

January/February 2012

Prairiewoods

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

By the brilliance of the Christmas candle, may God fill your home with light and warmth and guide your path through the New Year in ways of joy and peace.

*Blessings to you and yours
this Christmas from
the Prairiewoods staff!*



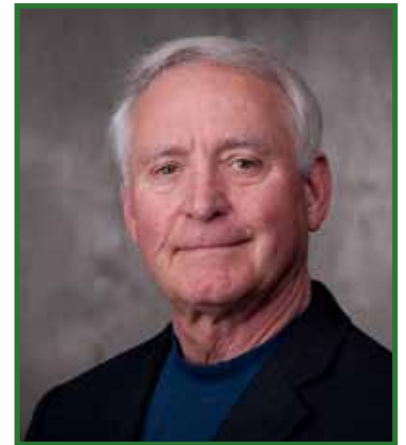
Prairiewoods presents

Spirituality IN THE 21ST CENTURY

*Coming of Age in the Milky Way:
Spiritual Transformation and Creative Hope!*

featuring John Heagle

March 16–17, 2012



Prairiewoods is honored to add John Heagle to a long list of prestigious *Spirituality in the 21st Century* conference speakers. This twelfth annual conference will focus on our role as humans within the universe and its story.

For the first time in human history, we share a common Universe Story. For some this emerging narrative is an invitation to growth and spiritual transformation. For others it is a fearful prospect that evokes resistance, retreat and regression.

As a result, our political, cultural and religious institutions are increasingly polarized and ineffective. We are facing a crisis that makes profound demands on each of us. *Is religion dying or being transformed? Am I losing my faith or encountering the Holy in a deeper way? Does my commitment to work for justice and to care for Earth make a difference, or is it too late?* These are not likely issues that you will hear debated on cable news or talk radio. But they are the quiet, urgent questions stirring in our hearts.

These are also the questions that the *Spirituality in the 21st Century* conference will explore. Evolutionary spirituality is not a passing theological fad. It is the context of today and of all our tomorrows—the agenda that the cosmos itself is revealing. More immediately, it is a vision that challenges our current religious institutions and calls us to a new way of seeing and responding.

After outlining the significance of evolutionary spirituality, we will focus on the personal, communal implications of this vision for our lives. The contemporary summons to discipleship is as old as the gospel and as urgent as this morning's headlines. It is the call to be a life-long learner, a long-distance servant. In specific terms, it is the challenge to “come of age” by moving beyond our anthropocentric, egocentric concerns to embrace our responsibility to Earth and to one another.

For complete information, turn to page 3.

DIRECTOR'S CORNER

PRAIRIEWOODS OPERATING BOARD

Fred Althoff

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

Lois Bartelme

Consultant in Human Resources
Coralville, Iowa

Cecilia Corcoran, FSPA

CEO for The Christine Center
Willard, Wisconsin

Katie Giorgio

Marketer for Linn County
Nonprofit Resource Center
Cedar Rapids, Iowa

Bruce Hamous

Architect for OPN Architects
Cedar Rapids, Iowa

Cecelia Kivlin Harmeyer

Accountant at Rockwell Collins
(Retired)
Cedar Rapids, Iowa

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Financial Planner for Principal
Financial Group
Cedar Rapids, Iowa

Theresa Keller, FSPA

Faculty Practice/Lecturer for
University of Iowa College of
Nursing
Hiawatha, Iowa

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Rheem Manufacturing Company
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La Crosse, Wisconsin

Rev. Dr. Barbara H. Schlachter

Pastoral Counselor
Iowa City, Iowa

Mike Thome, Chair

International Offset Manager for
Rockwell Collins
Cedar Rapids, Iowa

Donna Venteicher, FSPA

Nursing Home Administrator
(Retired)
Monticello, Iowa

Jean Wenisch

Community Volunteer
Cedar Rapids, Iowa

Brother Barry Donaghue is no longer the director of Prairiewoods. Sisters Joann Gehling and Donna Venteicher will serve as interim co-directors. We thank Brother Barry for his time here and wish him many blessings for the future!



Joann Gehling, FSPA



Donna Venteicher, FSPA

The story that is Prairiewoods continues. It has been 15 years since this Center, which we love to call a place of peace and transformation, first opened its doors to welcome people of all faiths and cultures in their search for meaning and grace. At present, we are in an interim time, using these weeks while we are in the process of looking for a new director to step back, clarify and reaffirm our mission.

This is also a good time to gratefully remember what has happened in these 15 years. As we do so, we find that our most delightful memories are of you, our friends of all ages, who have been part of the Prairiewoods history and who we hope will be with us for many years to come.

We recall so many events—programs, retreats and celebrations. There were work days when trees were planted, trails chipped, windows washed and flower beds weeded. You came to help in the kitchen, office and woods. Your financial help kept the doors open, and your enthusiasm and energy refreshed our spirits. You will never fully know the depth of our gratitude for all the ways in which you have been so actively engaged with us in keeping Prairiewoods open as a sacred space.

Now we look ahead to the future and go forward with hope. We cherish this season of Advent that draws us into deep participation in the Christ Mystery. We ponder the meaning the Incarnation holds for the world of today. What are the connections between the story of Jesus and the stories of our individual lives? How can the programs and retreats we offer bring people of different faiths more closely united in the life of the Spirit so that we can become more loving, forgiving, relational people?

We find that so many good things are already planned for the future, so many opportunities to keep faith alive and relevant. We are happy to be a part of this future and continuing the mission of Prairiewoods. We feel that something is being born anew here each day. And we invite you to be a part of our mission.

Joann Gehling, FSPA

Donna Venteicher, FSPA



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.

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Ecospirit@Prairiewoods.org



Prairiewoods Announces Conference Speaker John Heagle



John Heagle, MA, JCL, LMHC, is a Catholic priest, counselor and author with more than 46 years of pastoral experience as a campus minister, college professor and pastor. In 1976 he was appointed the first director of the Office of Justice and Peace for the Diocese of La Crosse, Wisconsin. Since 1985 he has ministered as a licensed psychotherapist and

the co-director of Therapy & Renewal Associates in the Pacific Northwest. During this time he also has served on the adjunct faculty for the School of Theology & Ministry at Seattle University. John is the author of seven books on spirituality, ministry and human relationships, and the co-author with Fran Ferder, FSPA, PHD, of three books, including *Tender Fires: The Spiritual Promise of Sexuality* (Crossroad, 2002). His latest book is *Justice Rising: the Emerging Biblical Vision* (Orbis Books, 2010).

Prairiewoods Franciscan Spirituality Center is the sole sponsor of this event. Both Friday and Saturday's events are open to the public, and registration is encouraged as space is limited. Some lodging is available at Prairiewoods for an additional charge. For more information or to register, contact Prairiewoods at 319-395-6700 or download a registration form at www.Prairiewoods.org.

Who: John Heagle

What: Spirituality in the 21st Century

Where: To be determined

When: Friday, March 16, 7–9 p.m.
Saturday, March 17,
9 a.m.–3:30 p.m.

How Much: \$25, Friday only
\$50, Saturday only
\$60, full event (register by
March 5)
\$65, full event (register after
March 5)

John Heagle, in his own words ...

PW: To what do you feel the Source of All Being and our expanding consciousness is calling us?

John: I believe we are called to become more radically open intellectually and spiritually, and thereby more transparent, even vulnerable in our lives. To embrace this kind of openness we will have to choose an attitude of genuine humility (from *humus*, the earth), as well as an inner stance of fierce hope. Like Abraham and Sarah, the Source of All Being is calling us to leave everything that is familiar and set out toward a new horizon. There is no MapQuest for this journey.

PW: What impact does this expanding consciousness have on our personal and communal spiritual growth?

John: The initial impact is often that of restlessness, confusion, doubt and the feeling of being lost. This is because an expanding consciousness challenges much of our past, cherished assumptions about theology, religion and the role of the human in creation. Over time, most religious traditions have become obsessed with dogma—with being orthodox or “right.” It is time once again—both personally and communally—to embrace mystery as the heart of faith, and compassion as the core ethic for our lives. Obviously, this means trusting that the Spirit is leading us to create new wine skins for this new wine.

PW: How do you perceive our world may be impacted if we were to bring a new sense of divine energy into our religious imagination?

John: First, we will likely continue to experience an intense period of polarization, conflict and chaos. The initial response to a “new sense of divine energy” is often fear, denial and resistance, both in individuals and in institutions. At the same time, this newly emerging religious imagination is even now shaping a vision that will eventually transform our struggling institutions into more inclusive, justice-based, unifying structures. Our greatest danger is fear and despair. Our deepest challenge is to mobilize and embody this new consciousness before our egocentric delusions destroy a viable future.

PW: What gives you hope for the future in terms of our expanding consciousness and its impact on social justice?

John: My hope is grounded in the Source, the Ground and Destiny of this evolving universe. As a limited pilgrim, I cannot see clearly the path that is before us or the response that is required of us. But I trust that the Spirit is, even now, unfolding that vision and shaping our response from within creation and our lives. Our task, it seems to me, is to listen deeply to the Spirit—within and among us—and then to risk it all by acting justly, loving tenderly and walking humbly (Micah 6:8). Hope is justice on a journey.

OPERATING BOARD SPOTLIGHT



Mike Thome,
Chair

Mike has served on the Prairiewoods Board for more than six years because he feels that it is a “great way to support the basic beliefs that I have about spirituality and ecology.”



Carol Lensing,
Vice Chair

Carol, who has been on the Board for more than five years, says that Prairiewoods’ role is “to be a place of peace and reflection as well as (a) connection to the environment for all.”



Jeff Kaiden,
Secretary/Treasurer

Jeff has spent four years on the Prairiewoods Board and is inspired by Prairiewoods’ niche as “an alternative to current living styles” for everyone, not just people of certain faiths.

Fred has served three years because this is “a place for individuals to better know themselves and their relationships with others, their physical world, and God.”



Fred Althoff

Lois, a Board member for four years, says, “The founders had a strong, powerful mission and vision statement—and PW has remained faithful to that vision” for 15 years.



Lois Bartelme

Sister Cecilia has served on the Prairiewoods Board for two years. She says that Prairiewoods is “a living, organic witness to the sacredness of Earth.”



Cecilia Corcoran, FSPA



Katie Giorgio

Katie, a three-year Board member, appreciates the Center’s focus on “faith, the environment and time for reflection, (which) are very important in today’s busy world.”



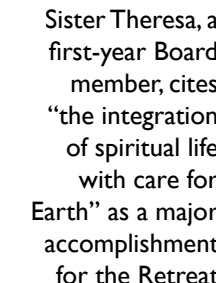
Bruce Hamous

Bruce, a three-year member, is proud of Prairiewoods’ “incorporation of a sustainable energy strategy with the installation of the photovoltaic panels and solar hot water heater.”



Cecelia Kivlin
Harmeyer

Cecelia has recently joined the Board because she feels that Prairiewoods continues “to grow and evolve over the years to provide programming that is relevant to those of all faiths.”



Sister Theresa, a first-year Board member, cites “the integration of spiritual life with care for Earth” as a major accomplishment for the Retreat Center.



Theresa Keller, FSPA

Alan is a new Board member who says that “Prairiewoods is a resource (for) educational and spiritual experiences for individuals and groups from all faiths and cultures.”



Alan F. Kessler

Sister Suzanne was a Board member for four years and has been the FSPA liaison to the Board for over a year. She says that “the staff and volunteers are the heart and hands of Prairiewoods.”



Suzanne Rubenbauer,
FSPA



Rev. Dr. Barbara H.
Schlachter

Barbara, an eight-year Board member, says, “Outstanding speakers have come from all over the world to present forward-thinking ideas about our cosmos and our relationship to it.”



Donna Venteicher,
FSPA

Sister Donna has been on the board for more than three years. She says, “Many people have found healing of body, mind and spirit through the programs offered” at Prairiewoods.



Jean Wenisch

Jean has served for six years and says we are in a great position to “educate the community on how caring for Earth (and each other) enables better mental and physical health.”

Be a Localvore All Year Long

Purchasing local foods during the summer and fall is pretty easy these days, with multiple farmer's markets, CSAs and farm stands in the area. But how easy is it to buy local foods in the winter? Are those of us who do not garden, can and freeze our delights out of luck until summer rolls around again? Thankfully, the answer is no!

There are year-round options for local food purchasing. Consider visiting winter farmer's markets in Mount Vernon, Springville, Ely and Iowa City. (Learn the specific dates by visiting www.JohnsonLinn-LocalFood.Webs.com.)

