARY



Care For Creation

Where eco-spirituality, sustainability,
and sacred connection meet

For three decades, Prairiewoods Franciscan Spirituality Center has embraced a deep commitment to caring for creation—integrating eco-spirituality into every aspect of our community and mission. A spirit of reverence for Earth infuses all we do—from sustainably designed facilities and organic gardens to programming that reflects our interconnectedness with all life, the Source of All Being, and one another.

Caring for Creation is more than a value of Prairiewoods, it is a way of being, a way of life.

A cornerstone of our commitment to ecospirituality is the annual Spirituality in the 21st Century event...

(continued on page 3)

Prairiewoods Board

Greg Barnett

Software Engineer, Retired

Rev. Rose Blank

United Methodist Clergy, Retired

Peter Correll

Martin Construction

Charles Crawley (Chair)

Community Volunteer

Marie DesJarlais, FSPA (Liason)

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Director, GATE & GATE Charitable Giving

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Spiritual Director & Pastoral Associate

St. Mary's Church

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Junior Achievement of Eastern Iowa

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Suzanne Rubenbauer, FSPA

Spiritual Director & ESL Instructor

Claire Sagers

Director of Alumni Engagement

Coe College

Hether Stauffacher (Treasurer)

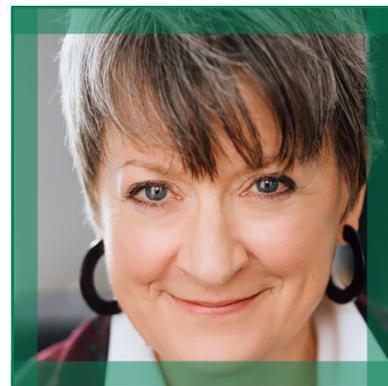
AVP RE-Consumer Support Manager

Cedar Rapids Bank & Trust



Director's Corner

Preparing our hearts to heal creation and community



“

Lord, make me an instrument of your peace:
where there is hatred, let me sow love.

St. Francis of Assisi

”

I write this in January but you will read this as many of us are entering into the season of Lent, or Ramadan and later Holi. I sit in the lengthening shadows of a gray and cold winter day. The violence and uncertainty in our country adds to a feeling of approaching darkness. And yet I know for certain that transformation is possible and light is coming.

During this time many observe a time of reflection, renewal and community. It is a time of seeking right relationship with God, self, others and all of Creation. April is also a season of deepening our ecological awareness and relationship.

It's a time to let go and turn away from those things that become obstacles to right relationship. In the language of eco-spirituality, it is a time to examine and let go of our notions of dominion, of a human centric universe and any notion of separateness. It may mean abandoning the privilege of comfort and convenience and stepping into cold and dark spaces to walk with people who are afraid and taking the risk of speaking up in solidarity. It may mean wrestling with challenging conversations and seeking the humanity in every person. My hope is that it will lead all of us to build bridges of belonging that will heal our divides.

This is a time to prepare, renew, reflect and pray in order to act on what we believe and do our part to bring about a new season. One of peace, justice and unity. In this year of the Jubilee of St. Francis it is time for us to follow in his footsteps; cultivating our sense of belonging to a "wider we", seeking peace and justice especially for those on the margins and caring for Creation as our kin and common home.

Let us make what we believe visible as Francis did.

Peace and all good,

Leslie A. Wright



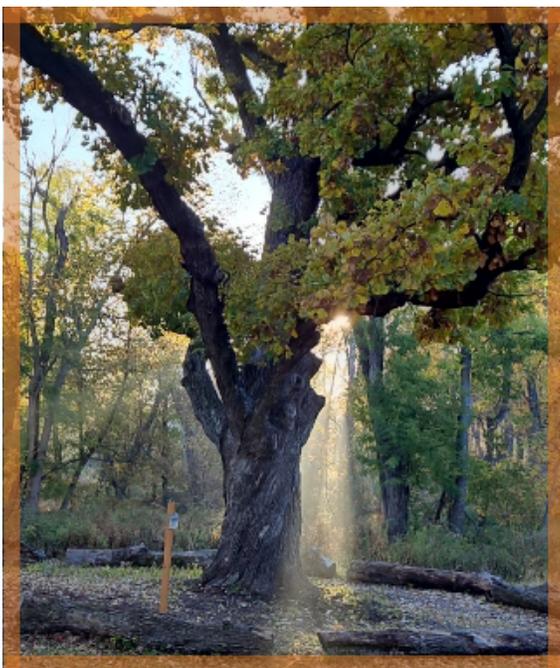
A Conversation with Dr. Lisa Dahill

Each year, Prairiewoods brings together leading voices that inspire us to deepen our relationship with the earth and with one another. Over the years, this gathering has welcomed renowned eco-spiritual thought leaders, including Marcus Borg, Ilia Delio, and Diarmuid O'Murchu, creating a vibrant space for reflection, learning, and transformative dialogue. This year, we are honored to host Dr. Lisa Dahill of the Hartford School of International Religion and Peace, whose scholarship invites us to expand our ecological awareness and spiritual imagination. Through these powerful conversations, we continue to raise our collective consciousness and nurture a community dedicated to the flourishing of all creation.

