

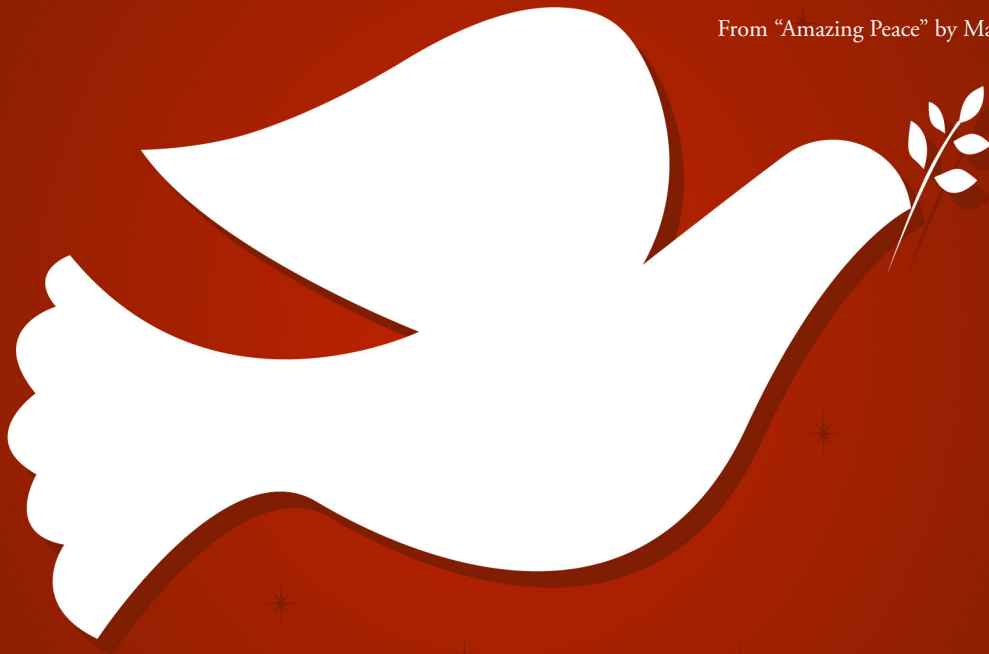
Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

PEACE TO YOU

*Into this climate of fear and apprehension Christmas enters,
Streaming lights of joy, ringing bells of hope
And singing carols of forgiveness high up in the bright air.
The world is encouraged to come away from rancor,
Come the way of friendship*

From "Amazing Peace" by Maya Angelou



Christmas blessings from the staff at Prairiewoods

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DIRECTOR'S CORNER

The long 'Indian summer' has been good at Prairiewoods. The sunsets have been gorgeous, seed has been harvested and the permaculture garden has been put to sleep for the winter under cardboard and straw.

Work has been done to reduce the ice accumulation near the pond, which made life difficult last winter. People have come singly and in groups and new life has sparked in them.

The prairie has been burned, a necessity for ongoing health, which is one of those anomalies that nature often serves up, and which just about as often can be seen as metaphors for our own growth. When we are comfortable we rarely move; we need a 'burr under our saddles' to get us to do

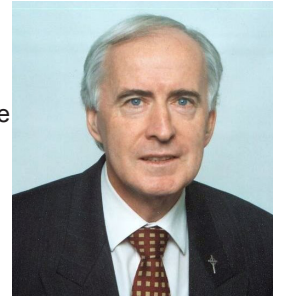
the things we need to do, to take the steps we need to take, to do a little "fall cleaning" in our souls.

Let us use this time before Advent to prepare for winter. The sun has turned away from us and the nest of summer hangs broken in the trees. Life slips through our fingers and, as darkness gathers, our hands grow cold. It is almost time to go inside. It is time for reflection and resonance. It is time for contemplation of the Divinity whose intelligence, care and love will once more move us on through the darkness and bring us strengthened back into the light.

And then Advent is such a good time to give thanks for the lives of all prophets, teachers, healers and revolutionaries, living and dead, acclaimed and obscure, who have rebelled, worked and suffered for the cause of that love which leads to mercy and justice, which leads to peace.

Then at Christmas we can celebrate the part within ourselves that has rebelled, worked and suffered for the cause of love and joy; joining with the spirit of Prairiewoods in the name of the greatest prophet, teacher, healer and revolutionary of them all as Jesus is reborn.

Give thanks and celebrate.



*Barry Donaghue cfc
Prairiewoods Director*

Prairiewoods Franciscan Spirituality Center

A sacred space where people explore and integrate their relationships with God, Earth, Self and Others. Operating out of a Catholic tradition, Prairiewoods is open to people of all faiths and cultures.

Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin

Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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If you would like to receive your newsletter electronically, please send us your e-mail address at: sdsmith@prairiewoods.org. Thank you!

Prairiewoods presents

Spirituality in the 21st Century

featuring Brother Barry Donaghue cfc and Sara Thomsen

Friday, April 8, 7-9 p.m. and Saturday, April 9, 9 a.m. to 3:30 p.m., 2011

Prairiewoods Spirituality in the 21st Century Conference features two presenters for 2011: Brother Barry Donaghue cfc and musician Sara Thomsen.

The topic of Brother Barry's presentation is "A Moment of Divergence: Connecting the Dots."

*I live my life in growing orbits
Which move out over the things of
the world.
Perhaps I can never achieve the last,
But that will be my attempt.
I am circling around God,
around the ancient tower
And I have been circling for a
thousand years,
And I still don't know if I am a falcon,
or a storm, Or a great song.*

Rainer Maria Rilke (Trans. Robert Bly)

We have considerable knowledge of science now: infrared telescopes, astrophysics and the detection of ever smaller units of matter. In regard to 21st century spirituality the question might now well be, "So what?"

Can the science help us hone in on the awareness that eludes Rilke in the poem above? Are intelligent design and evolution completely incompatible, or are there ways of being that allow each?

We do have the example of Jesus of Nazareth, who, although rooted in Hebrew tradition, departed radically from what had gone before. But now many people are also developing a new sense of God, strangely enough articulated by both scientists and poets in language that is converging.

So, is this a new point of divergence and if so, how do we move into the future in a way that tunes us back into our own life and the living universe? Can we root ourselves as seed in the garden bed of life in such a way that other people will see love, joy, energy, and hope in us, and

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Our co-presenter is singer-songwriter Sara Thomsen. Sara is a weaver of song and community singing in the tradition of Pete Seeger, Holly Near and Woody Guthrie. At concerts, conferences, classrooms, workshops, retreats and places of prayer, Sara's music transforms gatherings into communities empowered with possibility.

In addition to her solo work, Sara is a producer of multimedia performances with dancers, poets, painters, storytellers, puppeteers and other musicians. Sara is the artistic director of the singing trio "Three Altos," comprised of a rabbi (Amy Bernstein), a folksinger (Thomsen) and a professor (Thomsen's partner, Paula Pedersen). Performing locally to packed audiences two to three times a year, the Three Altos' answered their audience demand and released their debut CD, *Camaradas*, in 2005. Sara is the founder and artistic director of the "Echoes of Peace Choir," a non-audition community choir in Duluth, Minnesota, with a repertoire of world music and a membership of 75-100 voices.

Location: Hallagan Education Center, Mercy Medical Center, 701 Tenth St. SE Cedar Rapids

Conference Fees: \$50 FULL event, includes Friday evening and Saturday presentations, Saturday lunch. Registrations postmarked on or before March 18.

\$65 FULL event, includes Friday evening and Saturday presentations, Saturday lunch. Registrations postmarked between Saturday, March 18-Monday, April 4. Friday, ONLY \$20.

Saturday ONLY, \$45 includes lunch.

Both events are open to the public. Each event will stand alone. Reservations are encouraged as space is limited.

Limited lodging is available at Prairiewoods. \$50/night/single, includes continental breakfast. \$70/night/double, includes continental breakfast.

You must register by completing a registration form. Forms are available by downloading the PDF from Prairiewoods' website: www.prairiewoods.org. Mail the completed form and full payment to:

Prairiewoods
Attn: Spirituality in the 21st Century
120 E. Boyson Rd.
Hiawatha, IA 52233

Cancellation policy: \$10 of each registration fee is nonrefundable. For more information, contact Ann Jackson at 319-395-6700, ext. 203. .

Spiritually literate New Year's resolutions



As the person who buys books for the Prairiewoods book store, I read a lot of book reviews. Two people whom I rely are Frederic and Mary Ann Brussat. The Brussats have been covering contemporary culture and spiritual renaissance for four decades. Each year they identify

spiritual themes in more than 300 books, 50 audios and 300 films for Spiritualityand-Practice.com

A while back they published a list of spiritually literate New Year's resolutions, which I think are worth sharing. Here they are:

1. I will live in the present moment. I will not obsess about the past or worry about the future.
2. I will cultivate the art of making connections. I will pay attention to how my life is intimately related to all life on the planet.
3. I will be thankful for all the blessings in my life. I will spell out my days with a grammar of gratitude.
4. I will practice hospitality in a world where too often strangers are feared, enemies are hated, and the "other" is shunned. I will welcome guests and alien ideas with graciousness.
5. I will seek liberty and justice for all. I will work for a free and a fair world.
- 6) I will add to the planet's fund of goodwill by practicing little acts of kindness, brief words of encouragement and manifold expressions of courtesy.

7. I will cultivate the skill of deep listening. I will remember that all things in the world want to be heard, as do the many voices inside me.

8. I will practice reverence for life by seeing the sacred in, with and under all things of the world.

9. I will give up trying to hide, deny or escape from my imperfections. I will listen to what my shadow side has to say to me.

10) I will be willing to learn from the spiritual teachers all around me, however unlikely or unlike me they may be.

— Sue Davis Smith

"The care of the Earth is the most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope."

— Wendell Berry

3 authors to follow in the coming years

In a recent issue of *Newsweek*, the editors featured 50 people of great influence. They are women and men who are wealthy and powerful, commentators, politicians, writers or teachers who influence millions of people. They are prominent figures on the world's stage.

But it is good to know there are more than 50 voices, other speakers, writers and activists whose perspectives may be more real and who might speak more deeply to our individual yearnings. I'm thinking of those people who are addressing areas of new development in our understanding of spirituality and organized religion and the connection of these with

environmental issues. Here are three authors whose works touch on these topics.

Tilden Edwards, *Embracing the Call to Spiritual Depth: Gifts for Contemplative Living*

In his introduction, Edwards, an Episcopal priest and founder of the ecumenical Shalem Institute for Spiritual Formation, says his book is addressing the "conflicted and confused religious communities and the world." He believes that this world, in spite of all its conflicts, is ready for a reawakening and its peoples are looking for ways to open up space for God's Spirit to lead.

This opportunity for a reawakening can be advanced through the practice of contemplative awareness which he sees as a gift with implications for how we live "present to the Presence," how we journey together and how we care for Earth.

Edwards thinks of contemplative awareness as "living with the mind in the heart." He calls it a path to touching deep reality in a way that using only our minds cannot achieve. He provides "practices for awareness" that help us thread contemplative awareness throughout the day.

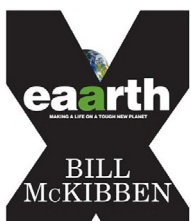
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Global climate change our reality

Recently I attended a talk by environmental author, Bill McKibben, who has written many important books, including *Deep Economy* and his latest, *eaarth: Making a Life on a Tough New Planet*.

In this book, McKibben talks about our new lives on a new planet, a planet similar to our old one, but undeniably different from the Earth we once knew.

Most importantly, McKibben states that global change is not a philosophical future threat, **it is our current reality**. His explanations, though grim, were frank and simply stated and I would like to share a few of them with you. He reminded me — along with 700 others who attended the program — that global change is not a conservative or liberal issue, it is a human issue, a planetary issue. Earth is our only home issue. We are truly and simply in “this” together.



McKibben says the fact that our overall planetary temperature has risen one degree Celsius (1.5 degrees Fahrenheit) may be perceived as no big deal. Not exactly.

This one-degree increase equates to about five percent more moisture (water vapor) in our current atmosphere. So what does more moisture in our air mean?

Because warmer air holds more moisture, it means more severe rainfalls — the kind that drops several inches of rain in a single day. These gushers are becoming all too familiar in Iowa, as well as in neighboring states. We are seeing and living with the con-

sequences of this rainfall — massive flooding, erosion, pollution, poor water quality, ineffective storm water infrastructure, etc...

More moisture in the air also means more drought in dryer areas, more lightening, less ice and a lot more money needed for disaster relief. The financial costs (not to mention the

environmental costs) paid by our government for natural disasters has more than tripled in the last four decades (not including Hurricane Katrina).

McKibben says the earth's temperature will continue to rise an additional one degree, leaving us with 10 percent more moisture in our warmer atmosphere. Can you begin to picture this new Earth of ours?

Thankfully, the grimness he describes in the first chapter of his new book, is not the theme for the entire book. Subsequent chapters shift from our current

reality to new ways of thinking and doing on a changed Earth, and therefore, a changed economy.

McKibben mentions early in his book that, “my only real fear is that the reality described in this book and increasingly evident in the world around us, will be for some an excuse to give up. We need just the opposite — increased engagement.”

I ask you and each of us to be more engaged in the New Year. Read *eaarth* by Bill McKibben. Invite everyone you know to read it. Check out 350.org and join with the thousands of others working to adjust the unbalance we have created on our beloved home, Earth.

— Emy Sautter



Tilden Edwards: engage in sustained listening

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The results of these practices by individuals affect the broader community in such areas as our views on warfare, a growing concern for a sustainable Earth and our sense of the Divine Presence, which he describes as “the sea in which we swim and that flows inside us as well.”

Bill McKibben, *eaarth: Making a Life on a Tough New Planet*

This is a book for anyone who is brave enough and cares enough to get a true picture of the state of our planet as

global warming expands.

Bill McKibben, a well-known environmental activist, (see more above) stuns the reader in his opening chapter with fact upon fact, all pointing to one frightening truth: Planet Earth is rapidly undergoing enormous changes bringing violent weather patterns, the destruction of ecosystems, shortages of food and water, and other terrors. Furthermore, it is already too late to turn back the worst results of high levels of carbon emissions in the atmosphere.

These may be facts we have already heard, but have we really HEARD? McKibben's message is that “We are changing the basic dynamic of the only world we've ever known.” He goes on to argue that we now have a different planet and he is calling it *Eaarth* — not Earth.

Can we adapt to this new planet? The author describes many unique and creative changes that can be helpful in the way we organize society and economics. One fundamental need is for an international agreement on curbing

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Interfaith group builds relationships

For the past several years a group of women in the Eastern Corridor have gathered at Prairiewoods to share discussion about their religious and spiritual lives.

The women are from a wide variety of religious backgrounds including Muslim, Hindu, Jewish, Protestant, Catholic, Native American, Wiccan, Sufi, Bahai, and we have one member who approaches the questions of the spirit from a scientific background. The “founding mothers” include: Linda Laugen from Temple Judah, Zuiko Redding from the Zen Center in Cedar Rapids, Miriam Amer, Executive Director of the Council on American-Islamic Relations Iowa Chapter, Mary Beth Sieman from the Roman Catholic Church, Virginia Melroy from the Unitarian Universalist Church in Iowa City, and Barbara Schlachter, an Episcopal priest who was then serving a church in Cedar Rapids.

We were hungry to know how other faiths approached some of the issues we either considered important or troubling within our own traditions. We also wanted to be a positive voice in the sometimes strident discussion that occasionally interferes with our essential unity as people of faith in this nation. We soon found that there were other women also eager to reach out beyond their traditions, and so the group has expanded.

One of the women has written, “It is a wonderful group to be part of. It is always a joy and a blessing to see how much more we are the same than we are different. It is a good thing that Prairiewoods is a place to meet — nature is common to us all.”

Our times together are comprised of a theme that we have chosen, and a presenter or two from different traditions. We start with, however, a time of introduction and sharing. In this way, relationships have developed that sometimes extend beyond

the group meetings. Several women have requested prayers from others in the group during various difficult times. We lunch together over the delicious Prairiewoods food, prepared with religious dietary considerations, and then we finish our conversations on our theme, plan the next gathering, and do several Dances of Universal Peace, led by Virginia Melroy. These dances come from the major religious traditions, and in this way we can share in one another’s words and languages.

We end the day with a circle of candles in the center of the room. Each woman is invited to light a candle and share a reading. The last word is “Namaste,” the divine in me honors the divine in you. Heart-felt laughter and joy are a part of our time together.

The group meets on the fifth Saturday of months that have five Saturdays. The dates for 2011 are January 29, April 30, July 30, and October 29. We meet from 10 a.m. to 3 p.m., and the cost is \$15 per person, which includes lunch, coffee and tea, and the use of the facility.

Our next gathering is January 29 and will feature a program by Kusum Pradhan on the goddess Kali in the Hindu tradition. She writes of her presentation, “‘Kali’ the Hindu Supreme Goddess, personality of high energy, supercharged woman on a clear mission and like a mother who knows what needs to be done and doesn’t have time to argue. Kali is called upon or prayed to for gaining courage, determination, focus, motivation, and protection.” There will undoubtedly be great discussion and lots of energy following the presentation.

All women are invited to attend. For more information or to reserve a place, please call me, Barbara Schlachter, at 319-351-4380.

Diarmuid O’Murchu: writer and social scientist

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the level of carbon emissions.

In the final chapter of this book, entitled “Lightly, Carefully, Gracefully,” McKibben shows a possible path in the future, a path with enormous challenges. But the individuals and groups he describes may be models for the changes that need to be made.

Diarmuid O’Murchu, *Adult Faith: Growing in Wisdom and Understanding*

Writer and social scientist, Diarmuid O’Murchu has authored a number of well-known and theologically challenging books. Now he adds another in which he attempts to name and articulate the experience of those who are seeking the living of faith “as adults.”

He divides this work into two segments. Part One, which he calls “The Vanishing Covenant,” consists of giving the reader the “big picture” of what is transpiring at this time in history. He calls it a time of grieving and letting go of systems that have served us in the past, but whose influence is now diminishing.

Among institutions being affected in this process are churches in which theology is shifting from control by a central authority to becoming “an interdisciplinary empowering wisdom accessed by millions of adults around the world.”

Part Two presents questions being faced by the growing number of people who are becoming conscious that “we are dealing with a more complex world in the throes of huge evolutionary awakening.”

The changes that are happening in all of our institutions cannot be held back. They are forced by the process of evolution. Adults today and in the future will be forced to be more adaptable, “transcending old distinctions between the sacred and the secular and finding new theological horizons.”

This latest of O’Murchu’s books explores what he terms “fertile territory for adult faith” where the Divine Spirit invigorates and sustains us. With the eye of a social scientist, he helps us to get a better grasp on the huge transition of which we are a part.

— Betty Daugherty FSPA

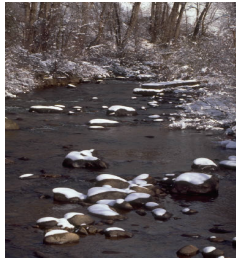
RETREATS/PROGRAMS

Winter Peace Retreat

6:30 p.m. Friday, Jan. 21 to 1 p.m. Sunday, Jan. 23

Facilitators: Ann Jackson PBVM and the Collective Wisdom of Retreatants

In *Living Peace: A Spirituality of Contemplation and Action*, John Dear, a Jesuit priest who was for many years the executive director of the Fellowship of Reconciliation, calls us to become peacemakers “within our own broken hearts and broken families, in our bloody city streets and corrupt government offices, in the war zones and refugee camps.”



Amid winter scenery with lots of time for individual reflection and brief group interaction, we will linger in quiet reflections on peace. Reflections may include: breathing in the spirit of peace, making peace with yourself, being energized by other peacemakers and various postures of peace. Come and lean intentionally into the gift of peace.

Fee: \$225 includes lodging and meals.

Commuter Fee: \$175 includes Saturday lunch, dinner and Sunday lunch.

Monastic Wisdom for Busy Persons Retreat

6:30 p.m. Friday, Feb. 25 to 1 p.m. Sunday, Feb. 27

Facilitator: Trisha Day



The monastic tradition has much to teach those of us who are living busy lives in the world. Join us for a look at life inside the cloistered walls to discover how this ancient way of life can help us deal with the challenges of living in a 21st century world.

We'll view a series of beautifully produced films that document the impact of a cloistered monastery on a group of women who knew nothing about monastic life prior to being invited to live inside the monastery for six weeks. We'll see how they lived sequestered from their families and jobs and possibly identify with them as they struggle to adjust to the silence and discipline of the monastery.

Our retreat guide, Trisha Day, is the author of *Inside the School of Charity: Lessons from the Monastery* based on what she learned as a result of her own experience living for three months at Our Lady of the Mississippi Monastery. Throughout the weekend, Trisha will share practical suggestions about how to apply specific monastic practices and values to our lives outside the monastery.

Fee: \$225 includes presentations, lodging and meals.

Commuter Fee: \$175 includes presentations, Saturday lunch, dinner and Sunday lunch.

Bridges to Contemplative Living with Thomas Merton

Meets every other Thursday, 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us to respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings we use the series *Bridges to Contemplative Living* which includes excerpts from the writings of Thomas Merton and other authors. You may join the group at any time. The next meeting dates are: Dec. 9, Jan. 6, Jan. 20, Feb. 3, Feb. 17, March 3 and 17.

The Artist's Way

Meets the 2nd and 4th Tuesdays of each month, 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

If you are interested in exploring the works of Julia Cameron and the art of creativity, you may wish to join a group which meets twice a month for discussions based on the book, *Walking in this World*. For more information, contact Sr. Betty at 395-6700. No fee.

Winter Bird Feeding

Thursday, Dec. 9, 6:30-8 p.m.

Facilitator: Jim Durbin

Do you want to attract beautiful red cardinals, showy woodpeckers and bright goldfinches to your snowy winter lawn? Join local bird expert and Audubon member, Jim Durbin for an informative evening that's for the birds! Learn about the many types of birdseed and what birds they attract. He'll cover information about types of feeders and what types of birds you would expect to see during the winter season. Pre-register by Monday, Dec. 6. Fee: \$5

Day of Self Renewal

Monday, Dec. 20, 8:30 a.m. to 4 p.m.

Come for a day of rest and relaxation. Experience two of our services and one group activity. The day will begin and end with a brief group gathering. The rest of the day is yours for quiet reflection. You will be assigned a guest room and may schedule two individual 30-minute sessions of either massage, reflexology, Healing Touch, Healing Touch Spiritual Ministry, spiritual direction, paraffin bath treatment with hand massage, foot soak with exfoliation scrub and foot massage or Indian head massage. You may choose one of two group activities of either guided meditation or body movement. You may create any combination of two individual services and one group service or your choice. Please pre-register by Dec. 16.

Fee: \$90 includes room, lunch and choice of two individual services and one group session.

Future days of Self Renewal are January 17 and February 21.

PROGRAMS

Winter Solstice

Tuesday, Dec. 21, 6:30-8 p.m.

Facilitator: Staff and Friends



As humans, we often forget or ignore our intimate connection with the whole web of life. Join us in celebrating that connection at the winter solstice seasonal celebration. We will welcome the coming season with indoor and outdoor festivities, so please dress accordingly. Pre-registration one day prior to the event is appreciated but not required.

Free-will offering.

Winter Reflection Days

Tuesday, Jan. 4, 11, 18, 9 a.m. to 4 p.m.

Facilitator: Brother Barry Donaghue, cfc, D. Min.

Each of these days will have a different theme, focus on a different sense, have some short readings and a poem or two supplied to help the meditative process. There will be one presentation each day on the theme and a chance for those who wish to share their insights at the end of the day. Each retreatant will have a private room for the day.

These retreats are for those people who wish to grow their spirituality in a way that sees through the obfuscations of our daily routines and connects with the flow of life in the universe both, above and below the surface. Each day has a dedicated theme, with the themes connecting to form a coherent whole.

The retreats are facilitated, but in a low-key way that will leave plenty of space for quiet, personal time. There will be an opportunity for dialogue with other retreatants and the facilitator each day, and a conversation with a spiritual director, if desired. Materials will be provided for journaling and drawing, as well.

Each day has a theme which connects with the mission of Prairiewoods and a focus on one of the five senses in order to deepen our perceptions. Each day also has a poem (or two) and a psalm around which our prayer and reflections can entwine. The pace is gentle, and the 70 acres of quiet grounds will have their winter beauty. The various elements of the day are designed to all work together in a way which is very conducive for stepping back in order to see the forest instead of the single tree, which tends to fill our vision when we are too close.

There are additional themes, so those who wish to stay for two or more days and continue their retreat, can arrange to do so depending on room availability.

Fee: \$75 per day includes lunch, materials, facilitation and room. Spiritual direction and massage are optional and have an additional cost.

A Prairiewoods Gift Certificate makes a great holiday gift. Our gift certificates may be used for programs, overnight stays, retreats and in our gift shop.

Voluntary Simplicity Discussion Series

Tuesday, Jan. 4, 6:30 to 7:30 p.m., Prairiewoods

Tuesday, Jan. 4, 2 p.m., Indian Creek Nature Center

Join Prairiewoods and Indian Creek Nature Center for a six-week discussion course that introduces various aspects of simple living. Begin with a free, no-obligation preview discussion of simplicity principles and choices on Tuesday, Jan. 4 from 6:30 to 7:30 p.m. at Prairiewoods.



Following the introductory session, small group discussions will occur on January 11, 18, 25, Feb. 1 and 8. An afternoon group will meet at 2 p.m. at Indian Creek Nature Center and an evening group meets at 6:30 p.m. at Prairiewoods. Dates and topics (at both locales) are:

- Tuesday, Jan. 11 - The Meaning of Simplicity
- Tuesday, Jan. 18 - Living More with Less
- Tuesday, Jan. 25 - Making a Living
- Tuesday, Feb. 1 - Do You Have the Time?
- Tuesday, Feb. 8 - Living Simply on Earth

Fee: \$50 (includes a book) or share a book with a friend \$60 (two people one book).

Call Indian Creek Nature Center to register for either group:

Sweat Lodge Ceremony

Friday, Jan. 7 & Saturday, Feb. 19, 6-9 p.m.

Facilitator: Mike Maynard

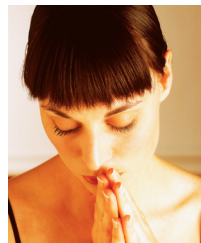
Join friend of Prairiewoods, Mike Maynard for a sweat lodge ceremony in the Lakota tradition. Sweat lodge ceremonies help to purify the mind, heart, body and spirit. This ceremony provides a safe place for prayer as well as personal and group intentions. Please call at least one day prior for proper protocols and pre-registration.

Free-will offering.

Women in Interfaith Dialogue

Saturday, Jan. 29, 10 a.m. to 3 p.m.

Women interested in discussion on religious matters from an interfaith perspective are invited to attend this gathering. The day begins at 10 a.m. and ends at 3 p.m. If you are interested in attending or receiving more information, contact the Rev. Barbara Schlachter at 319-351-4380. The fee for the day is \$15, which includes lunch.



Program presenter is Kusum Pradhan on the goddess Kali in the Hindi tradition. All women are invited to attend.

PROGRAMS

The Spiritual Power of The Lord of the Rings

Thursdays, Feb. 3, 10 and 17, 6:30 to 9 p.m.

Facilitator: Brother Barry Donaghue, cfc, D.Min.

Using both the text and excerpts from the film, we will uncover the deep, rich Christian meaning that J.R.R. Tolkien crafted into his stories.