You can also use food cooperatives—which are member-based and work directly with producers and consumers—to find fresh, local products throughout the winter. A local option is the Iowa Valley Food Coop (www.IowaValleyFood.com). You can also try local grocer New Pioneer Coop (www.NewPi.coop).

Jason Grimm, food system planner with Iowa Valley Resource Conservation and Development, also suggests contacting local farmers directly. He says that many farmers take orders from individuals year round.

For those of you looking forward to spring and all of those fresh greens, consider joining us at Prairiewoods on Sunday, March 18, for our 3rd Annual Linn County Local Farmer and CSA Fair. (See page 9 for a full description.)

Explore Shades of Green

As Kermit the Frog once said, "It isn't easy being green." Or is it? The term "green" is everywhere these days, but what exactly does it mean to be green? Kermit obviously had that covered because he is green (and a frog, of course), but what about the rest of us?

One way we can learn about and practice our "greenness" is to join the Green Living Group (GLG), which meets monthly to discuss the many facets of being green. The GLG focuses on everything from food and water to transportation, from voluntary simplicity to ecospirituality. Discussions typically include recent articles, films or guest speakers and time for discussion.

There will be no GLG in December or January, but meetings will resume in February with a discussion of local food options in the area. The March topic is green cleaning and April will focus on Sustainable YARDening. You are invited to come every month or as the topics interest you. Learn something new, share your knowledge and ideas, and stay up-to-date on local eco-events taking place (such as Eco Fest 2012).

The GLG meets the third Wednesday of each month from 6:30–8 p.m., and free-will offerings are gratefully accepted. For more information, contact Emy Sautter at 319-395-6700, ext. 222, or esautter@prairiewoods.org.

Recycling at Prairiewoods

Prairiewoods was founded on ecological principles, so recycling is a large part of what we do. However, as an organization, we are charged a fee every time we recycle items like batteries and lightbulbs. (It is free for individuals and families to recycle these items.) So while we appreciate that you—our friends and guests—want to recycle, we cannot accept your recyclable items here.



If you are in the Corridor, we recommend taking your recyclable items to the Solid Waste Agency, located at 1954 County Home Road in Marion. They can be reached at 319-377-5290. For more information on where to take your recyclable items, contact Prairiewoods at 319-395-6700 or visit www.SolidWasteAgency.org.

Xavier High School Volunteers



Students from Xavier High School spent a morning in late October volunteering on the Prairiewoods grounds as part of a service project. They worked with the Prairiewoods Outdoors Committee to mulch the trails. We couldn't have gotten the grounds ready for winter without their help, so we extend a heartfelt thank you!

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

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.

This weekend will be facilitated by Ann Jackson, PBVM. Sister Ann is on staff at Prairiewoods, where she designs and coordinates retreats and provides spiritual direction and retreat facilitation.

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

Allow the smell of baking bread on a cold day to help you reflect on blessings in your life. 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. The group also will spend an afternoon visiting Stringtown Grocery in Kalona and an organic garden.

This retreat will be limited to eight people and is almost full, so please register soon by calling Prairiewoods at 319-395-6700.

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

Commuter Fee: \$300 includes presentations, cooking materials and daily lunch



Praying Our Dreams: Discovering God's Messages **Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.**

If you are interested in learning more about your dreams, save the weekend of June 8–10 for a dream workshop/retreat called *Praying Our Dreams: Discovering God's Messages* presented by Olga Wittekind, OSF, a clinical psychologist and Jungian analyst.

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 not simply a one-time event; rather, you enter into the process of forgiveness. This retreat will help you learn and practice steps in the forgiveness process, as well as discover how to maintain a spirit of forgiveness in your life. The weekend promises to balance input, individual reflection and prayer.

This retreat will be facilitated by Vince Hatt, who 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



Full Voice: Unleashing the Power of Your Vocal Presence Retreat

Friday, March 30, 6:30 p.m.–Sunday, April 1, 1 p.m.

No matter what you do for a living, you spend a good part of every day in conversation. *Full Voice* with Barbara McAfee will offer a memorable, pragmatic, and playful way to ensure that your voice is congruent with your message.

Mindful Presence Retreat



Participants in the Mindful Presence Retreat with Tom Roberts earlier this fall took advantage of the beautiful weather by practicing mindfulness techniques on the Prairiewoods grounds. This retreat focused on how we are connected to all life.

Women in Interfaith Dialogue

Saturday, Jan. 7, 10 a.m.–3 p.m.

Facilitator: Rev. Dr. Barbara Schlachter

Women in Interfaith Dialogue, a group open to women of all faiths, will hold its quarterly gathering at Prairiewoods to discuss the theme of *light*. Every religious tradition has a special way of



understanding light as an essential part of its faith. If you would like to participate, you are asked to think about light in your religious tradition and be prepared to share and discuss; you also may bring a brief reading about light.

The day will start with a discussion of the Solstice in the Celtic traditions of ancient Britain and Ireland. It will conclude with the lighting of candles and the sharing of brief readings from each tradition. For more information or to register, contact Barbara Schlachter at 319-351-4380, b.schlachter@mchsi.com.

Fee: \$15 includes lunch and coffee

Finding Meaning through Creativity:

Advancing Along Our Creative and Spiritual Journey

Mondays, Jan. 9, 16, 23, 30, 9:30–11 a.m.

Facilitator: Michelle Fischer

Whether you doodle or hold serious aspirations as an artist, you have creativity and the gift to imagine within you. Monday mornings in January, working artist and teacher Michelle Fischer



will help you explore your individual creative gifts of imagination. Michelle will take you—students of the visual arts—through instruction and critique as a means to strengthen your skills and hone your talents. All visual artists are welcome, whether you are a beginner with curiosity or a gifted veteran. *Please bring your artwork in progress to each class.*

Michelle will help you identify connections between your creative and spiritual journeys, which can open channels to inner and outward transformation. To learn more about Michelle, visit her website at www.ArtListens.com.

Classes will be limited to ten people, so please register early by contacting Andrea Jilovec at 319-395-6700, ext. 202, or ajilovec@prairiewoods.org.

Fee: \$15 per class or \$51 for four-week series (paid by January 9)

T'ai Chi Chih®

Tuesdays, Jan. 10, 17, 24, 31 and Feb. 7, 14, 1:30–3 p.m.

Facilitator: Nancy Hoffman, FSPA

Do you want to feel and be well?

T'ai Chi Chih®, or Joy Through Movement, is a series of twenty simple movements that are slow, gentle and easily done by anyone, regardless of age or physical condition. The movements promote physical, mental, emotional, and spiritual harmony and well being. No experience is necessary. Several Qi Gong exercises, which also promote good health, will be included.



This class will be facilitated by Nancy Hoffman, FSPA. Sister Nancy is the Holistic Services Coordinator at Prairiewoods and an accredited teacher of T'ai Chi Chih®.

Fee: \$60 for six-week series

Day of Self Renewal

Mondays, Jan. 16, Feb. 20, March 19, 8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

This is a day all about you—your health, well-being and peace. You are invited to escape from your normal hectic pace and leave your worries outside our door. You will find rest, peace and renewal as you participate in group Guided Meditation and two 30-minute holistic services of your choice. Walk our grounds; visit our Media Center for books on spirituality,

ecology and much more; read; rest and reflect all day long. Your fee also includes a private guest room for the day and a delicious lunch. Services you may choose include Massage, Head & Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands and Spiritual Direction. Registration is required at least five days in advance, so please call Prairiewoods at 319-395-6700.

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

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

Focus on themes of unity, oneness and centering love in this weekend program. Facilitator Gary Egeberg developed a 12-step approach that provides a framework around



which you can gather with others on a regular basis to process your spiritual journeys. Gary's program is unique in that it does not require a person to be addicted or codependent to participate and experience a deep sense of belonging (although those who are addicted or codependent are also welcome).

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 12-Step programs—as well as recent findings from neurobiology and psychology.

For more information or to register, contact Prairiewoods at 319-395-6700.

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

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

PROGRAMS

**Finding Meaning through Creativity:
Art and Fear**
Mondays, Feb. 6, 13, 20, 27,
9:30–11 a.m.
Facilitator: Michelle Fischer

Fear can hold us back. Sometimes fear can be a good and healthy response—we don't jump off roofs for fear of spraining or breaking parts of ourselves. Other times it prevents us from taking a step in the right direction, or any step at all. You know, of course, that nagging feeling that you should be doing something, but since you are not sure of the outcome, you keep yourself from even starting the task.

Artist and teacher Michelle Fischer, who is leading the *Advancing Along Our Creative and Spiritual Journey* classes in January, will also teach this series of classes in February. She will help you explore why art gets made, as well as the reasons art often *doesn't* get made. As a guide, she will use the book *Art & Fear* by David Bayles and Ted Orland. Right from the start, the authors remind us that: "art making involves skills that can be learned. The conventional wisdom here is that while 'craft' can be taught, 'art' remains a magical gift bestowed only by the gods. Not so" (*Art and Fear*, page 3). This book will be required reading for this class and is available in the Prairiewoods Gift Shop.

This class will be a good fit for creatives of all sorts, but will particularly appeal to visual artists. So, if you are ready to work but wondering how to get started, or know that your project needs something and are afraid to push it further, come to this class and get prepared to move forward in your art-making processes.

Fee: \$15 per class or \$51 for four-week series (paid by February 6)



Prairie Seed Stomp
Tuesday, Feb. 7, 6:30 p.m.
Facilitator: Emy Sautter

Unlike many humans, prairie seeds actually *like* cold weather! Learn more about these crazy little 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. If there is extreme weather, call Prairiewoods at 319-395-6700 to learn if the class is cancelled.

Fee: Free-will offering to support purchasing prairie seeds for Prairiewoods

**Institute of Spiritual Healing and
Aromatherapy:**
**Sent to Heal & Anoint, CCA
Course 301**
Friday, Feb. 17, 6:30 p.m.–Sunday,
Feb. 19, 6 p.m.

Facilitator: Patricia Springer, RN, BSN,
MA, CHTP/I, CCA

Certification in Clinical Aromatherapy course 301, *Sent to Heal & Anoint*, is a two-and-a-half-day course by the Institute of Spiritual Healing and Aromatherapy (ISHA).

Aromatherapy is the practice of using natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. Developed centuries ago, this ancient healing tradition is practiced today through aromatherapy and hands-on healing. In this course, the science of aromatic oils and their vibrational frequencies are examined. As a student, you will integrate essential oils with heart-centered energetic healing techniques through instructor-guided experiences.

This course explores the healing capabilities of essential oils from ancient cultures, our Biblical experience, medieval healers and those in healing professions today. This course is open to all who wish to learn to use aromatherapy in their daily lives or who want to lay the



groundwork for certification as Clinical Aromatherapists. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 24 CEs).

Instructor Patricia Springer is a holistic nurse with more than 40 years of experience specializing in Pediatrics, Cardiology, Critical Care and Emergency Room. She maintains a private practice that integrates spiritual ministry and aromatherapy. She holds a Masters Degree in Religious Studies, is a certified labyrinth facilitator and, most recently, is a certified clinical aromatherapist.

For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$400 plus lodging and meals (Go to www.Prairiewoods.org to see numerous discounts available.)

**Institute of Spiritual Healing and
Aromatherapy:**
**Using Your Hands to Heal,
HTSM Course 103**
Saturday, Feb. 18, 8:30 a.m.–Sunday,
Feb. 19, 6 p.m.

Facilitator: Gayle Mohr

Healing Touch Spiritual Ministry 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.

The course incorporates a variety of healing modalities that spring from the laying-on of hands 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. She has a private practice in healing that includes massage, aromatherapy, trigger point therapy and Healing Touch Spiritual Ministry.

For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$300 plus lodging and meals (Go to www.Prairiewoods.org to see numerous discounts available.)

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. Linn County Naturalist 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. People frequently are surprised to learn that owls will be sitting on eggs or hatching owlets at this time of year. This will be a great event for the whole family!
Fee: \$5 per person or \$10 for a family



3rd Annual Linn County Local Farmer and CSA Fair Sunday, March 18, 2–5 p.m.

Facilitators: Iowa Valley Resource Conservation and Development, Local Foods Connection, Prairiewoods

You won't want to miss this opportunity to meet a number of local farmers! Various local food growers and Community Supported Agriculture (CSA) farmers will be on hand to provide information about CSA shares, locally-produced meats and locally-grown vegetables. Come to Prairiewoods between 2 and 5 p.m. to meet local farmers, learn about CSAs and add the freshest foods to your diet.