We had the chance to sit down with Dr. Dahill and talk through the importance of creation, especially at this moment in time.

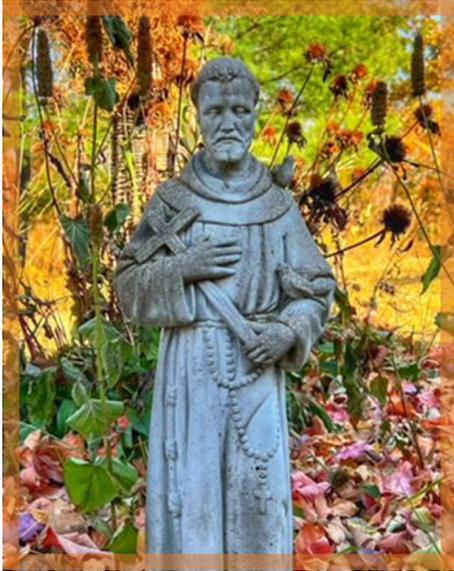
PW: *Dr. Dahill, for someone who has never really thought about how creation connects with one's heart, faith and spirituality, why does spending time immersing yourself in nature matter?*

Dr. Dahill: "Many of us have been taught on a deep level that what is holy is separate from the world. Consciously or not, we may experience the world as not-holy (secular, profane, polluted), a mere stage for the grand human drama that we assume is God's primary concern. The world is backdrop: beauty to delight us, perhaps, or resources to be used, commodities to be exploited for our benefit. When we begin to experience the world itself as holy, an essential locus of divine presence and self-revelation, the heart and face and fur and web of the Sacred begin to dawn for us in ways we cannot encounter through human buildings and texts and arts, however magnificent or beloved. The world reveals itself as shifting facets of a strange, beautiful, emergent, and miraculous divine reality endlessly intimately and awesomely present. It is the Incarnation made manifest: the entire biosphere the Body of Christ."



PW: *What benefits can we experience when we start to see the world with new eyes, and as dwelling places of the Divine? Why is this helpful in our world today?*

Dr. Dahill: "The human world is heading off the rails, and if news and social media and screens and ads and memes and AI and money and celebrities and human needs alone are what orient us to reality, we too will go insane. Our bodies, constituted by our physical relations with beings of all kinds, still live in the reality of our ecological and spiritual interrelation with all that is, but our psyches too often don't – and being cut off from reality is crazy-making. Our society's epidemic levels of loneliness, violence, addictions, exhaustion, cynicism, rage, and stress are symptoms of this collective insanity. Our psyches are made from and for the intimate kin relations that knit us into communion with all that is. To begin to attend again to those kin relations with beings of many kinds is to sense both them and ourselves in wild new ways, no longer lonely at all but encountering spiritually and emotionally the sweet holy intimacy that literally constitutes us, the divine mystery of it all."



PW: *You've invited us to consider and honor the sacredness of all that is in the learning objectives, why?*

Dr. Dahill: "This is the mystery Dietrich Bonhoeffer asserted in his Ethics: for Christians, in Jesus Christ, God and world are not separate realms but one reality, not two. Biology teaches what mystics and indigenous traditions have long asserted: we are all utterly interconnected. The molecules of the flesh of Jesus of Nazareth permeate the biosphere; it's all the incarnate divine presence. Living in reality means inhabiting this sacredness moment by moment. It has to do with shifts of perception, with waking up, as Thich Nhat Hanh reminds us. Living in reality – this magical, reenchanting divine world – means perceiving your own flesh as holy as Jesus's, this tree's bark and oceanic tides made of God/matter, storms and tears and each new birth of each new kind all astonishing divine revelation beckoning us into ever deeper awe and attention and action. How can we learn to live in reality? How might you inhabit more and more fully the incarnate wild divine reality that is this world?"