Tolkien lost his father early in life and was mentored by a priest of the Oratory, whom he loved dearly and who became his surrogate father. Late in WW I, Tolkien observed the remarkable courage of ordinary British soldiers under fire and based characters, such as Sam, on these men.

Although he was a teacher of ancient Norse languages and folklore, Tolkien used these tools in the novels to express Christian values but without the trappings of any denomination. Again these strong values can assist us to victory in the face of human weakness and seemingly invincible forces of darkness and despair.

Free-will offering

A Great Christmas Gift!

The Zen of Baking: Bread and Blessing

6:30 p.m. Friday, Feb. 4 to 1 p.m. Sunday, Feb. 6

Facilitators: Ann Jackson PBVM and Jill Jones



The February blahs are a great time to shake the dust from your apron, sidle up alongside a good friend and create a blessing of bread. It's amazing how a small handful of dough can invite us to reflection. In this retreat, we will ponder:

What am I kneading in my life?

What is rising within my life that offers nourishment?

How am I called to be leaven for others?

Join us in the retreat kitchen for lots of recipes, baking, fun and healthy inspiration around wholesome nutrition.

Capacity: 12

Fee: \$225 includes presentations, cooking materials, lodging and meals.

Commuter Fee: \$200 includes presentations, cooking materials, Saturday lunch and dinner and Sunday lunch.

Bundle Prayer Doll Workshop

Friday, Feb. 11, 6:30-8:30 p.m.

Facilitators: Linda Graves, Nancy Hoffman FSPA, Jan Brendes

Use your creativity (yes, you ARE creative) to enfold a prayer for healing our spirits, earth and others. Enjoy simple meditation, soothing music and companionship with old and new friends. No experience necessary. Please pre-register to ensure adequate art supplies may be provided.

Fee: \$10

The Raindrop Technique™

Thursday, Feb. 17, 9 a.m. to 6 p.m.

Instructor: Kate Petree



This is an eight-hour class sponsored by The Institute of Spiritual Healing and Aromatherapy (ISHA). The Raindrop Technique is a powerful, non-invasive tool used for assisting the body in both chronic and acute inflammatory states to achieve a degree of balance by using antiviral, antibacterial and anti-inflammatory action of several key essential oils. This healing technique can be customized to address specific health issues by using various combinations of essential oils. The Vita Flex technique is taught as part of the Raindrop Technique and uses the same essential oils along the spinal points located on the feet. Each participant will practice and receive a Raindrop Technique. Information about specific conditions in which these healing techniques may be helpful and safety issues in the use of these oils will be addressed.

New policy for registration: To register for this class, please contact ISHA at www.ISHAhealing.com. Contact Prairiewoods for lodging and meal information. Fees for lodging are: single room, \$55 per night; double room, \$80. Meals: breakfast \$7, lunch \$9. No dinners provided.

Sent to Heal and Anoint (Course CCA 301)

Friday, Feb. 18, 6-10 p.m.

Saturday & Sunday, Feb. 19 and 20, 9 a.m. to 6 p.m.

Instructor: Kate Petree

The disciples of Jesus were sent out in ministry to heal and anoint others. We today have the opportunity to answer that same call to create healing ministries using essential oils with compassionate healing touch. This 20-hour course introduces the student to the healing power of oils that formed the medicine chest of the biblical times. Blessing for healing has both ancient and modern roots. Many of these aromatic oils will be described along with their healing properties relevant for our modern day. Blessing with oils will then be used in a variety of heart-centered healing modalities that flow from the laying-on of hands and Christian traditions. This course is the first course in the Certification Program in Aromatherapy. There are no pre-requisites for this class.

New policy for registration: To register for this class, please contact ISHA at www.ISHAhealing.com. Contact Prairiewoods for lodging and meal information. Fees for lodging are: single room, \$55 per night; double room, \$80. Meals: breakfast \$7, lunch \$9. No dinners provided.

The Art of Listening to Spiritual Guidance HTSM 105

Friday-Sunday, Feb. 18-20, 9 a.m. to 6 p.m. each day

Instructor: Margaret Leslie

The Art of Listening to Spiritual Guidance is a three-day course for students who have completed Healing Touch Spiritual Ministry courses 103 and 104. This course introduces the student to awareness of spiritual guidance in healing work that flows from our Divine Source. It is for those who desire more in-depth skills in their healing work. This workshop is filled with exercises to strengthen awareness of divine guidance that is available to everyone. Techniques taught in this class will deepen spiritual healing work. Emphasis is on development of higher sense perception and discernment. Self-healing, self-development and ethical behavior of the practitioner are emphasized as the student deepens an awareness of God working in our lives.

New policy for registration: To register for this class, please contact ISHA at www.ISHAhealing.com. Contact Prairiewoods for lodging and meal information. Fees for lodging are: single room, \$55 per night; double room, \$80. Meals: breakfast \$7, lunch \$9. No dinners provided.

Green Cleaning Party

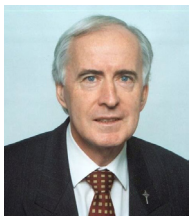
Thursday, Feb. 24, 6-8 p.m.

Facilitator: Emy Sautter

Did you know that many household cleaners contain toxic chemicals linked to birth defects, fertility problems, asthma and more? You can wipe out unsafe chemicals and clean your house by mixing your own cleaning products. A Green Cleaning party is a fun event where you and your friends learn about chemicals in household cleaners and how they might affect you and your family's health. Plus you'll learn how to make non-toxic cleaners from common ingredients such as vinegar, baking soda and essential oils. Leave the party with two samples and multiple recipes. Pre-register by Monday, Feb. 21. Fee: \$15.

Reconnecting with God

continued from page 3



Br. Barry Donaghue

everything we do or say will manifest this presence? In our time and place, what is "living water" and how, when and where can we partake of it?

During the conference, the plan is to open up the concept of 'Re-connecting with God' starting at what have been heretofore opposite ends of the spectrum, namely science and the kind of spirituality

being articulated by poets everywhere.

Some of the areas to be addressed in this conference include: Salvation History, Revelation and Evolution; Touching the Seed; Paying Attention; Freedom; What is Second Half of Life Spirituality?

CONTINUING PROGRAMS

Wednesday Women

Wednesday mornings, 10-11:30 a.m.

Facilitator: Marj English, OSF

This is a lively and stimulating group of women who gather every Wednesday to explore topics that inform, support and enrich their spiritual growth. Various media or presenters are the springboards into conversation with one another. In January we will begin the six-week DVD series *Choosing Compassion: The Paradox of Power*, a program designed for personal, group and organizational change with award-winning author and presenter, Michael H. Crosby, OFM Cap. New members are welcome. Free-will offering of \$10 is suggested.

Evening Centering Prayer

2nd & 4th Tuesdays of the month, 5:30-7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for those who do centering prayer. You may join the group at any time. The group meets in Room 113 of the Guest House. For information, call Ann Jackson PBVM: 319-395-6700 ext. 203. Free-will offering.

Women's Sacred Circle

First Wednesday of every month, 6:30-8 p.m.

This group is for women who are interested in gathering for spiritual growth. The direction and activities of the group are determined by the participants. For information, contact Barry Donaghue cfc. Fee: \$5 per session.

Environmental Book Club

Third Wednesday of every month, 6:30-7:45 p.m.

Facilitator: Emy Sautter

Join us in a small group setting for book and film discussion on a variety of environmental topics. Learn what others are doing to be more eco-focused and what's going on in the community. Join at any time. This group rotates meeting at Prairiewoods and the Marion Public Library. **No December meeting.**

January meeting: *The Sacred Balance* by David Suzuki at Prairiewoods.

February meeting: *eaarth* by Bill McKibben at the Marion Public Library. For information, contact Emy Sautter at 319-395-6700, ext. 222. Free-will offering.

Prairiewoods Knitters & Stitches

This group meets from 9:30 a.m. to noon on the second Tuesday of the month at Prairiewoods and from 7-9 p.m. on the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels. Donations of materials accepted.

Holistic Services

Massage, Healing Touch/Healing Touch Spiritual Ministry, reflexology and Raindrop services are offered by appointment. Call 319-395-6700 to schedule an appointment. Please allow at least 48 hours to schedule an appointment.

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Traveling immigration display available to your group, church

A display that educates people about immigration in Iowa and the United States is available to any group or church. "Iowa: A State of Immigrants" combines photos and information in a format that conveys the history and status of immigration in Iowa and the U.S.

The display is an educational piece that can stand alone or be used to enhance a presentation or just draw attention to immigration issues. Each of the four individual panels is approximately 7-feet-tall by 36-inches-wide. A Prairiewoods volunteer will deliver the display to your church or organization, set it up and then come back and dismantle it.

To reserve the display, call Marj English, OSF, at 319-395-6700, ext. 216 or menglish@prairiewoods.org.



Franciscan Sisters of Perpetual Adoration
 Prairiewoods Franciscan Spirituality Center
 120 E. Boyson Rd.
 Hiawatha, IA 52233

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Emy Sautter esautter@prairiewoods.org	222
Clifford Schueler cschueler@prairiewoods.org	211
Sue Davis Smith sdsmith@prairiewoods.org	206
Lucille Winnike FSPA lwinnike@prairiewoods.org	221

Interpretive signs added to the Prairiewoods' grounds

Two outdoor interpretive signs were added to Prairiewoods' grounds this fall. The signs, located on the tall grass prairie and the oak savanna, provide additional information for people who use our trails, says Emy Sautter, Prairiewoods ecospirituality coordinator.

"The signs provide the history of these ecosystems and help educate people who walk our trails," Sautter says.

The signs were funded through two grants — one from Alliant Energy Foundation and the other from the Greater Cedar Rapids Community Foundation.

The next time you're walking our trails, stop and enjoy a bit of history about these two ecosystems.



Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER



Spirituality in the 21st Century — A Point of Divergence: Connecting the Dots, Reconnecting with God

Until relatively recently, our ancestors' consciousness was imbued with nature. Their perception of "self" was revealed in and through nature: starry moonlit nights, caves of protection from the elements, hearth-fires around which they gathered for warmth and community, and animals and crops that provided food and clothing. Not so many decades ago, humans had little choice but to live sustainably.

Today, individualism and consumerism control our mentality, contributing significantly to the dilemma in which we now find ourselves. While our innovation and ingenuity dominate the worldview, they simultaneously strip us of "nature consciousness," creating an epidemic of isolation and meaninglessness. Consequently, we are growing out of touch with God and the Incarnation and are destroying Earth, the life-source whose health assures our own existence.

What's the reconnection prognosis? It's filled with questions:

- Are we in the process of forcing change or inspiring transformation?
- What salvation awaits our attention, drawing us toward God and toward Earth stewardship?
- How do our present life conditions call us into action?
- How might we explore a practical spirituality that will liberate our human spirit?

Spiritual awakening is neither some faraway dream, nor an overly complicated achievement. Rather, it is an ever-present

reality that is always available in the here and now. This Spirituality in the 21st Century conference will frame the human story from its inception to present day in the accelerating evolution of consciousness. We will...

- trace our memetic code, a bio-psycho-social-spiritual blueprint that spreads throughout culture and informs story, art, lifestyle, community, etc.
- learn aspects of spirituality necessary for the 21st century.
- discuss the need to develop and nurture new relationships with the Source of All Being, with Earth, with others, and with Self, in order to make the transformations necessary if we are to live truly fulfilling lives in the 21st century.

The presentations will provide a narrative within which we can learn to bring our best efforts to bear on this collective transformation. Dates and times are:

Friday Evening, April 8, 7–9 p.m.

Christ in the Cosmos: Yesterday, Today, and Tomorrow
The Key Mystery: A Point of Divergence

Saturday, April 9, 9 a.m. to 3:30 p.m.

Jesus and the Christ in the BIG and Little Picture
Finding a Context and a Practical Spirituality for the 21st Century
Creative Consciousness...
...The World of Soul

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DIRECTOR'S CORNER



Brother Barry Donaghue cfc

As Brian Swimme wrote recently, "I hope that all of you are enjoying these long, mysterious, beautiful nights of winter." And I hope that you are able to find a warm corner somewhere and pause for a while, letting the thoughts that winter always germinates rise to the surface.

I find resting in my "man cave" at home has led me to wonder about how deeply I am nested in the staff at Prairiewoods; the Christian Brothers; my family; this town, state, and country; my nation; the human race; mammals; and all living creatures; as well as how atoms, molecules, and cells are nested in me.

Also, I wonder about how the deep, slow processes of winter are nested in other deep, slow processes. The Ents, for example, a creation of J.R.R. Tolkien in the *Lord of the Rings*, were wondrously aware of the layers of life. I think of how many living creatures over untold centuries gave birth to me; millions upon millions upon millions of them — forming my DNA, seeding my personality, and gifting me with most excellent ways of working with the opportunities of life.

As we all are gifted.

How special each of us is! How lovingly held by the energetic, creative, caring, intelligent, evocative Source of All Being. As the death of winter is necessary for new life to emerge refreshed from the planet, so I imagine spring, up ahead of us in time, calling us into new life from the "slings and arrows" of our often "outrageous fortunes." Spring that will produce "bread and wine" in its various manifestations, coming from the grinding and stamping of life, calling us as Jesus did, to do the same — nourish and sustain all who are at the margins and struggling to re-enter the flow of life.

We need to have been there to do that with compassion and wisdom, and winter has its place in that downward movement so necessary for life.

Jesus wanted us to "have life and have it to the full," so we must not be content with surviving, or even living. He showed us that we must thrive and that we cannot do that unless all of life around us is thriving as well. We are nested in, and that means related to, everything around us, because it either gave birth to us or sustains us or both.

As never before in time, created beings have the power to control where life will go. I hope and pray that we will relish the blessings of winter, cultivating our deepest energies for life and honoring these ever-widening circles of relationship, so that the promise of spring will not only never be diminished, but also act as the evocative voice of God, calling us into more and more energy, joy, and fulfillment.

Mission Statement

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 within an expanding understanding of the Universe Story.

Prairiewoods is an Ecospirituality Retreat and Conference Center in the Franciscan Tradition.



Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin.

Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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120 E. Boyson Rd.
Hiawatha, IA 52233
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www.prairiewoods.org
E-mail: ecospirit@prairiewoods.org

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Spirituality in the 21st Century — A Point of Divergence: Connecting the Dots, Reconnecting with God

featuring Brother Barry Donaghue cfc and Sara Thomsen

BROTHER BARRY DONAGHUE cfc

is Prairiewoods' Director. He is an experienced retreat director with emphases on eco-spirituality and sustainability, entering into "second half of life" spirituality, Body-Mind-Spirit weekends, and labyrinth workshops. Brother Barry has studied and ministered in Australia, England, Ireland, France, Israel, and the Fiji Islands, as well as in the United States. He has a Bachelor of Arts degree from Monash University; various graduate qualifications in Education, Religious Education, and Theology from universities in Australia and Ireland; and a Doctorate of Divinity degree from San Anselmo Theological Union in California.

SARA THOMSEN is a weaver of song and community. Her performance style is full of humor and depth, capturing the audience's full engagement. At concerts, conferences, classes, workshops, retreats, jails, places of prayer, and lines of protest, to be with Sara is to want to sing.

Sara is an award-winning singer-songwriter, recording artist, and gifted song leader. She won the Minnesota Fold Festival's New Fold Songwriting Contest in 2002 for her songs "Irene Marguerite" and "Keepin' the Peace" from her CD *By Breath* (2003). Sara's song "Is It for Freedom" has won top awards and is aired frequently on the *Democracy Now!* news program. This song and its impact have earned national and international recognition. For more information, visit www.sarathomsen.com.



Sara Thomsen

Friday, April 8, 7–9 p.m.

Saturday, April 9, 9 a.m. to 3:30 p.m.

Location: Hallagan Education Center,
Mercy Medical Center
701 Tenth St. SE, Cedar Rapids

Conference Fees:

Friday ONLY, \$20 includes Friday evening presentation.

Saturday ONLY, \$45 includes Saturday only presentation and lunch.

FULL event, \$50 includes Friday evening and Saturday presentations and Saturday lunch. Registrations postmarked on or before Friday, March 18.

FULL event, \$65 includes Friday evening and Saturday presentations and Saturday lunch. Registrations postmarked between Saturday, March 19, and Monday, April 4.

Each event will stand alone: One could attend Friday evening and not attend Saturday, and one could also attend Saturday and not attend Friday evening.

Both events are open to the public. Reservations are encouraged as space is limited.

Limited lodging is available at Prairiewoods.

\$50/night/single, includes continental breakfast.

\$70/night/double, includes continental breakfast.

You must register by completing the registration form. Forms are available by downloading the PDF from Prairiewoods' website: www.prairiewoods.org. MAIL the completed registration form and full payment to:

Prairiewoods
Attn: Spirituality in the 21st Century
120 E. Boyson Rd.
Hiawatha, IA 52233

Payment in full is required to confirm your registration. Only reservations with completed registration forms and payment will be accepted.

Cancellation Policy: \$10 of each registration fee is nonrefundable. Remainder of registration fee will be refunded if cancellation is made by Wednesday, April 6.

Please contact Ann Jackson, PBVM, 319-395-6700, ext. 203, or ajackson@prairiewoods.org for more detailed information.

Prairiewoods Franciscan Spirituality Center is the sole sponsor of this event.

Prairiewoods announces staff changes

Friends and visitors to Prairiewoods will notice that two staff members who have held prominent positions here are no longer at Prairiewoods.

Program Coordinator Mary Ellen Dunford and Marketing Director Sue Davis Smith both resigned from their respective positions to move on to other opportunities. Mary Ellen, who was also involved in the area of Prairiewoods holistic services, has returned to a career in physical therapy and is eager to spend more time with family. Sue and her husband, Bernie, have relocated to Colorado where she will be working in some area of marketing.

We are grateful to both for their fine contributions to the growth of Prairiewoods and wish them well in their new adventures.

Andrea Jilovec is the new Program Coordinator. Andrea recently created new educational programs for the Cedar Rapids Museum of Art and the National Czech & Slovak Museum & Library. She brings with her years of experience in non-profit organizations.

Andrea grew up on a farm in eastern Iowa, but like many native Iowans, left home after high school to explore the “larger world.” She received a BFA in Speech Communication from Drake University, studied extensively at the Oregon College of Art and Craft, and has taken numerous professional courses in management, leadership, and computer technology.



Andrea Jilovec

Andrea appreciates Prairiewoods’ mission; its fun, caring, and fully committed staff; and its lovely surroundings. As she joins the Prairiewoods staff, Andrea says that her goal will be to “maintain the integrity of excellent programming.” She says she is “looking forward to creating the kinds of programs that will interest the wider public and help people to connect with the sacredness within themselves and their environment.”



Andi Lewis

Our new Marketing Director is Andi

Lewis, who recently relocated to the area from Chicago to be closer to family. She and her husband are eager to explore, experience the kindness of Iowans, and discover the best the area has to offer.

Andi grew up in Michigan and attended Northwestern University’s Medill School of Journalism, where she earned degrees in Broadcast Journalism and Women’s Studies. After college, she stayed primarily in the Chicago area, working as a reporter and producer, the marketing and operations director at a professional organizing service, and a textbook writer and editor. Throughout all of her careers, she has developed a love for various aspects of marketing and communications.

Andi is drawn to Prairiewoods’ commitment to being a responsible and loving part of the world in which it exists. She says, “I am excited to tell others about all that Prairiewoods has to offer... from nature trails to overnight retreats, and all the life-giving programs in between.”



New piano finds a home at Prairiewoods

The next time you are at Prairiewoods, you may notice something missing and something added. The baby grand piano that was located in our conference room was no longer able to be tuned or serviced. In its place you will now find a Wurlitzer spinet donated by Mike Billett in honor of his deceased wife, Joan, who used to attend the Wednesday Women group. Mike kindly paid for the piano’s move to Prairiewoods and its tuning. What a great asset this will be for years to come!

Discover the connection among creativity, the cosmos, and compassion

If you knit or crochet for good causes — or would like to — please join the Prairiewoods Knitters and Stitchers to explore the connections among the cosmos, creativity, and compassion on Tuesday, March 22, from 9 a.m. to 2 p.m. Brother Barry Donaghue will speak to the group on “When Creativity Meets Compassion: Handcrafting for Charity.” Following the presentation, we will celebrate our ability to share handmade items with those in need. Bring your favorite patterns to make for charity donations or bring a sample of your work in any stage of completion.

Please also bring size 10 knitting needles or a “J” crochet hook to create an item from a unique kind of yarn that will be provided. We will learn where current needs for donations exist in Linn County and beyond, and we will learn about new organic yarns and Iowa’s fiber farms.

Pre-registration is required by phone or on the Prairiewoods website no later than March 16. Fee is \$20 and includes lunch and materials. To register, call 319-395-6700.

Where on Earth are we going?

And what can we do about it?

Awakening the Dreamer, Changing the Dream Symposium

Facilitators: Sister Jeanne Christensen and Kate Becker

Join the Sisters of Mercy West Midwest Justice Team, Mount Mercy University, and Prairiewoods as we experience and explore a new global vision built on environmental sustainability, social justice, and spiritual fulfillment. This half-day event combines presentation, group interaction, and multimedia and invites us to explore these four questions:

What is our current global state?

How did we get here?

What's possible for our future?

Where do we go from here?

Together, we will journey into our current world state, explore how we see ourselves in the world today, and gain a deeper sense of global awareness and the means to take personal and collective action. Visit www.awakeningthedreamer.org for added information.

To register call **319-395-6700** or visit
www.prairiewoods.org

Please register by **Monday, March 28.**

*"We have lived by the assumption that what was good for us would be good for the world...
what if we live by the contrary assumption that what is good for the world will be good for us."*
- Wendell Berry

Saturday, April 2, 2011

9:00 a.m. – 2:00 p.m.

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

Cost: \$30 includes lunch
(lodging at Prairiewoods is also
available – added costs apply)

Optional ATD facilitator training following the
Symposium 2:30 p.m. – 4:30 p.m.,
\$100 additional cost ~ includes manual and DVD.
(Previous Symposium attendance required)



PRAIRIEWOODS
Franciscan Spirituality Center



Here at Prairiewoods, we are fortunate to care for 70 acres of beautiful earth. Various peoples, plants, and animals have inhabited this land for thousands of years. Part of our mission includes caring for this land in right relationship with an ecocentric focus, which means we strive to value equally that which is non-human. We also try to listen and learn from the land as we attempt to restore balance and healthful diversity.



Knowing the history of this land helps us continue to grow in our relationship with it. We know that the government “acquired” this land (plus about 1.25 million acres) from the Sauk and Fox (Meskwaki) people by treaty in 1837. Shortly after, it was surveyed in preparation for new settlement. According to government land surveys from 1841, Prairiewoods and the township in which it was included were: “of the first quality of rich loamy soil — gently rolling and well watered with numerous springs and many creeks flowing through it. It is divided into timbered land and prairie and the timber is of excellent quality and growth.”

Further survey notes suggest that this particular site was mostly wooded and

included white, black, red, and bur oaks, as well as elm, linden, sugar maple, black walnut, and hickory trees. The character of this timber, however, is much different from the woodlands we see in Iowa today and differs from the woodlands at Prairiewoods, as well.

The surveyors encountered massive oak trees, trees that needed ample space to grow and spread their limbs in order to grow so large. Like many of Iowa’s woodlands at that time, the woods were very open, having a park-like feel with large sprawling trees and an undergrowth of prairie grasses, sedges, and flowers. These wooded areas were also absent of the many invasive species we see today — honeysuckle, garlic mustard, multiflora rose, etc.

After the first surveys, the Prairiewoods land was homesteaded, farmed, and grazed for more than 100 years. The Franciscan Sisters of Perpetual Adoration purchased these 70 acres in 1962. Some of the land was rented out for crop production and the rest was left fallow. Over the past 15 years, Prairiewoods staff and volunteers have worked to convert this land back to its pre-settlement conditions.

This work includes removing invasive species (plants that are not native to this area). The work also includes the re-planting of prairie and trees and the use of fire as a tool for managing invasive plants, invigorating the soil, and bringing back fire-dependent plant species.

If you visit Prairiewoods — and we hope you will — you may notice some of these changes. Trees have been cut down, woods have been thinned, and large piles of brush will eventually be turned into mulch for our trails. This is the work of restoring our woodlands (as much as we can) to a more healthful state of diversity.

— Emy Sautter

Your group or business can attend an eco-tour of Prairiewoods

Would your organization or business like a tour of Prairiewoods’ many ecological features? Learn about one of the area’s largest solar photovoltaic arrays, get a tour of our straw bale hermitages, and see a trombe wall. Check out the new I-RENEW training facility on site, too. Walking and armchair tours are available, as well as a lunch option. Call Emy Sautter at 319-395-6700 for more details.

Thank you to International Paper Foundation for awarding Prairiewoods a grant of \$4,000 for native habitat restoration and education.

Go Green for Earth Day

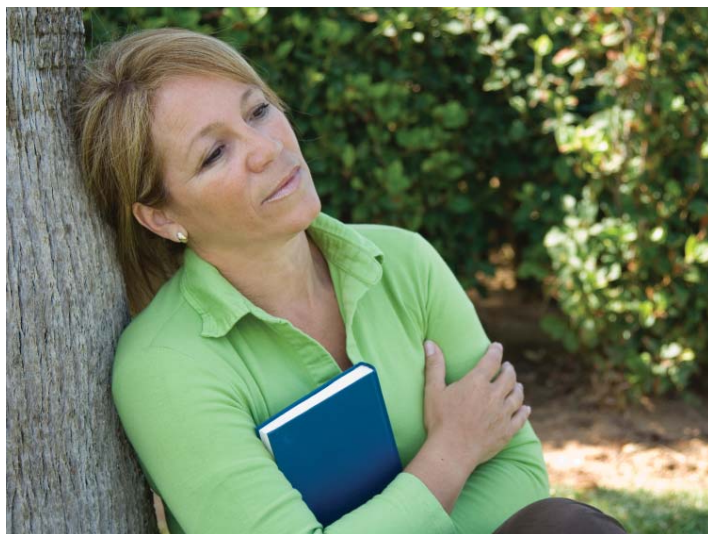
“Going Green” is everywhere these days, and it can all seem a little overwhelming.

Join Ecospirituality Coordinator Emy Sautter for a program about our connections to the earth, the ways in which we humans affect our planet, and the steps we can take to reduce our impact on our beloved home planet. Going green can be easy and fun — it can save you time and money and improve your overall well-being. Pre-registration is appreciated by April 18.

Date: Thursday, April 21, 6 p.m.

Fee: \$5.

Call 319-395-6700 to register or visit our website at www.prairiewoods.org.



Monastic Wisdom for Busy Persons Retreat

6:30 p.m. Friday, Feb. 25, to 1 p.m. Sunday, Feb. 27

Facilitator: Trisha Day

The monastic tradition has much to teach those of us who are living busy lives in the world. Join us for a look at life inside the cloistered walls to discover how this ancient way of life can help us deal with the challenges of living in a 21st century world.

We'll view a series of beautifully produced films that document the impact Our Lady of the Mississippi monastery had on five women who knew nothing about monastic life prior to being invited to live inside the cloister. For six weeks these women were sequestered from their families, jobs, and familiar daily routines. We'll be invited to enter their experience, identifying with them as they struggle to adjust to the silence and discipline of the monastery while grappling with the kinds of personal challenges that confront all of us.

Our retreat guide is Trisha Day, the author of *Inside the School of Charity: Lessons from the Monastery*, which is based on what she learned as a result of her own experience living for three months at the same monastery as the women in the film. Throughout the weekend Trisha will share practical suggestions about how to apply specific monastic practices and values to our lives outside the monastery.

Fee: \$225 includes presentations, lodging, and meals.