Fee: Free

Women's History Month at Prairiewoods

March is Women's Month, and Prairiewoods is celebrating women and the womanly on Thursday evenings throughout the month. Bring your mother, grandmothers, sisters, female cousins, nieces, sisters-in-law, mother-in-law and friends, and come prepared to listen to and learn from one another with all of your heart, giving respect and welcoming all women who enter. Feel free to join us for one or all four evening sessions. Registration is recommended, so please contact Prairiewoods at 319-395-6700.

Fee: \$10 per session or \$32 for four-week series (paid by March 1)



Introduction to Tribal Fusion Dance Thursday, March 1, 6:30 p.m.

Facilitators: Alison Frerking, Pam Hyberger

Join veteran dancers, instructors and sisters Alison Frerking and Pam Hyberger as they introduce us to this deeply female dance tradition. Tribal Fusion is a modern adaptation of Arabic and Turkish dance movements (commonly called *belly dancing*) that originated in early history and is uniquely designed for the female body. Emphasis is placed on abdominal muscles, hip moves and chest moves. It is firm and earthy and is traditionally danced with bare feet to foster connection with the earth. Sounds of joy and laughter are certain to fill the room!

Full Moon Ceremony and Cultural Potluck Thursday, March 8, 6:30 p.m.

Moon ceremonies have been performed for centuries in indigenous cultures as a way to honor Grandmother Moon, restore our Feminine Power, and restore balance between the feminine and masculine sides of ourselves. Sharing food is an intimate way to add to our personal, traditional and cultural stories. Please bring some "moon" food to share. (Moon food is usually white and/or round like the moon—think cookies, various breads and apples—but all foods are welcome!)

Holistic Healing Thursday, March 15, 6:30 p.m.

Holistic medicine is a system of health care that fosters a cooperative relationship among all involved, leading toward optimal attainment of the physical, mental, emotional, social and spiritual aspects of health. It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment, including drugs and surgery if no safer alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being. Come learn directly from advanced practitioners about adopting holistic approaches for our physical health and spiritual well-being.

The Phases of Womanhood Thursday, March 22, 6:30 p.m.

We'll wrap up our month of celebrating women with an examination of the traditional myth of the three phases of womanhood: Maid, Mother and Crone. Each phase symbolizes a separate stage in the female life cycle and encompasses the concept of the Goddess as being threefold. The phases share associations with the moon phases, the growing seasons and the phases of a woman's life, with a strong connection to Earth and its cycles.

CONTINUING PROGRAMS

Prairiewoods Knitters & Stitches

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

The Prairiewoods Knitters & Stitches come together to create handmade crafts for charity 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



The Prairiewoods Knitters & Stitches display some of their handmade goods before the Holiday Bazaar on November 19.

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in Room 113 of the Prairiewoods Guest House. 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.

Facilitator: Andrea Jilovec

Sacred Circle is gaining momentum as even more strong, sensitive, intelligent and spiritual women gather together to listen to and share with one another. Come regularly or just drop in—either way, you always will be welcomed! This group recognizes that all of us are on individual paths of the spiritual journey, seeking answers and approaches to deepen and enrich our understanding of our own life. Monthly topics vary greatly, from the use of labyrinths as spiritual tools to making mandalas for personal prayer. To learn the planned monthly topic, visit our website or contact Andrea Jilovec at 319-395-6700, ext 202, or ajilovec@prairiewoods.org.

Fee: \$5 per session

Green Living Group

3rd Wednesday monthly (except December and January), 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, Emy Sautter

Please see page 5 for a full description of this continuing program.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

Wednesday Women is a lively group that meets weekly to be spiritually enriched, updated, inspired and challenged. In January the group will finish the *Uppity Women of the Bible* DVD series on the book of Ruth presented by Rev. Dr. Lisa Wolfe. The remaining topics in this series are:

Jan. 4: *An Uppity Woman?*

Jan. 11: *Grace and Hospitality*

On January 18, Wednesday Women will begin discussing the book *The Story of Ruth* by best-selling author Joan Chittister and celebrated artist John August Swanson. This book is said to “reclaim the ancient story of Ruth as a model for contemporary women seeking a fully spiritual life.” This book is available for purchase in the Prairiewoods Gift Shop and through a number of

on-line booksellers. Please read the following sections prior to that day's meeting:

Jan. 18: *Introduction, Loss, Change, Transformation*

Jan. 25: *Aging, Independence, Respect*

Feb. 1: *Recognition, Insight, Empowerment*

Feb. 8: *Self-Definition, Invisibility, Fulfillment*

Beginning February 15, Wednesday Women will discuss *The Art of Dying and Living: Lessons from Saints of Our Time* by Kerry Walters. This book explores the connection between living and dying by exploring the lives of nine modern-day men and women. This book is available for purchase in the Prairiewoods Gift Shop. Please read the following sections prior to that day's meeting:

Feb. 15: *Introduction: An Ars Moriendi for Today* (pp. xiii–xx)
Living toward a Good Death (pp. 1–17)

Feb. 22: *Trust: Joseph Bernardin* (pp. 18–43)

Feb. 29: *Love: Thea Bowman* (pp. 44–73)

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 Jan. 5), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group uses the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. Every other Thursday, the group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. It becomes a positive force in your life and provides direction for your journey, enabling you to embrace your truest self. For more information, contact Betty Daugherty, FSPA, at 319-395-6700, ext. 205.

Fee: \$5 per session

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
We have dedicated a page on our website to chronicle our generous supporters.
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

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The Prairiewoods Wish List

Throughout the year, the Prairiewoods staff identifies items that we need in various departments. If you have any of the following items, we would greatly appreciate the donation!

Basic Tool Kit for the Office
Blankets and Sleeping Bags to Cover the Sweat Lodge
Flameless Candles (Due to strict adherence to Fire Code policy, Prairiewoods guests are not allowed to burn candles or have other open flames inside the Center, Guest House or Hermitages. Flameless candles are a good alternative.)
Garden Rakes (although we have plenty of leaf rakes)
Long-Handled Spade Shovels
Pitch Forks and Garden Forks
Wheel Barrows
Yarn, Fabric and Other Knitting Supplies for Prairiewoods Knitters and Stitchers



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

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- Donna Venteicher, FSPA . . . 204**
 dventeicher@prairiewoods.org
- Lucille Winnike, FSPA 221**
 lwinnike@prairiewoods.org

Holiday Shopping at Prairiewoods

You have probably purchased all of your holiday gifts and even have them wrapped and ready for giving. (But if you find yourself laughing at that statement, don't worry—we can help!)

The Prairiewoods Gift Shop offers a wide assortment of books, CDs, scarves, Fair Trade products and ecologically-minded gifts.

And for those on your list who are hard to shop for, consider a Prairiewoods gift certificate. Our gift certificates can be purchased in any denomination and can be used for holistic services, programming or gift shop purchases.



Prairiewoods

March/April 2012

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

Presenting Spirituality in the 21st Century Speaker

The following text is an excerpt from pages xvi–5 of John Heagle’s book *Justice Rising: The Emerging Biblical Vision* (Orbis Books, 2010). We hope it introduces you to our March 16–17 speaker, in his own words.

“The first recorded words of Jesus in the Gospel are a summons to change. “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news” (Mark 1:15). ... The need to change goes beyond culture, politics, and religious institutions. It confronts human persons at the core of their being. “The journey of a thousand miles,” in the familiar words of Lao Tzu, “begins with one step.” ...

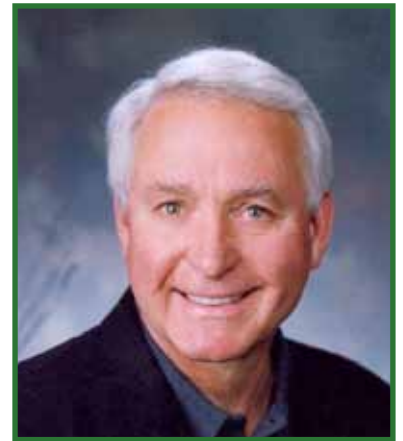
It [this journey] is not just any voyage that we share. This is a journey toward deeper and more expansive life. Specifically, it is a passage toward *liberation*. We are a part of a universe that is still coming alive, still unfolding in hope. The J. B. Phillips translation of the Christian Scriptures says it well: “The whole creation is on tiptoe to see the wonderful sight of the sons [and daughters] of God coming into their own” (Rom 8:19).

What would it imply for our communities of faith “to come into their own”? What would it mean for each of us, as members of the human race, to live out the truth of our calling? There is indeed an emerging, shared intuition that creation is standing on tiptoe, straining to see in what direction the human community will choose to walk. It is as though we are summoned to a new moment of shared responsibility, poised at the edge of vast possibilities. A persistent inwardness stirs in our consciousness, like a new dawn breaking through the morning clouds, a promise waiting to be realized. There are things hidden since the beginning of time that are still being revealed, secrets of the reign of God to be embodied, creative energies waiting to be set free. The question is whether we will hear this invitation. Have creation and God’s good earth unfolded through 13.7 billion years only to end in our communal failure to choose life? Or will we make the next step in the journey toward authentic freedom? ...

We are speaking of a mystery

that is unfolding in all of creation, not just with human beings. This is what Loren Eiseley describes as the “immense journey” of creation—the unfolding of the universe through the evolution of energy, matter, biological life, and human consciousness. In this sense, the entire 13.7 billion years of this universe is salvation history. Liberation has been at work for all these billions of years.

Evolution is itself a transformative passage—an exodus—from less complex forms of life to more developed forms. Its path is clearly toward deeper awareness and reflective consciousness, for it flowers in the gift of intentional freedom—the challenge of taking responsibility for the care of the earth and of being compassionate toward our sisters and brothers. It is a passing over from (apparently) inert being to becoming vibrantly alive, from being bound by externality to blossoming into inwardness and the surprise of creative imagination.



John Heagle

The contemporary theologian and cosmologist John Haught describes this parallel between our faith tradition and the way that we have come to view the journey of the universe. The first image that should come to mind when we read or hear the word of God, he maintains, is *liberation*. ... To bring about “new being, more being, and more intense being” in the world ... The first step toward reimagining the meaning of biblical justice as a path toward peace requires that we embark on this more expansive worldview. It challenges us to open our horizons, to take the wide-angle view that Teilhard, Haught, Thomas Berry, Brian Swimme, and other cosmologists are inviting us to embrace today.”

Prairiewoods Franciscan Spirituality Center is the sole sponsor of this event. Both Friday and Saturday’s events are open to the public, and registrations are encouraged. Limited lodging is available at Prairiewoods. A block of rooms also has been reserved at a nearby hotel. For more information or to register, contact Prairiewoods at 319-395-6700 or download a registration form at www.Prairiewoods.org.

Who: John Heagle

What: Spirituality in the 21st Century
Coming of Age in the Milky Way: Spiritual Transformation and Creative Hope!

Where: St. Elizabeth Ann Seton Church
1350 Lyndhurst Dr. in Hiawatha

When: Friday, March 16, 7–9 p.m.
Saturday, March 17, 9 a.m.–3:30 p.m.

How Much: \$25, Friday only
\$50, Saturday only
\$60, full event (register by March 5)
\$65, full event (register after March 5)

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We are delighted to be here at Prairiewoods as we look ahead to a year filled with promise. Yes, we know there is work to be done and hurdles to cross, but the thought that the Spirit is always inviting us to stretch and grow, to enter into a blessed newness, eases the sense of any doubt we might hold within. As we move forward, we want to continue to build on the past, but also encourage and facilitate genuine newness.

One of our favorite philosophers and authors, Beatrice Bruteau, writes that evolution—or growth—needs two things to unfold: stability and novelty. Just as the universe has developed in a sequence of time and events, with each new step dependent on what has gone before, the future of Prairiewoods is supported by all that has been built over the past 15 years. This kind of stability is invaluable. But also, just as the universe is in a constant state of cosmogenesis, a continuous movement of imaginative unfolding, so we at Prairiewoods wish to be open to new and creative possibilities. We must continue to develop our potential.

How will this happen? Fortunately Prairiewoods is hugely blessed by community. We have the community of our staff, the community of a loyal and active board, the marvelous support of many friends, and beyond that, a Franciscan Community whose support makes it all possible. And we know that within every community, every circle of support, there are individuals who are uniquely gifted. We have those in abundance. Within our supportive communities, we see a gold mine of strength, a variety of interests, skills and gifts. We feel richly blessed by these circles of energetic and committed people, passionate for the mission of the Center, who will continue to affirm the movement forward.

In this community, we have a commonly held belief: that all of us are called to further God's kingdom here on Earth. It is we who are asked to do the needed work by letting the Source of All Being use us and the talents we have been given to work together in harmony.

So we embrace this New Year, knowing that we live in a world of stupendous beauty and promise. We will look for new opportunities, even as we face the challenges of a world that continues to change with remarkable speed. It is our hope that in this place of peace and transformation, we can firmly fix all our energies on the side of that which is life-affirming and unifying. We will do it with you.