PW: *In your work, you encourage people to spend time in both indoor and outdoor rituals. How do rituals impact our sense of connection?*

Dr. Dahill: "We will experience these questions not only in words and images, with our minds and hearts and one another, but also in our bodies, in sensory relation to the outdoors (nearby woods, prairie, wind, rain, creatures of all kinds) – whatever presences of the land beckon to you. Whether guests come for the day or weekend or online, we will include contemplative practices you can take home, both solo and together. In our fast-paced society, we have lost many of the ordinary and extraordinary forms of ritual practice that once grounded humans to one another, to the land and creatures, to the divine, to their own hearts and bodies. Having the opportunity to experience this grounding together will be a rich blessing of the day/weekend."

30 Ways Prairiewoods Cares for Creation

1. Solar water heating for our guest house
2. Solar for our electricity
3. Root cellar
4. Partnership with I-Renew
5. Participate in Eco-fest
6. Support Iowa Faith and Climate Forum
7. Seed harvesting
8. Conservation easement
9. Recycling
10. Composting
11. Purchasing local food
12. Agrivoltaics
13. Growing our own produce
14. Trombe wall
15. Community garden beds
16. Collaboration with Trees Forever
17. Cultivating a Food Forest
18. 2.5 miles of nature trails
19. Reusable dishes and napkins for meals
20. Electric outdoor equipment
21. Changed to LED lights
22. Solar tubes use natural light
23. Refillable toiletry containers for guest rooms
24. Composting unbleached paper towels
25. Planting native trees and shrubs
26. Using our hoop houses to extend the growing season
27. Replacing battery operated towel dispensers with manual dispensers
28. Catchment ponds
29. Rain barrels
30. Teaching the New Universe Story



Loving the Wild: Earth-Centering Our Spirituality

May 15th – 17th at Prairiewoods



Prairiewoods



SPIRITUALITY IN THE 21ST CENTURY

With Dr. Lisa Dahill

You are warmly invited to Prairiewoods for our annual Spirituality in the 21st Century Gathering, a transformative experience rooted in earth, body, and spirit. Together, we will explore what it means to love the wild—within ourselves and beyond—guided by renowned theologian, scholar, and eco-spiritual guide Dr. Lisa Dahill.

The Rev. Dr. Lisa E. Dahill is the Miriam Therese Winter Professor of Transformative Leadership and Spirituality and Director of the Center for Transformative Spirituality at Hartford International University. A widely respected scholar, teacher, and ordained Lutheran pastor, she is known for her groundbreaking work at the intersection of spirituality, ecology, ritual, and justice.

Dr. Dahill's research and teaching invite us to reimagine spiritual and contemplative practices through place-based wisdom, interspecies relationships, and ecological awareness. She is the author of *Eco-Reformation: Grace and Hope for a Planet in Peril*, *Reading from the Underside of Selfhood*, and is currently writing *Jesus in the Earth: Rewilding Christian Spirituality*. Her work offers hope, depth, and practical pathways for faithful living in a time of planetary change.



[bit.ly
/Spirituality21stCentury](https://bit.ly/Spirituality21stCentury)

Three Ways to Participate

1. Friday–Sunday Retreat: Immerse yourself fully in the land and community
2. Saturday Day-Long Gathering: A rich, one-day in person experience
3. Saturday Zoom Option: Join us from wherever you are

Click/Scan QR Code to learn more!



Retreats

Clear is Kind: A Retreat for End of Life Planning

Friday, Mar. 6, 6:30 p.m. – Saturday, Mar. 7, 4:00 p.m.

Facilitator: Joyce Janca, PhD

Join humanities professor and death doula, Joyce Janca and other members of the Death Collective of Eastern Iowa for a weekend of honest, open-hearted conversation on preparing for the end of life. While death is inevitable, we often don't talk about it or mindfully plan for it.

This retreat will cover multiple facets of the death and dying process. You will be equipped with practical advanced care planning tools for medical and end-of-life choices; strategies for dealing with Anticipatory Grief in healthy ways; opportunity to explore one's wishes, values and vision of end-of-life to include the creation of a Vigil Plan; communication tools for discussing values around medical choices, illness, and death with families and friends; and dedicated time for reflections through meditation and movement as well as open, honest conversations about your mortality or the mortality of someone you love. This retreat will be helpful to those supporting elderly family members or friends or those seeking guidance in their own journey. Families are welcome!

Fee: \$195 (Includes sessions, Friday lodging, Saturday breakfast and lunch)

Commuter Fee: \$125 (Includes sessions and Saturday lunch)

Pathways of Peace: Re-enchanting Our Relationship With Food

Friday, Apr. 24, 6:30 p.m. – Sunday, Apr. 26, 1:00 p.m.