Commuter Fee: \$175 includes presentations, Saturday lunch, Saturday dinner, and Sunday lunch.

Celtic Time Retreat

6:30 p.m. Friday, March 18, to 1 p.m. Sunday, March 20

Facilitators: Barbara and Mel Schlachter

Learn about and experience the Celtic Calendar, the daily round, and the quarter and cross-quarter days of the year. Our spiritual ancestors had a rhythm, balance, and energy provided in their awareness of time, which Celtic Christianity incorporated to some degree in its life and understanding. In our lives we often wonder if we have time — or if time has us!

Come for the time of your life. We will enjoy Celtic style art, images from ancient Celtic sites, storytelling, gatherings of spirit, and intervals of reflection and silence. On Saturday evening, we will have a “coeli,” an Irish party, and on Sunday we will celebrate the Spring Equinox, one of the quarter days.

The weekend will be co-led by the Rev. Mel Schlachter and the Rev. Barbara Schlachter. Mel is the Rector of Trinity Episcopal Church in Iowa City. He is a teacher of Celtic Christianity and a frequent pilgrim to ancient Celtic places. Barbara is also an Episcopal priest who does pastoral counseling and spiritual direction in Iowa City. She has long been a student of Celtic spiritual life.

Fee: \$225 includes presentations, lodging, and meals.

Commuter Fee: \$175 includes presentations, Saturday lunch, Saturday dinner, and Sunday lunch.

This will be a wonderful retreat for couples or singles!



PROGRAMS

Prairiewoods' Used Book Sale

Feb. 23 to March 23

Would you like to recycle your books? Sharing your books with others and buying used books is an earth-friendly way to conserve nature's resources.

Prairiewoods' Used Book Sale will be held February 23 through March 23. You will find a great variety of books and CDs at the bargain price of a dollar! Categories include fiction, nonfiction, spiritual, environmental, CDs, and much more to whet your reading appetite for the remaining winter months. Hours are 8 a.m. to 5 p.m. on weekdays (any time Prairiewoods is open) and most weekends (call ahead).

Prairiewoods will accept your donations of books and CDs for the sale any time before March 10, but the earlier the better. Your generous support will be greatly appreciated.



Day of Self Renewal

Monday, March 21, 8:30 a.m. to 4 p.m.

Monday, April 18, 8:30 a.m. to 4 p.m.

Come for a day of rest and relaxation. Experience two of our services and one group activity. The day will begin and end with a brief group gathering. The rest of the day is yours for quiet reflection. You will be assigned a guest room and may schedule two individual 30-minute sessions of either massage, reflexology, Healing Touch, Healing Touch Spiritual Ministry, spiritual direction, paraffin bath treatment with hand massage, or foot soak with exfoliation scrub and foot massage. The group activity is guided meditation. You may create any combination of two individual services.

Limited to 8 participants.

Please pre-register by March 11 and April 8 and indicate your two choices.

Fee: \$90 includes room, lunch, group session, and choice of two individual services.

Almost Full Moon Owl Hike

Wednesday, March 16, 7–8:30 p.m.

Facilitator: Chuck Ungs



The barred owl asks: "Whooooo cooks for you — whooooo cooks for you all?" While we may not answer the barred owl's question this evening, we hope to answer some of yours about these local residents. Participants will spend the first part of the class indoors

learning about owls. After that Linn County Conservationist and expert owl caller, Chuck Ungs, will lead us on a moonlit hike and owl-calling escapade. People frequently are surprised to learn that owls will be sitting on eggs or hatching owlets at this time of the year.

Fee: \$4 for one person or \$10 for a family.

Spring (Vernal) Equinox

Sunday, March 20, 2 p.m.

Facilitator: Emy Sautter

Come one, come all to celebrate the return of springtime. On this day, the sun is at its midway mark, halfway between midwinter and midsummer. The springtime is a time of new beginnings, new possibilities, and re-birth. We will celebrate this day as a gift and affirm our own new beginnings as well as those of the earth. Plan for a fun-filled afternoon that includes poetry, ponderings, and time spent outdoors. All ages are welcome.

Free-will offering.

Sweat Lodge Ceremonies

Saturday, Feb. 26, March 26, and April 23, starts around dusk

Facilitator: Mike Maynard

Join friend of Prairiewoods Mike Maynard for a sweat lodge ceremony in the Lakota tradition. Sweat lodge ceremonies help to purify the mind, heart, body, and spirit. This ceremony provides a safe place for prayer as well as personal and group intentions. The sweat ceremony begins at the lodge at dusk. When temperatures are warm enough, participants are encouraged to come early for prayer and preparation. Please call to register at least one day prior and for proper protocols.

Free-will offering.

"For the Birds" Class

Wednesday, March 30, 6:30–7:30 p.m.

Facilitator: Emy Sautter

This class is for the birds — literally! Help the birds with their nests this spring by making a Grapevine Nesting Globe stuffed with bird nesting goodies. Take it home, hang it outside, and watch the birds go crazy! It's fun, creative, and a great way to help our feathery friends. The globes are all natural and refillable. Pre-registration is required by March 16 so supplies can be ordered.

Fee: \$12.

PROGRAMS

Awakening the Dreamer, Changing the Dream Symposium

Saturday, April 2, 9 a.m. to 2 p.m.

Sponsored by Mount Mercy University, Prairiewoods, and the Pachamama Alliance

Location: Prairiewoods

Facilitators: Sister Jeanne Christensen and Kate Becker

Join Prairiewoods, the Sisters of Mercy West Midwest Justice Team, and Mount Mercy University as we experience and explore a new global vision built on environmental sustainability, social justice, and spiritual fulfillment. This half-day event combines presentation, group interaction, and multimedia and invites us to explore these questions: *What is our current global state? How did we get here? What's possible for our future? Where do we go from here?*

Together we will journey into our current world state, explore how we see ourselves in the world today, and gain a deeper sense of global awareness and the means to take personal and collective action. To register, call Prairiewoods at 319-395-6700 or visit our website at: www.prairiewoods.org. Register by Monday, March 28.

Fee: \$30 includes lunch. Lodging at Prairiewoods is also available for an added cost.

Optional ATD Facilitator training following the symposium from 2:30–4:30 p.m. for \$100, includes manual and DVD.

Poetry Open Mic Night

Friday, April 15, 7–9 p.m.

Back by popular demand! Anyone who enjoys poetry is invited to come to this relaxed and fun event that will take place in a coffee shop atmosphere. If you are a writer of poetry, you are invited to give short readings. Professional writers and those who write for their own enjoyment and self-expression are encouraged to come. If you are not a writer but would enjoy listening, you are welcome, too. Call ahead and let us know if you will be reading.
Fee: \$5.

Eco-Arts Fest 2011

Saturday, April 16



Mark your calendars and save the date for this year's local Eco-Arts festival! Activities include the (re)Cycle 5k run/walk, a school-wide poster contest, and a recycled art show.

There will also be live music, workshops, local vendors, and many more activities for all ages. Events take place in the New Bo/Czech Village area. Visit: www.mainstreetcedarrapids.com

2nd annual

Linn County LOCAL FARMER & CSA FAIR

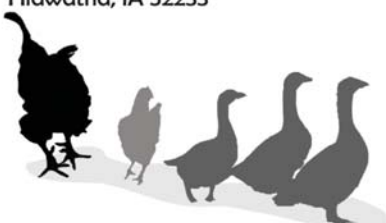
building relationships between
farmers and the community

April 1, 2011 5-8 PM

Prairiewoods Franciscan Spirituality Center

more info call 319.395.6700

120 E. Boyson Road
Hiawatha, IA 52233



sponsored by:



Various food growing farmers will have information available for those interested in finding out how to add fresh vegetables and herbs to your diet throughout the Iowa growing season.

Community Supported Agriculture (CSA) is a way for consumers and farmers to join together in support of local agriculture. Members purchase a share of the harvest in advance of the growing season. In return you receive a weekly supply of high-quality, locally grown fresh vegetables and herbs throughout the growing season. CSA is also a way of sharing risk with food growing farmers. Shares purchased prior to the season help the farm plan for costs and quantities of growing fresh produce. This also helps the farm weather difficult times. On the flip-side, there are benefits for shareholders when the harvest is great. If, for example, the squash or cucumber harvest is heavy the CSA boxes will have a large quantity of those items. When harvest time arrives, you'll receive vegetables and herbs fresher than any you can find in stores. Many of these farmers are also organic.

Snacks/drinks along with music and children's activities

PROGRAMS

Go Green for Earth Day

Thursday, April 21, 6 p.m.

Facilitator: Emy Sautter

See page 6 for a full description.



Spring Migrating Birds

Wednesday, May 11 and May 18,
6:30–7:30 p.m.

Facilitator: Jim Durbin

Hundreds of birds pass through this area each spring. Join local birding expert and Audubon member Jim Durbin as he talks about spring migrating birds. The May 11 class will focus on sparrows (not house sparrows), water birds, and a few others. The May 18 class will focus on all other migrating birds.

Fee: \$2.

CD Release Party for Award-Winning Musician Jonny Lipford

Sunday, March 6, 5 p.m.

If you are a fan of music that “soothes the spirit and opens the mind” (The Wakulla News), you won’t want to miss Jonny Lipford’s CD Release Party! Meet the award-winning musician, listen to him play the Native American flute, and help him kick off his 39-state tour to promote his upcoming release of *A Breeze At 72 Degrees*. Refreshments will be provided.

Fee: \$15; kids 12 and under are free.

CONTINUING PROGRAMS

Wednesday Women

Wednesday mornings, 10–11:30 a.m.

Facilitator: Marj English, OSF

This is a lively and stimulating group of women who gather every Wednesday to explore topics that inform, support, and enrich their spiritual growth. Various media or presenters are the springboards into conversation with one another. New members are welcome. Free-will offering of \$10 is suggested.

Evening Centering Prayer

2nd and 4th Tuesdays of the month, 5:30–7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for people who enjoy centering prayer. You may join the group at any time. The group meets in Room 113 of the Prairiewoods Guest House. For information, call Ann Jackson PBVM at 319-395-6700, ext. 203. Free-will offering.

Women’s Sacred Circle

1st Wednesday of every month, 6:30–8 p.m.

This group is for women who are interested in gathering together for spiritual growth. The direction and activities of the group are determined by the participants. For information, contact Barry Donaghue cfc. Fee: \$5 per session.

Environmental Book Club

3rd Wednesday of every month, 6:30–8 p.m.

Facilitator: Emy Sautter

Join us in a small-group setting for book and film discussions on a variety of environmental topics. Learn what others are doing to be more eco-focused and what is going on in the local community. Join at any time. This group rotates locations between Prairiewoods and the Marion Public Library. Contact Emy Sautter at 319-395-6700 for more details. March 16: Meet at Prairiewoods; April 20: Meet at the Marion Public Library. Free-will offering.

Prairiewoods Knitters & Stitches

2nd Tuesday of every month, 9:30 a.m.–noon

2nd Wednesday of every month, 7–9 p.m.

This group meets on the second Tuesday and the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels. Donations of materials accepted.

Bridges to Contemplative Living with Thomas Merton

Every other Thursday, 6:30–8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings, we use the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors to help us explore the truths of our human existence. The process involves reading, reflecting, and contemplative dialogue.

The next meeting dates are: March 3, March 17, and March 31.

Fee: \$5 per session.

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*In honor of Brother Barry
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Prairiewoods Staff,
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& Sally Kopecky*
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Felser, Francis &
Michelle Felser*
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George Gehling, Robert &
Jo Ann Gehling, Lillian Gehling*
*In memory of Viola & Tom
Hackbarth, John Hackbarth*
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Beth Pelton*
*In memory of Marie
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Laura Locher*
*In memory of Sisters "On the
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Melloh, John Melloh*
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Stewart & Bev Lawrence*
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Schulte Families, Melvin &
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*In memory of Anne Louise
Todd, Gene & Kathleen Todd*
*In memory of Sister Mary
Walter, Regina Heires*

IN KIND DONATIONS

Mike Billett
Anogene Varner
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SAVE THE DATE!

Prairiewoods Garden Party — Saturday, June 4

Just a reminder to all Prairiewoods' friends that the Garden Party is Saturday, June 4. Mark your calendar, and we hope to see you there.

On the same note, we are seeking donated items for the Prairiewoods Garden Party raffle and silent auction. One suggestion was an iPad and another an iPod speaker system. We are open to other ideas.

This is our major fundraiser for the year and any support is greatly appreciated. If an item is too big to donate outright, perhaps a partial contribution might work — a few of these and “voila,” we have it!

No contributions need to be made for a few months. We are conscious that we have just had our Christmas Appeal and many of our friends were extraordinarily generous — but notification of intent would help greatly in the committee's planning. You may contact Brother Barry at bdonaghue@prairiewoods.org.

Franciscan Sisters of Perpetual Adoration
Prairiewoods Franciscan Spirituality Center
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Emy Sautter 222
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Clifford Schueler 211
cschueler@prairiewoods.org

Lucille Winnike FSPA 221
lwinnike@prairiewoods.org

Traveling immigration display available to your group, church



A display that educates people about immigration in Iowa and the United States is available to any group or church. “Iowa: A State of Immigrants” combines photos and information in a format that conveys the history and status

of immigration in Iowa and the United States.

The display is an educational piece that can stand alone or be used to enhance a presentation or just draw attention to immigration issues. Each of the four individual panels is approximately 7-foot-tall by 36-inches-wide. A Prairiewoods volunteer will deliver the displays to your church or organization, set it up, and then come back and dismantle it.

To reserve the display, call Marj English, OSF at 319-395-6700, ext. 216 or menglish@prairiewoods.org.

Prairiewoods wants to help you reduce paper waste. If you would like to receive your newsletter electronically, please send your e-mail address to alewis@prairiewoods.org. Thank you for doing your part to save the trees!



Prairiewoods

May/June 2011

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Support Prairiewoods: Attend Garden Party on June 4

Mark your calendar and make plans to attend the annual Prairiewoods Garden Party on Saturday, June 4! The event will again be held in the lovely Hallagan Education Center at Mercy Hospital in downtown Cedar Rapids.

The Garden Party begins at 4:30 p.m. with a social hour featuring local wine and beer tasting, as well as artisan cheeses. We are pleased to include Millstream Brewing Company, based in Amana, in our local beer tasting this year.

Enjoy stories, laughter, and music by The River's Voice, a nationally-known musical duo made up of Trish and Richard Bruxvoort Colligan. The couple tours as professional musicians, songwriters, and retreat leaders with a passion for the human journey and the mystery of the spiritual life. Trish's piano and Richard's acoustic guitar give a folk sound to their smooth vocal harmonies.

A buffet dinner and silent and live auctions are also fun features of the Garden Party. This year's auctions include an irresistible assortment of items for bidding, including Community Supported Agriculture (CSA) shares, tickets to community events, unlimited car washes for a year, gift certificates for Prairiewoods programs, and a stunning handmade afghan, just to name a few! We will also be selling raffle tickets for a chance to win an iPad. Look for information about purchasing raffle tickets in future Prairiewoods emails.

Tickets to the Garden Party are \$40 per person (a portion of which is tax-deductible). We also invite guests to purchase a table of eight for \$250. This is a fun way to have a great evening with a group of friends and to help raise money for Prairiewoods.

We are currently seeking sponsors for the Garden Party to help underwrite the cost of the event. Sponsorships are at the heart of making the Garden Party successful each year, and we would be thrilled to include any companies or individuals as supporters. If you would like to know more about becoming a sponsor of the Garden Party, please contact us.

The Garden Party is the main fundraising event

of the year for Prairiewoods and helps to support the wonderful variety of spiritual and ecological programming we provide throughout the year. We hope you'll plan to join us!

For more information, contact Katie Mills Giorgio at 319-210-1959 or ktamills@gmail.com.

"The Garden Party is an all around lovely event, from the great supporters of Prairiewoods that attend, to the Prairiewoods-grown centerpieces at each table."

— Katie Giorgio,
2011 Garden Party
Committee Chair



The River's Voice



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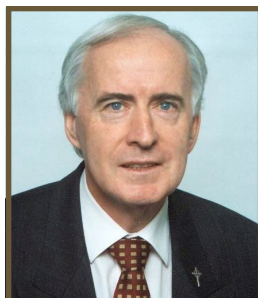
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DIRECTOR'S CORNER



Brother Barry Donaghue cfc

As we approach Easter, it might be good to meditate on the fact that Lent was originally just three days long and was one of the few events in the Church that began through grassroots pressure.

Many people in the early decade of the Christian Era felt that the coming of salvation—redemption—was so exciting that they were like kids at a birthday party, so excited that eating would make them unwell. The Christ is risen—such an exciting event! So they wanted to fast, not so much out of sorrow for sin, but out of the excitement of moving into a new relationship with God. Now this is surely worth celebrating, but I also want to put it in context. Simply put, Bethlehem was more important than Calvary. Incarnation is already redemption, and what Jesus of Nazareth was doing revealed that fact. “The reign of God is amongst you!” (Luke 17:20-21).

Repeatedly in John’s Gospel, the evangelist has Jesus say, “The father and I are one.” So the real key to Christian spirituality is not that we believe in God, but in this incredible mystery—the material and spiritual coexist! At the Last Supper, Jesus implored us to “Do this! Be me. Embody me, and you embody God.

Fr. Richard Rohr says that, “Once we restore the idea that the Incarnation means God truly loves creation then we restore the sacred dimension to nature. We bring the plants and animals and all of nature in with us. They are windows into the endless creativity, fruitfulness and joy of God. We assert that we believe in the sweep of history, humanity and all of creation that Christ includes.” What a wonderful thing to contemplate as spring unfolds its blessings.

This is a more cosmic view of the Resurrection and a shift in our point of view. But it is both beautiful and necessary. “Lent” is an old German word for spring, and the Lenten transformation that we are called to mirrors what occurred on that first Easter when Jesus died and Christ arose, his consciousness untied from a specific place and time. Theologians such as Willi Marxsen have thought that Jesus stepped out from the tomb like Lazarus, but not many follow that line. More fitting with our new understanding is that there was probably something like a great flash of light as the human body that contained Jesus became identified with something way beyond space and time.

Perhaps this is a fitting task for this spring: to open our minds and hearts to do what Jesus asked, to become imbued with his (holy) spirit—to embody him. Then our eyes and hands and feet and voices can bring Jesus wherever we go as we, like him, trust God not only to death but through death—sons and daughters of the God, one with Christ, yesterday, today, and tomorrow. Resurrection indeed!

And we can have that life here, now.

Mission Statement

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 within an expanding understanding of the Universe Story.

Prairiewoods is an Ecospirituality Retreat and Conference Center in the Franciscan Tradition.



The Prairiewoods Newsletter is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of LaCrosse, Wisconsin.

Content focuses on happenings and opinions that support Prairiewoods’ mission and vision.

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Volunteers Help Prairiewoods Sparkle in Day of Caring

United Way of East Central Iowa sponsors a Day of Caring each year, bringing volunteers from



2010 Day of Caring Volunteer

local companies and organizations together to complete service projects for non-profit agencies. This year's event is the thirteenth annual and is set for Thursday, May 12.

Last year, nearly 1,250 volunteers worked on more than 100 different projects. Thirty-six Rockwell Collins volunteers participated at Prairiewoods. The plan was that fifteen people would work on woodland restoration, eight on staining and painting outside, five with housekeeping, and eight in the vegetable garden. The day began that way, but shortly

afterward the rain came and the plan was adjusted. Some volunteers chose to continue working outdoors in the rain. Others came indoors and worked on alternate projects like window washing, cleaning the baseboards and wood work, and shampooing upholstered chairs.

This year Prairiewoods has requested volunteers for four projects: land restoration outdoors, stripping and waxing the Art Room floor, flipping mattresses and remaking the beds, and shampooing the upholstered chairs in the Guest House. We look forward to this help with eagerness. Don't be surprised if the sparkle dazzles you the next time you visit Prairiewoods!

Book Review

Christ of the Celts: The Healing of Creation by J. Philip Newell

Reviewed by Betty Daugherty FSPA

What is it that draws many Christians into the mystical and scholarly world known as Celtic spirituality? It is a fascinating place, one that draws us deeply into the spiritual world that surrounds us. The vision of these ancient peoples seems to answer a longing we have today—to live in touch with nature and with the holiness of ordinary life.

Philip Newell, who spent a number of years on the sacred island of Iona off the coast of Scotland, is one of those authors whose books bring healing elements of Celtic spirituality to the modern world. In *Christ of the Celts: The Healing of Creation*, Newell begins by posing the question: "Who is Christ for us today?"

Then, as someone immersed in the spirituality and history of the Celtic peoples, he continues throughout the book to help us look at Christ through their eyes, so different from the way Western Christianity usually portrays him.

In presenting the Celtic view of Christ, Newell draws on the great teachers of the ancient Celtic world. He goes to the writings of John Scotus Eriugena, Irenaeus, Pelagius, and Julian of Norwich, as well as the Jesuit Pierre de Chardin. These scholars present Christ as a symbol of unity for all peoples rather than one who separates. Newell says that in the Celtic vision, Christ comes to tell us:

- What is deepest in the human soul is of God. (They did not accept the concept of original sin.)
- It is love, not judgment, that is the deepest reality of the universe. (Christ died out of love, not to appease an angry God.)
- God speaks to us through creation as much as through the words of scripture.
- Christ reconnects us to our true nature instead of saving us from our nature.
- At the heart of all matter there is an Eternal Presence that calls us each by name.

Newell tries to remind us of something we have lost over the centuries. Maybe it is a need to experience Presence and connection in the world around us. Maybe it is to know that we do need a new way of seeing that the deepest energies within us are holy.

He presents Christ as the one who "is the connection between spirit and matter, the ancient bond between the wild and the sacred."

The book *Christ of the Celts* helps us to realize that our faith in Christ is enriched through the traditional beliefs of the Celtic peoples.

Philip Newell is the author of other books on Celtic spirituality including *Listening for the Heartbeat of God* and *The Book of Creation: An Introduction to Celtic Spirituality*.

Retreat to Prairiewoods for Personal Growth

Retreats are becoming increasingly popular. But why should we attend one? Retreats offer more than peace and quiet; they invite us to reconnect with all that is fundamental and essential to life. Some common reasons people retreat include:

- to take time out from everyday life to consider what is important to us and how we have grown throughout the years. We can be so caught up in responsibilities and obligations that we forget to slow down, to breathe, and to be grateful.
- to restore our physical, emotional, and spiritual energy; to balance our body, mind, and spirit; and to experience life's interconnections.
- to remember and to re-engage the simple things in life that offer us joy and happiness.
- to learn new ways to pray and meditate in order to live a whole and balanced life.

- to build inner strength and courage by deepening our understanding of and ability to develop and sustain spiritual practices, which lead us toward contentment.
- to reflect on the many facets of an important decision we may be making.

While on retreat, we often meet other people who are straddling similar circumstances and desire time to reflect. Everyone takes something different away from retreat.

Retreats can last a few hours, a day, a weekend, a week, or a month! Whatever length, a retreat offers the chance to rest and restore your body-mind-spirit connection, to re-energize, and to re-establish a sense of balance.

Consider three simple steps in planning a retreat:

Step One: Determine Your Intention for Retreat What do you most need? Take some quiet time to reflect on what you want from retreat. People often desire to: rejuvenate their spirit and restore inner peace, to allow time for reflection, to gain clarity, to find meaning in life beyond daily and material concerns, even to reflect on how to heal interpersonal relationships. Some people feel stuck in old patterns of dealing with daily stress and desire to refocus by reconnecting with the Divine, with nature, and with self.

Step Two: Choose a Retreat to Meet Your Needs Once you've considered what you are looking for in a retreat, use the phone or internet to explore various retreats hosted by numerous spirituality or retreat centers. You may choose to participate in a "group retreat," where complete strangers come together to explore a specific topic. You may also consider a "private retreat" to specifically address a personal issue through a one-to-one

daily meeting with a professionally-certified spiritual director.

Step Three:

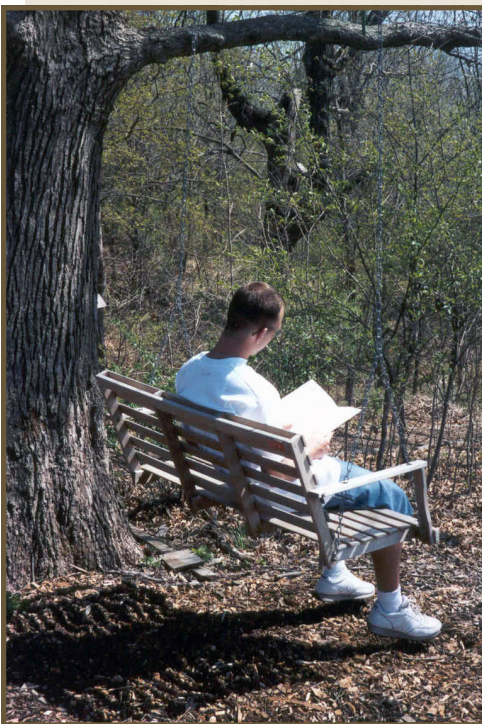
Decide Where,

When, and How Long Mindful of your intentions for retreat, determine where you will make a retreat. The atmosphere and topic you want to explore will play key roles in where you decide to retreat. Prairiewoods hosts a variety of group and private retreats, and offers opportunities to reconnect with the Divine in a beautiful, natural setting. Ideally, a good time to make retreat is after you have taken time to listen, to consider, and to prepare yourself to take time out to be present with your God, to rest and relax and reflect. At times you may choose to make retreat when you find yourself pushing yourself too hard and eventually your body/mind/spirit demands a break. The length of time is usually determined by your time, personal energy, and budget. Some people retreat a few hours each month. Others make a weekend retreat each quarter. Some look forward to a six-, eight-, or thirty-day retreat annually.

The focus of any retreat is to facilitate your individual spiritual journey. Prairiewoods provides various opportunities to reconnect to your God or higher power, to your own inner spiritual wisdom, to Earth, and to nature. Prairiewoods' focus invites you to listen to new possibilities that resonate with your heart and inner knowing, to assist you in becoming still to listen, and to help you re-establish your intuition and inner wisdom.

Join us this summer for a private retreat or any of the group retreats described on pages 5 and 6.

"God's first language is silence. Everything else is a translation."
— Thomas Keating



Transitions Retreat

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

Facilitator: Marj English OSF

Transitions are a universal human experience. They can be pleasant or unpleasant; they can turn our lives upside down or usher in a smooth sailing phase. This retreat will use James E. Miller's video "Nothing is Permanent Except Change: Learning to Manage Transition in Your Life," William Bridges' *Transitions: Making Sense of Life's Changes*, and Julia Cameron's *Transitions: Prayers and Declarations for a Changing Life*. There will be time for culling wisdom around gracefully negotiating transitions. The retreat will run from 6:30–8:30 p.m. on Friday and 8 a.m.–7 p.m. on Saturday, with an optional Saturday morning movement session and centering prayer. Sunday, we'll gather the wisdom of the weekend.

Marj English OSF, a Sister of St. Francis from Oldenburg, Indiana, and Prairiewoods' Coordinator of Spiritual Services, considers herself a prayer practitioner. She brings a love for spiritual growth and facilitating spiritual experiences.

Fee: \$200 includes presentations, lodging, and all meals

Commuter Fee: \$150 includes presentations, Saturday lunch and dinner, and Sunday lunch



June and July Silent Directed Retreats

Sunday, June 5, 5:30 p.m.–Saturday, June 11, 1 p.m.

Sunday, July 17, 5:30 p.m.–Saturday, July 23, 1 p.m.