Joann Gehling, FSPA
Interim Co-Director

Donna Venteicher, FSPA
Interim Co-Director



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others with an increasing awareness of the story of the Universe.

Prairiewoods 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:

Prairiewoods
120 E Boyson Rd
Hiawatha, IA 52233
319-395-6700
www.Prairiewoods.org
Ecospirit@Prairiewoods.org



SAVE THE DATE...

3rd annual

Linn County

LOCAL FARMER & CSA FAIR

building relationships between
farmers and the community

MARCH 18, 2012, 2-5 p.m.

Prairiwoods Franciscan Spirituality Center
120 East Boyson Road, Hiawatha, IA 52233

Join us for the third annual Local Farmer and CSA Fair to meet some of Iowa's Community Supported Agriculture (CSA) and local food farmers. These farmers will have information available for those interested in finding out how to add fresh fruits & vegetables and other local foods to their diet throughout the Iowa growing season. The fair will also include music, snacks and refreshments.

A **CSA** is a weekly subscription program for vegetables. 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.

The fair is sponsored by



for more information contact

Jason at jason@ivrkd.org or 319.622.3264 or Emy at 319.395.6700

OUR “WOW” MOMENTS

Identifying Personal Moments of Insight

In an interview with *U.S. Catholic* some years ago, cosmologist and author Brian Swimme said that humans were created for a sense of delight, for a sense of astonishment. He said that, as aware and conscious beings, it is our role to observe all we see around us and say “WOW.” Brian is saying that the Universe is so incredible, so amazing, mysterious and fascinating, that we humans cannot help being caught up and transformed by the experiences offered to us by our home—our beautiful, fragile planet.

We’ve invited a few of our friends to share a WOW moment—a time in which they were gifted with a surprising insight, a moment of grace. Here are some of their responses.

“This WOW moment happened when I was a teenager. I grew up in Minnesota, weeding the vegetable and flower gardens for my mother. On a trip to Illinois, as I was sitting against a tree, reading and praying, I noticed the weeds around me. They were different weeds than the weeds in Minnesota! I burst out laughing at a God who could be so creative and humorous as to make weeds different just a few hundred miles away. I felt in awe and enriched to live in a world with infinite variety—even in the weeds.”

~ Cynthia Madsen

“I have many WOW moments and most of them involve animals. I feel closest to God in the presence of animals. For a number of years, a magnificent three-legged buck lived in our neighborhood. One moonlit winter night a fresh snow was falling. I was reading in my living room and felt I was being watched. I was startled to see the face of a large buck looking in the front window. I went to the window. It was the three-legged buck. He looked at me and then left. I looked into the back yard a short time later and he was standing on the hill, looking toward me.

Even though it was bitterly cold, I felt compelled to go outside. I put on my boots and coat and slowly walked up the hill toward him, snow crunching under my boots. The buck watched me but did not move. I got within a few feet of him and stopped. The sky was pink and the snow blue under the full moon. The buck and I stood in close proximity, in peace, in silence and with no fear of each other, sharing the quiet beauty of the night and the pure new snow falling on our faces.”

~ Laurie Crawford Stone

“It was early fall and I was spending time in one of the Prairiewoods hermitages, engaged in a difficult discernment about my participation in the process for leadership in my religious community. Uncharacteristically, there was not a lot of active life in the woods beyond my window, save for one robin that literally never went away. For a while she perched in the bare branch of a tree where she simply hovered over me. At other times, she flew down to the threshold space just outside my door, danced around a bit, then stopped and stared right in at me until our eyes literally locked. When I left the cabin, I would, on my return, find her on the path, and she pranced ahead of me, leading me back into the hermitage. I claimed her as a faithful friend; a guide; and, robin that she was, a harbinger of some promised new springtime in my life. While there, I knew in the way only the heart can that, after twelve years in leadership, it was time to let go.

Some weeks later, after communicating my decision to my congregation, I received a letter from one of my sisters in community. When I opened the letter, I could hardly believe what I saw and read. There at the top of the page was a photo of a robin on a branch. It looked exactly like the one who had companioned me during my days of discernment at Prairiewoods. The woman who sent the letter, affirming my decision about leadership, said that, knowing my love for deer, she had hoped to find pictures of a deer, but all she could find was this robin. I was truly moved by the realization that there is indeed something more going on in life. We are held in and connected by an all-pervasive tender loving holy energy. I know it, because a robin tells me so!”

~ Mary Ann Zollmann, BVM

“I have lots of memories of times when I felt especially aware of the universe and sensed myself as part of a great mystery. When I was 9 or 10, I sprawled on my stomach on a neighbor’s lawn when a small cricket hopped into view—only he had one leg missing. I watched him for a long time and marveled at his adaptability and endurance, feeling a profound connection to the world in which I live. It seemed to me that he symbolized our ability as humans to accept suffering with courage and dignity, knowing that we are part of something greater than ourselves.”

~ Lois Bartelme

Lent—Leading to Resurrection

by Betty Daugherty, FSPA

Those 40 days we call Lent are upon us. It is a time to give greater attention to the meaning of Jesus' presence among us, and in particular, to the meaning of his life and resurrection. And so we ask ourselves: *What does Jesus' resurrection mean for us today?*

Looking at current theological views of the meaning of resurrection might well change everything about our approach to our Lenten days.

These quotations from Christian theologians open the door to the power of resurrection:

“The theme that Christ is at the center of creation is also a powerful biblical rediscovery of our time. He is the Word through whom all things were made; as the firstborn of creation he is the one in whom all things hold together. ... This kind of Christology offers a powerful deterrent to exploitation of the earth for the earth is pervaded with significance within the divine milieu. ... In our day the humanocentrism of much of Christology is expanding toward a cosmic vision of the significance of Jesus Christ. Both the example of Jesus and Spirit christologies point the way toward a new, urgently needed appreciation of the universality of reconciliation at work in the world through Christ. The promise of redemption is meant for all the peoples of the world and for the whole cosmos itself.”

~ Elizabeth Johnson, *Consider Jesus* (pp. 141–143)

“The Resurrection was like an explosion of light, an explosion of love which dissolved the hitherto indissoluble compenetration of ‘dying and becoming.’ It ushered in a new dimension of being, a new dimension of life in which, in a transformed way, matter too was integrated and through which a new world emerges. It is clear that this event is not just some miracle from the past, the occurrence of which could be ultimately a matter of indifference to us. It is a qualitative leap in the history of ‘evolution’ and of life in general toward a new future life, toward a new world which, starting from Christ, already continuously permeates this world of ours, transforms it and draws it to itself.”

~ Pope Benedict XVI, quoted by Ilia Delio, *The Emergent Christ* (pp. 75–76)

“Christians believe in bodily resurrection, and bodies are inseparable from the material universe. In some sense, therefore, resurrection, if it is not an irrational belief, must be the destiny of the entire universe, not simply of perishable

Hope

Everything in God's economy is used for good.

Our toil, our suffering, become milk and honey.

Just me and my pen
and you and your plow
us and our song

O let us feed the world
with our humble works,
through the risen Christ
in whom we place our hope.

~ Jean Elliott Junis

(Jean is a teacher and poet
living in Iowa City.)

She has been a familiar face at
Prairiewoods since its beginning.)

human lives. So Christian theology, today more than ever, must find a way to connect the whole cosmic story to that of Jesus Christ ‘in whom all things consist’ (Col 1:17). ... The Christian must have hope for the whole universe because the resurrection of Jesus demands it.”

~ John Haught, *Christianity and Science: Toward a Theology of Nature* (p. 155)

“The Wisdom of God has always been at work, enabling each creature to be and to become. In Jesus risen, a specific human being is radically united with the power of divine Wisdom at work in the universe. In the resurrection, Jesus of Nazareth becomes the Cosmic Christ. The humanity of Christ achieves a new relation with the material universe in the resurrection. The resurrection involves this humanity in Wisdom's cosmic work.”

~ Denis Edwards, *The God of Evolution* (p. 122)

“There are three important principles at work in Rahner's theology which can be brought together at this point: first, the understanding that our relationship with God is permanently mediated through the humanity of Christ; second, the conviction that God's relationship with human beings is always also a relationship with the whole cosmos in and through human beings, who are the cosmos come to self-awareness; third, the concept that the whole cosmos forms a unity with the risen Jesus, so that his resurrection is the beginning of the divinization of the world.”

~ Denis Edwards, *Jesus and the Cosmos* (p. 104)

In light of the thoughts of Pope Benedict and these representative theologians, it seems that the way we approach Lent could be different. Since the whole world is transformed through the resurrection of Jesus, our relationship with the material world is raised to a spiritual level.

Lenten practices that lead toward resurrection in this sense come out of a vision of Christ who brings all things together. We give greater purpose to our lives as we enter into a new relationship with Earth. Our spiritual tradition of a Lenten practice can be directed toward cutting our ecological footprint. Just a few ideas:

- Lessen the amount of carbon dioxide emissions in the atmosphere by eating more locally grown foods.
- Support green energy options. Investigate the use of solar and wind power.
- Support organizations involved in protecting the environment.
- Encourage peace activists or become involved yourself.

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

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 not simply a one-time event; rather, you enter into the process of forgiveness. This retreat will help you learn and practice steps in the forgiveness process, as well as discover how to maintain a spirit of forgiveness in your life. The weekend promises to balance input, individual reflection and prayer.

This retreat will be facilitated by Vince Hatt, who 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



Full Voice: Unleashing the Power of Your Vocal Presence Retreat

Friday, March 30, 6:30 p.m.–Sunday, April 1, 1 p.m.

Facilitator: Barbara McAfee

How can you speak so people will listen? Are you using all of the resources in your voice in service to your intentions, visions and purpose? What gifts residing deep inside you yearn for expression? How would your life be different if you were “unsilenced”? No matter what you do for a living, you spend a good part of every day in conversation.

This retreat offers a memorable, pragmatic and playful way to ensure that your voice is congruent with your message. As a participant, you will explore five distinct vocal sounds using the Five Element Framework™. Then you will explore how sound can enhance everyday communication.

Given her own remarkable recovery from paralyzing stage fright, Barbara McAfee is walking (singing) evidence of the transformational power of the voice. With twelve years experience as an organizational development consultant, she



has directed retreats throughout the country to restore vitality and balance to individuals and organizations. In her 20 years as a voice coach, she has helped numerous people “find their voice”—whatever that means to them.

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

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

Beginner's Eye: A Refreshing Way to Cultivate Clear Seeing Retreat

Friday, April 20, 6:30 p.m.–Sunday, April 22, 1 p.m.

Facilitator: Tom Roberts

This retreat is a delightful blend of mindfulness/contemplation/meditation, photography and Haiku to enhance your connection with your true self and the world around you. It will help you discover the fascination and beauty inherent in small and deceptively trivial patterns, colors and textures. As you allow yourself to photograph and become more connected to these things without biases, filters or fears, your experiences and connections become rich and joyous.

No photographic experience is necessary, nor is fancy camera equipment. This retreat is not about *what* you see, but *how* you see.

A psychotherapist and hypnotherapist in private practice, facilitator Tom Roberts has more than 35 years of experience in clinical psychotherapy and his own Zen Buddhist practice. Over the last 40 years, Tom has become an advanced amateur photographer with a unique style of capturing often-overlooked elements of the environment.

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

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



Opportunities for Exploring Dreams

If you are interested in learning more about your dreams, save the weekend of June 8–10 for a dream workshop/retreat called *Praying Our Dreams: Discovering God's Messages* presented by Olga Wittekind, OSF, a clinical psychologist and Jungian analyst. (The cost is \$225 or \$175 for commuters.)

Another opportunity is the *Dream Workshop DVD Series* on Thursday evenings in September from 6–8 p.m. (The cost for this four-week series is \$80, or \$72 if paid by August 1.)

Participants in this workshop series then will have the opportunity to join small dream groups that will meet from 6–8 p.m. on the first and third Thursdays from October through December. (The cost for this six-week series is \$120, or \$108 if paid by August 1.)

If you have questions, contact Marj English, OSF, at 319-395-6700, ext. 216, or menglish@prairiewoods.org. Please plan ahead, as space is limited and registration is required. To register, contact Prairiewoods at 319-395-6700 or nrood@prairiewoods.org.

Women's Month at Prairiewoods

Celebrate all that is feminine during Women's Month at Prairiewoods. Bring the women in your life to one or all four of these Thursday evenings in March. Andrea Jilovec and Emy Sautter will co-facilitate each week. Registration is recommended, so please contact Prairiewoods at 319-395-6700.