Facilitators: Christina Campbell, Mariah Andrews, Ann Jackson PBVM

What if eating was less about rules and more about relationship—with ourselves, each other, Earth, and the Source of All Being? This weekend retreat invites you to rediscover food as a pathway to peace and planetary connection. Through shared meals, reflection, and practices rooted in both science and spirituality, we will:

- Explore wisdom from nutrition, physiology, and earth-honoring traditions
- Reflect on how food choices connect us to the web of life
- Create practices of “food peace” that nurture health, harmony, and wholeness
- Redefine success as flourishing on Earth—where food nurtures rather than depletes, connects rather than isolates, and honors rather than exploits.

This retreat offers an inspiring, community-centered experience where food nourishes body, spirit, and Earth.

Fee: \$255 (Includes retreat content, Friday & Saturday lodging, Saturday breakfast, lunch, dinner & Sunday breakfast, lunch)

Commuter fee: \$195 (Includes retreat content, Saturday lunch & dinner, Sunday lunch)

Dream Work: A Portal to the Divine

Friday, Mar. 13, 6:30 p.m. –
Sunday, Mar. 15, 1:00 p.m.

Facilitator: Allen Proctor

This retreat invites you into the transformative journey of becoming your truest self through the wisdom of your dreams. Many seek spiritual companionship to deepen self-knowledge and strengthen their connection with the Divine—and dream work offers a powerful way forward.

During this retreat, retreatants will:

- Be introduced to projective dream work as a tool for inner exploration,
- Explore the use of archetypes and symbols in translating dream messages
- Engage in creative practices and imagery to access deeper layers of meaning,
- Discover how dream work supports spiritual growth and individuation—the lifelong process of becoming who you truly are.

You may come away with a renewed sense of clarity, deeper connection with the Divine, and practical tools for weaving the wisdom of your dreams into your waking life.

Fee: \$255 (Includes sessions, Friday and Saturday lodging, Saturday breakfast, lunch, dinner; Sunday breakfast and lunch)

Commuter Fee: \$195 (Includes sessions, Saturday lunch, dinner; Sunday lunch)



Addiction, Recovery and the Spiritual Journey

Friday, Mar. 27, 6:30 p.m. — Sunday, Mar. 29, 11:00 a.m.

Facilitators: Paul Witmer & Dick Jensen

Come join us for a weekend meditation retreat to improve your conscious contact with God. We will explore many dimensions of 12-step recovery, with a particular focus on deepening our spiritual path. If you are new to meditation, you will be given some guidance and introduction to Centering Prayer, a silent meditation practice in the Christian Contemplative tradition. Many people in recovery have found profound healing and growth through Centering Prayer as an 11th Step practice.

The retreat will include some introduction and review of the method of Centering Prayer with special attention to adapting Centering Prayer as an 11th step practice. Our time together will include several group meditation sessions throughout the weekend.

In addition, there will be some teaching sessions on the dynamics of recovery and the spiritual journey. And of course, there will be ample time to explore the lovely grounds of the Prairiewoods property.

Fee: \$255 (Includes sessions, lodging, and all meals.)

Commuter Fee: \$195 (Includes sessions, Saturday lunch and dinner)



Resilience & Renewal: A Retreat for Strengthening the Mind & Spirit

Friday, Apr. 17, 6:30 p.m. — Sunday, Apr. 19, 12:00 p.m.

Facilitators: Leslie Schwarting, Rev. Jean Sullivan, Ann Jackson, PBVM

In the whirlwind of life, resilience can be an anchor that steadies us. Explore what resilience is and how we can strengthen it.

Through guided reflection you may learn to:

- Use prayer, silence and practices that cultivate deep listening
- Explore how resilience is nurtured not through striving, but through surrender
- Trust an awareness of the Divine
- Deepen our understanding of the neuroscience of resilience
- Explore practices to help us determine our needs
- Enjoy guided meditations, contemplative prayer and modalities for renewal

This is an invitation to step away from the noise, reconnect with our inner wisdom and cultivate tools that can help us thrive. Whether we seek healing, clarity or simply space to breathe, we will leave with a renewed sense of strength, peace and presence.

Fee: \$255 (Includes sessions, Friday and Saturday lodging, and Saturday breakfast through Sunday breakfast)

Commuter Fee: \$195 (Includes sessions and Saturday lunch and dinner)

Pause, Rest, Be: A Bilingual Retreat in Spanish & English

Friday, Apr. 10, 6:30 p.m. —
Saturday, Apr. 12, 1:00 p.m.