Facilitators: Betty Daugherty FSPA, Lucille Winnike FSPA, Marj English OSF, and Ann Jackson PBVM

In the beauty of 70 acres of prairie and woods, individuals find quiet time and space to experience more deeply the God within oneself, within personal relationships, and in all of creation. Retreatants enjoy comfortable guest rooms or hermitages and quiet meals in silent areas of the spirituality center. Retreatants may participate in daily one-to-one meetings with a spiritual director to reflect on their spiritual journey. An optional quiet period of communal centering prayer will take place each evening.

Fee: \$375 includes spiritual direction, lodging, and all meals



Art of Living Attentively: A Contemplative Approach Retreat

Sunday, June 19, 5:30 p.m.–Saturday, June 25, 1 p.m.

Facilitator: Trisha Day

A contemplative approach to life involves living purposely and prayerfully. Drawing upon the Cistercian and Benedictine monastic tradition, this week-long retreat will focus on monastic values and practices that can make a difference in busy people's lives. The mornings will be devoted to presentations and discussions that focus on key monastic concepts at the heart of living with prayerful attention to God's presence in our lives. Afternoons will be left open for retreatants to spend quietly and reflectively in whatever manner they choose. In the evenings, we'll gather to share our day and end it in a prayerful manner.

Trisha Day is the author of *Inside the School of Charity: Lessons from the Monastery*, a book based on what she learned as a result of spending three months living inside a cloistered monastic community.

Fee: \$375 includes presentations, lodging, and all meals



Yoga Retreat

Sunday, June 26, 6:30 p.m.–Friday, July 1, 1 p.m.

Facilitator: Mary Morrow

Retreatants' determination, strength, and confidence build as they learn active standing yoga postures, which strengthen, tone, and heal the body, as well as bring joy and teach us how to have more fun with less stress. Anusara Yoga™ combines Universal Principles of Alignment with a life-affirming philosophy. Learning how to align our bodies improves chronic conditions, such as tension in the neck, back, and shoulders; proper breathing and relaxation minimize the effects of aging and stress; and meditation practice guides us to our creative source. *Whether you have experience in these disciplines or wish to explore them for the first time, you can participate in this time of personal refreshment and rejuvenation.*

Mary Morrow, founder of Laughing Cobra Yoga in 1997, is an Anusara™-inspired yoga teacher and an Experienced Registered Yoga Teacher from Yoga Alliance. She has more than 3,000 hours of experience instructing yoga, and this retreat qualifies for CEUs. She is certified in Phoenix Rising Yoga Therapy and has studied yoga extensively since 1991. Mary combines humor, sensitivity, and compassion as she weaves life stories and mythology into her teaching. She is available to schedule private instruction in addition to the group sessions for an additional fee.

Fee: \$400 includes yoga instruction, lodging, and all meals

Commuter Fee: \$300 includes yoga instruction and daily lunch



RETREATS

Creating Sacred Space Retreat

Thursday, July 7, 6:30 p.m.–Sunday, July 10, 1 p.m.

Facilitator: Ruth Ipsan-Brown

Retreatants will share the joy and creativity of using gifts from nature to create meaningful, artistic symbols to place in a personal, sacred space. While the final works of art are beautiful, it's the process of seeing nature anew and finding and using what may often be overlooked that is meaningful. Many objects in nature we're drawn toward are "past their prime but not quite complete" in the lifecycle. We will allow sticks, twigs, stalks, leaves, stones, shoots, shells, etc. to gather us in to our internal sacred space.



Each item we create "stories" us into being. For example, as we construct a small chair, we create a place to rest our thoughts. The works we create will symbolize in our sacred space our honoring the past, reverencing the present, and inviting the future. Giving thanks, we will touch and transform nature; we will touch and transform ourselves.

Ruth Ipsan-Brown has been an artist for more than 35 years. Holding an art degree and teaching certificate from the University of Iowa, Ruth teaches art in schools, art centers, and private classes. "Using objects from nature has been my art form for only about four years, and it has become my most rewarding and spiritual work yet."

Fee: \$225 includes presentations, supplies, lodging, and all meals

Commuter Fee: \$175 includes presentations, supplies, and Friday and Saturday lunch

"Our Lady of Guadalupe" Icon Retreat

Sunday, July 17, 5:30 p.m.–Saturday, July 23, 1 p.m.

Facilitator: Maryam Gossling FSPA

In December 1531 in Mexico, The Virgin Mary appeared to Juan Diego, a humble Indian peasant. At first, no one believed him. At the virgin's request, Juan wrapped Castilian roses in his "tilma," which mysteriously bloomed on the barren rock at his feet. After news of this traveled, Juan was offered audience with his Bishop to tell this amazing story. When Juan met the Bishop, he opened his cloak to a miraculous scene: the image of the Virgin impressed upon it.



Participants in this retreat will learn about this story and will paint one complete icon of Our Lady of Guadalupe. *No experience is necessary.* Retreatants will be introduced to the history of iconography and the use of the icon as a focus for prayer and contemplation. Each step in the process of "writing" (painting) an icon of Our Lady of Guadalupe will be demonstrated

and followed by time to practice the painting techniques and reflect on the profound mysteries. All materials will be supplied, including the board, paint, brushes, and gold leaf.

Retreatants may want to bring an apron or old shirt to protect their clothing from stray paint. A small desk lamp also may be beneficial.

Fee: \$475 includes presentations, supplies, lodging, and all meals

Commuter Fee: \$275 includes presentations, supplies, Sunday dinner, and daily lunches (Commuters may pay for additional meals.)



Drum Wisdom, Drum Making Retreat

Friday, August 12, 6:30 p.m.–Sunday, August 14, 1 p.m.

Facilitator: Wayne Manthey

This amazing, spiritual opportunity invites retreatants to create the sacred gift of a hand drum and drum stick. You can choose the size and frame of your drum and discover how to customize it by learning about different variables that impact the sound. Deepen your understanding of the sacred role of drums as creative conduits for healing, insight, and spiritual connection. Retreatants also will have the opportunity to participate in drum circles in the woods, on the labyrinth, and around a bonfire. If you choose to do so, you may bring small stone items or small stone tokens (palm-size or smaller) to work into the drum.



Drum maker and storyteller Wayne Manthey weaves stories and spirit into the creation process. He lives out of the simple assumption that all living things vibrate at unique frequencies and that the connection between drums and people is a natural one. "People are drawn to drums for different reasons," says Wayne, "and whether that attraction is guided by spirit, emotion, intellect, or natural instinct, the effect is always the work of some deeper wisdom." The retreat will be limited to 12 people, so please register early.

Fee: \$200 + cost of drum materials includes presentations, materials, lodging, and all meals

Commuter Fee: \$150 + cost of drum materials includes presentations, materials, and Saturday lunch

Cost of drum materials: \$90 for thirteen-inch drum and \$115 for sixteen-inch drum

AmeriCorps NCCC Volunteers at Prairiewoods

Prairiewoods was fortunate to have the help of members of the AmeriCorps National Civilian Community Corps (NCCC) in early March for a special three-day service project. Ten NCCC members helped the Outdoor Committee with woodland restoration by removing the invasive bush honeysuckle from our woodlands. They also helped in the Guest House with various tasks.

AmeriCorps NCCC is a full-time, team-based service program for 18- to 24-year-olds in Colorado, California, Maryland, Mississippi, and Iowa. Their mission is to strengthen communities and develop leaders through community service. NCCC members complete service projects throughout the region they are assigned.

Many thanks to the NCCC members for their hard work and enriching personalities!

“These three days were a great indication of times to come, I hope all of our sponsors are this wonderful.”

— D.J. Bernat
(team leader)

“To remove invasive species, one must have a good attitude. But to have a good attitude, one must remove the invasive species from within.”

— Justin “Black Locust” Tucker



AmeriCorps NCCC Volunteers

Sweat Lodge Ceremonies Held Monthly at Prairiewoods

The sweat lodge ceremony pre-dates recorded history and was practiced in some form by every culture in the world. Prairiewoods offers a sweat lodge that is based on traditions of the Lakota People that focus on prayer, purification, recognition, and healing.

The lodge is a small, dome-shaped structure in which participants sit on the earth. Heated stones are placed in the center, and the leader pours water over them to create steam. There are four rounds in the ceremony, and after each round the lodge door is opened for more stones to be brought in.

Please note that the lodge is a small enclosure, and it is dark and extremely hot inside. *If you have claustrophobia or a medical condition that would prevent you from using a sauna, you should not participate in this ceremony.* To ensure that all participants have a safe experience, please follow these protocols:

- The ceremony will start at dusk. Please come early.
- Women on their moon cycle (Sacred Monthly Time) should not participate in the sweat lodge. That is a powerful ceremony in itself and, according to the elders, we cannot be in two ceremonies at the same time.
- Dress for men is shorts or swim trunks with no metal. Dress for women is a dress or skirt that goes below the knees or sweat pants and T-shirts. (Please do not wear sleeveless tank tops, bathing suits, metal jewelry, or makeup.)

- Bring at least two towels, one for inside the lodge and one for drying off afterwards.
- Bring dry clothing to wear after the lodge.
- There will be a sacred fire outside in which stones are heated. Do not throw trash into the sacred fire—it is not a bonfire.
- There is an altar made of earth on which sacred items may be placed. Please respect the altar and do not handle the items.
- Bring loose smoking tobacco as an offering. Prayer ties (black, red, yellow, and white cotton strips) are welcome to be hung in the lodge or placed upon the altar. During warm months prayer ties will be made before the lodge starts.
- Hydrate well before and after the sweat lodge. Please bring bottled water or other drinks (no alcohol).
- The leader will talk more about the ceremony itself. Please feel free to ask any questions you may have.

Pre-registration is required for each ceremony by calling 319-395-6700. All participants should meet at the front desk in the Center to sign a release form before going to the lodge. Prairiewoods accepts free-will offerings that can be given when release forms are signed. Please note that any free-will offerings go to Prairiewoods, not to anyone associated with the preparation or running of the sweat lodge ceremony. The next two ceremonies will be held May 21 and June 25.

PROGRAMS

Green Series

Prairiewoods is beginning a Green Series, focusing on a variety of classes that will help you live a “greener” life. Watch for these upcoming classes:

Green: The New Color of Investment Opportunity

Tuesday, May 3, 6:30–8 p.m.

Facilitator: Suresh Basnet

Investments are confusing, especially socially-responsible investments! Join Prairiewoods and financial advisor Suresh Basnet of ING financial partners for an overview of green investment opportunities with a focus on alternative energy, one of the fastest growing markets worldwide. You will leave this presentation with smart questions to research on your own or with your financial advisor. Refreshments will be provided. Please register by April 28.

Fee: \$5 (all proceeds benefit Prairiewoods)

Earth-Friendly Gardening Practices

Tuesday, May 10, 6:30–8 p.m.

Facilitator: Ellen Skripsky, Master Gardener

Master Gardener Ellen Skripsky will show you how to get the most from your vegetable garden by using Integrated Pest Management (I.P.M.), natural control products, and gardening made easy without chemicals.

Fee: \$5

Earth-Friendly Lawn Care

Tuesday, May 17, 6:30–8 p.m.

Facilitator: Phil Pfister, Master Gardener

Can you have a great-looking, neighbor-pleasing lawn and still be earth-friendly? We think so. We will explore the various techniques used to maintain an earth-friendly lawn, including responsible use of chemicals.

Fee: \$5

Natural Body Care

Tuesday, May 24, 6–7:30 p.m.

Facilitator: Emy Sautter

Have you ever noticed the long list of chemicals in your cosmetics and body care products? Cosmetics are supposed to help us look and feel pretty, yet many chemicals found in our cosmetics are quite ugly! This class will teach you about chemicals in cosmetics and body care products, reducing your exposure to these chemicals, finding safe alternatives, and making your own products! Please register by May 18.

Fee: \$6

Green Living Group

Third Wednesday of every month, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, and Emy Sautter

The Environmental Book Club is now the Green Living Group! We will still meet the 3rd Wednesday of every month at Prairiewoods. (We will no longer meet at the Marion Library.) We will explore the subject of a sustainable and healthy environment through books, articles, films, and speakers. Participants may join at any time and are encouraged to use this group for educational purposes as well as for an ongoing support system for happy and healthy green living. For the next six months, we will focus on:

April 20: Sustainable Choices

May 18: Deep Ecology

June 15: Food

July 20: Water

August 17: Transportation/Energy

September 21: Voluntary Simplicity

Call Emy Sautter 319-395-6700 for more details.

Fee: Free-will offering

Watch for other cool green classes, including Green Burials, Earth Art, Native Prairie and Woodland Restoration, Seed Saving, and Non-Toxic Cleaning. Let us know what green-inspired classes interest you!

The Secret to Health? Your Body Knows

Saturday and Sunday, May 14 and 15, 10 a.m.–4 p.m.

Facilitator: Dr. Freya Schafer, PhD

Most of the time we take our body for granted. We tend to push it to its limits, get frustrated when it doesn't cooperate, and ignore its communications. In this workshop, you will explore how to clear a path to health and wellness by learning ways to access your body's wisdom. You will learn to discover your body's signals and language, explore the boundaries of your body's energy field, release inner and outer blocks, step out of fear, and make empowered choices and decisions.

Fee: \$225 includes presentations, lodging, Saturday lunch, and Sunday breakfast and lunch

Commuter fee: \$175 includes presentations and Saturday and Sunday lunch

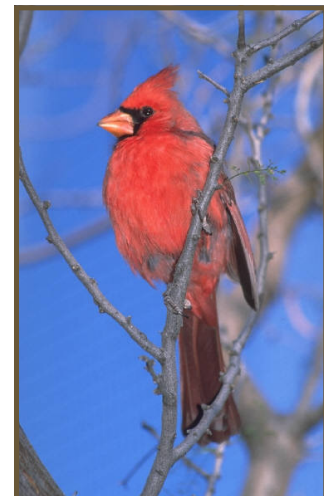
Spring Migrating Birds

Wednesdays, May 11 and May 18, 6:30–7:30 p.m.

Facilitator: Jim Durbin

Hundreds of birds pass through this area each spring. Join local birding expert and Audubon member Jim Durbin as he talks about spring migrating birds. The May 11 class will focus on sparrows (not house sparrows), water birds, and a few others. The May 18 class will focus on all other migrating birds.

Fee: \$2 per class





Day of Self Renewal

Mondays, May 16 and June 20, 8:30 a.m.–4 p.m.

Come for a day of rest and relaxation to rejuvenate your body and spirit! For just \$90, you will receive a private guest room, a nutritious lunch, a group Guided Meditation, and two 30-minute holistic services of your choice. You may choose from Massage, Head and Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands, Spiritual Direction, or Counseling. The day will begin and end with a brief group gathering; the rest of the day is yours for quiet reflection. Limited to 8 participants. Please register by May 9 and June 13 and indicate your two choices.

Fee: \$90 includes group session, choice of two services, lodging, and lunch

Sweat Lodge Ceremonies

Saturdays, May 21 and June 25, starts around dusk

Facilitator: Mike Maynard

Please see page 7 for detailed information on Sweat Lodge Ceremonies. Pre-registration is required.

Fee: Free-will offering

A Day of Retreat: Time to Listen and Heal

Monday, June 20, 10 a.m.–3 p.m.

Facilitator: Pam Harstad

Come away for a day of retreat. Enjoy time to listen, receive healing, and extend healing. Learn about the seven main energy centers of the body and how to listen and become aware of new practices, such as healing touch, that may restore health and vitality. Amid Lectio Divina (praying with scripture), centering prayer, and music, retreatants will have time to listen to nature and deepen their awareness of balance, beauty, and abundance.

Pam Harstad is a certified spiritual director and retreat director. She completed the Spiritual Direction Preparation Program in LaCrosse, Wisconsin. She also completed a two-year program at Grace Institute for spiritual formation. Pam has studied “Using Your Hands to Heal” in the Healing Touch Spiritual Ministry. An affiliate with Franciscan Sisters of Perpetual Adoration, Pam is eager to introduce and facilitate this day to restore you.

Fee: \$40 includes lunch

Summer Solstice

Tuesday, June 21, 6:30–8 p.m.

Facilitators: Prairiewoods Staff and Friends

Summer Solstice is the time of the year when the arc of the sun is at its highest. This is the longest day of light. The sun’s life-giving energy makes Earth wondrous in diversity and beauty. Come celebrate this season of vibrant life! The evening will include reflections on summer and more. It will begin inside and proceed outside for drumming and walking the labyrinth. Registration is encouraged and all ages are welcome.

Fee: Free-will offering to be donated to The Tapestry Time Bank

Coming up September 9–10 ...

SoulCollage®: An Introduction and Exploration will be a creative, transformative workshop lasting two days. Participants will use images, symbols, and dreams to create a personal deck of collaged cards. Saturday evening will feature a two-hour workshop, **Dances of Universal Peace**, featuring simple, meditative, multi-cultural circle dances. There are no performers or audience—all will participate in this fun and engaging class! Please see the Prairiewoods website or our next newsletter for more information on this exciting workshop!

Institute of Spiritual Healing and Aromatherapy (ISHA) Courses

Here is a preview of upcoming ISHA Courses at Prairiewoods:

July 29–31: Certification in Clinical Aromatherapy (CCA) Course 301, Sent to Heal and Anoint (*Prerequisites required.*)

August 1: Healing Touch Spiritual Ministry (HTSM) Course 503, Raindrop Technique (*No prerequisites.*)

August 18–21: HTSM Course 201, Healing Touch Spiritual Ministry Review
HTSM Course 202, Advanced Healing Practitioner Development, Part A
HTSM Course 203, Advanced Healing Practitioner Development, Part B (*Prerequisites required.*)

September 10–11: HTSM Course 103, Using Your Hands To Heal (*No prerequisites.*)

October 21–23: HTSM Course 101, Introduction to Healing Ministry
HTSM Course 102, Introduction to Judeo-Christian Anointing
CCA Course 302, Essential Oils for Physical Health: Well-Being (*Prerequisites required.*)

November 12–13: HTSM Course 104, Forming a Healing Practice (*No prerequisites.*)

CONTINUING PROGRAMS

Wednesday Women

Wednesday mornings, 10–11:30 a.m.

Facilitator: Marj English OSF

A lively and stimulating group of women gather every Wednesday to explore topics that inform, support, and enrich their spiritual growth. Various media or presenters are the springboards into conversation with one another. New members are always welcome!

Fee: Free-will offering of \$10 is suggested

Evening Centering Prayer

2nd and 4th Tuesdays of every month, 5:30–7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for people who enjoy centering prayer. You may join at any time. The group meets in Room 113 of the Prairiewoods Guest House. For information, call Ann Jackson PBVM at 319-395-6700, ext. 203.

Fee: Free-will offering

Women's Sacred Circle

1st Wednesday of every month, 6:30–8 p.m.

This group is for women who are interested in gathering together for spiritual growth. Sacred Circle is currently studying excerpts of *Adult Faith: Growing in Wisdom and Understanding* by Diarmuid O'Murchu. For information, contact Barry Donaghue cfc at 319-395-6700, ext. 204.

Fee: \$5 per session

Prairiewoods Knitters & Stitchers

2nd Tuesday of every month, 9:30 a.m.–noon

2nd Wednesday of every month, 7–9 p.m.

This group meets on the second Tuesday and the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels. Donations of materials accepted.

Fee: Free

Bridges to Contemplative Living with Thomas Merton

Every other Thursday, 6:30–8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings, we use the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors to help us explore the truths of our human existence. The process involves readings, reflections, and contemplative dialogue.

Fee: \$5 per session

Please note that the Environmental Book Club is being replaced with the Green Living Group. See page 8 for more information about this exciting new series!



Traveling Immigration Display Available to Your Group or Church

A display that educates people about immigration in Iowa and the United States is available to any group or church. "Iowa: A State of Immigrants" combines photos and information in a format that conveys the history and status of immigration in Iowa and the United States.

The display is an educational piece that can stand alone or be used to enhance a presentation or simply draw attention to immigration issues. Each of the four individual panels is approximately 7 feet tall by 3 feet wide. A Prairiewoods volunteer will deliver the display to your church or organization, set it up, and come back and dismantle it.

To reserve the display, please contact Marj English OSF at 319-395-6700, ext. 216, or menglish@prairiewoods.org.

You will also find a new shelf dedicated to immigration resources in the Prairiewoods Media Center. It includes videos like *Made in L.A.* and *The Visitor*, as well as a variety of books.

Our Donors and Volunteers

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In memory of Ben Wolverton
Susan Wolverton
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Previewing Next Year's Budget

As we assess the first eight months of the fiscal year, Prairiewoods' income is 1.0% over what we expected. Unfortunately, the expenditure is 1.5% above the expected. It seems that our buildings and facilities have enough age on them to need a lot more maintenance. The outdoors work necessary to maintain and improve both the prairie and the woods has also used up almost all the budget allocated. This reflects both the need and the excellent work the outdoors team members have been doing, so we are looking to increase their financial support in the next budget period.

The programs, retreats, and hosted groups have been doing well. Therefore we can be confident that with the continuing assistance of the Franciscan Sisters, who support us wonderfully, and our donors, who have generously given an amount totaling 4% of this year's income, Prairiewoods will continue to be

financially sound.

We are creating a wish list of capital works we would like to accomplish, including developing the kitchen to be able to store more locally-grown food (we would look for grant assistance here) and also developing our audiovisual capabilities. In the next few months, usage studies may determine if we should look toward more meeting room and office space, bringing more and larger groups, particularly for overnight programs. Installing more solar tubes in the dark places in our buildings will help us go even greener, and improved LED lighting in the parking lots should improve safety. As we still have the roadway to repair and some necessary electrical work for LEED-EB certification, these may have to be long-term projects.

Our board has again provided us with excellent strategic and financial guidance, and their generosity is greatly valued!

Prairiewoods is becoming even more “green” by reducing the number of newsletters we mail. If you would like to receive your newsletter electronically, contact alewis@prairiewoods.org. Thank you for doing your part to save trees!



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 Prairiewoods Franciscan Spirituality Center
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Nonprofit
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 Permit #47
 Cedar Rapids, IA

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- Lucille Winnike FSPA** 221
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Appreciating Our Volunteers

April is Volunteer Appreciation Month, and Prairiewoods honored those who donate their time with a Volunteer Appreciation Dinner on Thursday, April 14. The evening included appetizers and drinks, dinner, and a short presentation. Each volunteer was given a flowering plant in appreciation for helping us “grow” as an organization.

You may wonder, “Who are these volunteers?” They are gracious, hard working, faithful, and enduring. They range from youth to retired senior citizens. We have 76 individuals on our volunteer list who help in a myriad of ways consistently throughout the year. They serve as receptionists, kitchen aides, housekeeping specialists, maintenance workers, and keepers and restorers of the land. Many live nearby, but some come from as far away as Wisconsin!

We also get help from many groups, including AmeriCorps National Civilian Community Corps (NCCC) and Green Iowa AmeriCorps. The Hiawatha and Robins Fire Departments periodically help with burns (prescribed fire management that is part of our land restoration). Mount Mercy University, St. Pius School, LaSalle, Rockwell Collins, General Mills, Aegon, and Goodwill have also helped over the years. During 2010 approximately 3,000 hours were given in volunteer service to Prairiewoods. As guests, you meet some of them, but others you may never see. They work behind the scenes and often before and after our guests arrive and depart.

We want to acknowledge and applaud the invaluable gift that our volunteers are. They assist us in creating a hospitable environment at a reasonable cost so people can explore and nurture their relationships with the Source of all Being, Earth, self, and others. We couldn’t do it without them!

“Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.”
 — Margaret Mead

Visit the Prairiewoods Gift Shop for new books, First Communion gifts, Trappistine caramels, and a variety of Fair Trade products!

Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Prairiewoods' Six Foundresses Reflect on 15 Years

Sisters Betty Daugherty, Nancy Hoffman, Therese Pedretti, Joanne Moeller, Maryam Gossling, Joann Gehling FSPA

"After 15 years of living the adventure of Prairiewoods, I believe that the center continues its existence in fidelity to its mission of offering a sacred space for all those who seek to explore and integrate their relationships with the Divine, with Earth, Self and Others. We have been blessed and inspired by the thousands of people who have participated in this venture. We are grateful."

~ Sr Betty Daugherty FSPA



"Prairiewoods was just a little ahead of its time. Fifteen years ago, we started Prairiewoods as an eco-spirituality center, in which care of the earth was an essential component of our spirituality. At that time there wasn't much information available to the general public; only the people who read certain books had this information. Our goal was to implement this info into our retreats as well as our practices. It seems as if the world is starting to catch up with us

now, but Prairiewoods is always ahead and moving forward with its mission of spirituality and ecology." ~ Sr Joanne Moeller FSPA

"Time flies when you're having fun! Thank you to all the people who help to make Prairiewoods an inspiring, important part of their lives." ~ Sr Maryam Gossling FSPA

"I was seeking a new ministry after completing several years of continuing education in biblical spirituality and pastoral psychotherapy when Sisters Betty and Nancy invited me to help create Prairiewoods. What a privilege and adventure! Joy fills my heart in knowing that this Sacred Space has provided nurturance for so many over these 15 years." ~ Sr Joann Gehling FSPA

"To me Prairiewoods can best be compared to one of its residents—a furry caterpillar. Over the past 15 years, Prairiewoods has slowly been evolving, changing, and expanding, always using the celebration of God's universe as its mirror and model. Everything, including humans and non-humans, has unlimited potential and opportunities for transformation. For me Prairiewoods is truly a gift from God that has now expanded from its original six foundresses to a treasured family of supporters and care-takers who tend it with love and respect."

~ Sr Nancy Hoffman FSPA

Prairiewoods mourns the loss of Sr Therese Pedretti's physical being but knows her spirit is among us.

Prairiewoods Celebrates 15 Years of Eco-Spirituality

Every story has a time of origin, even though there may be no exact moment we can point to and say, "Here is when the first seed was planted. This is when the story began." The precise beginning is elusive.

So it is with the story of Prairiewoods. Its beginning rests at no particular day in time but emerged gradually and naturally

within the larger story of the Franciscan Sisters of Perpetual Adoration in La Crosse, Wisconsin.

To mark some of the steps in this story since the doors opened for the first time for guests in the summer of 1996, we have prepared a timeline covering some of the major events of the past 15 years, steps that bring us to the summer of 2011.

Franciscan Sisters of Perpetual Adoration (FSPA) purchase 72 acres of land on Boyson Road.

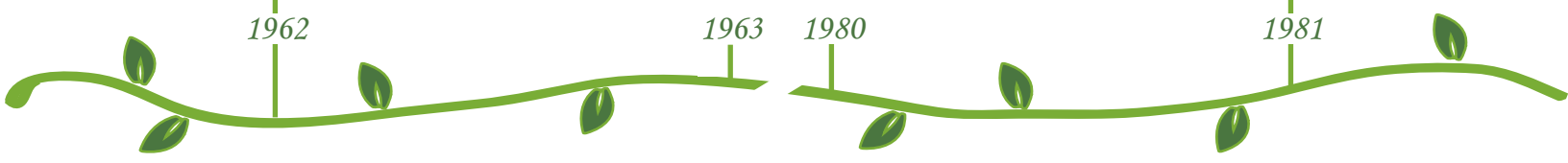
1962

1963

1980

Knights of Columbus purchase 2.2 acres of Boyson Road property for Discovery Living.