Fee: \$10 per session or \$32 for four-week series (paid by March 1)

Introduction to Tribal Fusion Dance

Thursday, March 1, 6:30 p.m.

Join veteran dancers, instructors and sisters Alison Frerking and Pam Hyberger as they introduce you to this deeply feminine dance tradition. Tribal Fusion is a modern adaptation of Arabic and Turkish dance movements (commonly called *belly dancing*) that originated in early history and is uniquely designed for the female body. Emphasis is placed on abdominal muscles, hip moves and chest moves. It is firm and earthy and is traditionally danced with bare feet to foster connection with the earth. Sounds of joy and laughter are certain to fill the room!

Full Moon Ceremony and Cultural Potluck

Thursday, March 8, 6:30 p.m.

Moon ceremonies have been performed for centuries in indigenous cultures as a way to honor Grandmother Moon, restore Feminine Power, and balance the feminine and masculine parts of each person. Sharing food is an intimate way to add to your personal, traditional and cultural stories. Joann Gehling, FSPA, will guide you through this evening of cultural traditions. Please bring some "moon" food to share. (Moon food is usually white and/or round like the moon—think cookies, various breads and apples. Moon food is preferred, but all foods are welcome!)

Holistic Healing

Thursday, March 15, 6:30 p.m.

Holistic medicine is a system of health care that fosters a cooperative relationship among all involved, leading toward optimal attainment of the physical, mental, emotional, social and spiritual aspects of health. It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment, including drugs and surgery if no safer alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being. Nancy Hoffman, FSPA, and Mary Ellen Dunford will share holistic practices—such as massage, tai chi, reflexology and healing touch—you can easily incorporate into your life for physical health and spiritual well-being.

The Phases of Womanhood

Thursday, March 22, 6:30 p.m.

Join us as we examine the traditional myth of the three phases of womanhood: Maid, Mother and Crone. Each phase symbolizes a separate stage in the female life cycle and encompasses the concept of the Goddess as being threefold. The phases share associations with the moon phases, the growing seasons and the phases of a woman's life, with a strong connection to Earth and its cycles.

New programs have a way of popping up right after the newsletter goes to print! Keep up with the latest developments by checking the Prairiewoods website at www.Prairiewoods.org, browsing brochures in the Center or calling Andrea Jilovec at 319-395-6700, ext. 202.

Finding Meaning through Creativity Advancing Along Our Creative and Spiritual Journey

**Mondays, March 5, 12, 19, 26,
9:30–11:30 a.m.**

Facilitator: Michelle Fischer

"Where the spirit does not work with the hand there is no art." ~ Leonardo da Vinci

Prairiewoods is pleased to continue this very popular 4-week class with artist, teacher and art-coach Michelle Fisher. She will help you explore your individual creative gifts and will take you through instruction and critique as a means of strengthening your skills and talents as a visual artist. Michelle will help you to open creative channels for inner and outward transformation. Please bring your artwork in progress to each class.

Fee: \$20 per class or \$72 for four-week series (paid by March 5)



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. Linn County Naturalist 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. People frequently are surprised to learn that owls will be sitting on eggs or hatching owlets at this time of year. This will be a great event for the whole family!

Fee: \$5 per person or \$10 per family



PROGRAMS

Seasonal Celebrations

Celebrate the changing seasons with Prairiewoods, Indian Creek Nature Center and Wickiup Hill:



Spring Equinox
March 18 (2 p.m.)
at Indian Creek



Summer Solstice
June 20 (6 p.m.)
at Prairiewoods



Fall Equinox
Date and time TBD
at Eastern IA Observatory



Winter Solstice
December 20 (6 p.m.)
at Prairiewoods

Local Farmer & CSA Fair

Sunday, March 18, 2–5 p.m.

Facilitators: Prairiewoods & IVRCD

See page 3 for complete details.

Fee: Free-will offering



Day of Self Renewal

Monday, March 19, 8:30 a.m.–4 p.m.

Monday, April 16, 8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

This is a day all about you—your health, well-being and peace. You are invited to escape from your normal hectic pace and leave your worries outside the door at Prairiewoods. You will find rest, peace

and renewal as you participate in group Guided Meditation and two 30-minute holistic services of your choice. Walk our grounds; visit our Media Center for books on spirituality, ecology and much more; read; rest and reflect all day



long. Your fee also includes a private guest room for the day and a delicious lunch. Services you may choose include Massage, Head & Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands and Spiritual Direction.

You can check into your room as early as 8 a.m., and the program begins promptly at 8:30 a.m. Registration is required at least five days in advance.

Fee: \$90 includes group Guided Meditation, two holistic services, room for the day and lunch

Institute of Spiritual Healing and Aromatherapy

Introduction to Healing Ministry, HTSM Course 101

Saturday, March 24, 8:30 a.m.–6 p.m.

Facilitator: Kate Petree

Are you interested in enhancing your spiritual focus with a healing heart? If so, you may be interested in enrolling in this introductory Healing Touch Spiritual Ministry

course. Offered through 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. This inspiring day includes the roles of prayer and belief, the development of a healing presence and guided meditations. This is a great introductory course for ministers, massage therapists, hospital and hospice workers, nurses, chaplains, Stephen ministers, prayer teams and other spiritual practitioners. Participants receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

This class will be taught by Kate Petree, BME, LMT, CCA, HTSM-CP/II. She has a degree in Music Education with endorsement in Elementary Education and became a Licensed Massage Therapist in 2002. Kate has a private practice in Knoxville and Oak Ridge, Tennessee.



Institute of Spiritual Healing and Aromatherapy

Introduction to Judeo-Christian Anointing, HTSM Course 102

Sunday, March 25, 8:30 a.m.–6 p.m.

Facilitator: Kate Petree

This introduction will examine anointing in our Judeo-Christian story and how we lost it through history. This class will focus on nine essential oils traditionally used at the time of Christ, anointing with healing oil, laying-on of hands and other simple healing techniques to give you experience in healing and anointing for ministry settings. Massage therapists, chaplains, Stephen ministers, prayer teams, nurses, hospital and hospice workers, and other health-care practitioners may find that this course serves as a starting point for further investigation of spiritual healing. Participants receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

Like course 101, this class will be led by Kate Petree. Courses 101 and 102 will be taught the same weekend, but need not be taken together or in order.

For more information or to register for one or both classes, contact ISHA at 303-467-7829 or www.ISHAhealing.com. After you register, you may add lodging and meals by calling Prairiewoods at 319-395-6700.

Fee: \$150 per class for early registration, \$175 per class after March 2 (food and lodging not included; visit www.ISHAhealing.com to see numerous discounts available)

Save the date for the following ISHA classes coming to Prairiewoods later this spring:

Sent to Heal & Anoint, CCA Course 301, May 4–6

Forming a Healing Practice, HTSM Course 104, May 5–6

Women In Interfaith Dialogue

Saturday, March 31, 10 a.m.–3 p.m.

Facilitator: Rev. Barbara Schlachter

The focus of this session of Women in Interfaith Dialogue will be *darkness*. It will include a presentation on dark

matter by a professor of physics and presentations on darkness from a spiritual perspective in Islam and Christianity.

All women are welcome. It might be helpful, although not necessary, to read Richard Rohr's *Hope Against Darkness* before the meeting. You are invited to bring a brief reading on the theme of darkness from your own religious tradition to use during a candle-lighting ceremony.

For more information or to register, contact Barbara Schlachter at 319-351-4380.

Fee: \$15 includes lunch



Sweat Lodge (Inipi) Ceremony

Saturday, March 31, 7 p.m.

Saturday, April 28, 8 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

Eco-Arts Fest 2012 will be held on Saturday, April 21, in the New Bo District. Check the Prairiewoods website for more details as the date gets closer!

AARP Driver Safety Program

Monday, April 23, 8:15 a.m.–1 p.m.

Facilitator: AARP

This 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 review driving skills and techniques. It will also teach strategies and tips to help you adjust to normal age-related physical changes that may affect your driving ability.

Class will begin promptly at 8:30 a.m. Please note that this class is being offered *free* for Prairiewoods volunteers and staff! However, *all* who wish to attend must register by April 18 by calling 319-395-6700.

Fee: \$14 for the general public, \$12 for AARP members, free for Prairiewoods Volunteers and Staff

Green Series

Spring brings with it the rebirth of many things, including the Green Series at Prairiewoods. Here are some of the upcoming classes in this engaging, hands-on series focused on eco-living.

Seed Starting Class

Tuesday, March 27, 6–8 p.m.

Facilitator: Jill Jones

Imagine luscious red tomatoes, shiny green peppers, beautiful purple eggplants and fragrant herbs ... all starting as the smallest of seeds! Join us for a fun and informative class that will help you start seeds for your own garden and teach you how to care for them as they grow. The class will include a starter flat, soil and seeds (tomatoes, green peppers, eggplants, herbs and more). Some seed varieties are heirloom. Registration is required by March 23. Space is limited to 12 participants, so please register early!

Fee: \$20

Green Cleaning Party

Tuesday, April 10, 6–8 p.m.

Facilitator: Emy Sautter

Spring is almost here, and you know what that means—time to clean! Did you know that many household cleaners contain toxic chemicals linked to birth defects, fertility problems, asthma and more? Wipe out unsafe chemicals by mixing your own cleaning products. A Green Cleaning Party is a fun way for you and your friends to learn about chemicals in household cleaners and how they might affect you and your family's health. You will also learn how to make non-toxic cleaners from common ingredients like vinegar, baking soda and essential oils. Leave the party with two samples and multiple recipes! Registration and payment are required by April 5.

Fee: \$10

Grow Your Own Herbs and Spices

Thursday, April 19, 6–8 p.m.

Facilitator: Jill Jones

Learn how to start your own container or kitchen herb garden in this hands-on growing class. You also will learn to cook with your freshly grown herbs and other spices from around the globe. Registration is required by April 12.

Fee: \$20

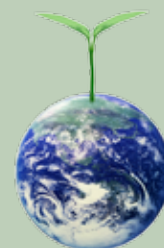
Natural Body Care

Tuesday, May 8, 6–8 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 beautiful, but many of the chemicals found in our cosmetics are anything but pretty! Take this class to learn more about the chemicals in cosmetics and body care products, how to reduce your exposure to these chemicals, safe alternatives and recipes for making your own products! Registration and payment are required by May 7.

Fee: \$8



CONTINUING PROGRAMS & DONORS

Bridges to Contemplative Living with Thomas Merton

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

Facilitator: Betty Daugherty, FSPA

This group uses the series *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. The group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others.

Fee: \$5 per session

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in room 113 of the Prairiewoods Guest House.

Fee: Free-will offering

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball, Emy Sautter

The Green Living Group explores 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. Participants may join at any time. The group will discuss Non-Toxic Cleaning for Your Home on March 21 and Sustainable YARDening on April 18. For more information about each month's topic, visit www.Prairiewoods.org.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

This lively group of women meets weekly to be spiritually enriched and inspired. The group is currently studying *The Art of Dying and Living: Lessons from Saints of Our Time* by Kerry Walters. Please read the following sections prior to that day's meeting:

March 7: *Gratitude: Etty Hillesum* (pp. 74–102)

March 14: *Obedience: Jonathan Daniels* (pp. 103–130)

March 21: *Courage: Dietrich Bonhoeffer* (pp. 131–159)

March 28: *Patience: John Paul II* (pp. 160–189)

April 4: *Christing: Caryl Chessell* (pp. 190–218)

Conclusion: The Great Test (pp. 219–226)

On April 11, Wednesday Women will view and discuss the film *Journey of the Universe*. Then they will begin a six-week Bible DVD series on *The Song of Songs*. Feel free to join this stimulating and supportive group at any time!

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

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

Perhaps you are only setting out, or perhaps you have come a long way in your spiritual journey. Either way, you may ask: *What should my next step be? Where might it lead?* Know that you are not alone. We all are seeking answers to enrich our spiritual lives. Sacred Circle is a place to bring your questions. Come to listen and learn, share and sample what others have found and are still finding. Feel free to drop in at any time!

Fee: \$5 per session

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

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

- Please send your mailings electronically to _____.
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The *Garden Party* is scheduled for **Saturday, June 9**. Please mark your calendars, because this is an event you will not want to miss! This is our largest fundraiser of the year and is always a night full of great entertainment, food and auction items!

Prairiewoods is holding its annual *Used Book Sale* in **February and March**. Donations of used books, CDs, DVDs and cassette tapes will be gratefully accepted through February 29. You can purchase used media on a wide variety of topics through March 31.