Facilitators: Julie Bradley,
Ann Jackson PBVM

Winter invites us to slow down, breathe deeply, and honor what is stirring within. In the quiet of this season, stillness and silence can awaken the body's wisdom and guide us toward balance.

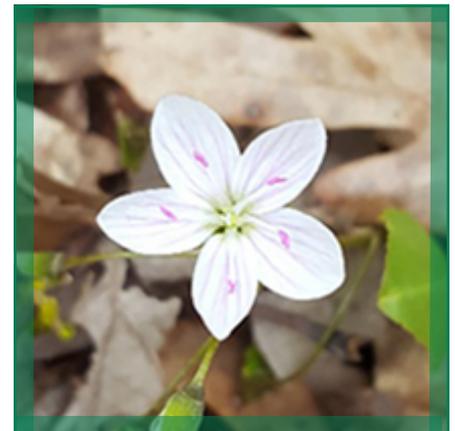
During this bilingual retreat offered in both Spanish and English, participants will gather in community to practice mindful presence, gentle embodiment, and shared silence—discovering rhythms that can be carried into daily life.

Between these group sessions and nourishing meals, you'll be encouraged to create space for your own practice of pausing, resting, and simply being. To deepen the journey, you may choose to experience one-on-one spiritual direction or restorative bodywork, such as massage, healing touch, or reflexology.

Guided by Octavia F. Raheem's *Pause Rest Be: Stillness Practices for Courage in Times of Change*, this retreat offers a sanctuary to cultivate courage, clarity, and calm amid life's transitions.

Fee: \$255 (Includes supplies, Friday and Saturday lodging, and Saturday breakfast through Sunday lunch)

Commuter Fee: \$195 (Includes sessions, Saturday lunch and dinner and Sunday lunch)



Programs

Day of Self Renewal

Thursday, Mar. 5 & Apr. 2
Monday, Mar. 9 & Apr. 13
Friday, Mar. 20 & Apr. 24
Facilitator: Jean Sullivan



Find rest and relaxation for mind, body and spirit! This tranquil day features your choice of two services (massage, reflexology, healing touch, spiritual direction), sound bath, private guest room for the day, fresh lunch, and access to all that Prairiewoods has to offer. Registration is required eight days in advance.

Fee: \$115 (or \$100 without a private guest room)

Spring Into Action: Prepare Your Garden for Permaculture

Thursday, Mar. 12
5:30 p.m. - 7:00 p.m.
Facilitator: Christine Kirpes



Prepare your garden this spring using sustainable, regenerative permaculture techniques. This is a hands-on workshop for gardeners of all levels who want to create thriving, low-maintenance, eco-friendly planting beds. Learn to maximize soil health, plan a garden layout for maximum yield and biodiversity, and implement water-saving strategies. Immerse yourself in Green Prairie Garden, where we have been practicing permaculture for seven years and have several types of beds.

Fee: \$10

Program Category Key

 Creativity

 Ecology

 Holistic Health

 Personal Growth

 Prayer

 Spirituality

Reclaiming the Green Thread: A Call to Spiritual Courage

Saturday, Mar. 7
9:00 a.m. - 11:30 a.m.
Facilitator: Sister Karen Leuck, FSPA



Join FSPA Sister Karen Leuck as she presents timely themes from her latest book, *The Green Thread: Reclaiming Our Spiritual Authority*. She will lead us through the importance of owning our stories and understanding how shame, intergenerational trauma, and cultural suppression shape us. We'll also confront the complicated legacy of Christianity—how systems distort Jesus' teachings and silence the very people called to lead with compassion. This is an invitation for women to speak up!

Fee: \$15

The Power of the Breath

Saturday, Mar. 14
9:00 a.m. - 11:00 a.m.
Facilitator: Jodi Isolini



In this breathwork session, we'll move beyond gentle, meditative breathing into a dynamic practice that enlivens your whole being. Benefits may include increased energy, emotional release, greater lung capacity, deeper peace, and a renewed sense of purpose. Come ready to surrender to the breath and leave feeling transformed.

Fee: \$35 per session

Make your Own Onion Skin Easter Eggs!

Saturday, Mar. 21
9:00 a.m. - 11:00 a.m.
Facilitator: Molly Kephart



Join us for a unique Easter Egg decorating experience! Discover the art of Onion Skin decor—a natural technique that creates stunning, earthy designs on your eggs. This gathering is an invitation to explore your creativity and embrace openness of consciousness as we experiment with colors, patterns, and the beauty of nature's palette. All are welcome to participate in this mindful, hands-on celebration of spring!