1981



PRAIRIEWOODS OPERATING BOARD

Fred Althoff
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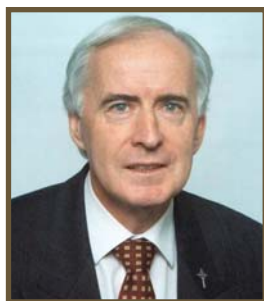
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DIRECTOR'S CORNER



Brother Barry Donaghue cfc

Here at Prairiewoods, we have been doing a lot of talking about the Universe Story in the last few years, and I thought that you might like to hear a little more about why. The tiny, explosive origin of the universe and its ongoing creativity take us straight to the big picture. An extraordinary blossoming of potential, seeded with all that was necessary—eventually—for life. Things such as the unbelievably ancient connection of every atom in existence with the initial action of the creator; the cosmic nature of every molecule that supports our life, each having been born in the fiery furnace of first generation stars and their inevitable supernovas; the fact that 96% of a universe teeming with untold billions of stars is unknown, invisible “dark matter” and “dark energy”; and the connection with panentheism (God-in-all). This last suggests that everything manifests something of the God, that God is evocative, constantly calling us to deepen our mutual relationships, advance our ways of perceiving, and grow into the fullness of humanity.

The universe is huge beyond imagination, and we, sitting here on a small blue marble circling an insignificant star in the Milky Way galaxy, moving in concert with the twelve galaxies of the Local Cluster, and forming a raft of over two hundred thousand billion stars with the Virgo Supercluster, are still just a dot in the universe picture. This forces us to realize that we are not outside looking in, but a part of the great mothering universe that gave birth to us. A key word is “chaordic” (from Dee Hock) because although the universe appears to be chaotic in its organization, it is actually amazingly ordered, just not like a clock or a machine but operating more in the vein of fractals and strange attractors. If these are new ideas, perhaps we could say that as we seek to reorder our lives more closely with the God who continually calls us into being, it might be good to pay some attention to the way the universe, nature, and our own amazing brains work, for none emulate either clocks or machines.

Now here's a conundrum. For as the Universe Story helps us develop more complex ways of thinking, it is revealing the beautiful simplicity of spiritual life, something that Jesus of Nazareth grew to know superbly well. As Beatrice Bruteau suggests in *The Holy Thursday Revolution*, Jesus used this universal fact that everything is connected as fundamental to his ministry. He realized that you cannot change just one part of society; sit in a church and create one's insular separate peace. When the politicians and the priestly caste and the lawyer caste clamored for his death, they were supported by the people, whose perception of how life was to be lived, their culture, was still driving the whole system.

This is why Jesus told parables, digging deep into the heart of held beliefs and trying to provoke revolutionary thinking—not violent revolution, but what later was known as a Copernican revolution—eyes opened and minds expanded. He wanted the entire system to shift at the level of its deepest principles.

The Universe Story has given us the means to do this ourselves, in our culture, our society, our organizations. It is opening our minds to a God who is even more intimately close, more loving, more evocative than we have imagined. It is reminding us that we do not yet know the depths of Jesus' message; that in this new millennium, we are called to reinterpret his call to “Do this!” with the new, sacred eyes with which we have been gifted.

Mission Statement

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 within an expanding understanding of the Universe Story.

Prairiewoods is an Ecospirituality Retreat and Conference Center in the Franciscan Tradition.



The Prairiewoods Newsletter is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin.

Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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Hiawatha, IA 52233
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Web: www.prairiewoods.org
E-mail: ecospirit@prairiewoods.org

The land waits ...

1982

1983

1984

Celebrating with Trees

As Prairiewoods' 15th Anniversary arrives, we have much to celebrate and be thankful for! I am reminded of all that has come before us, that which is with us now, and everything that awaits us in the future. The trees at Prairiewoods come to mind as one example. The trees are part of our namesake, our history, our very being; each breath we take is one of the many ways in which we have connected and continue to connect with these special beings.

Sister Betty, one of the founding sisters here at Prairiewoods, shared some of the intertwining history between trees and Prairiewoods with me, and I would like to share it with you:

- In locating the building sites, the location of ancient oak trees was considered. Only one tree, very ravaged by lightning, was taken down to build the Center.
- On Earth Day 1995, a tree nursery was established where the garden is now. 500 seedlings were donated and every student at St. Pius X School came out, one class at a time, to plant a tree. These trees have been transplanted all over the grounds.
- Friends and volunteers came to plant trees along the South and North sides of the property. The pine trees on the North side of the property were planted as small saplings after they had been used in a ritual representing all the FSPA sisters who had died over the past year.
- Over the years, people have donated trees as memorials; more than 30 trees have been planted in memory of someone now absent from a family or in honor of one of the original foundresses. (If you are interested in planting a tree as a memorial, please call Emy at 319-395-6700, ext. 222.)
- The large sprawling oak trees, many of which are around 100 years old, tell us the history of the oak savanna habitat which was once prevalent in this area. We continue our work to

restore and rebuild these native habitats.

The trees were here before us, waiting. They watched us grow and develop. They nurture our souls and continue to teach us. They witness that which is transforming within and around us. Young seedlings grow, and the promise of future life cushions our very beings with joy and celebration!

~ Emy Sautter



The economic value of one tree over a 50-year lifetime (according to Michigan State University) includes:

- \$31,250 worth of oxygen
- \$62,000 worth of pollution control
- \$37,500 worth of recycled water
- \$31,250 worth of controlled soil erosion

When I Am Among the Trees

When I am among the trees,
especially the willows and the honey locust,
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.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

~ Mary Oliver

Green Series Classes

Earth-Friendly Lawn Care

Tuesday, Aug. 23, 6:30–8 p.m.

Facilitator: Phil Pfister, Master Gardener

Fall is the ideal time of the year to build a better lawn. This session will look at year-round earth-friendly lawn care, but the focus will be on fall lawn maintenance, exploring organic options, and the responsible use of chemicals.

Fee: \$5

Look for these upcoming
Green Series classes in September:

Seed Savers, September 27

Native Prairie and Woodland Restoration, September 29

and waits ...

1985

1986

1987

Prairiewoods Offers Sacred Space

Prairiewoods provides a sacred space where people of all faiths and cultures explore, nurture, and transform their relationships with the Source of all Being, Earth, Self, and Others, within an expanding understanding of the Universe Story. Prairiewoods envisions people everywhere, awakened and energized by the loving, creative Spirit of the Universe, forming into a community that is moving together into wisdom, compassion, and the fullness of life. What could be more important than learning to live well with ourselves, God, others, and Earth? Prairiewoods is all about it!

So what can Prairiewoods offer you? At Prairiewoods, you will benefit from retreats, programs, and conference space in a natural setting. You'll find ...

- spiritually-stimulating dialogue and retreats
- thought-provoking educational and environmental programs
- companions to accompany you
- spiritual and ecological resources
- wholistic approach to spirituality, including massage, reflexology, and healing touch
- engaging, hospitable staff
- brilliant landscape

... rich experiences for all!

Relevant, hands-on learning is daily fare at Prairiewoods. Our retreats and programs enliven curiosity and wonder, helping people of all ages learn to respect and care for the environment that God provides and to access that same Source of Being present within, among, and beyond each of us. Prairiewoods retreats and programs incorporate a balance of engaging, interdisciplinary activity and individual, small, and large group reflection. Many people articulate the sentiment of this friend of Prairiewoods: "I gained a greater understanding of the importance of time spent in solitude, of the created world as

a context within which we receive and return God's gifts, of the role of motion and movement of God within, among and beyond me, and of the value of daily prayer, meditation and choice to care for Earth." Prairiewoods combines guided exploration, spiritual and ecological activities, reflection, and community building to provide the best experience for all who walk this sacred land.

Ponds, prairies, wetlands, hills, and woods ... all of creation is our classroom for ongoing spiritual and environmental transformation. Prairiewoods provides activities about environmental education regarding alternative energy resources, insulating berms, birds, wetlands, insects, agriculture, trees, floras, prairie restoration, ecological practices, and much more. The trail network through the woods includes a Cosmic Walk that highlights major "moments of grace" in our 14-billion-year evolutionary journey. Prairiewoods' Resource Center offers an unusual collection of classical and contemporary books, videos, and tapes supporting an ecologically-based spirituality and expanding on aspects of The Universe Story. As one retreatant stated: "My time at Prairiewoods helped me organize and connect the many perspectives I already knew of through my reading and life experience. I experienced great integration."

People *are* awakening to and being energized by the loving, creative Spirit of the Universe. So many people echo comments similar to this program participant: "My spiritual and ecological awareness has been heightened by the realization that others share my same questions, struggles, and enthusiasm for transformation."

We invite you to be a part of this community of consciousness as we move together into wisdom, compassion, and the fullness of life.

~ Sr Ann Jackson PBVM

From Our Directors



"It has been my privilege to have served as Prairiewoods' director for the second half of its first fifteen years. During these years, the dream of the six

foundresses has been nurtured and expanded: Prairiewoods has become better known as a resource in the greater Cedar Rapids community; thousands of people came and found peace, solitude, and God's love present here; new programming was developed; and the ecological mission was furthered, especially with the addition of the solar panels."

~ Sr Helen Elsbernd FSPA

"As we move forward a large part of Prairiewoods' role will be to encourage and facilitate a more complex view of the cosmos, the earth and our place in it, developing a spirituality within people which is more responsive to the signs of the times, using old and new, practical and contemplative, prayer-fueled and hands-on. As we end the Cenozoic and enter the Ecozoic Age, our programs and retreats, both quiet and active will aim at assisting our friends and clients to formulate the questions which will enable them to join with others in forming a world in which not only they, but also generations to come, can have life to the full."

~ Br Barry Donaghue cfc



After years of waiting and discerning, members of FSPA begin to look at possibilities for this land beyond crop production.

1988

New discoveries about the unfolding Universe awaken interest in spiritual/ecological connections.

1989

1990

PRAIRIEWOODS' 15TH ANNIVERSARY



Solar Energy Workshop, July 2009



Yoga Workshop, June 2007



Jonny Lipford
Concert, March 2011



Blessing of Animals,
October 2006



Nixon School Tree Planting, Summer 2004



Zen of Baking, February 2011



First Franciscan
Fest, October 1997



Day of Caring, May 2008

Central Region of FSPA approves proposal for center focused on spirituality and ecology. Planning Committee is established.

Proposal to create spirituality/ecology center is presented to FSPA Leadership. Project is approved.

1991

1992

1993

SPIRITUALITY IN THE 21st CENTURY

A Message of Hope—Spirituality in the 21st Century

Prairiewoods hosted its eleventh annual *Spirituality in the 21st Century* conference on April 8 and 9.

Lyricist and musician, Sara Thomsen, and Prairiewoods' director, Br Barry Donaghue cfc, teamed together to invite people to consider important elements of a personal and communal spirituality for the 21st century.

Below are reflections from a wonderful person who has attended this conference for many years ...

"Spirituality as hope" was, for me, the underlying message of the *Spirituality in the 21st Century* conference. Just prior to attending the conference, I participated in a book discussion regarding *Things Fall Apart* by Chinua Achebe. That discussion left me with the question: *Why do we find it so difficult to understand one another and really hear one another?* So many efforts people make to call our attention to the needs and the suffering of others rarely seem to be heard.



Hopeful, as well, was the reassurance of faith as compatible with inquiry instead of faith as certitude. Interwoven in the life of the universe, faith as separation of us into different groups—all proclaiming to be right—has been a source of bewilderment for me. This conference, which included reflection, dialogue, and music, for me, pulled love and the turmoil of life together. *Spirituality in the 21st Century: Reconnecting the Dots* was a call to go forward with compassion, sensitivity, and hope as we live in this "profit-seeking,

This conference deepened my understanding of listening with hope. As human beings we are invited to focus on an ever-unfolding evolution in which we are an integral part of this process. Knowing that it all began in love is awesome. The integration of science and spirituality can bring unity and oneness to fragmentation. Realizing that this evolution has taken millions of years called me to greater sensitivity and understanding of our human choices and wonderment about why we keep repeating the same things like war and violence.

policy-at-all-cost society."

I am very grateful to Prairiewoods for the opportunity to attend this annual conference. It provided us with a venue in which to listen to an insightful speaker, Brother Barry Donaghue, and to pray with a beautiful musician, Sara Thomsen; both called us to a deeper, more contemplative posture in life. The message was powerful and filled me with hope. I ordered the DVD to share these very important insights with others.

~ Terri, A Faithful Participant

Celebrating 11 Years of Spirituality in the 21st Century Speakers

Sr Joyce Rupp
O.S.M., 2002

Br Wayne Teasdale,
2004

Sr Elaine Prevallet
SL, 2006

John Haught,
2008

Michael Morwood,
2010

Sara Thomsen,
2011



John Shea,
2001

Diarmuid O'Murchu,
2003

Fr Joseph Nassal
C.P.P.S., 2005

Marcus Borg,
2007

Sr Iliia Delio OSF,
2009

Br Barry Donaghue
cfc, 2011

Six sisters comprise core group to lay foundations for center. Name chosen is Prairiewoods: Franciscan Spirituality Center.

1994

Groundbreaking is held May 7 with civic and religious leaders present.

1995

First retreatants arrive July 5. Open House is held for public September 28. Dedication by Archbishop Jerome Hanus.

1996

The following are descriptions of some of our upcoming retreats, programs, and continuing programs. For a complete list, please visit www.prairiewoods.org.

Creating Sacred Space Retreat Thursday, July 7, 6:30 p.m.–Sunday, July 10, 1 p.m.

Facilitator: Ruth Ipsan-Brown

Retreatants will use gifts from nature to create meaningful, artistic symbols to place in a personal, sacred space. While the final works of art are beautiful, it's the process of seeing nature anew and using what is often overlooked that is meaningful. Ruth Ipsan-Brown has been an artist for more than 35 years. She has an art degree and teaching certificate from the University of Iowa and teaches in schools, art centers, and private classes.



Fee: \$225 includes presentations, supplies, lodging, and all meals
Commuter Fee: \$175 includes presentations, supplies, and Friday and Saturday lunch

Drum Wisdom, Drum Making Retreat

Friday, Aug. 12, 6:30 p.m.–Sunday,
Aug. 14, 1 p.m.

Facilitator: Wayne Manthey

Drums have a sacred role as creative conduits for healing, insight, and spiritual connection. Retreatants will create the sacred gift of a hand drum and drum stick and may participate in drum circles. Drum maker and storyteller Wayne Manthey believes that all living things vibrate at unique frequencies and that the connection between drums and people is natural. The retreat will be limited to 12 people, so please register early.

Fee: \$290 (13-inch drum) or \$315 (16-inch drum) includes presentations,

materials, lodging, and all meals
Commuter Fee: \$240 (13-inch drum) or \$265 (16-inch drum) includes presentations, materials, and Saturday lunch



Spiritual Exercises in Everyday Life (S.E.E.L.)

Saturdays, Sept. 24, 2011, and May 5, 2012, 9 a.m.–3 p.m.

Saturdays, Oct. 15, Nov. 5, Dec. 10, 2011; Jan. 21, Feb. 25, March 17, and April 21, 2012; 9 a.m.–noon

Facilitators: Betty Daugherty FSPA, Marj English OSF, Ann Jackson PBVM, and Lucille Winnike FSPA

Spiritual Exercises in Everyday Life (S.E.E.L.) is a nine-month retreat based on the spiritual exercises of St. Ignatius of Loyola. Ignatius recognized that intellect, emotions, and feelings all help us come to a knowledge of the movement of the Spirit in our lives. This retreat will use Ignatian Exercises in group discussion, individual reflection, and individual spiritual direction. Retreatants will become better able to discern their inner desires and to see how God is working in their lives and in the world. They learn how to bring together contemplation and action. They become increasingly aware of the presence and activity of God in all things. We invite you to consider participating in this retreat over a nine-month period—September 2011 to May 2012. This retreat requires a large time commitment. It is best suited for those who have or are interested in establishing a discipline of regular personal prayer, have experience sharing their spiritual journey with others, and are called and committed to deepening personal faith and nurturing a spirituality that transforms society.

Fee: \$450, payable to Prairiewoods in September 2011 (or \$50 monthly if necessary) plus cost of monthly direction

Group Spiritual Companionship 4th Tuesday monthly, Sept. to May, 6–8:30 p.m.

Facilitator: Marj English OSF

Prairiewoods is looking for five individuals who would benefit from and appreciate the opportunity to experience an on-going contemplative model of Group Spiritual Direction. This is an opportunity for both intentional, prayerful reflection on God's presence in one's life and developing one's ability to listen for and reflect on God's presence in the lives of others. The process is simply structured: centering and the sequence of individual sharing, prayerful silence, and group reflection until each member of the group has shared. The session ends with reflection on the sense of prayerfulness experienced by the group members during the session and a closing prayer. Consider participating if you are serious about deepening and nurturing your experience of God, serious about discerning an issue or direction in your life, open to sharing about your spiritual life, open to listening to and offering prayerful reflection on what others share, and committed to attending all meetings.

Sister Marj English OSF will facilitate the group, which will meet for nine sessions on the fourth Tuesday of each month (third Tuesday in December): Sept. 27, Oct. 25, Nov. 22, Dec. 20, Jan. 24, Feb. 28, March 27, Apr. 24, and May 22. Being in individual spiritual direction does not preclude one from participating. For more information, contact Sr Marj at 319-395-6700, ext. 216, or menglish@prairiewoods.org. Please register by September 6 at 319-395-6700.

Fee: \$180 (\$20 per session, whether present or not)



First annual Prairiewoods Franciscan Fest, which became Blessing of Animals, held week of October 4.

1997

First meeting of Operating Board held May 28. Solar panels are installed near Guest House through grant from I-Renew.

1998

Two strawbale hermitages built with solar energy providing electricity.

1999

PROGRAMS

Sweat Lodge (Inipi) Ceremony Saturdays, July 16 & Aug. 27, 7:30 p.m. Facilitator: Mike Maynard

Prairiewoods offers a sweat lodge that is based on traditions that were handed down from the Lakota People. These traditions are focused on prayer, purification, recognition, and healing. The lodge is a small, dome-shaped structure that participants enter into and sit upon the earth. Heated stones are placed in the center of the lodge and the leader, or water pourer, pours water over the stones to create steam. There are four rounds in the ceremony, which include the singing of sacred songs, and after each round the lodge door is opened for more stones to be brought in.

Please note that the lodge is a small enclosure that will be dark and extremely hot. *Individuals who have claustrophobia or any medical conditions that prevent them from going into a sauna should not participate in this ceremony.* Registration is required and certain protocols need to be followed, so please call 319-395-6700. Participants should meet at the Center at 7:30 p.m. to sign a release form (available at the Prairiewoods front desk).

Fee: Free-will offering (which goes entirely to Prairiewoods)



Women in Interfaith Dialogue Saturday, July 30, 10 a.m.–3 p.m. Facilitator: Barbara Schlachter

This session of Women in Interfaith Dialogue will focus on “Voluntary Simplicity: What in our Tradition Supports this Counter-Cultural Practice?” It will feature two presenters—one from a Christian and one from a Muslim perspective—and all participants will have an opportunity for discussion. Virginia Melroy, who was recently ordained as a minister in the Church of All, will lead a Universal Worship service, which will include Dances of Universal Peace. The Universal Worship allows those who belong to different religions to worship together and to discover that there is one source from which all scriptures have come. We will conclude with our usual lighting of candles and sharing readings from each of our traditions. All women are welcome. To register or learn more, please call Barbara Schlachter at 319-351-4380.

Fee: \$15 includes presentations and lunch

Day of Self Renewal Monday, Aug. 15, 8:30 a.m.–4 p.m.

Come for a day of rest and relaxation to rejuvenate your body and spirit!

For just \$90, participants receive a private guest room, a nutritious lunch, a group Guided Meditation, and two 30-minute holistic services of their choice. Choose from Massage, Head and Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands, or Spiritual Direction. The day will begin and end with a brief group gathering; the rest of the day is open for quiet

reflection. The Day of Self Renewal is limited to 8 participants, so please register and indicate your two choices by August 8 by calling 319-395-6700.

Fee: \$90 includes group session, choice of two services, room for day, and lunch

Finding Meaning through Creativity Seeing IS Believing: Inner Connections through Drawing & Painting, Step-By-Step Monday, Aug. 29–Thursday, Sept. 1, 9:30 a.m.–4:30 p.m.

Facilitator: John Paul Schafer

Natural serenity and joy channel through the therapeutic act of painting itself. In this workshop, John Paul Schafer will show that the first and most critically fundamental step in learning to draw and paint is learning to see more completely. He will encourage participants to look and look and look, and finally to record what they see. Practicing this helps us to understand that everything we observe in physical existence has a shape, a color, a line, and a surface texture that is defined by nothing more than a subtle play of light and shadow. John will also teach compositional strategies and applied practice in a range of media including oils, acrylics, and watercolors.

Beginning as early as he was physically able to hold a crayon, drawing and painting have been part of John's existence. As a predominately self-taught artist, he feels that painting is a daily exercise that balances mind, body, and spirit and helps him to know himself.

Fee: \$485 includes instruction, lodging, and all meals

Commuter Fee: \$265 includes instruction and daily lunch



Major ongoing program, Crossing the Threshold, introduces new approaches to spirituality.

2000

Decision is made to search for full-time director.

2001

First annual *Spirituality in the 21st Century* event held with speaker John Shea.

2002

Finding Meaning through Creativity
SoulCollage®: An Introduction and Exploration

Friday, Sept. 9, 7 p.m.–9 p.m. & Saturday, Sept. 10, 9 a.m.–4:30 p.m.
Facilitator: Cindy Chicoine

SoulCollage® is a creative, transformative process using images, symbols, and dreams to create a unique deck of collaged cards. A SoulCollage® workshop immerses participants in a deeply satisfying art that absolutely anyone can do. The images you choose are selected intuitively in a way that can lead to deeper comprehension of self. Bring any printed imagery that you wish to use to broaden your collage experience.

Facilitator Cindy Chicoine is a Certified SoulCollage® instructor and healing arts practitioner in private practice with emphasis on mind-body-spirit work with individuals, couples, and groups. The fee includes hundreds of images, cards to glue on, other supplies, a SoulCollage® folder, and guidance in the process.

Participants are asked to bring scissors.
Fee: \$195 includes instruction, supplies, lodging, and Saturday breakfast and lunch (\$180 per person for double occupancy)

Commuter Fee: \$125 includes instruction, supplies, and Saturday lunch



Finding Meaning through Creativity
Dances of Universal Peace

Saturday, Sept. 10, 7 p.m.
Facilitator: Morgan Rivers

Following the SoulCollage® workshop, Morgan Rivers will offer a two-hour dance workshop featuring simple, meditative, joyous, multi-cultural circle

dances that use sacred phrases, chants, music, and movements from many spiritual traditions of the earth. There are no performers or audience: first timers and those with experience hold hands to form the circle as we dance together for peace on the anniversary of the attack of New York's World Trade Center, the Pentagon, and United Airlines flight 93.

Morgan is a native of rural Iowa with a lifelong passion for music, movement, and the sacred. She has worked as a Licensed Massage Therapist and Certified Zero Balancer for 20 years and has led a monthly circle of Dances of Universal Peace in Des Moines for seven years.

Fee: \$10 in advance (\$12 at the door) or \$8 for SoulCollage® participants



The Artist's Way

Tuesdays, Sept. 13–Nov. 15, 1:30–3 p.m.
Facilitator: Betty Daugherty FSPA

Creativity is natural. We all have it, but we do not always feel free to connect with and express the artist within. To do so is freeing and even healing. Julia Cameron's book *The Artist's Way: a Spiritual Path to Higher Creativity* connects us with the Creator's creativity within us. The readings and exercises help release our imaginations and encourage individual personal growth. During these 10 sessions (held each Tuesday beginning September 13), we will use this book as a basis for group discussion but will include other resources that are helpful to spiritual growth.

Fee: \$10 per session or \$80 for the series

Finding Meaning through Creativity
The Spirit of Sumi-e: An Introduction to East Asian Brush Painting

Monday, Sept. 19–Thursday, Sept. 22, 9:30 a.m.–4:30 p.m. daily
Facilitator: Karen Kurka Jensen

Sumi-e embraces the history of language, memory, and the desire to leave behind a trace of something good for those who will survive you. The objective of sumi-e is not to recreate a subject to look perfectly like the original, but to capture its essence—that is, to express its essence. This workshop will not only teach you the basics of sumi-e, but Karen Kurka Jensen's goal is also to bring you closer to nature and the world, more in touch with life inside and out.

Karen is recognized nationally for her teaching and application of sumi-e painting techniques. Locally, her work may be seen at Campbell-Steele Gallery in Marion.

Fee: \$485 includes instruction, lodging, and all meals

Commuter Fee: \$265 includes instruction and daily lunch



Some of these programs are part of *Finding Meaning through Creativity*, an ongoing workshop series starting in the early fall. Advanced registration is required for each workshop. For more information or to register, contact Andrea Jilovec at 319-395-6700, ext. 202, or visit www.prairiewoods.org.

Sr Helen Elsbernd FSPA becomes director. Board creates Founders Grove with grant from Trees Forever and Alliant Energy.

2003

First Garden Party sponsored by board as fundraiser.

2004

Earth Day event includes planting fruit trees and windbreak on north side of Prairiewoods.

2005

CONTINUING PROGRAMS

Institute of Spiritual Healing and Aromatherapy (ISHA) Courses

Here is a preview of upcoming ISHA Courses at Prairiewoods. Register at www.ishahealing.com. Call Prairiewoods at 319-395-6700 for lodging and meals.

July 29–31: Certification in Clinical Aromatherapy (CCA) Course 301, Sent to Heal and Anoint (Prerequisites required.)

Aug. 18–21: Healing Touch Spiritual Ministry (HTSM) Course 201, Healing Touch Spiritual Ministry Review HTSM Course 202, Advanced Healing Practitioner Development, Part A HTSM Course 203, Advanced Healing Practitioner Development, Part B (Prerequisites required.)

Sept. 10–11: HTSM Course 103, Using Your Hands To Heal (No prerequisites.)

Oct. 21–23: CCA Course 302, Essential Oils for Physical Health: Well-Being (Prerequisites required.)

Oct. 22: HTSM Course 101, Introduction to Healing Ministry (Prerequisites required.)

Oct. 23: HTSM Course 102, Introduction to Judeo-Christian Anointing (Prerequisites required.)

Nov. 12–13: HTSM Course 104, Forming a Healing Practice (No prerequisites.)

Evening Centering Prayer

2nd and 4th Tuesday monthly, 5:30–7 p.m.

Facilitator: Judith Edwards

Evening Centering Prayer is a prayer/support group for people who enjoy centering prayer. You may join at any time. The group meets in Room 113 of the Prairiewoods Guest House. For information, call Ann Jackson PBVM at 319-395-6700, ext. 203.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

2nd Tuesday monthly, 9:30 a.m.–noon & 2nd Wednesday monthly, 7–9 p.m.

This group meets on the second Tuesday and the second Wednesday of every month at Prairiewoods. Knitters and crocheters of all skill levels are welcome. Donations of materials are gratefully accepted.

Fee: Free

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Sacred Circle is for women who are interested in gathering, sharing, and supporting spiritual growth. While the group is currently examining *Adult Faith: Growing in Wisdom and Understanding* by Diarmuid O'Murchu, you may join at any time. Everyone is welcome to share the conversation and warmth of the group. For information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$5 per session

Wednesday Women

1st Wednesday monthly during the summer, 10–11:30 a.m.