Prairiewoods has many **resources** you can borrow, including a display about immigration in Iowa, a 24-foot indoor labyrinth and the DVD *Journey of the Universe*. To reserve one of these resources, contact Prairiewoods at 319-395-6700.

Prairiewoods

May/June 2012

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

Prairiewoods Celebrates Spring with Garden Party, June 9

The Prairiewoods flowerbeds are blooming, vegetables are growing in our garden and the animals are giving birth to new life. Spring is here, and we're celebrating with our seventh annual Garden Party!

This year's Garden Party will be held on Saturday, June 9, in the lovely Hallagan Education Center at Mercy Medical Center in downtown Cedar Rapids.

The party begins at 4:30 p.m. with a social hour featuring local wine and beer tasting. As a guest, you can enjoy live entertainment, socialize with other guests and preview Prairiewoods' new video documentary. You will feast on a buffet dinner prepared by the chefs at Mercy Medical Center.

You also will have a chance to bid on a variety of exciting items in both a silent and live auction. This year's auctions include irresistible items, such as a Community Supported Agriculture (CSA) share, tickets to community events, gift certificates for Prairiewoods programs and retreats, and a stunning handmade afghan ... just to name a few!

In the coming months, you will be able to buy raffle



tickets for a chance to win an iPad and a private ride in a hot air balloon. Watch the Prairiewoods Planner emails, visit www.Prairiewoods.org or find PrairiewoodsFSC on facebook for information about purchasing raffle tickets in the coming weeks.

Tickets to the Garden Party cost \$40 for one person or \$250 for a table of eight (a portion of which is tax-deductible). Start thinking about getting a group of friends together for this enjoyable evening!

We also are seeking sponsors to help underwrite the cost of the Garden Party. Sponsorships are at the heart of making this event successful each year, and we would be thrilled to include any company or individual as a supporter. To learn more about becoming a sponsor, please contact us.

The Garden Party is the main fundraising event of the year for Prairiewoods. It 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 or to register, please visit www.Prairiewoods.org or contact Andi Lewis at 319-395-6700, ext. 206.

“Celebrating at the Prairiewoods Garden Party each year feels like a special way to kick off summer. It is a time to be thankful for the space and place that is Prairiewoods and to raise money to support the ongoing programming. Plus it's just plain fun!”

— Katie Giorgio,
Garden Party Committee Chair

Who: All Friends of Prairiewoods

Where: Hallagan Education Center, Mercy Medical Center

When: Saturday, June 9, 4:30 p.m.

How Much: \$40 per ticket or \$250 per table of eight

DIRECTORS' CORNER

PRAIRIEWOODS OPERATING BOARD

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Donna Venteicher, FSPA

It's spring, and Earth is greening. How we welcome this green and juicy time of year when trees bud forth and tender, new grasses spring from the brown soil. How we relish each sign of renewal and growth as Earth seems to awaken again.

Hildegard of Bingen once wrote that the greening of Earth in springtime is a sign that our God is a God of newness and hope, a God who delights

us with promises bursting with life. Other saints and mystics speak of what they have discovered about this God. They've learned that God constantly draws us forward into greater life, that each of us has a built-in longing for relationship with this God, the Source of all Being. Each one of us is utterly restless, hungering for something beyond ourselves. That hunger is the heart of spirituality, a spirituality that is innately present within each human who walks on Earth.

At Prairiewoods, we call ourselves a spirituality/ecology center, a place where this innate spirituality is nourished by a God who is revealed in the visible world around us. Our gradual understanding of the New Universe Story challenges us to see the dynamic relationship that exists between our faith beliefs and the discoveries that science has brought to light within the past two or three decades.

This story tells us how galaxies, planets, all living organisms and human beings came to be. From this story we understand that everything—including human consciousness—arises from a common source and process. It challenges us to ask how we can more deeply connect with everything within this web of life and gifts us with an image of the Divine that is still present and acting within the universe and within us. It helps us to envision a possible future and defines our role within a universe that is still in process, still moving, still evolving.

So, Earth continues to green, and we humans can choose to grow, to expand our consciousness, to awaken to new life. Perhaps the coming of spring will compel us to do so.

Joann Gehling, FSPA
Interim Co-Director

Donna Venteicher, FSPA
Interim Co-Director



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others with an increasing awareness of the story of the Universe.

Prairiewoods 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.

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My Spiritual Transformation as a Peacemaker

by Chris Gaunt (vegan hog farmer, grandmother, peacemaker and Occupier from Grinnell, Iowa)

I spent the month of October 2011 living in a tent on Freedom Plaza in Washington, D.C. *I joined like-minded Americans in a nonviolent movement* that seemed like its time had come. So I temporarily left my husband of thirty-one years, a new granddaughter, our Iowa farm and my job in order to be physically present for the start of this movement.

Our purpose was to find creative ways to end militarism and corporatism. We would work hard to create the world we want to live in. That world would include health care for everyone. Today we call this the Occupy Movement.

Nineteen years ago one transformational moment happened when, as my dad lay dying from leukemia, he passed a message to me just through the grip of his hand. He thanked me for praying with him, he told me he loved me and he told me good-bye.

Five years later our pastor invited us to attend a vigil and demonstration at the School of the Americas, located inside the army base at Ft. Benning in Columbus, Georgia. Our oldest daughter and I said “yes.” We joined many others to show solidarity with the victims of military repression in Latin America and to try to convince our government to stop training the soldiers who were carrying out that repression.

Four years later, when the events of September 11, 2001, happened, I watched our government respond primarily by seeking revenge through the military. As I witnessed a wave of fear spread across our country, I planted my feet and said, “No, not me.” Come what may, *I would take my stand on the side of love, not fear.*

I spent the one-year anniversary of 9/11 on retreat with a dozen Iowans from the United Church of Christ trying to discern “Jesus’ way out of violence.” Is there a third way, a choice other than fight or flight? We studied Mark 5:38–41 and Luke 6:29–31 until the message soaked in that we have one choice today: nonviolence or nonexistence.

Before long my spiritual path led me straight out the door of the Gilman Community Church and into a jail cell. Having declared a “war on terror,” our government

changed the way it treated peaceful resistance expressed by our bodily presence at the School of the Americas. In 2003 I was convicted of the federal misdemeanor of trespass on an army base and sentenced to three months in jail. I must be a slow learner, because in 2006 my peaceful nonviolent resistance was rewarded by a six-month jail sentence. Yet both times I came out of jail a happier, more open and more loving person. That Georgia County Jail gave me several gifts: I met my soul sister in life, and I lost all fear of jail. Jail also offered me time to meditate. To sit and be content. My own mantra became: *Persist. Slow Down. Have Mercy. Pass It On.*



“We have one choice today: nonviolence or nonexistence.”

That led to an experiment to try to end funding for the wars by doing 53 weekly Die-Ins over a period of fifteen months in the Des Moines offices of my Senators, Harkin and Grassley. I learned to trust Spirit and to take instruction for the day from my morning meditations. Before long I was standing in front of Iowa judges talking about love. I could feel my desire for peace lining up with the deep desire of the Universe for peace.

Three years ago I became a vegan. Today I live with the paradox of being a vegan and an Iowa hog farmer. Eating vegan reinforces on a daily basis my desire to decrease violence in our world. And that makes me happy.

Two summers ago I traveled to the mountains of northern California for a Vision Quest. I came home knowing I am a healer, owning the fact that I am a rule breaker and intending to use the power of love to create new rules that work better for more people.

In March 2011, I traveled with an international peace delegation to Afghanistan. We were invited to work with people in Afghanistan as they seek alternatives to the violence in their country.

That brings us full circle back to this fall when the Occupy Movement beckoned me to come with my body and an open heart and mind. Occupy is a growing, evolving, creative endeavor. Now we have an Occupy Grinnell in my own small town. My experiences continue to give cause for great optimism concerning our shared futures. *Together, we are all the 99%.*

“ To develop a more harmonious global society, strengthen local communities, and nourish our own lives, we need to love life, live it to the full, and contribute to its growth. ”

— Ursula King, *The Search for Spirituality: Our Global Quest for a Spiritual Life*, p. 188

Why Grow Spiritually?

Engaging people in awakening to a deeper awareness, to a self-reflective spiritual consciousness where divine energy resounds within us, is the great calling of our time. To respond to this call, many people are seeking more spiritual education and opportunities. People desire to become more *spiritually literate*. Such literacy goes far beyond learning to read and write, beyond acquiring a particular professional skill set.

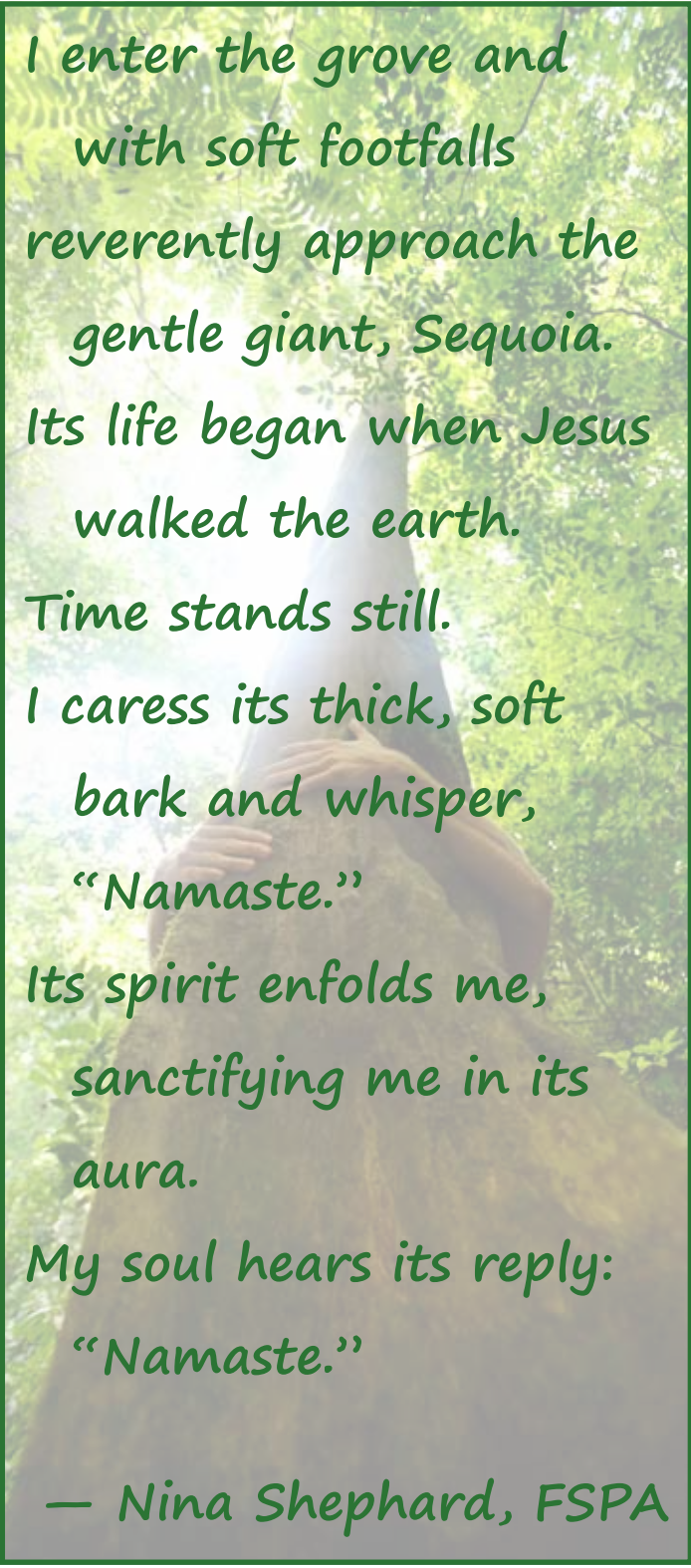
Spiritual literacy helps us to move through and beyond emotions and ethics to a much deeper dimension of insight and wisdom that grows from the heart and fosters compassion and love. These are the deepest energy resources humans hold as bearers of the Spirit. Prairiewoods' 2012 *Spirituality in the 21st Century* speaker, licensed psychotherapist and retreat facilitator John Heagle, speaks of this spiritual literacy as a sign of adult spiritual growth, which includes “a deepening interiority (more aware of inner self), a hunger for deeper prayer, an emerging sense of generativity (we all give life) and a longing for intimacy.”

Deepening our spirits is about “meaning-making.” We spend ourselves—our time, our money, our personal energies—attempting to make sense of our lives, our relationships, accepting all with gratitude and offering all in service to others. John Heagle notes that the central facts of our transformation include:

1. *taking up our lives (differentiation)*
2. *deepening our inwardness (interiority)*
3. *giving and receiving love (communion)*

It demands of each of us integrity, honesty and passionate commitment to the life of the Spirit. We are each walking thought, transformative energy, empowering imagination and inspiration. These compel us to be bearers of Spirit and new life.