Fee: \$35



Coop, a Story of an Amish Conscientious Objector

Sunday, Mar. 22
2:00 p.m. - 4:00 p.m.
Facilitator: SWP Productions & Mary Swander



Mary Swander's play "Coop" dramatizes real stories of Amish, Mennonite, and other conscientious objectors in WWII. Based on oral history, it follows a group sent to fight fires but interned in a chicken coop, where they remained under guard for the rest of the war.

Fee: \$15

Curious about Spiritual Direction?

Tuesday, Mar. 24
9:00 a.m. - 11:30 a.m.
Wednesday, Apr. 29
9:00 a.m. - 11:30 a.m.
Facilitator: Leslie Schwarting



Curious about spiritual direction or companionship? Join us to explore how meeting with a spiritual director can nurture your growth, offer deep listening, and support your journey. Come with questions and see if this meaningful practice is right for you!

Fee: Free

Programs

Let Us Pray...

Wednesday, Mar. 25
10:00 a.m. - 1:00 p.m.
Facilitator: Leslie Schwarting



Explore diverse ways to pray! Join our workshop to experience Affirmative prayer, Doodling as prayer, and more creative styles. Discover new paths to spiritual connection and expression—all are welcome, regardless of background or experience.

Fee: \$35 (Includes lunch)

Menopause: Mind, Body and Soul



Thursday, Apr. 2
6:00 p.m. - 7:00 p.m.
Facilitator:
Tanya Teggatz M.D.

Perimenopause and menopause will affect every woman if she lives long enough. This natural transition has some very real health consequences that every woman deserves to be informed about. Led by functional menopause medicine expert, Tanya Teggatz, M.D., IFMCP, this program promises to educate participants and inspire women to take charge of their health and help them age well.

Fee: \$20

National Faith + Climate Forum



Saturday, Apr. 25
11:00 a.m. - 4:30 p.m.
Keynote: Dr. Ayana Elizabeth Johnson

The National Faith + Climate Forum is one of the nation's largest and most diverse gatherings at the intersection of faith and climate. This year's theme, The Future We Choose: Faith in Action for a Thriving Tomorrow, invites attendees to imagine and build the world that becomes possible when people of faith lead with courage, care, and conviction.

Fee: \$15 (Lunch included)

Spring Edible Perennial Gardening Workshop

Wednesday, April 8
7:00 p.m. - 8:30 p.m.
Facilitator: Christine Kirpes



Explore growing perennials asparagus and rhubarb and see how we've incorporated them into our permaculture beds in Green Prairie Garden at Prairiewoods. We'll discuss choosing the most productive varieties, preparing beds, planting, caring for your plants, harvesting tips, and post-harvest care for these low-maintenance crops. Join us whether you're a beginning or experienced gardener. Uses of these healthy vegetables and recipe ideas included!

Fee: \$10

Dear Younger Me

Tuesday, Apr. 7, 14,
21 & 28 (Series)
5:30 p.m. - 8:00 p.m.
Facilitator: Cindy Dunn



Step away from the noise of daily life and enter a sacred space designed for deep reflection and soul renewal. This transformative retreat invites you to embark on an intimate journey of self-discovery, healing, and connection with God's boundless love. Come as you are. Leave renewed, with a heart softened by love, a spirit anchored in grace, and a deeper understanding of your worth in the light of God's unending mercy.

Fee: \$80 for all sessions (Dinner included at each session)

Swing Into Spring Walk

Saturday, Apr. 18
1:00 p.m. - 3:00 p.m.
Facilitator: Christine Kirpes



Come join us in "touching grass" by exploring Prairiewoods' grounds with friends during a walk featuring our swing & benches. You'll experience the beauty & peace of our land see vistas from several great spots for contemplation for when you return on your own.

Fee: \$10

Oh My Stars

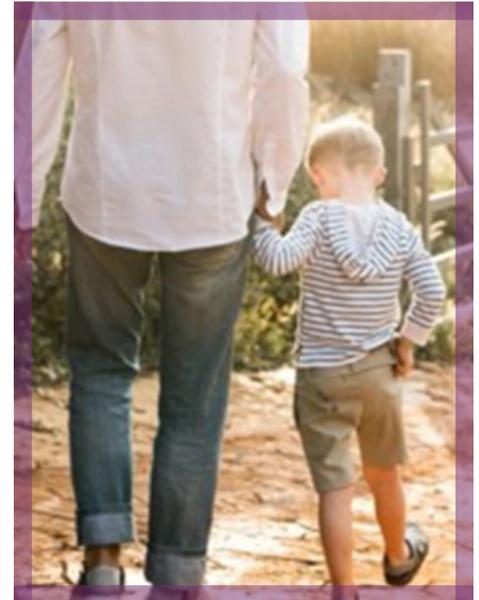
Saturday, Apr. 25
9:00 a.m. - 12:00 p.m.
Facilitator: Molly Kephart



A class all about stars! During the class students will learn how to make stars from Moravian folded paper!