Facilitator: Marj English OSF

A lively and stimulating group of women gather the first Wednesday of every month to explore topics that inform, support, and enrich their spiritual growth. Various media or presenters are springboards into conversation with one

another. On July 6, the group will complete their discussion of *A Dangerous Dozen* by Rev. Canon C.K. Robertson, PhD. On August 3, the group will view *Neale Donald Walsch: Through the Eyes of God*, a 45-minute film that features a lecture and an in-depth interview with the bestselling author. (Beginning in September, Wednesday Women will return to meeting every Wednesday.) New members are always welcome!

Fee: Free-will offering of \$10 is suggested

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, and Emy Sautter

The Green Living Group meets the third Wednesday of every month at Prairiewoods. Participants explore the subject of a sustainable and healthy environment through books, articles, films, and speakers. Participants may join at any time and are encouraged to use this group for educational purposes as well as for an ongoing support system for happy and healthy green living. The July meeting will focus on water, and the August meeting will focus on transportation and energy.

Fee: Free-will offering

Bridges to Contemplative Living with Thomas Merton

Every other Thursday, 6:30–8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings, we use the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors to help us explore the truths of our human existence. The process involves readings, reflections, and contemplative dialogue.

Fee: \$5 per session

Prairiewoods celebrates 10 years of growth.

2006

Prairiewoods sponsors days for Interfaith dialogue.

2007

FSPA Special Venture Grants encourage new programming, such as Spiritual Exercises in Everyday Life and Immigration Traveling Exhibit.

2008

VOLUNTEERS

Sandi Allen
 Thor Anderson
 MaryAnn Barry
 Dian Boysen
 Carole Butz
 Mick Butz
 Bill Davis
 Donna Davis
 Kayla Davis
 Pat Dawson
 Marie Diebold
 Norine Drahazol
 Ann Duder
 Helen Elsbernd FSPA
 Catlyn Gillispie
 Alysha Gould
 Ashley Gould
 Jesh Harbaugh
 Carol Hartman
 Rita Heires FSPA
 Landon Henderson
 Kathy Henriksen
 Marjorie Jensen
 Carla Kelchen
 Sandy Kelly-Taylor
 Kent Kinion
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 Kay Landuyt
 Barb Lebsock
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 Jerry Mach
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 Alex Ponder
 Linda Ponder
 Joellen Price PBVM
 Tony Ransom
 Cheyenne Ringwald
 Jeanette Rops
 Sheila Siegel

Nina Shephard FSPA
 Char Spurck
 Dick Spurck
 Sandi Strike
 Noreen Tonke
 Shirley Tudor
 Karen Vavra
 Steve Vavra
 Judy Weers

ENDOWMENTS

Irlanda & Henry Helgen
 Barbara & Kenneth Owen

HONORARIUMS/MEMORIALS

In Memory of Mary Ankerstar & Jim Gehling
 Marj English
In Memory of Michael & Jim Brennan
 Josephine Brennan
In Memory of Judith Bruch Zemanick
 New Awakenings Community
 Dr Peter Zemanick
In Memory of Jim Gehling
 Rita Anstoeter
 Karen Gertz
 Rose Ocken
 Bob & Jo Ann Gehling
 Joann Gehling FSPA
 Allen & Diane Vonnahme
 Tony & Gaylen Wobeter
In Memory of Lucille Crawford
 Margaret O'Connor
In Memory of Wilfred Ocken
 Rita Anstoeter
 Bob & Jo Ann Gehling
 Ed & Lorraine Gehling
 James Gehling
 Jerry & Kathy Gehling
 Joann Gehling FSPA
 Linda Gehling
 Karen Gertz
 Rose Ocken
 Kathy Symonette
 Diane & Allen Vonnahme

In Memory of Maggie O'Connor

Donna Avis
 Richard & Wanda Balster
 Thomas R. & Janet Beckman
 Shirley Champagne
 Joyce Dougan
 Mary Lou Hale
 Marilyn Hart
 Mary Houlahan-Badger
 Hollis & Ann K. Hunter
 Tom & Jan Knott
 Eldon D. Kurth
 Jerry C. & Theresa E. Miller
 John C. & Donna J. Niebuhr
 Larry Pillard
 Paul E. & Judy E. Pospisil
 Gary T. & Mary Jane Rath
 Steven C. Robinson
 Irma Wendt
 Terry Wenger
 David H. & Nancy S. Wittenburg
 Paul & Amie R. Womachka
 Janet Woods
In Memory of Mary Pudenz
 Rose Ocken
 Joann Gehling FSPA
In Memory of Sr Ruth Winnike FSPA
 Ron & Mary Linn Fedler
 Sonny & Shirley Fraise
 Dolores Freitag
 Dan & Maureen Kieler
 Maureen McGuire
 Helen Moeller
 Harold Neuweg
 Mel & Bertha Rauenbuehler
 Joe & Kathy Steffensmeier
 Mary Kathryn Winnike

IN KIND DONATIONS

Doug Anderson
 Bill Davis
 Dorothy Hingten
 Robert Nelson
 Mary Nilsen
 Delores Riepe
 Char & Dick Spurck
 Dorothy Sweeney FSPA
 WomanWell

40 solar panels installed through grant from Iowa Office of Energy Independence.

2009

60 more solar panels installed. Elsbernd resigns as director. Br Barry Donaghue cfc becomes new director. Flood destroys hermitage on Lake Delhi. Renewable energy training facility erected by I-Renew.

2010

Prairiewoods celebrates 15 years of eco-spirituality!

2011

Prairiewoods will celebrate its 15th Anniversary on October 2. Look for information in our next newsletter!

Franciscan Sisters of Perpetual Adoration
Prairiewoods Franciscan Spirituality Center
120 E. Boyson Road • Hiawatha, IA 52233

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Prairiewoods is becoming even more “green” by reducing the number of newsletters we mail. If you receive multiple newsletters or would like to receive your newsletter electronically, please contact Andi at alewis@prairiewoods.org. Thank you for doing your part to save trees!



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Lucille Winnike FSPA 221
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Announcing Prairiewoods Staff Changes

Like every organization, Prairiewoods experiences periodic changes in staff. One recent loss to the center is the welcoming presence of Jan Brendes, who gave herself wholeheartedly for many years in the area of scheduling and hospitality. We know that everyone who was ever welcomed to this center by Jan will feel the loss of her warm presence.

The Prairiewoods office is now managed by Linda Bendixen (our former Receptionist), who also tends to the scheduling of groups. Our newest staff member is Nancy Rood, who will be answering the phone and responding to the needs of guests from noon until 6:30 p.m.

Please stop in and introduce yourself to our new staff!

Traveling Immigration Display Available

A display that educates people about immigration in Iowa and the United States is available to any group or church. “Iowa: A State of Immigrants” combines photos and information in a format that conveys the history and status of immigration.

The display can stand alone, enhance a presentation, or simply draw attention to immigration issues. To reserve the display, please contact Marj English OSF at 319-395-6700, ext. 216, or menglish@prairiewoods.org.



Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Nature Fest at Prairiewoods Outdoor Family Fun for People and Pets!

Celebrate Prairiewoods' 15th Anniversary, get close to nature through kid-friendly activities and have a blessing bestowed on the four-legged members of your family during Nature Fest at Prairiewoods on Sunday, October 2.

Both people and pets are invited to honor Earth and connect with the natural world through this afternoon of family-friendly entertainment. In addition to the traditional Blessing of the Animals and ice cream social, the event will include storytelling, live music and a multitude of family-centered activities.

The festivities will begin at 1 p.m. with performances by both Bob Ballantyne and the Deep Dish Divas and with a variety of games and nature activities. Celebrate the beauty of October and experience the bounty of Earth by taking part in environmental games, creating art from nature and taking guided hikes on the woodland trails. Members of I-Renew will provide on-site tours of Prairiewoods' renewable energy features.

Ice cream will be served at 1:45, followed by a short message by State Senator Rob Hogg. He will speak on a message dear to the heart of Prairiewoods: living with environmental awareness. Area storytellers will then engage the imaginations of kids and parents alike with traditional creation stories.

At 2:45, Rev. Dr. Jill Sanders will bless your pets in our traditional St. Francis Day Blessing of the Animals. Pet adoption

SCHEDULE

1:00	Music by Deep Dish Divas and Bob Ballantyne
	Games and Outdoor Activities
1:45	Ice Cream Social
2:00	Message from Senator Rob Hogg
	Storytelling
2:45	Blessing of Animals
3:00	Games and Outdoor Activities
4:00	Closing

agencies will also be on hand with a number of pets available for adoption.

Throughout the day, you will also be able to enjoy environmental art and poetry from the Iowa winners of the 2011 River of Words. This is a competition for youth aged 5 to 19 that allows them to express their personal experiences in the natural environment. Prairiewoods is the only eastern Iowa host of the 2011 River of Words, so you won't want to miss this opportunity to see it!

Nature Fest celebrates the 15 years of commitment Prairiewoods has made to its mission of furthering the vision of its sponsors, the Franciscan Sisters of Perpetual Adoration, and the Franciscan tradition by offering a theological and spiritual framework that connects the human with the natural world. This is done by offering space and opportunities for spiritual growth joined to a belief in the sacredness of all of creation.

We hope to see many of you, our friends, as we celebrate these first 15 years of our history!



15 Years of Growth (Above) Prairiewoods was built in 1996 to respect Earth. (Right) During the last 15 years, nature and Prairiewoods have grown together symbiotically.

PRAIRIEWOODS OPERATING BOARD

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Administrator for Cedar Rapids
School District (Retired)
Robins, Iowa

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Consultant in Human Resources
Coralville, Iowa

Cecilia Corcoran, FSPA
CEO for The Christine Center
Willard, Wisconsin

Katie Mills Giorgio
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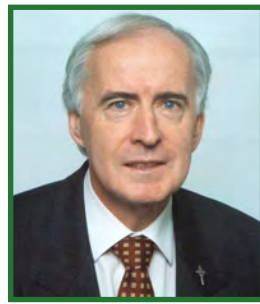
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Pastoral Counselor
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Community Volunteer
Cedar Rapids, Iowa

DIRECTOR'S CORNER



Barry Donaghue, CFC

Spirituality, so intimately connected with faith, is our way of “leaning into life”—how we imagine the universe works, what is included within our horizon, what life’s operating system might be.

This means that we should expect our faith to change—we do not see things at thirty-five as we did at five or fifteen, let alone at sixty-five. Life’s experiences have a way of taking information and turning it into knowledge, then understanding and eventually wisdom. This is the school of hard knocks, one of God’s greatest gifts.

It seems we all develop more complex modes of consciousness as we go through life. Some people develop more complex worldviews than others, but that does not mean that these people are holier than the others; they just have a more complex worldview.

The first worldview was in place for 100,000 years. However, worldviews are changing so dramatically that they now occur every few decades! Prairiewoods is interested in helping people develop their worldview, because the problems that now beset the planet cannot be solved from the same worldview that caused them.

What is known as the “green” worldview has been a large part of that, as we ask with others “how are we to survive?,” trying to turn ’round the excesses of the present age. While producing many wonderful advances such as in technology and medicine, the industrial age has caused catastrophic damage to the planet.

What is needed is a mindset that can value what has gone before, acknowledging the individuality that helped build this nation; the law-and-order mind that set at least some boundaries on entrepreneurship; the scientific, exploring mind that said “lighten up” to those who would overdo law and order; and the green mind that wants governments, businesses and individuals to understand the world—our home—before they try to rearrange it, to think sustainably and responsibly before it is too late.

This new mindset needs to go beyond “survive” to “live” and even “thrive.” How do we relate to each other and to our home world in a way that will allow us once more to thrive? This is, I believe, a much-needed spirituality for our times.

Now, when a group of people start to think and behave in a certain way, that behavior becomes easier to learn for others. A field is created that shapes energy into matter in a way that resonates with other people and brings them together as one.

In early June, I looked at all the friends of Prairiewoods who had gathered at the Garden Party and thought also of the others who have connected with us, forming a critical mass of people reaching out beyond our group, assisting people to develop their spirit in a way that will restore life and energy to every living thing now existing and to those yet to be born. This is a large part of the mission, expressed in the ministry, of Prairiewoods.

Contemplating the lush variety of life, including two beautiful little fawns, here in the midst of Prairiewoods’ July abundance, I want to thank you not only for partnering with us, but also pray that you will continue to spread the word, so that Jesus of Nazareth’s desire that we not only have life, but have it to the full will become ever more widespread.

Mission Statement

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 within an expanding understanding of the Universe Story.

Prairiewoods is an Ecospirituality Retreat and Conference Center in the Franciscan Tradition.



The Prairiewoods Newsletter is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin.

Content focuses on happenings and opinions that support Prairiewoods’ mission and vision.

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Hiawatha, IA 52233

Phone: 319-395-6700

Web: www.Prairiewoods.org

E-mail: Ecospirit@Prairiewoods.org

Exploring Ecospirituality

by Betty Daugherty, FSPA

In her poem *The Summer Day*, Mary Oliver says, “I don’t know exactly what a prayer is. I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass.” The poet has just described the marvels of the grasshopper she is holding in her hand. She tells us how she has spent her whole day strolling through the fields, and asks us, the readers, “What else should I have done?”

Like Mary Oliver, many people find that their prayer, their entire spiritual life is enhanced and nourished by the amazing beauty and wonder they find in the natural world. With realities as common and yet wonderful as grasshoppers, with a whole universe filled with dazzling life, with the magical images we now have of stars being born, how can we not find God powerfully present in the world?

When we use the term “ecospirituality,” we are trying to describe how we live in relationship with a Creator who is present and acting, not only within us, but within all of creation. “Eco” comes from *oikos*, a Greek word for “home.” Hence, ecospirituality is not about a relationship with a God in a far-away heaven; the Divine can be found in our daily lives, in our human relationships and in our relationship with Earth. In a document describing the philosophy used at Prairiewoods, we find this statement:

“We are founded on an incarnational theology rooted in the Gospel life of Jesus that sees God as present and active in this world. This includes the belief that our God is revealed to us through the beauty and magnificence of the created world as well as through the written word of Scripture. Thus, we commit ourselves to an exploration of a spirituality that connects the human with the sacred healing and revelatory powers of creation.”

Living this out each day means that we are responsible to become a part of what Father Thomas Berry calls “the great work.” That work is to live in a way that sustains Earth’s natural systems. Berry places this work within the flow of the great 15 billion years of evolutionary history. Within this history we work actively to “carry out the transition from a period of human devastation of the Earth to a period when humans will be present to the planet in a mutually beneficial manner.” He is referring to our moment in the history of evolution when we are moving out of the Cenozoic Era and into a new period of time he has named the Ecozoic Era. It will be a time when the decisions we humans make will be more beneficial for ourselves and for other Earthly beings.

In other words, ecospirituality, as lived by spiritually alive humans, will lead to sustained action on Earth’s behalf. It will lead us to respond to the environmental crisis from a stance of faith and eventually to create an accepted environmental ethic for our planet.

As theologian Elizabeth Johnson states: “wasting the world is an ethical, religious and theological issue of critical importance ... What is crucial for a viable future is a religious spirit that converts us to the earth.”

A Volunteer’s Views

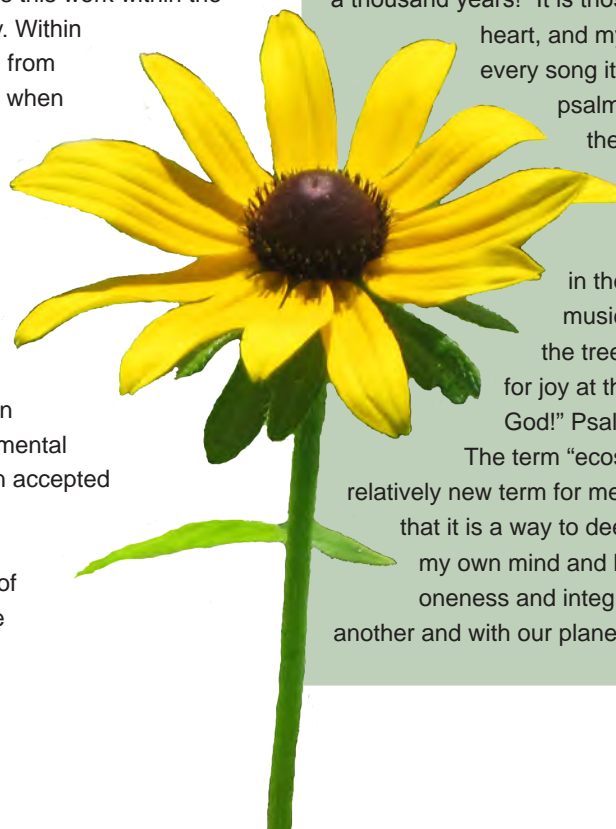
by Joellen Price, PBVM

For almost 50 years, the title song and lyrics from *The Sound of Music*, accompanied by the breath-taking view of Salzburg, Austria, have been very vivid in my memory. Many years ago, I had the opportunity to walk throughout Austria, and today I take a comparable journey at Prairiewoods.

Recently, I realized that the lyrics of that song relate to what happens inside of me when I am walking through these sacred grounds. It may be the morning concert the birds sing as the sun rises for the day or the conversation of two owls that fill the night air surrounding me as I pray in the middle of the labyrinth. The silent song of the pink coneflowers and black-eyed Susans in the prairie accompany the graceful movement of the doe and her two young fawns as they wander throughout the property. Watching a colony of ants move a hill to another location, one grain at a time, makes my heart want to sigh and helps me reflect on similar patterns I find in my everyday activities.

If you saw an aerial view of me, I would not be whirling and twirling as Maria did in the beginning of *The Sound of Music*, but I find that the grounds of Prairiewoods “are alive with the sound of music, with songs they have sung for a thousand years!” It is those songs that fill my heart, and my heart wants to sing every song it hears! The ancient psalmists experienced the hand of God in the magnificence of the universe and recorded the songs in their hearts in the music of the psalms. (“All the trees of the wood shout for joy at the presence of our God!” Psalm 96)

The term “ecospirituality” is a relatively new term for me, but I am learning that it is a way to deepen and transform my own mind and heart and bring oneness and integration with one another and with our planet.



Prairiewoods Says Goodbye to Long-Time Friends

Prairiewoods foundress and resident artist, Maryam Gossling, FSPA, is retiring after 17 years with Prairiewoods. Sister Maryam was one of six sisters involved in Prairiewoods from its inception. Together, they developed plans for a retreat and conference center focused on ecology and spirituality, hired architects and even helped construct various buildings. Maryam also cooked and taught art classes, including the popular icon retreats.

Maryam is retiring to the FSPA Motherhouse in La Crosse, Wisconsin. She will have an art studio where she will continue writing icons and painting works of art. Maryam promises that this will not be the last we see of her—she hopes to make the three-hour drive from La Crosse for various Prairiewoods programs. Although she feels like retiring is the right thing to do at this time in her life, she is sad to leave Prairiewoods and Cedar Rapids. “I certainly will miss the people who work at Prairiewoods,” she says, “and also the woods and the walks and the nature in the middle of the city.” And Prairiewoods certainly will miss Maryam and her kindness, creativity and dedication!

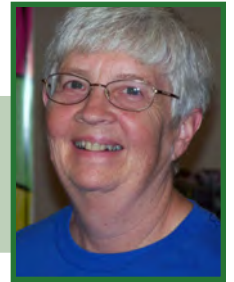


After a year in the front office, Office Manager Linda Bendixen retired from Prairiewoods in June. The office is now staffed by Nancy Rood and hosted groups are looked after by Andrea Jilovec. We're sure you will join us in thanking Linda for her gracious service!

Volunteer Nina Shephard, FSPA, is also moving to La Crosse. She first came to Prairiewoods for a sabbatical in 1998. Six years later, she relocated to Cedar Rapids, primarily because of the strong FSPA presence and the “spirit” of the area.

While here, Sister Nina worked at two parishes, played violin, created more than 100 stunning teddy bears, volunteered at our front desk and transported the Immigration Display.

She says that “going to La Crosse feels like coming full circle, since we all started out there when we joined FSPA.” Nina anticipates missing the people and activities at Prairiewoods. Nina has been a great addition to the Prairiewoods family, and she will be missed!



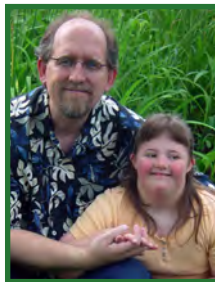
The following are descriptions of some of our upcoming retreats, programs and continuing programs. For a complete list, please visit www.prairiewoods.org.

Faith After Death: Rediscovering Faith After the Death of a Child Retreat

Thursdays, Sept. 15 and 29 & Oct. 13 and 27, 6:30–8:30 p.m.

One of the most potent challenges a person may face is the loss of a child. Feelings of anger, resentment, isolation and guilt may seem insurmountable. Relationships with family, friends, spouses and the community at large may become stressed as parents seek to make sense of this immense loss. For many people, such a loss can alienate them from their own faith or leave them adrift in the contradictions between personal suffering and God's love and mercy.

Faith After Death is a series of evening retreats designed for people who have lost a child to death and are seeking more than traditional grief counseling that focuses on the psychological aspects of grief management. This evening retreat series is



designed to help reestablish a personal sense of faith. Each evening engages a spiritual leader from a religious tradition to help generate reflection and gain deeper insight into our personal beliefs about death. Within these interfaith discussions, we will:

- delve into spiritual virtues that can easily elude us—humility, thankfulness, compassion, forgiveness, grace, the miracle of life and open hearts
- look for pathways that can break the cycle of grief
- address obstacles in the path of our spiritual growth
- explore the wisdom of several religious traditions
- recapture the best of ourselves, honor the child we lost and recall the immeasurable power of our faith

The evenings will be led by Steve Vavra and Ann Jackson, PBVM. Steve is a spiritual wanderer with a life-long interest in spiritual meditation influenced by a range of religious traditions. He is also a parent whose daughter passed away suddenly in 2007, three months shy of her twelfth birthday. Steve's meditation and search have lead him to better understand his daughter's short life, to assimilate the lessons she taught him and to reconcile the love of a kind God with the death of someone so dear. Sister Ann designs and coordinates retreats and also provides spiritual direction.

Fee: \$15 per session or \$40 for 4-week series (payable September 15)

Growing Dynamically into the Future Retreat

Friday, Sept. 16, 6:30 p.m.–Sunday, Sept. 18, 1 p.m.

It is in the nature of Homo Sapiens Sapiens—those who know that they know—to change their modes of consciousness regularly. However, changes that once took 100,000 years are now arriving in 30-year intervals. That is problematical, as human activity ends the Cenozoic era and we attempt to deal with the monumental problems we have caused with the same mindset that caused them, using Cartesian and Newtonian-based organizations and methods.



Fortunately, science is helping with fresh understandings of how modes of consciousness work; the seemingly chaotic but very ordered way the universe, nature and our brains are organized; and the energy-shaping fields that aid communication. This enables us to review our concepts of the Divine and to do what Jesus of Nazareth enjoined, “Bring both old and new out of the storehouse.” In this retreat experience, we will find dynamic new ways of “leaning into life,” capable of gathering the critical masses of people—with the appropriate mindsets—not only to survive, but also to thrive as we embrace the future with hope. In re-visioning what it means to be spiritual, we will take advantage of the insights of Morphogenic Resonance, nature’s “twitter”; Dee Hock’s concept of “Chaordic” organization; and Clare Graves and Don Beck’s work on Spiral Dynamics. Be prepared to be re-energized!

Barry Donaghue, CFC, is Prairiewoods’ director. He was also Prairiewoods’ featured speaker at the 2011 *Spirituality in the 21st Century* conference. Brother Barry enjoys helping people to understand that our daily choices tremendously impact our evolving human collective consciousness.

Fee: \$200 includes presentations, lodging and all meals

Commuter Fee: \$150 includes presentations, Saturday lunch and dinner, and Sunday lunch

Cultivating Compassion Retreat

Friday, Sept. 16, 6:30 p.m.–Sunday, Sept. 18, 1 p.m.

Choosing Compassion: The Paradox of Power is a DVD series with award-winning author and popular presenter Michael H. Crosby. We will use this as a springboard for personal and communal reflection, discussion and prayer around the topic of compassion. Topics will include The Foundation of Power, Resolving Conflicts, Reconciling Relationships, Choosing to Change and Compassion.



This retreat is for people who wish to move their relationships from controlling and conflicted to caring and collaborative.

Marj English, OSF, a Sister of St. Francis from Oldenburg, Indiana, and Prairiewoods’ coordinator of spiritual services, considers herself a prayer practitioner. She offers individual and group spiritual direction, facilitates retreats and brings a love for spiritual growth and facilitating spiritual experiences.

Fee: \$200 includes presentations, lodging and all meals

Commuter Fee: \$150 includes presentations, Saturday lunch and dinner, and Sunday lunch

Re-membering Your Self in Nature Retreat

Friday, Sept. 23, 6:30 p.m.–Sunday, Sept. 25, 1 p.m.

In the solitude of nature, this retreat will help you use nature journaling to re-member yourself as a part of everything, a part of nature. The nature journal is a fascinating process of exploration that helps to clarify the world and to sharpen your personal connections. You rediscover ease, inspiration, belonging and wisdom in the company of nature.



You can experience an exceptional exploration of the living world by creating your own nature journal. In any season, in any weather and in any place, nature journaling compels us to slow down, observe, reflect and—for the first time or once again—embrace our connection to the living montage that is our environment and our nature.

Simple methods of capturing what you see in sketches and words will inspire you to make journaling a part of your daily life and help you create journals to enjoy and to share for years to come. The workshop will invite you to listen, reflect, explore, create and share.

This retreat will be led by Rick Engelmann and Sally Boyle. Rick links his fascination with words to his quest for beautiful and accurate images in his current life as a video producer. These videos, created with his wife, Sally Boyle, for various religious organizations and other non-profits, artfully combine powerful words and impactful images. (Videos can be viewed at www.youtube.com/darcaravideo.)

Sally is a graduate of Arizona State University with a Masters in Art and has taught Art and Art History for days beyond counting. Sally has lived and worked for several years in South America, where she and Rick create documentaries based on women’s stories. She loves good coffee, playing with food, a good discussion and dancing in her garden.

Fee: \$200 includes retreat experiences, lodging and all meals

Commuter Fee: \$150 includes retreat experiences, Saturday lunch and dinner, and Sunday lunch

This will be a great retreat for writers, poets, artists and LOVERS of nature!

RETREATS

Spiritual Exercises in Everyday Life (S.E.E.L.)

Saturdays, Sept. 24, Oct. 15, Nov. 5, Dec. 10, Jan. 21, Feb. 25, March 17, April 21 & May 5

Spiritual Exercises in Everyday Life (S.E.E.L.) is a nine-month retreat based on the spiritual exercises of St. Ignatius of Loyola. Ignatius recognized that not only the intellect but also the emotions and feelings help us come to a knowledge of the movement of the Spirit in our lives. There is no one method of Ignatian prayer; Ignatius drew on a number of sources and the Exercises contain different kinds of prayer. Group discussion, individual reflection and individual spiritual direction are also part of the Ignatian Exercises, which are oriented to mission and rooted in contemplation. The Exercises also develop dispositions of the heart which then become part of daily life.

Do you long for GOD? Do you desire time to reflect on your own spiritual path and the movement of the Spirit within your life? Do you wish to enrich your spiritual experience through daily prayer and reflection? Would you like a framework in which to explore and pray your "heart's desire"? Retreatants in S.E.E.L. will become better able to discern their inner desires and to see how God is working in their lives and in the world. They learn how to bring together contemplation and action. They become more aware of the presence and activity of God in all things.