This process of spiritual growth and transformation happens both individually and communally. Prairiewoods invites you to engage in an ever-deepening, reverent awareness of the wholeness and inter-connectedness of all of creation. Come explore, through the mystery of the Spirit, our collective potential to enhance and expand the fullness of life. *Come, join us!*



*I enter the grove and
with soft footfalls
reverently approach the
gentle giant, Sequoia.
Its life began when Jesus
walked the earth.*

Time stands still.

*I caress its thick, soft
bark and whisper,
“Namaste.”*

*Its spirit enfolds me,
sanctifying me in its
aura.*

*My soul hears its reply:
“Namaste.”*

— Nina Shephard, FSPA

For the Love of the Land

by Emy Sautter, *Prairiewoods Ecospirituality Coordinator*

Prairiewoods' mission focuses, in part, on educating the public about the unfolding story of the universe. In our efforts to grow and expand as the universe does, our staff is developing initiatives to help us live and work more fully through our mission. One such initiative is to honor Prairiewoods as sacred space and to respect the life that abounds here.

Over the last year, the Prairiewoods Outdoor Committee—made up of Cliff Schueler, Sister Nancy Hoffman, me (Emy Sautter) and a number of committed volunteers—has made many changes to the 70 acres we call Prairiewoods. We removed some of the large Scotch Pine and Colorado (Blue) Spruce—which were compromised by fungal diseases—and replaced them with Canaan Firs, Norway Spruces, Serbian Spruces and White Pines, which are not susceptible to the diseases. By working proactively, we hope to replace the diseased trees with new varieties and lessen the impact of a large-scale die off.

We have planted new Arrow Wood bushes near our shop and Button bushes and Weeping Willows in the Founder's Grove. Plans also are in the works for planting new bushes around the two straw-bale hermitages this spring. We have trimmed bushes and pruned our fruit orchard, which we hope will improve our fruit production this year.

You may have noticed that the woods look quite different these days too. Over the past five years, we have worked vigorously to remove the non-native shrub called Honey Suckle from the Western part of the woods. This highly invasive bush has degraded many woodlands and crowded out

native seedlings, saplings and wild flowers. This leads to decreased diversity of plant life and therefore affects the soil, the wildlife and the whole ecosystem. By removing this shrub, we have worked toward restoring this woodland to a more historically authentic habitat.

We removed trees that were within the canopy of the large sprawling oak trees and some dead trees that posed a risk of falling on the trails. This opening of the woods also helped us do prescribed burning, which is very beneficial for plants native to Iowa woodlands. Eventually, as more sunlight makes its way to the woodland floor, native tree seedlings will be more likely to emerge, spring woodland wildflowers will have a better chance at proliferation and native grasses will return—all contributing to a more diverse and healthy habitat.

We used prescribed burns in the prairie across from the hermitages. In February, we seeded this area with a variety of prairie grasses and forbes. (Did you know that prairie seeds can be planted at any time of year? Many seeds require time in the cold to stratify, and the snow encourages good seed-soil contact.) We plan to burn other fields this spring to help us control the non-native cool-season grasses that pop up in early spring. The fire retards their growth and gives the warm-season native plants a better chance at emergence later in the spring and early summer.

If you have questions about the work being done on the Prairiewoods grounds or want advice on native habitat restoration on your property, please feel free to contact me at 319-395-6700, ext. 222, or esautter@prairiewoods.org.

Eco-tours at Prairiewoods

Would your club, organization or business like a tour of Prairiewoods' many ecological features? Spring and summer are the perfect time to schedule an individual or group eco-tour!

Learn about one of the area's largest solar photovoltaic arrays, get a tour of our straw-bale hermitages, see a trombe wall and check out I-Renew's on-site training facility.

Walking tours and armchair tours are available and may be combined with lunch or dinner. Call Emy Sautter at 319-395-6700, ext. 222, for costs and additional details.

“The natural world tells us: I will feed you, I will clothe you, I will shelter you, I will heal you. Only do not so devour me or use me that you destroy my capacity to mediate the divine and the human. For I offer you a communion with the divine, I offer you gifts that you can exchange with each other, I offer you flowers whereby you may express your reverence for the divine and your love for each other.”

— Thomas Berry,
Evening Thoughts, p. 139

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

Praying Our Dreams: Discovering God's Messages Retreat/Workshop

Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.

Facilitator: Olga Wittenkind, OSF

You dream, whether or not you remember the dreams later. Working with your dreams can bring transformation and healing by opening you to your inner landscape.

Olga Wittekind, OSF, is a clinical psychologist and Jungian analyst. She is the director of the Oldenburg Franciscan Center in Indiana and a retreat director, spiritual director and counselor who loves combining spirituality and personal growth.

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

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



Participants also may join the following optional series:

Dream Workshop DVD Series: Thursdays in September, 6–8 p.m. (\$80 for four-week series or \$72 if paid by August 1)

Small Group Dream Series: first and third Thursdays, October through December, 6–8 p.m. (\$120 for six-week series or \$108 if paid by August 1)

Creating Sacred Space Retreat

Friday, June 8, 6:30 p.m.–Sunday, June 10, 1 p.m.

Facilitator: Ruth Ipsan-Brown

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 often is overlooked that is meaningful. You will allow pieces of nature—such as sticks, twigs, stalks, leaves, stones, shoots and shells—to gather you in to your internal sacred space.

Ruth Ipsan-Brown has been an artist for more than 35 years. With an art degree and teaching certificate from the University of Iowa, Ruth teaches art in schools, art centers and private classes.

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

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



Spiritual Literacy: Reading the Books of Scripture, Nature and Experience Retreat

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

Facilitator: Trisha Keninger Day

It's been said that while religion is an attempt to define who God is and what you must believe, spirituality has to do with how and where you experience God. This retreat will focus on the latter by exploring tools of spiritual literacy, such as awareness, intuition, playfulness and self-expression, as well as the role the arts play in finding what lies beneath the surface of your life. You will spend the week using these skills in order to be attentive to what is being revealed about God's presence in your life through the Books of Scripture and other Wisdom traditions, as well as through nature and everyday life.

Trisha Keninger Day, author of *Inside the School of Charity—Lessons from the Monastery*, has extensive experience leading retreats that focus on living more intentionally and attentively. Married and the mother of two adult children, Trisha is a writer and ardent reader of all kinds of books.

Fee: \$400 includes presentations, lodging and all meals

Commuter Fee: \$300 includes presentations, Sunday dinner and daily lunch



Silent Directed Retreats

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

Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

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

Find extended time for prayer, solitude, quiet and peace during the June or July Silent Directed Retreats. In the beauty of 70 acres of prairie and woods, you will find quiet time and space to experience more deeply the

God within you, within your personal relationships and in all of creation. The time throughout the week will be yours to spend in silence in any way that helps foster your sense of spirituality. Break your silence for a daily one-on-one meeting with a spiritual director, who will help you reflect on your spiritual journey.

Betty Daugherty, FSPA; Lucille Winnike, FSPA; Marj English, OSF; and Ann Jackson, PBVM, are on staff at Prairiewoods and trained spiritual directors. These retreats fill up quickly, so please register early!

Fee: \$400 includes spiritual direction, lodging and all meals (Commuters will not be accepted for these retreats.)



Nurturing the Sacred Within Retreat Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

Facilitator: Corrina Thomas, FSPA

Participants in this retreat will answer fundamentally spiritual questions—such as *Who am I?* and *What am I?*—through the sacred Chakra system. Chakras are the bridge between the spirit and matter and represent the integration of body, mind and spirit. This ancient system provides a map to personal growth, whether focused on rising above the limitations of your life to better understand spiritual realms or bringing spiritual concepts into your everyday life. Regardless of which pathway you are on, this model helps you explore the many layers of human experience and deepen your understanding of your unique design.



Corrina Thomas, FSPA, is passionate about the New Universe Story and an evolutionary spirituality that sees the Divine as the primary causality for creation. Her ministry background includes spiritual direction, retreats and workshops. Sister Corrina was born and raised in India and, therefore, brings a wealth of interreligious and intercultural experience.

Fee: \$400 includes presentations, lodging and all meals

Commuter Fee: \$350 includes presentations, Sunday dinner and daily lunch

Yoga Retreat

Sunday, July 22, 6:30 p.m.–Friday, July 27, 1 p.m.

Facilitator: Mary Morrow

During this week-long retreat, active yoga postures, breathing techniques and relaxation methods will bring harmony to your body, mind and heart. You will use chant, meditation and guided visualization to further align with the flow of health and wholeness. Whether you have experience in these disciplines or wish to explore them for the first time, you can participate in this time of personal rejuvenation.



Mary Morrow, founder of Laughing Cobra Yoga, 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. Mary is certified in Phoenix Rising Yoga Therapy and has studied extensively with national and international yoga professionals since 1991. She combines humor, sensitivity and compassion as she weaves life stories and mythology into her teaching. She is available to schedule private yoga instruction or yoga therapy outside the group process for an additional fee. To learn more about Mary, visit www.laughingcobrayoga.com.

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

Commuter Fee: \$325 includes yoga instruction and daily lunch

Integrating Energy Centers of the Body Retreat Sunday, July 29, 6:30 p.m.–Friday, Aug. 3, 1 p.m.

Facilitators: Karen Kappell, FSPA, and Nancy Hoffman, FSPA

Revive your spirit by focusing on the seven core energy centers in your body. This retreat will provide storytelling, healing, art, music, quiet reflection, prayer, T'ai Chi Chih® and Qi' Gong. You will learn to go to the Source of God's healing through meditation, ritual, movement, dialogue and the gentle practice of self-renewal. You also will create a set of abstract paintings to use in meditation or display in a sacred space to awaken you to God's healing energy.

Karen Kappell, FSPA, is an artist and teacher who uses art and spiritual direction to develop personal creative potential. Sister Karen ministers at Marywood Franciscan Spirituality Center in Woodruff, Wisconsin, where she produces art in a variety of media in her art studio.

Nancy Hoffman, FSPA, is the Holistic Services Coordinator at Prairiewoods and a licensed massage therapist. As a certified Tai Chi Chih® teacher, Sister Nancy enjoys simple reflective movements that enrich your relationship with yourself, God and Earth.

Fee: \$425 includes sessions, materials, lodging and all meals

Commuter Fee: \$375 includes sessions, materials, Sunday dinner and daily lunch



Drum Wisdom, Drum Making Retreat Friday, Aug. 3, 6:30 p.m.–Sunday, Aug. 5, 1 p.m.

Facilitator: Wayne Manthey

This amazing, spiritual opportunity invites you to create the sacred gift of a hand drum and drum stick. This retreat will help deepen your understanding of the sacred role of drums as creative conduits for healing, insight and spiritual connection. You also will have the opportunity to participate in drum circles in the woods, on the labyrinth and around a bonfire.



Drum maker and storyteller Wayne Manthey weaves stories and spirit into the creation process. He believes that all living things vibrate at unique frequencies and that the connection between drums and people is a natural one. This 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, Saturday lunch and dinner, and Sunday lunch

PROGRAMS

New programs are always being created! Keep up with the latest developments by contacting Prairiewoods at 319-395-6700 or www.Prairiewoods.org.

Sent to Heal & Anoint, ISHA Course 30I

Friday, May 4, 6 p.m.–Sunday, May 6, 6 p.m.

Facilitator: Kate Petree, BME, LMT, CCA, HTSM-CP/I

Just as early peoples used their hands and the plants of the earth to heal, you too can practice this ancient healing tradition. Over two and a half days, you will



explore the healing traditions of essential oils from ancient cultures, Biblical experience, medieval healers and modern day. You will also study the science of aromatic oils and their vibrational frequencies, as well as how to integrate essential oils into a heart-centered healing practice.

Kate Petree has a degree in Music Education with endorsement in Elementary Education and is a certified Montessori Directress. She is a Licensed Massage Therapist, a Certified Clinical Aromatherapist, an Advanced Practitioner of HTSM and a Certified Healing Touch Spiritual Ministry Practitioner and Instructor. She has a private practice in Tennessee.

Participants will earn Continuing Education Credits (Nurses and Massage Therapists: 20 CEs). For more information or to register, contact ISHA at 303-467-7829 or www.ISHAHealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$400 for early registration, \$425 within three weeks of class, \$200 for repeat students or \$300 for full-time students (Lodging and meals may be added for an additional cost.)