Fee: \$35

Click/Scan QR Code to learn more about our upcoming programs and retreats!



On-going Programs

Metta Yoga

Mondays & Thursdays 9:30 a.m. – 10:30 a.m. (gentle yoga)
Mondays & Thursdays 10:45 a.m. – 11:45 a.m. (chair yoga)
Facilitator: Heather English
Fee: \$120 for 11 classes, \$72 for 6 classes
\$15 for single class

Meditation at Prairiewoods (MAP)

Mondays, 6:30 p.m. – 7:30 p.m.
Facilitator: Rev. Jean Sullivan
Fee: Suggested donation of \$5

Going Inward With Sounds & Vibrations

Monday, Mar. 2 & 16, Apr. 6 & 20
6:30 p.m. – 7:30 p.m.
Facilitator: Kathy Broghammer
Fee: \$15 per session

Thelen-Benson Christophany Group (Zoom)

Wednesday, Mar. 4 & Apr. 1
6:00 p.m. – 7:30 p.m.
Facilitator: Steve Sovern
Fee: Free-will offering

Forest Bathing with the Full Moon

Tuesday, Mar. 3, 4:00 p.m. – 6:00 p.m.
Wednesday, Apr. 1, 5:30 p.m. – 7:30 p.m.
Facilitator: Emelia Sautter
Fee: \$25

Into the Oneness: Qigong for Energy, Equanimity & Peace

Thursday, Mar. 5 & Apr. 2
12:45 p.m. – 1:35 p.m.
Facilitator: Rev. Dr. Catherine Quehl-Engel
Fee: \$12

Healing Sound Bath & Yogic Sleep

Thursday, Mar. 5 & Apr. 2
1:45–2:30 p.m.
Facilitator: Rev. Dr. Catherine Quehl-Engel
Fee: \$12

Go Deeper Thursday (Zoom)

Thursdays, 4:00 p.m. – 5:00 p.m.
Facilitator: Ellen Bruckner
Fee: Free-will offering

Contemplative Living with Thomas Merton (Zoom)

Thursday, Mar. 5 & 19, Apr. 2 & 16
7:00 p.m. – 8:30 p.m.
Facilitator: Carole Butz
Fee: Free

Singing Bowl Prayer

Monday, Mar. 9 & Apr. 13
12:45 p.m. – 1:30 p.m.
Facilitator: Kathy Broghammer
Fee: \$12

Nature & Forest Therapy Experience

Monday, Mar. 9 & Apr. 13
Friday, Mar. 20 & Apr. 24
2:30 p.m. – 3:45 p.m.
Facilitator: Emelia Sautter
Fee: \$20

Prairiewoods Knitters & Stitches

Tuesday, Mar. 10 & Apr. 14, 9:30 a.m. – 11:30 a.m.
Wednesday, Mar. 25 & Apr. 22, 6:00 p.m. – 8:00 p.m.
Facilitator: Participants
Fee: Free

Evening Centering Prayer

Tuesday, Mar. 10 & 24, Apr. 14 & 28
5:30 p.m. – 7:00 p.m.
Facilitator: Judith Smith
Fee: Free-will offering

Soul Care: Creative Arts Grief Support Group for Children

Wednesday, Mar. 11 & Apr. 8
5:30 p.m. – 7:00 p.m.
Facilitator: Jamie Siela, LISW, & Jackie Koster, BSW
Fee: Free

Soul Care: Creative Arts Grief Support Group for Adults

Wednesday, Mar. 18 & Apr. 15
5:30 p.m. – 7:00 p.m.
Facilitator: Jamie Siela, LISW, & Jackie Koster, BSW
Fee: Free

Men Exploring Faith (Hybrid)

Thursday, Mar. 12 & 26, Apr. 9 & 23
4:00 p.m. – 5:30 p.m.
Facilitator: Linzy Martin
Fee: Free-will offering

LovingKindness Meditation Practice (Hybrid)

Saturday, Mar. 28 & Apr. 18
10:00 a.m. – 11:15 a.m.
Facilitator: Suzanne Rubenbauer, FSPA
Fee: \$10