We invite you to consider participating in this retreat over a nine-month period from September 2011 to May 2012. Participation in S.E.E.L. requires a time commitment; we invite you to commit to: one hour of prayer each day for nine months, two monthly meetings with a spiritual director, two Saturday retreat days on September 24 and May 5 from 9 a.m.–3 p.m. and seven monthly Saturday sessions October through April from 9 a.m.–noon. This retreat is best suited for those who have or are interested in establishing a discipline of regular personal prayer, have experience sharing their spiritual journey with others, and are called and committed to deepening personal faith and nurturing a spirituality that transforms society.

S.E.E.L. will be facilitated by Betty Daugherty, FSPA; Marj English, OSF; Ann Jackson, PBVM; and Lucille Winnike, FSPA. **Fee:** \$450, payable in September 2011 (or \$50 monthly if necessary), plus cost of two monthly spiritual direction sessions

Mindful Presence: Bringing Greater Depth to Your Life, Your Relationships and Your Spiritual Journey Retreat

Friday, Sept. 30, 5:30 p.m.–Sunday, Oct. 2, 1 p.m.

Living mindfully, with an alert mind and open heart, requires that we work on clearing away the obstacles, the hindrances, the distractions that interfere with accessing and living fully from our true and authentic self. The self is connected to and an expression of the Divine. By bringing to bear the mindful process of seeing clearly, we can exercise greater discernment in seeing the role of the Divine in our lives and the role that



compassion plays in our spiritual journey.

This retreat experience will approach mindfulness as it is used in various traditions and useful practices that can be incorporated into our daily lives (personal, relational and professional) that will bring greater patience, openness and compassion into all aspects of our relationships. By drawing on teachings and practices from various traditions, this retreat offers participants opportunity to deepen the understanding that we are each connected to all of life. Embracing the life flow allows us to relate with great love and compassion to all that God, life, the Tao and the universe continually offer us on our journey.

Thomas Roberts, LCSW, LMFT, has gained widespread recognition in the field of health and healing as a healer, educator, author and speaker who shares practical strategies for enjoying a healthier, happier, more fulfilling everyday life. Licensed psychotherapist and clinical hypnotherapist of more than 30 years, Tom has worked in a variety of settings from inpatient addiction treatment programs to his present private practice, where he specializes in hypnotherapy and mindfulness therapy with emphasis on mind-body-spirit healing. Author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion* (New Harbinger Press, 2009), Tom holds licenses as an Independent Clinical Social Worker and Marriage and Family Therapist, is a Diplomate with the American Psychotherapy Association and is an Addictions Counselor in the state of Wisconsin. Tom's dynamic, informative and practical presentations have been shared with audiences nationwide. **Fee:** \$225 includes presentations, lodging and all meals. **Commuter Fee:** \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

Meditation Retreat

Friday, Nov. 4, 5:30 p.m.– Sunday, Nov. 6, 1 p.m.

This retreat is for those just learning about meditation or those who desire to deepen their present practice of meditation and spend a weekend in prayer and silence. This weekend will include presentation and practices of Zen meditation, mindfulness meditation, chanting, and sounding and centering prayer. Optional holistic energy work and spiritual direction are also available.

It will be facilitated by Judith Edwards; Zuiko Redding; Nancy Hoffman, FSPA; and Ann Jackson, PBVM. Judith, a "regular" at Prairiewoods, has facilitated *Centering Prayer* for eleven years and enjoys spending time with her five super grandkids. Zuiko, resident teacher at Cedar Rapids Zen Center, is a Zen Buddhist teacher, trained and certified in Japan as a Soto Zen Buddhist teacher. Sister Nancy is on staff at Prairiewoods where she is involved in holistic energy work, outdoor development, maintenance and spirituality. Sister Ann, who is also on staff at Prairiewoods, designs and coordinates retreats and also provides spiritual direction and retreat facilitation. **Fee:** \$200 includes presentations, lodging and all meals **Commuter Fee:** \$150 includes presentations, Friday dinner, Saturday lunch and dinner, and Sunday lunch

Fall Evening Yoga Class

Thursday, Oct. 13, 7–9 p.m.

Do you think you can't do yoga because you are not flexible or strong? Join Anusara Yoga™ instructor Mary Morrow for an evening yoga class in which she will help you modify poses to match your abilities. The Anusara Yoga™ poses will help you become more flexible, agile and strong and will help improve chronic conditions and reduce the effects of aging and stress. All levels are welcome.

Fee: \$25



Fall Yoga Retreat

Friday, Oct. 14, 10 a.m.–Sunday, Oct. 16, noon

You do not have to be flexible or strong to do yoga, because the physical poses can be modified to help you become more flexible, agile and strong. In Anusara Yoga™, the Universal Principles of Alignment help improve chronic conditions, such as tension in the neck, back and shoulders. Proper breathing and relaxation minimize the effects of aging and stress. Anusara Yoga™ also inspires recognition of divine goodness all around you. In this supportive environment, inner longings of the heart flow to the forefront of your awareness. Yoga practice aligns with the spiritual path when you honor these deep desires and choose to live with more courage, gratitude, kindness and patience. In this retreat for beginners through advanced beginners, you will learn and practice optimal alignment of physical poses to nurture and heal the body. There will be chanting, journaling and meditation to foster qualities that bring joy and satisfaction to all aspects of your life. Large- and small-group discussions will allow participants to integrate the practice into personal life. There is also an optional Fall Evening Yoga Class on Thursday from 7–9 p.m. (See above for more information.) Consider arriving Thursday, settling into your room and joining this optional yoga class for an additional \$25.

Facilitator Mary Morrow, MBA, PRYT, E-RYT, believes that anyone can become more healthy, flexible, strong and vibrant. She combines humor and compassion as she weaves life stories and mythology into her teaching. Founder of Laughing Cobra Yoga in 1997, she is an Anusara-Inspired™ yoga teacher and an Experienced-Registered Yoga Teacher from Yoga Alliance with over 3,000 hours of experience teaching yoga. She is certified in Phoenix Rising Yoga Therapy and has studied extensively with national and international yoga professionals since 1991. To learn more about Mary, visit www.laughingcobrayoga.com.

Fee: \$250 includes yoga sessions, lodging and all meals

Commuter Fee: \$200 includes yoga sessions and Friday and Saturday lunch

SoulCollage®: An Introduction and Exploration

Friday, Sept. 9, 7 p.m.–Saturday, Sept. 10, 4:30 p.m.

SoulCollage® is a creative, transformative process using images, symbols and dreams to create a unique deck of collaged cards. The SoulCollage® workshop immerses us in a deeply satisfying art that absolutely anyone can do. The images you choose are selected intuitively, in a way that can lead to a deeper comprehension of self. You will be supplied with hundreds of images, cards to glue on, other supplies, a SoulCollage® folder and guidance in the process. Please bring scissors and any printed imagery that you want to use to broaden your collage experience.

Instructor Cindy Chicoine is a Certified SoulCollage® facilitator and healing arts practitioner in private practice. She focuses on mind-body-spirit work. This program is part of *Finding Meaning through Creativity*, an ongoing workshop series. For more information or to register, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$195 includes instruction, supplies, lodging, and Saturday breakfast and lunch

Commuter Fee: \$125 includes instruction, supplies and Saturday lunch



Dances of Universal Peace

Saturday, Sept. 10, 7–9 p.m.

Following the SoulCollage® workshop, SoulCollage® assistant Morgan Rivers will offer a two-hour Dances of Universal Peace workshop. The Dances are simple, meditative, joyous, multi-cultural circle dances that use sacred phrases, chants, music and movements from many spiritual traditions. There are no performers or audience: first timers and those with experience hold hands to form the circle and dance together. We will dance for peace on the tenth anniversary of the attack of New York's World Trade Center, the Pentagon and United Airlines flight 93.

Morgan is a native of rural Iowa with a lifelong passion for music, movement and the sacred. She has worked as a Licensed Massage Therapist and Certified Zero Balancer for 20 years. She also has led a monthly circle of dances in Des Moines for seven years. This program is part of *Finding Meaning through Creativity*, an ongoing workshop series. For more information or to register, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$10 in advance, \$12 at the door or \$8 for SoulCollage® participants



PROGRAMS

The Artist's Way

Tuesdays, Sept. 13–Nov. 15, 1:30–3 p.m.

We all have creativity, but we do not always feel free to express the artist within. To do so is freeing and even healing. Julia Cameron's book *The Artist's Way: a Spiritual Path to Higher Creativity* connects us with the Creator's creativity within us. The readings and exercises help release our imaginations and encourage individual personal growth. During these 10 sessions (held each Tuesday beginning September 13), we will use this book and other spiritual growth resources as a basis for group discussion. The Artist's Way will be facilitated by Betty Daugherty, FSPA.

Fee: \$10 per session or \$80 for 10-week series

The Spirit of Sumi-e: An Introduction to East Asian Brush Painting

Monday, Sept. 19–Thursday, Sept. 22, 9:30 a.m.–4:30 p.m. daily

Sumi-e embraces the history of language, memory and the desire to leave behind a trace of something good. The objective is not to recreate a subject to look perfectly like the original, but to capture its essence. This is achieved not with more, but with less. Useless details are omitted and every stroke contains meaning and purpose. The strokes are said to serve as a metaphor for life itself. That is, there is no moment except for this moment; you can't go back, there is only now.

Instructor Karen Kurka Jensen hopes that this workshop will not only teach you the basics of sumi-e, but also bring you closer to nature and the world, more in touch with life. Karen is recognized nationally for her teaching and application of sumi-e techniques. She has studied sumi-e from masters in the Chinese art form for over 15 years. Her work has been exhibited throughout the Midwest, and she has been honored with several awards. Locally, her work may be seen at Campbell-Steele Gallery in Marion.

Participants should bring their own supplies: orchid/bamboo or flower/bird brush, detail brush, wash brush, sumi-e ink, unsized Asian Paper practice roll, unsized Asian Paper double shuen (xuan), Marie's Chinese Watercolors, sketchbooks, apron or old painting shirt, 2–3 old hand towels, 4–5 quart-sized plastic containers, 1 small ceramic or plastic dish, plastic dishes or palettes, and a stack of newspaper. Supplies may be purchased at Oriental Art Supply (www.orientalartsupply.com). Registrants may contact Karen with questions regarding supplies at karenkurkajensen@gmail.com. This program is part of *Finding Meaning through Creativity*, an ongoing workshop series. For more information or to register, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$485 includes instruction, lodging and all meals

Commuter Fee: \$265 includes instruction and daily lunch



Day of Self Renewal

Mondays, Sept. 26 & Oct. 17, 8:30 a.m.–4 p.m.

Come for a day of rest and relaxation to rejuvenate your body and spirit! For just \$90, you will get a private guest room, a nutritious lunch, a group Guided Meditation and two 30-minute holistic services of your choice. Choose from Massage, Head and Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands, Spiritual Direction or Counseling. The day begins and ends with a brief group gathering; the rest of the day is open for quiet reflection. The Day of Self Renewal is limited to 8 people, so please register with your two choices at least a week in advance.

Fee: \$90 includes group Guided Meditation, two holistic services, lodging and lunch

Seed Savers Class

Tuesday, Sept. 27, 6:30–8 p.m.

Prairiewoods Chef and former Master Gardener, Jill Jones, will teach participants about seed saving. You will learn about which seeds can be saved, the benefits of seed saving and plant anatomy. You also will get to participate in saving heirloom tomato seeds. Registration is required by September 20.

Fee: \$10

Native Prairie and Woodland Restoration Class

Thursday, Sept. 29, 6:30–8 p.m.

The Prairiewoods staff has been working to restore our tallgrass prairie and oak savanna, native ecosystems that have become quite rare in Iowa. Come learn about these special landscapes, tour the Prairiewoods' land and learn ways you can restore prairie and woodlands on your own property. This class is offered as part of a grant from the International Paper Foundation for prairie and woodland restoration. Registration is required by September 26.

Fee: \$5

Sweat Lodge (Inipi) Ceremony

Saturday, Oct. 1, 7:00 p.m.

Prairiewoods offers a Sweat Lodge Ceremony focused on prayer, purification, recognition and healing. The lodge is a small dome-shaped structure in which participants sit on the earth among heated stones. Please note that the lodge is a small enclosure that is dark and extremely hot inside. *If you have claustrophobia or any medical conditions that prevent you from going into a sauna, you should not participate in this ceremony.* Registration is required and participants need to be notified of proper protocols, so please contact Prairiewoods at 319-395-6700.

Fee: Free-will offering

To register for a Prairiewoods retreat, program or continuing program, please contact us at 319-395-6700, www.Prairiewoods.org or [www.Facebook.com/PrairiewoodsFSC](https://www.facebook.com/PrairiewoodsFSC).

PROGRAMS/ISHA CLASSES

Moving Planet Bike Ride

Saturday, Sept. 24, 1–3:50 p.m.

Join us in a worldwide event to support solutions to our climate crisis right here in Cedar Rapids! The Moving Planet Bike Ride, sponsored by 350.org and numerous local organizations, is part of a movement to reduce our dependence on fossil fuels. September 24 will be a day for people worldwide to take action for our climate by marching, biking, skating—anything to call attention to our global crisis. For more information, visit www.moving-planet.org or contact Emy Sautter at 319-395-6700, ext. 222.

Fee: Free

SCHEDULE

- 1:00 Begin Bike Ride at Tait Cummins Park (3000 C St. SW)
- 1:30 Tour Green Roof at Water Tower Place Condominiums (900 2nd St. SE)
- 2:00 Bike to Prairiewoods for Environmental Fair and Renewable Energy Tours
- 3:50 Group Photo



Using Your Hands to Heal, HTSM Course 103

Saturday, Sept. 10–Sunday, Sept. 11, 8:30 a.m.–6 p.m. daily

Healing Touch Spiritual Ministry

Course 103, Using Your Hands to Heal, is a 16-hour course by The Institute of Spiritual Healing and Aromatherapy (ISHA). It is aimed at those who want to do healing work from a spiritual ministry perspective and incorporates a variety of healing modalities found in our Christian heritage. Bio-energetic healing principles are introduced. Topics include distance-healing, meditation, working with the human energy field and the path of the healing practitioner. Participants will receive Continuing Education Credits (Nurses: 14.5 CEs, Massage Therapists: 16 CEs).

Instructor Gayle Mohr is a nurse with more than 40 years experience in orthopedics, labor and delivery, and complementary and alternative therapies. For more information or to register, visit www.ishahealing.com or contact staff@ishahealing.com or 303-467-7829.

Fee: \$300 plus lodging and meals



Essential Oils for Physical Health & Well-Being, CCA Course 302

Friday, Oct. 21–Sunday, Oct. 23, 8:30 a.m.–6 p.m. daily

Advanced Oils Course 302, Essential Oils for Physical Health & Well-Being, is a three-day course by The Institute of Spiritual Healing and Aromatherapy (ISHA). It builds on information presented in Course 301 and looks deeper into the healing qualities of essential oils known to help the physical

body. Discussions focus on the oils' basic chemistry, vibrational frequencies, toxicity and safety. Students are led in a series of heart-centered healing techniques utilizing energetic healing and aromatherapy. Participants will receive Continuing Education Credits (Nurses 21.75 CEs, Massage Therapists 24 CEs).

Instructor Linda Smith, RN, MS, HNC, CHTP/I, CCA is a holistic nurse, healer and teacher. She has a rich background in clinical nursing, education and administration. She is the founder and director of both the Healing Touch Spiritual Ministry and the Certification in Clinical Aromatherapy programs. For more information or to register, visit www.ishahealing.com or contact staff@ishahealing.com or 303-467-7829.

Fee: \$480 plus lodging and meals



Introduction to Healing Ministry, HTSM Course 101

Saturday, Oct. 22, 8:30 a.m.–6 p.m.

Healing Touch Spiritual Ministry Course 101, Introduction to Healing Ministry, is an 8-hour course by The Institute of Spiritual Healing and Aromatherapy (ISHA). This one-day course details the history of healing in Christianity with the opportunity to experience the laying-on of hands. The roles of prayer, belief and the development of a healing presence are presented along with guided meditations that make this a truly inspiring day. This course can be taken at any time in the curriculum. Participants will receive Continuing Education Credits (Nurses: 7.25 CEs, Massage Therapists: 8 CEs).

This class will be led by instructor Gayle Mohr. For more information or to register, visit www.ishahealing.com or contact staff@ishahealing.com or 303-467-7829.

Fee: \$150 plus lodging and meals

Introduction to Judeo-Christian Anointing, HTSM Course 102

Sunday, Oct. 23, 8:30 a.m.–6 p.m.

Healing Touch Spiritual Ministry Course 102, Introduction to Judeo-Christian Anointing, is a one-day course by The Institute of Spiritual Healing and Aromatherapy (ISHA). This course explores anointing in our Judeo-Christian story and how we lost it through history. Nine essential oils traditionally used at the time of Christ are introduced for spiritual and physical healing. Anointing with healing oil is then combined with the laying-on of hands and other healing techniques to give participants experience in healing and anointing for ministry settings. This can be taken at any time in the curriculum. Participants will receive Continuing Education Credits (Nurses: 7.25 CEs, Massage Therapists: 8 CEs).

This class will be led by instructor Gayle Mohr. For more information or to register, visit www.ishahealing.com or contact staff@ishahealing.com or 303-467-7829.

Fee: \$150 plus lodging and meals

To register for an ISHA Class, please contact ISHA at 303-467-7829, staff@ishahealing.com or www.ishahealing.com.

CONTINUING PROGRAMS

Prairiewoods Knitters & Stitches

2nd Tuesday monthly, 9:30–11 a.m. & 4th Wednesday monthly, 7–8:30 p.m.

Starting in September, the *Prairiewoods Knitters & Stitches* will meet on the second Tuesday and the *fourth* Wednesday (not the second Wednesday, as was done previously) of every month. Knitters and crocheters of all skill levels are welcome. Donations of materials are gratefully accepted! For more information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: Free

Evening Centering Prayer

2nd & 4th Tuesdays monthly, 5:30–7 p.m.

Evening Centering Prayer is a prayer/support group for people who enjoy centering prayer. You may join at any time. The group meets in Room 113 of the Prairiewoods Guest House and is facilitated by Judith Edwards. For more information, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203.

Fee: Free-will offering

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

The Green Living Group meets the third Wednesday of every month at Prairiewoods. Facilitators Maggie Anderson, Emmy Ball and Emy Sautter help participants explore the subject of a sustainable and healthy environment through books, articles, films and speakers. This group is ideal for educational purposes as well as for an ongoing support system for happy and healthy green living, and participants may join at any time. The September meeting will focus on voluntary simplicity, and the October meeting will focus on GMOs (Genetically Modified Organisms). For more information, contact Emy Sautter at 319-395-6700, ext. 222.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

A group of wonderful women gather on Wednesday mornings to explore topics related to spiritual growth and adult enrichment. Beginning September 7, Wednesday Women will resume their weekly meetings. Over the next few months, the group will use audio visual materials to explore the lives of characters in *The Dangerous Dozen*. You do not need to have read the book to take part. On September 7 and 14, the group will view *Romero*, a film about the life and conversion of Archbishop Oscar Romero in the late '70s and his subsequent assassination in 1980. On September 21 and 28, the group will watch *Entertaining Angels: The Dorothy Day Story*. The October sessions will feature *Francis of Assisi* (October 5 and 12), *The Wisdom of the Mystics: An Introduction to Hildegard of Bingen* (October 19) and *Writings of Sojourner Truth* (October 26 and November 2). Feel free to join this stimulating and supportive group at any time! For more information, contact Marj English, OSF, at 319-395-6700, ext. 216.

Fee: Suggested free-will offering of \$10 per session

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Sacred Circle is for women who are interested in gathering, sharing and supporting spiritual growth. Everyone is welcome to share the conversation and warmth of the group, and participants may join at any time. For more information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$5 per session

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including Sept. 1), 6:30–8 p.m.

The practice of contemplative living helps us respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings facilitated by Betty Daugherty, FSPA, we use the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to help us explore the truths of our human existence. The process involves readings, reflections and contemplative dialogue. For more information, contact Sister Betty at 319-395-6700, ext. 205.

Fee: \$5 per session

Ministry Reflection Group

The Ministry Reflection Group gives people in ministry an opportunity to reflect with peers on their experiences in a safe, confidential setting that allows for personal and professional growth and insight. It is meant for pastors, pastoral associates, directors of religious education, chaplains, youth ministers, counselors, spiritual directors, or anyone in a caring profession or comparable position. The group affords these professionals time to notice what is happening to them professionally and spiritually as they minister. It is meant to help them see and hear the deeper invitations presented to them in their work and gives them time to notice and embrace God's presence interwoven in those experiences. This past year, two Ministry Reflection Groups met at Prairiewoods. If you are interested in joining one of these groups or forming a new one, contact Marj English, OSF, at 319-395-6700, ext. 216, or menglish@prairiewoods.org. Participation requires a commitment to monthly meetings from September to May. Actual days and times will be determined by those involved.

Fee: \$20 per session, whether present or not

Peer Supervision Group for Spiritual Directors

Are you a spiritual director interested in a peer supervision group specifically designed for you? Marj English, OSF, is willing to start a new Peer Supervision Group for Spiritual Directors. If you are interested, contact Sister Marj at 319-395-6700, ext. 216, or menglish@prairiewoods.org. Participation requires a commitment to monthly meetings from September to May. Actual days and times will be determined by those involved.

Fee: \$20 per session, whether present or not

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Prairiewoods is becoming even more “green” by reducing the number of newsletters we mail. If you receive multiple newsletters or would like to receive your newsletter electronically, please contact Andi at alewis@prairiewoods.org. Thank you for doing your part to save trees!



Franciscan Sisters of Perpetual Adoration
 Prairiewoods Franciscan Spirituality Center
 120 E. Boyson Road • Hiawatha, IA 52233

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GREEN PAGE

Playing in the Prairie

Green Iowa AmeriCorps volunteers and Prairiewoods Ecospirituality Coordinator Emy Sautter get playful while taking a break from prairie restoration in June. (Right) They spell out P-R-A-I-R-I-E and (Below) they jump to celebrate a job well done!



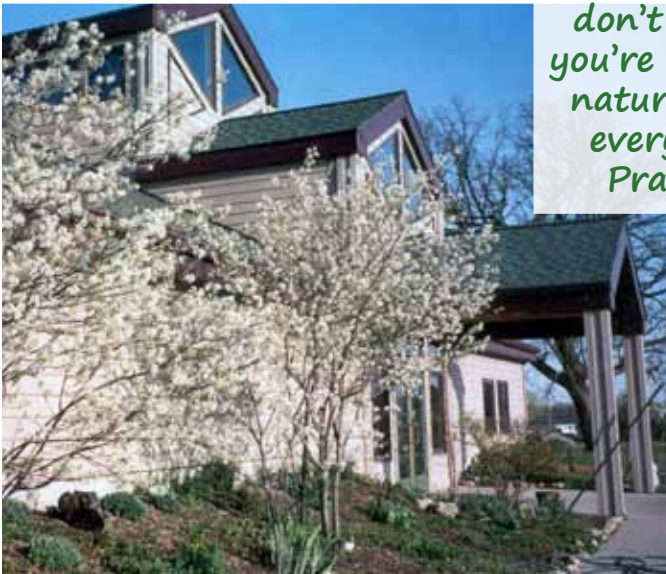
November/December 2011

Prairiewoods

THE NEWS AND ACTIVITIES OF PRAIRIEWOODS, AN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER



If you have been to Prairiewoods only in the summer, you don't know what you're missing! Find natural beauty in every season at Prairiewoods.



"O Come All Ye Faithful" to the Holiday Bazaar

The radio stations soon will start playing Christmas favorites, your neighbor's lawn will be decked with elves and sleighs, and you will make your holiday shopping list—and check it twice! The holiday season is almost upon us, and you can get a jump on your holiday shopping the weekend before Thanksgiving at the annual Prairiewoods Holiday Bazaar.

On Saturday, November 19, from 8 a.m. to 1 p.m., Prairiewoods will be the place to get into the holiday spirit! Come to the Holiday Bazaar to find baked goods and gifts for friends and family on your Christmas list.

In addition to special items from the Prairiewoods kitchen and gift shop, vendors with an array of craft items will be

present. The Holiday Bazaar will feature fresh baked breads and pies, Trappistine caramels, greeting cards, jewelry, mittens, baby items and many more handcrafted goods. And if you wear yourself out with too much shopping, take a break in our Coffee Café with a hot drink and a cinnamon roll or other tasty treat.

If you would like to help with the bazaar, please contact Prairiewoods at 319-395-6700 or email Helen Elsbernd, FSPA, at helsbernd@prairiewoods.org. We welcome any help in making fresh baked goods, donating craft items to sell or volunteering your service during the bazaar.

We hope you will join us in kicking off this festive season with the Holiday Bazaar!

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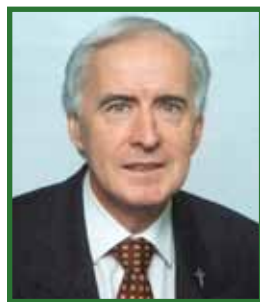
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DIRECTOR'S CORNER



Barry Donaghue, CFC

I don't know about you, but for me the fall realization that summer is gone and winter is coming is quite a reality check.

Rainer Maria Rilke puts it like this:

*Summer was like your house: you knew
where each thing stood.*

*Now you must go out into your heart
as onto a vast plain. Now*

the immense loneliness begins.

The days go numb, the wind

sucks the world from your senses like withered leaves.

"Ice-cream and jelly and a punch in the belly," goes an old children's rhyme ... How true is that? Good times are always followed by tough times, but the (somewhat) infuriating thing is that the more experienced we become, the more we realize that this progression provides a wonderful spiritual opportunity.

Family and friends, money, prestige, our church culture—on what do we really depend? We might say "God," but in realizing his absolute oneness with God, Jesus of Nazareth had to go out into the immense loneliness of which Rilke speaks. Sweating blood, he had to trust God not only to death but through death; everything else was sucked away. The resulting realization that there is no dichotomy between the material and the spiritual; that God is with us—Emmanuel—loving us and calling us to continue becoming who it is that God gifted us to become ... that is redemption. That let us realize that we *are* in the heart of God, to accept that fact and to live in ways that make it manifest. "Do this," Jesus said on Maundy Thursday. "Be me!" There are no *ifs*, *buts* or *maybes* about that statement. It is not rhetorical.

So, reality checks are good! We must move past our ego controls; realize, acknowledge and retrench our personas; thus clearing the obstacles on our path into our own true heart and onward to fullness of life. Again, Rilke finds words for what is needed:

Through the empty branches the sky remains.

It is what you have.

Be earth now, and evensong.

Be the ground lying under that sky.

Be modest now, like a thing

ripened until it is real,

so that he who began it all

can feel you when he reaches for you.

May I recommend our fall and winter retreats and programs in helping you take the steps you need to take? Spiritual masters down through the centuries acknowledge that at least one retreat a year is needed if we are serious about growing spiritually. Prairiewoods exists to assist you in your journey toward salvation, so please feel welcome to use us. May fall and winter prove to be a blessed time for us all!



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 within an expanding understanding of the Universe Story.

Prairiewoods is an ecospirituality retreat and conference center in the Franciscan tradition. It is a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin.

Prairiewoods publishes this newsletter bimonthly. Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

Please address all correspondence to:

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Hiawatha, IA 52233
319-395-6700

www.Prairiewoods.org
Ecospirit@Prairiewoods.org



Sacred Circle Helps Women on Spiritual Journey

Where are you on your spiritual path? Seldom a short journey, it may begin with a simple spiritual question and move ever-so-slowly toward developing awareness, to discovery and finally to embracing realizations. One encounters bumps, sharp curves, switchbacks and obstacles all along the way. It may help to know that there are many others like you, on their own demanding spiritual journey. Through conversation, comparing notes, and sharing struggles and discoveries, we often can find solutions for ourselves through others.