Awaken Your Creativity Through Watercolor

Tuesday, Mar. 10
9:30 a.m. – 11:30 a.m.
Facilitator: Barb Thompson
Fee: \$50 per class

Sweat Lodge (Inipi) Ceremony

Dates may be scheduled online at a later date
4:00 p.m. – 7:00 p.m.
Facilitator: Kerry Batteau
Fee: Suggested donation of \$10

Drum Circle & Guided Imagery

Sunday, Mar. 29 & Apr. 12
2:00 p.m. – 4:00 p.m.
Facilitator: Drum Iowa
Fee: Suggested donation of \$15 (but free for all to enjoy)

YOLO (Your Other Lunch Option)

Wednesday, Mar. 18 & Apr. 22
11:30 a.m. – 1:30 p.m.
Facilitator: Prairiewoods Chefs
Fee: \$15

To find out more specifics about Retreats & Programs, visit prairiewoods.org

30 Years of Volunteers!

From the very first days, volunteers have helped Prairiewoods to flourish. In July of 1996, volunteers answered the call to get everything ready for the very first retreat. Since then they have greeted guests, helped with laundry, prepared food, cared for the land, served on the board and tended the gardens. Volunteers have been everywhere at Prairiewoods, all the time.

Their impact has been enormous! Just since 2016 volunteers have contributed over 54,000 hours with a dollar value of over \$1.6 million dollars (estimate based on Independent Sector value of one hour of volunteer time). It is safe to say that Prairiewoods would not exist without the tremendous, loving contributions that volunteers have made.

Come and find purpose and joy here at Prairiewoods. We are always looking to meet new volunteers.

Here is a short list of some of the many ways you might share your gifts:

- Help the kitchen team create a digital library of recipes
- Help monitor inventory, straighten and stock items in the gift shop
- Help create and post content on our social media
- Adopt a garden or work in the hoop house
- Greet guests, take payments and assist with check in and out at our front desk
- Build benches, bridges, fencing and more
- Adopt the roadside along our property and pick up litter
- Watch for family volunteer opportunities this coming summer and fall



Want to Learn More About Volunteering at Prairiewoods?

Join us for our upcoming volunteer information sessions April 2nd or 13th from 12-1pm! A free lunch will be provided.

Click or scan the QR Code to sign up for a 1:1 conversation about our volunteer opportunities



Join us for our
30th Anniversary
Tree Planting
April 22nd
9am - Noon
Lunch included

Our Mission

Prairiewoods Franciscan Ecospirituality 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
FRANCISCAN SPIRITUALITY CENTER



The Prairiewoods staff collaborates to publish this newsletter bimonthly. Content, except where otherwise noted, is created by our staff to offer a uniquely Prairiewoods perspective. Please address all correspondence to:

Prairiewoods Franciscan Spirituality Center
120 E Boyson Rd. Hiawatha, IA 52233
319-395-6700
prairiewoods.org
ecospirit@prairiewoods.org



Prairiewoods

FRANCISCAN SPIRITUALITY CENTER

120 E Boyson Rd
Hiawatha IA 52233

Help Us Update Our Records

You may send this by mail, email ecospirit@prairiewoods.org or call 319-395-6700. If mailed, please include this address label.

- Please send your mailings electronically to _____.
- Please take us off your mailing list.
- Please note the address change.
- We receive duplicate mailings; please send only one to this address.

Are you on social media? Find "PrairiewoodsFSC" on:



Growing Together at Prairiewoods

Save the Date!



Prairiewoods

GARDEN PARTY

Growing Our Roots

June 20th, 2026

As the days lengthen and the land begins to wake up, spring invites us once again into renewal, connection, and possibility at Prairiewoods.

We invite you now to save the date for the Prairiewoods Garden Party on June 20, 2026. This summer gathering will celebrate community, gratitude, and the shared story of Prairiewoods as we continue honoring our 30th year. It will also mark the beginning of a new Giving Circle, offering another way for friends of Prairiewoods to participate more deeply in sustaining our mission. More details will be coming soon, and we hope you'll plan to join us.

From March 8-14, join us in observing National Catholic Sisters Week, a time to give thanks for the Franciscan Sisters whose vision and values continue to shape Prairiewoods. Their commitment to hospitality, care for creation, and spiritual renewal remains at the heart of all we do.

If you feel moved to support this work, you're invited to scan the QR code included here to make a gift in support of Prairiewoods' mission and programs. Every contribution helps sustain this place of welcome and transformation.