Sacred Circle is a safe, non-judgmental forum for



women seeking answers to spiritual questions. We are a group of women, each on our own particular journey, searching and observing, while enjoying the presence and stories of one another.

In Sacred Circle, we explore and examine our paths through a variety of means. Each month we learn from spiritual directors, film, books, alternative healers and more. There is no beginning and no end, and new seekers are always welcome.

Sacred Circle meets the first Wednesday evening of each month from 6:30–8 p.m. The cost is \$5 per session. For more information, contact Andrea Jilovec at Prairiewoods at 319-395-6700, ext. 202.

Flood Recovery Workers Learn Mind Body Skills

The Cedar Rapids flood of 2008 had many long-lasting repercussions. Compassion fatigue—a secondary traumatic stress disorder—is just one result of flood recovery efforts. Compassion fatigue results when caregivers focus on others without practicing self-care, and it can lead to destructive behaviors. It is on the rise and is nondiscriminatory. It has invaded all aspects of our educational systems, faith communities, governmental agencies, social services venues, law enforcement agencies and health care providers ... and it can lead to burn out.

Now there is help for caregivers suffering from compassion fatigue. Prairiewoods and the Iowa State University Linn County Extension are offering an eight-week program geared toward professionals in the helping and healing professions. The Mind Body Skills Training will be held each Friday, October 14 through December 9, from 1 to 3 p.m. Participants are encouraged to attend all eight sessions. This is an interactive, research-based educational model of self-care and self-awareness that encourages individuals to focus on their strengths, experiment with their abilities and enhance their sense of control.

Mind Body Skills Training will be taught by the Mind Body Medicine Coalition, which is comprised of highly trained facilitators from St. Luke's Hospital, Iowa State University Extension, Cedar Rapids Library Substance Abuse Information Center, Linn County Veterans Affairs, Abbe Center, Community Mental Health for Mid Eastern Iowa and Discovery Living.

Thanks to a grant from the Greater Cedar Rapids Community Foundation, this training is free to anyone who has been involved in flood recovery in the last three years. For more information, contact Prairiewoods at 319-395-6700 or www.Prairiewoods.org.

Dream Your Way to Health and Wholeness

Do you ever wonder about nighttime dreams that seem to make no sense? Many historical figures have ruminated on the meaning of such dreams. For example, Jeremy Taylor, one of the founding members of the International Association for the Study of Dreams, says, "All dreams come in service of health and wholeness." A third-century theologian named Origen spoke of *Somnia Deo*, or "dreams sent from God." Rabbi Hisda, a third-century Babylonian sage, said, "A dream uninterpreted is like a letter (from God) unopened."

Our nighttime dreams have a language all their own. Learn to translate the language of dreams and to unpack the meaning of dreams in a series of Dream Workshops in the coming year at Prairiewoods.

The first program in this series will be a weekend workshop/retreat held Friday evening, June 8, to Sunday, June 10. It will be facilitated by Olga Wittkind, OSF, a clinical

psychologist and Jungian analyst. She will teach participants about the language of dreams in an engaging, entertaining and instructive manner.

Please watch for details about other opportunities to learn about dreams in future newsletters and on the Prairiewoods website.



THE SPIRITUALITY OF SPACE



We all have them ... those places that are
special,
sacred,
holy.

Perhaps something tremendously *significant* happened there. Perhaps we were gifted with a glimpse into the *mystery* of ourselves, struck suddenly and deeply with a new realization. It could have been as simple as a sense of *connection* with something beyond us. These are the sacred spaces in our lives. These two pages feature the voices of some of the people who have reflected and written on what we might call “*the spirituality of space.*”

“This experience gave to my life something that seems to explain my thinking at a more profound level than almost any other experience I can remember. It was not only the lilies, it was the singing of the crickets and the woodlands in the distance and the clouds in the clear sky ... this early experience has remained with me ever since as the basic determinant of my sense of realities and values.”

~ Father Thomas Berry



“*Tin Man:* What have you learned, Dorothy?
Dorothy: Well, I think that it wasn't enough just to want to see Uncle Henry and Auntie Em ... and it's that if I ever go looking for my heart's desire again, I won't look any further than my own backyard; because if it isn't there, I never really lost it to begin with!”

~ from *The Wizard of Oz*



“Suddenly, from behind the rim of the moon in the long, slow motion movements of immense majesty, there emerges a sparkling blue and white jewel, a light, delicate sky blue sphere laced with the slowly swirling veils of white rising gradually like a small pearl in a thick sea of black mystery. It takes more than a moment to fully realize this is the earth—home.”

~ Edgar Mitchell
while walking on the moon



Place and the Spiritual Life

by Fred Darbonne, pastor and friend of Prairiewoods



Humans shape the places we are in to adapt to our needs and to express our individuality. Often overlooked, however, is how places also shape us as persons and become important reference points as we journey. We experience life in places. As meaning-making creatures, we seek to understand how our experiences connect. Considering how God has used these experiences for our good is ultimately a spiritual discipline. Going beyond simply reminiscing, we look for the purpose of our experiences, how they have contributed to who we are now and how they might continue to unfold for us. Places are memory markers that help connect us to this deeper meaning and purpose.

Ira Progroff, in his work *At a Journal Workshop*, noted that in this careful attentiveness to the meaning of the events and relationships of our lives, “We find that a connective thread has been forming beneath the surface...carrying the meaning that has been trying to establish itself in our existence.” He calls this the “inner continuity of our lives,”

something Christians understand as the continually unfolding work of God—God’s work of grace—of which we are not always conscious.

Places form us as much as other people and our experiences do. Places mark where circumstances enlarged our worldview, where life-changing insight emerged, where we encountered the Divine. These places imprint deeply within us and link us to formative milestones. To revisit these old wells is to reconnect to things that ground us as persons. Perhaps longing for place is at heart a spiritual hunger.

I considered this again as I visited Kansas City, my hometown, recently. I had the opportunity to reconnect with a nephew, the son of our beloved late older sister. We spent an entire day visiting meaning-filled places. We stopped at Planters Seed Company, a favorite place of our father’s. We walked through the Market area where we spent many Saturday mornings, and later the Plaza, important for visits to see the Christmas lights and other things. We wandered through newer places like the Crossroads Arts District and visited a gallery there, and later the Kemper Museum of Contemporary Art.

I did not expect the emotional intensity I experienced in this visit, even though I have had many one-day personal retreats for reflection and journaling in Kansas City before this. I felt as if I remembered every person and place, and each was incredibly important. Every marker connected me to these people, and the experiences associated with these places revealed patterns that I previously missed. I noticed that I did not want to leave Kansas City for home. This intense longing for my hometown surprised me. I know that even events I thought I wanted to forget have contributed to my development in some way. A place I wanted to leave in my early twenties is now filled with markers where I have been shaped for good, or that remind me of struggles overcome through God’s grace.

My faith is always seeking understanding. I do know that with each visit to significant places I see more of the tapestry of God’s unfolding work of grace in my life. I become more thankful as I see the divine connections more clearly. I grasp more shades of meaning in Paula D’Arcy’s words: “God comes to you disguised as your life.”

Our lives are inseparable from the places in which they have been lived. These places are part of the fabric of our spiritual lives, rich with threads woven, connected, and even repaired by a providential Hand. It seems every piece has meaning, if we will have the eyes to see.

“ I am sitting on a big rock overlooking the West River, which has been a constant companion over the past year and a half. It is tumbling joyfully in the early morning sun, gurgling its deep and continuous mantra: ‘All is flow.’ The river and the silence are setting me down and already I am feeling open and receptive. ”

~ Sister Gail Worcello, co-founder of the Green Mountain Monastery



2011 Environmental Film Festival

Cedar Rapids Area



November 5, 2011
Hickok Hall, Coe College
FREE ADMISSION

1:00 pm **What's On Your Plate?** (kid friendly film)

A witty and provocative family documentary about **kids and food** politics. The film follows two eleven-year-old city kids as they explore their place in the food chain. Sadie and Safiyah take a close look at food systems in New York City and its surrounding areas. With the camera as their companion, the girl guides talk to each other, food activists, farmers, and many others, in their quest to understand What's On Your Plate?!!

Kids' activities led by Coe College Environmental Club

3:00 pm **The GreenHorns**

This documentary film explores the lives of America's young farming community - its spirit, practices, and needs. It is the filmmaker's hope that by broadcasting the stories and voices of these young farmers, we can build the case for those considering a career in agriculture - to embolden them, to entice them, and to recruit them into farming.

Panel Discussion with Local GreenHorns

7:00 pm **Green Fire: Aldo Leopold and a Land Ethic for Our Time**

The first full-length documentary film ever made about legendary environmentalist Aldo Leopold, *Green Fire* highlights Leopold's extraordinary career, tracing how he shaped and influenced the modern environmental movement. Leopold remains relevant today, inspiring projects all over the country that connect people and land.

Paul Johnson from the Green Fire Team will speak

Be Inspired and Take Action



Recycling Available

- Household Batteries
- Plastic Bags
- Cellular phones



Donations being accepted

- Non-Perishable Food Items for the Linn Community Food Bank

This year's event made possible due to support from the following:



The following are descriptions of some of our upcoming retreats, programs and continuing programs. For a complete list, please visit www.prairiewoods.org.

Meditation Retreat

Friday, Nov. 4, 5:30 p.m.–Sunday, Nov. 6, 1 p.m.

Facilitators: Judith Edwards; Zuiko Redding; Nancy Hoffman, FSPA; Ann Jackson, PBVM

The Meditation Retreat at Prairiewoods is for those just learning about meditation and for those who desire to deepen their present practice of meditation and spend a weekend in prayer and silence. This weekend will include presentation and practices of Zen meditation, mindfulness meditation, chanting and sounding, and centering prayer. Optional holistic energy work and spiritual direction are also available.

This retreat will be facilitated by Judith Edwards; Zuiko Redding; Nancy Hoffman, FSPA; and Ann Jackson, PBVM. Judith, a “regular” at Prairiewoods, has facilitated Prairiewoods Centering Prayer for twelve years and enjoys spending time with her five super grandkids. Zuiko, resident teacher at Cedar Rapids Zen Center, is a Zen Buddhist teacher, trained and certified in Japan as a Soto Zen Buddhist teacher. Sister Nancy is on staff at Prairiewoods and is involved in holistic energy work, outdoor development, maintenance, and spirituality. Sister Ann is also on staff at Prairiewoods, where she designs and coordinates retreats and provides spiritual direction and retreat facilitation.

For more information, go to www.Prairiewoods.org. Registration is required, so please contact Prairiewoods at 319-395-6700.

Fee: \$200 includes presentations, lodging and all meals

Commuter Fee: \$150 includes presentations, Friday dinner, Saturday lunch and dinner, and Sunday lunch



A Wintry Reading Weekend Retreat

Friday, Jan. 20, 6:30 p.m.–Sunday, Jan. 22, 1 p.m.

Facilitator: Ann Jackson, PBVM

Do you enjoy a wonderful wintry day filled with a good read, great snacks, a warm fire and a periodic snooze? This weekend is just for you! Come spend the weekend with your favorite read, whether it be poetry, prose or periodicals. The time will be filled with lots of quiet, individual, reading time and a few hours together to share our insights.

Fee: \$175 includes lodging and all meals

The Zen of Baking: Bread and Blessing Retreat II

Monday, Jan. 30, 11 a.m.–Friday, Feb. 3, 1 p.m.

Facilitators: Jill Jones; Ann Jackson, PBVM

The February blahs are a great time to shake the dust from your apron, saddle up alongside a good friend and create blessing. It’s amazing how a small handful of dough can invite us to reflection. Participants will ask themselves: *What am I kneading in my life? What is rising within my life, offering nourishment? How am I called to be leaven for others?*

Join Prairiewoods Chef Jill Jones and Retreat Coordinator Ann Jackson, PBVM, in the retreat kitchen at Prairiewoods for lots of recipes, baking, fun and healthy inspiration around wholesome nutrition. We will spend an afternoon visiting Stringtown Grocery in Kalona, Iowa, and an organic garden.

For more information, go to www.prairiewoods.org. The retreat will be limited to 8 people, so please register early by contacting Prairiewoods at 319-395-6700.

Fee: \$375 includes presentations, cooking materials, lodging and all meals

Commuter Fee: \$300 includes presentations, cooking materials, Saturday lunch and dinner, and Sunday lunch



Forgiveness: A Gift to Give Yourself Retreat

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

Facilitator: Vince Hatt

Forgiveness is a key to happiness for oneself. It is not simply a one-time event; rather, one enters into the process of forgiveness, which takes time. This retreat will assist participants with learning and practicing the steps in the forgiveness process as well as discovering how to maintain a spirit of forgiveness in one’s life. The weekend will hold a wonderful balance of input, individual reflection and prayer.

Vince Hatt regularly reflects on the gifts and challenges of forgiveness to concretely name the specifics of his life’s purpose. A life-long learner, he has presented programs for 40 years around the Midwest with rave reviews from a variety of audiences. He holds a Bachelor of Science degree from the University of Notre Dame, a Master of Theology degree from Aquinas Institute and a masters degree in religious education from the Catholic University of America. Vince also is an experienced, trained spiritual director and a certified Mid-life Directions Consultant. He enjoys life with his wife, Janice, and is a recovering Cubs fan.

Fee: \$200 includes presentations, lodging and all meals

Commuter Fee: \$150 includes presentations, Saturday lunch and dinner, and Sunday lunch



PROGRAMS

AARP Driver Safety Program **Thursday, Nov. 10, 8:30 a.m.–1 p.m.** **Facilitator:** Connie Sjostrom

The AARP Driver Safety Program is the nation's first and largest classroom course for motorists age 50 and older. Prairiewoods is pleased to partner with AARP to offer this four-hour refresher course, which will present a review of driving skills and techniques. It will also teach strategies and tips to help us adjust to normal age-related physical changes that may affect our driving ability. For more information or to register, contact Prairiewoods at 319-395-6700.

Fee: \$14 (\$12 for AARP members, free for veterans with valid documentation)

Memorial Service for Friends of Prairiewoods

Thursday, Nov. 10, 7–8:30 p.m.
Facilitator: Marj English, OSF

All are invited to remember our beloved dead with a memorial service on November 10. We at Prairiewoods are deeply appreciative of donations made in honor of lost loved ones. This evening will honor those individuals and other friends of Prairiewoods who have died. Please bring a picture or a symbol of your loved ones to be used during the service. Light refreshments will be served. Please feel free to invite other family and friends! For more information, contact Prairiewoods at 319-395-6700.

Fee: Free

Forming a Healing Practice, ISHA Course 104 **Saturday, Nov. 12–Sunday, Nov. 13, 8:30 a.m.–6 p.m. daily** **Facilitator:** Margaret Leslie

Do you want to deepen your heart-centered healing ministry practice for your self, family or friends? The Institute of Spiritual Healing and Aromatherapy (ISHA) is hosting a two-day course that presents advanced methods to help with specific healing needs, such as intake interviewing and documenting client sessions. Emphasis is on models of present-day healing and on integrating Healing Touch Spiritual Ministry into a church/parish healing ministry.

Instructor Margaret Leslie is a certified Healing Touch Spiritual Ministry practitioner/instructor with 25 years experience as a School Psychologist.



Participants will receive Continuing Education Credits (Nurses: 14.5 CEs, Massage Therapists: 16 CEs). *Please note that this program will be held at Prairiewoods but is not hosted by the Prairiewoods staff.* To register or learn more, contact ISHA at 303-467-7829 or www.ishahealing.com. To add lodging and meals, contact Prairiewoods at 319-395-6700.

Fee: \$300 plus lodging and meals

Day of Self Renewal **Mondays, Nov. 21 & Dec. 19, 8:30 a.m.–4 p.m.**

Facilitator: Andrea Jilovec

Come for a day of rest and relaxation to rejuvenate your body and spirit! For just \$90, participants receive a private guest room, a nutritious lunch, a group Guided Meditation and two 30-minute holistic services of their choice. Choose from Massage, Head and Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands, Spiritual Direction or Counseling. The day will begin and end with a brief group gathering; the rest of the day is open for quiet reflection. For more information, go to www.prairiewoods.org. Registration is required at least a week in advance, so please contact Prairiewoods at 319-395-6700.

Fee: \$90 includes group session, two services, room for day and lunch

Sweat Lodge (Inipi) Ceremony **Saturday, Nov. 26, 4:30 p.m.**

Facilitator: Mike Maynard

Prairiewoods offers a monthly Sweat Lodge Ceremony focused on prayer, purification, recognition and healing. The Sweat Lodge is a small, dome-shaped structure in which participants sit on the earth around heated, steaming stones.

Please note that the lodge is a small enclosure that is dark and extremely hot inside. *If you have claustrophobia or any medical conditions that prevent you from going into a sauna, you should not participate in this ceremony.*

Registration is required and participants need to be notified of proper protocols, so please contact Prairiewoods at 319-395-6700.

Fee: Free-will offering

Winter Bird Feeding **Thursday, Dec. 1, 6:30 p.m.**

Facilitators: Jim Durbin, Emy Sautter

Do you want to attract beautiful red cardinals, showy woodpeckers and bright goldfinches to your snowy winter lawn? Join local bird expert and Audubon member Jim Durbin for an informative evening that's for the birds! Jim will teach you about various types of birdseed and the birds that they attract, as well as the best types of feeders. Prairiewoods Ecospirituality Coordinator Emy Sautter will discuss ways to decorate your outdoor trees for the season in a way that is not harmful to birds.

For more information or to register, contact Prairiewoods at 319-395-6700 or www.Prairiewoods.org.

Fee: \$5

Gourd Bird Houses **Tuesday, Dec. 13, 6:30 p.m.**

Facilitators: Andrea Jilovec, Emy Sautter

Throughout history, gourds have been used for food, as storage containers and for decorations. Now you can learn to turn a gourd into a beautiful and functional bird house! Whether



it's a gift for someone you love or simply a gift for the birds, join us for this fun and creative evening making bird houses out of gourds. All supplies will be provided.

Registration is required by December 9. For more information or to register, please contact Prairiewoods at 319-395-6700 or www.Prairiewoods.org.

Fee: \$15

Winter Solstice Celebration Wednesday, Dec. 21, 6:30 p.m.

Earth's tilt on its axis causes seasons on our planet. On December 21, the northern hemisphere will be tilted as far from the sun as possible. This date is known as the winter

solstice, and it marks the longest night and the shortest day of the year.

Many cultures throughout history have celebrated this day of rebirth with gatherings and rituals. You can honor the official start of winter with the Winter Solstice Celebration. This evening party will be hosted by Prairiewoods, Linn County Conservation and Indian Creek Nature Center.

Watch Prairiewoods Planner emails or our website for more details, such as location and cost, as the date draws near.



Fostering Unity and Oneness Within, With Others and With All of Life: A New 12-Step Path for All Spiritual Seekers Friday, Feb. 3, 6:30 p.m.–Sunday, Feb. 5, 1 p.m.

Facilitator: Gary Egeberg

This program focuses on the themes of unity, oneness and centering love as the ultimate reality upon which we can firmly ground ourselves and co-create a better world for ourselves and others. Individuals can use these steps as a spiritual resource in their daily lives; groups—such as the church, unchurched, formerly church, seasoned 12 steppers and 12-step neophytes—can use these new steps as a framework around which they can come together on a regular basis to process their spiritual journeys.

This new 12-Step path was created by Gary Egeberg. His program is unique



in that it does not require a person to be addicted or codependent in order to participate and experience a deep sense of belonging, although those who are addicted or codependent are very welcome. This weekend is geared toward spiritual growth and interpersonal support that fosters an experiential sense of unity and oneness based on what he refers to as *centering love*.

Gary is a former lay Catholic prison chaplain and recovery veteran. He is the author of several books, including *The Pocket Guide to Inner Peace*. His retreats blend wisdom from several spiritual traditions, including Christianity, Taoism and the 12-Steps. He also incorporates recent findings from neurobiology and psychology to help us understand why we feel the way we do and what we can do about it.

For more information as the dates draw near, visit www.Prairiewoods.org or subscribe to the Prairiewoods Planner, a weekly email that keeps readers up to date with current Prairiewoods programs.

Fee: \$225 includes presentations, lodging and all meals

Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

Prairie Seed Stomp Tuesday, Feb. 7, 6:30 p.m.

Facilitator: Emy Sautter

Prairie seeds are funny—they *like* cold weather. Learn more about prairie seeds and help us add new plants to our 30 acres of tall-grass prairie in a Prairie Seed Stomp on February 7. This will be fun for the whole family! Please dress appropriately for the weather, as you will be outside.

Watch www.Prairiewoods.org for more details as the date approaches!

Fee: Free-will offering to support purchasing prairie seeds for Prairiewoods



Women's History Month at Prairiewoods Thursdays, March 1, 8, 15 & 22, 6:30 p.m.

March is Women's History Month, and Prairiewoods will celebrate with four evening sessions focused on women. These programs will be tailored to women as a creative, joyful, healing, sharing group. Please join us and invite your family, neighbors and friends to attend. The weekly topics are:

March 1: *An Introduction to Tribal Fusion Dance*, in which participants will learn and participate in a modern form of belly dance

March 8: *Full Moon Ceremony and Cultural Potluck*, in which attendees will honor International Women's Day by bringing foods significant to their historical or family traditions

March 15: *Holistic Healing*, in which participants will learn about and discuss holistic healing practices

March 22: *The Phases of Womanhood*, in which attendees will look into the legend of the Great Goddess and take away lessons to integrate and embrace in all phases of their lives

For more information, visit www.Prairiewoods.org. Registration is recommended, so please contact Prairiewoods at 319-395-6700.

Fee: \$10 per session or \$32 for the four-week series if paid in advance

Almost Full Moon Owl Hike Tuesday, March 6, 6:30–8:30 p.m.

Facilitator: Chuck Ungs

Bring the whole family for an evening owl hike. Begin inside the Prairiewoods center with an educational period. Linn County Conservationist and expert owl caller Chuck Ungs will teach you about Iowa's native owls and how to call to them. Then take your new knowledge to the woods on a moonlit hike and owl-calling escapade. You may even see owls sitting on eggs or hatching owlets! This will be a great event for the whole family. For more information as the date draws near, visit www.Prairiewoods.org or subscribe to the Prairiewoods Planner emails.

Fee: \$5 per person or \$10 for a family

CONTINUING PROGRAMS



Prairiewoods Knitters & Stitches

2nd Tuesday monthly, 9:30–11 a.m. & 4th Wednesday monthly, 7–8:30 p.m.

Do you knit or stitch? Prairiewoods has a group called Knitters & Stitches that meets on the second Tuesday and the fourth Wednesday of every month. Knitters and crocheters of all skill levels are welcome, and donations of materials are gratefully accepted! For more information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: Free

Evening Centering Prayer

2nd & 4th Tuesdays monthly, 5:30–7 p.m.

Evening Centering Prayer is a prayer/support group for people who enjoy centering prayer. You may join at any time. The group meets in Room 113 of the Prairiewoods Guest House and is facilitated by Judith Edwards. For more information, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203.

Fee: Free-will offering

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Sacred Circle is for women who are interested in gathering, sharing and supporting spiritual growth. Everyone is welcome to share the conversation and warmth of the group, and participants may join at any time. For more information, contact Andrea Jilovec at 319-395-6700, ext. 202.

Fee: \$5 per session

Green Living Group

3rd Wednesday monthly (except Dec.), 6:30–8 p.m.

The Green Living Group meets the third Wednesday of every month at Prairiewoods. Facilitators Maggie Anderson, Emmy Ball and Emy Sautter help participants explore the subject of a sustainable and healthy environment through books, articles, films and speakers. This group is ideal for educational purposes as well as for an ongoing support system for happy and healthy green living, and participants may join at any time. The November meeting will focus on Genetically Modified Organisms (GMOs), and there will be no December meeting. For more information, contact Emy Sautter at 319-395-6700, ext. 222.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

A group called Wednesday Women meets weekly to be spiritually enriched, updated, inspired and challenged. On October 26 and November 2, the group will view and discuss *Writings of Sojourner Truth*. Beginning November 9, Wednesday Women will focus on *Volume 1: The Book of Ruth* taken from a DVD series called *Uppity Women of the Bible*. This DVD series features Rev. Dr. Lisa Wolfe, an ordained minister in the United Church of Christ and Associate Professor of Hebrew Bible at Oklahoma City University. Dr. Wolfe's DVD about Ruth will lead Wednesday Women through topics of loyalty, bitterness, courage, poverty and seduction. The weekly topics are:

- Nov. 9: *Bittersweet*
- Nov. 16: *In Case of Emergency*
- Nov. 23: No Wednesday Women because of the holiday.
- Nov. 30: *The Go'el?*
- Dec. 7: *A King's Ancestry*
- Dec. 14: *Understanding Ruth*
- Dec. 21: Wednesday Women will have a Christmas luncheon at 11:30 a.m. at Prairiewoods.
- Dec. 28: No Wednesday Women because of the holiday.
- Jan. 4: *An Uppity Woman?*
- Jan. 11: *Grace and Hospitality*

Feel free to join this stimulating and supportive group at any time! For more information, contact Marj English, OSF, at 319-395-6700, ext. 216.

Fee: Suggested free-will offering of \$10 per session

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including Nov. 10), 6:30–8 p.m.

The practice of contemplative living helps us respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings facilitated by Betty Daugherty, FSPA, we use the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to help us explore the truths of our human existence. The process involves readings, reflections and contemplative dialogue. For more information, contact Sister Betty at 319-395-6700, ext. 205.

Fee: \$5 per session

We have a great problem at Prairiewoods: we have too many donors and volunteers to name in our newsletter! Starting next issue, this page will not feature our recent donors and volunteers. Instead, we have dedicated a page on our website to chronicle our generous supporters. For a complete, up-to-date list, go to www.Prairiewoods.org/Contact/Donate.

VOLUNTEERS

Sandie Allen
Casey Bardwell
Mary Ann Barry
Doug Beadle
Dian Boysen
Dianne Brenneman
Jessica Brerit
Carole Butz
Michelle Cook
Debbie Crane
Bill Davis
Donna Davis
Marie Diebold
Norine Drahazol
Ann Duder
Helen Elsbernd, FSPA
Alysha Gould
Ashley Gould
Rita Heires, FSPA
Kathy Henriksen
Ronell Hughes
Shirley Jekerle
Marjorie Jensen
Jill Jones
Shawna Kahler
Sandy Kelly-Taylor
Kent Kinion
Barb Lebsock
Jerry Mach
Jan Monk
Shyla Morrow
Mount Mercy University Freshman Class
(31 students)
Carol Nilles

Vince O'Connor
Pam Pasker
Joellen Price, PBVM
Memphis Reeves
Cheyenne Ringwald
Megan Rood
Jeanette Rops
Mary Schneider
Sheila Siegel
Cindy Strauch
Noreen Tonkin
Shirley Tudor
Harlan Wagner
Judy Weers

ENDOWMENTS

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Kenneth & Kathy Nathan

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John & Diane Sweeney
In memory of Adrian Foecke
Marj English, OSF
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In memory of Sandi Heires
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Mount Mercy University Freshmen Volunteering on August 30

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Lucille Winnike, FSPA . . . 221
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Prairiewoods celebrated its 15th anniversary with Nature Fest on October 2. More than 300 people and their pets celebrated with crafts, games, face painting, storytelling and a Blessing of the Animals. For a peek at all the pictures and videos from the day, visit www.Facebook.com/PrairiewoodsFSC.