Forming a Healing Practice, ISHA Course 104

Saturday, May 5, 8:30 a.m.–Sunday, May 6, 6 p.m.

Facilitator: Gayle Mohr, RN, CHTP, LMT, HTSM-CP/I, CCA

Forming a Healing Practice is specifically designed for people who wish to deepen their heart-centered healing ministry practice. As a

participant in this two-day course, you will learn advanced intervention methods to help with specific healing needs, including intake interviewing, learning how to document client sessions and bio-energetic assessing. Emphasis is on models of healing within present day church and ministry settings and ways to integrate Healing Touch Spiritual Ministry into a church/parish healing ministry.

Gayle Mohr is a Healing Touch Spiritual Ministry Certified Practitioner/Instructor and a Certified Clinical Aromatherapist with over 45 years nursing experience. She has worked in orthopedics, labor and delivery, massage, and complementary and alternative therapies. She has a private practice in Illinois, where she uses Healing Touch Spiritual Ministry techniques, massage, aromatherapy, trigger point therapy and various other techniques. Gayle enjoys teaching classes and giving presentations on Healing Touch Spiritual Ministry and Essential Oil topics to community groups, to healthcare providers, to church groups and at health fairs.

Participants will earn Continuing Education Credits (Nurses and Massage Therapists: 16 CEs). For more information or to register, contact ISHA at 303-467-7829 or www.ISHAHealing.com. After you register for the class through ISHA, you may contact Prairiewoods to add lodging and meals at 319-395-6700.

Fee: \$300 for early registration or \$325 within three weeks of class



Save the date for the following ISHA courses coming to Prairiewoods this summer:

Essential Oils for Physical Health and Well-Being, CCA Course 302, July 13–15

The Art of Listening to Spiritual Guidance, HTSM Course 105, July 13–15

Advanced Healing Practitioner Development A, HTSM Course 202, August 16–19

Advanced Healing Practitioner Development B, HTSM Course 203, August 16–19

Natural Body Care

Tuesday, May 8, 6–8 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 beautiful,

but many of the chemicals found in our cosmetics are anything but pretty!

Prairiewoods Ecospirituality Coordinator Emy Sautter will teach you about the chemicals in cosmetics and body care products, how to reduce your exposure to these chemicals, safe alternatives and recipes for making your own products.

Registration and payment are required by May 7.

Fee: \$8



Faith after Death: Rediscovering Faith after the Death of a Child Tuesdays, May 15, 22 & 29, 6–8:30 p.m.

Facilitator: Steve Vavra

This three-week series is designed for parents and other adult family members seeking more than traditional grief counseling after the death of a child. This interfaith series will lead you deeper into your own faith by exploring various faith topics. It will help you look at the sacredness of the lives you shared, explore the redemptive power of suffering, look for practices that can help break your cycle of grief and explore the wisdom of several religious traditions.



Steve Vavra is a spiritual wanderer influenced by a broad 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 has led 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.

Fee: \$10 per session or \$25 for three-week series (paid by May 1)

There will be no Sweat Lodge Ceremonies in May, June or July. Watch the Prairiewoods website or our next newsletter for future Sweats!

Day of Self Renewal Monday, May 21, 8:30 a.m.–4 p.m. or Monday, June 18, 8:30 a.m.–4 p.m.
Facilitator: Andrea Jilovec

This is a day all about you—your health, well-being and peace. You are invited to escape from your normal hectic pace and find rest, peace and renewal.



Participate in group Guided Meditation and two 30-minute holistic services of your choice; walk our grounds; visit our Media Center for books on spirituality, ecology and much more; read; rest and reflect all day. You will receive a private guest room and a delicious lunch made by our on-staff chef.

Services you may choose include Massage, Head & Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands and Spiritual Direction.

Andrea Jilovec is Prairiewoods Program and Hosted Group Coordinator. She will facilitate the Group Guided Meditation, give you a tour of the grounds and turn you over to highly trained and licensed holistic service providers.

You can check into your room as early as 8 a.m., and our program begins promptly at 8:30 in the Center's lounge. Registration is required at least five days in advance.

Fee: \$90 includes group Guided Meditation, two holistic services, a room for the day and lunch

Summer Solstice Celebration Wednesday, June 20, 6 p.m.
Facilitators: Emy Sautter and the Green Living Group

The Summer Solstice is the time of year when the arc of the sun is at its highest point in the sky. That means June 20 will be the longest day of light this year. The sun's life-giving energy makes our Earth wondrous in diversity and beauty. Come celebrate this season of vibrant life with the Summer Solstice Celebration at Prairiewoods!

Join facilitator Emy Sautter and Prairiewoods' Green Living Group in welcoming the summer with discussions from two new local food groups, Feed Iowa First and Field to Family. We also will have a summer potluck, so please bring a seasonal dish to share. Registration is encouraged, and all ages are welcome.

Fee: Free-will offering



Prairiewoods Says Good-Bye to a Friend

Prairiewoods lost a long-time friend in the recent death of John Hackbarth, a man who appeared often at our kitchen door bearing gifts from his marvelous garden. We so enjoyed the luscious ripe tomatoes, cucumbers, peppers and so many other veggies he brought in such abundance.

John even invited us to come to his garden ourselves, where we could pick big tubs of rhubarb to delight our guests. We are grateful not only for the gifts John brought, but even more for the joy that always seemed to accompany him. His spirit itself has been a welcome blessing.



CONTINUING PROGRAMS

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including May 10), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group uses *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. The group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. You may join at any time.

Fee: \$5 per session

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in room 113 of the Prairiewoods Guest House.

Fee: Free-will offering

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball and Emy Sautter

The Green Living Group explores 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. Participants may join at any time. The group will discuss *Wild Edibles* on May 16 and will participate in the Summer Solstice on June 20. (See page 9 for a full description.) For more information about each month's topic, visit www.Prairiewoods.org.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

Wednesday Women continue to meet weekly to be spiritually enriched, updated, inspired and challenged. Beginning April 25, the group will study Lisa Michele Wolfe's DVD series *The Song of Songs*. The weekly topics from this DVD series are:

May 2: Session 3: *A Misunderstood Book*

May 9: Session 4: *Don't Hurry Love*

May 16: Session 5: *Your Eyes Are Doves*

May 23: Session 6: *What's It All About*

On May 30, the group will discuss *Leadership: More Integrity than Politics* by Joan Chittister. In the summer months, Wednesday Women will meet only once a month. The topic for June 6 is a video autobiography called *Sister Thea: Her Own Story*. Feel free to join this stimulating and supportive group at any time!

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

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

Perhaps you are only setting out, or perhaps you have come a long way in your spiritual journey. Either way, you may ask: *What should my next step be? Where might it lead?* Know that you are not alone. We all are seeking answers to enrich our spiritual lives. Sacred Circle is a place to bring your questions. Come to listen and learn, share and sample what others have found and are still finding. Feel free to drop in at any time!

Fee: \$5 per session

Traveling Immigration Display Available to You

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"

is an educational display that combines photos and information to convey the history and status of immigration in our state and in

our country. The display can be used to enhance a presentation or can stand alone to draw attention to immigration issues.

The display is made up of four individual panels that each measure 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 to dismantle it when you are finished with it.

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



JANUARY/FEBRUARY DONORS

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

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Mary Ann Barry
Doug Beadle
Dian Boysen
Dianne Brenneman
Seth Burgweger
Donna Mae Davis
Peggy Dettmer
Marie Diebold
Norine Drahazol
Helen Elsbernd, FSPA
Laurel Gladish
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Anonymous
In Honor of Rick Jacobsen & Anne Sever
Gary & Jean Wenisch
In Honor of Andi Lewis
Charles Crawley & Libby Slappey

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Phyllis Ann Ries, RSM
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Our Wish List

Throughout the year, the staff identifies items that we need. If you have any of the following items, we would greatly appreciate the donation!

Bicycles (adult size)
Flameless Candles
Garden Forks
Garden Rakes (not leaf rakes)
Long-Handled Spade Shovels
Pitch Forks
Wheel Barrows
Yarn, Fabric and Other
Knitting Supplies





120 E Boyson Rd
Hiawatha IA 52233

Address Service Requested

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

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



**Phone Extensions/Email
319-395-6700**

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- Donna Venteicher, FSPA** . . 204
dventeicher@prairiewoods.org
- Lucille Winnike, FSPA** . . . 221
lwinnike@prairiewoods.org

SPIRITUALITY IN THE 21ST CENTURY



On the weekend of March 16–17, about 200 spiritual seekers attended Prairiewoods’ twelfth annual *Spirituality in the 21st Century* conference. This year’s event, “Coming of Age in the Milky Way: Spiritual Transformation & Creative Hope,” was led by Father John Heagle. John encouraged participants to explore their deepest self and their role within today’s world, which we understand through the Emerging Creation Story, or the story of the universe. He challenged participants by asking, “Is the life you are living the same as the life that wants to live within you?”



Prairiewoods

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

Prairiewoods Welcomes New Director, Laurie Harris

Laurie Harris, Prairiewoods' new director, began her position on May 14 with a firm determination to support a mission she sees as vital for the future.

"I'm grateful that my path has led me here," she says. "I feel I am working in a dynamic, spiritual environment and supporting a mission that I believe in. It is exciting to look at all the opportunities that are possible at an eco-spirituality center."

With 20 years of experience in the business world, Laurie was looking for a place where her background in strategic planning and administration could be used to support her own spirituality. She believes Prairiewoods is that place.

In her new position, Laurie's unique skills will be of use in promoting the philosophy of Prairiewoods as well as increasing awareness and usage. With a broad range of experiences in leadership, public relations and human resources, Laurie brings skills that are valuable for a non-profit organization. She believes in honoring traditions but also working toward greater clarity regarding the mission and in bringing energy into future growth.

Laurie is excited about the possibilities she sees at Prairiewoods. She has a deep love for the values she recognizes in the Franciscan tradition—values Francis taught through his life of simplicity and love of the natural world that shaped and expressed his spirituality.

"I'm inspired by what is being done here,"



Staff members bestow a blessing on their new director.

“I am working in a dynamic, spiritual environment and supporting a mission that I believe in.”

— Laurie Harris,
Prairiewoods Director

she notes. "I see so much knowledge and concern about the environment. Both staff and volunteers seem so committed to good ecological practices."

In the short time she has been at Prairiewoods, Laurie has come to see this as "a place where transformation can happen through ecological and spiritual development." To continue developing the mission, she turns to a quote from St. Francis who advised, "start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

These are busy days, as Laurie continues to learn more about the mission of Prairiewoods and how it is carried out every day through retreats, programs and services. She is eager to use her expertise to increase public awareness of the work the Center does through its vision of bringing people of all faiths together to explore their relationship with a God who acts from within, among and beyond.

Laurie lives in Iowa City and is a member of St. Thomas More Parish in Coralville. Her ministries there include working with the Stephen Ministry, Vacation Bible School and the Religious Education Program. She is in the process of becoming an affiliate member of the Franciscan Sisters of Perpetual Adoration, the sponsoring community of Prairiewoods. Laurie and her husband, Chris, are the parents of a 12-year-old daughter, Abbie.



DIRECTOR'S CORNER

PRAIRIEWOODS OPERATING BOARD

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Joann Gehling, FSPA



Donna Venteicher, FSPA

This is a time of joy for Prairiewoods! Even as we welcome Laurie Harris—our new director—and celebrate her presence among us, we find our hearts filled with gratitude for eight months of experiencing the broad scope of the mission and vision of Prairiewoods. We affirm that it is truly a gift in the midst of the chaos surrounding our nation, our world and our planet Earth.

Here are some of the happenings that we observed during our time as interim co-directors and what we see evolving in the months ahead:

- people feeling an irresistible pull toward time alone with themselves and their God
- the staff brimming with creativity and excitement about the integration of spirituality and ecology
- new programs and retreats developing that include lower-cost family events
- guests and hosted groups, new and old, finding Prairiewoods to be a sacred space
- the prairie and woods continuing to undergo a facelift—Come see for yourself!
- volunteers assisting daily with outdoor development, office work, laundry, kitchen duties and outreach booths
- a marketing video showcasing Prairiewoods reaching completion and becoming available for your viewing
- the staff relishing periodic celebrations of life and looking forward to eating lunch outdoors on the new picnic tables
- the first lay intern joining us this summer for a two-month work/study program
- the staff planning for a huge Nature Fest on September 30

We are grateful to the Prairiewoods Board, the staff, and each and every one of you who have supported us with prayer, encouragement and good cheer during our interim as co-directors. We trust that you will provide the same for Laurie.

Gratefully,

Joann Gehling, FSPA
Interim Co-Director

Donna Venteicher, FSPA
Interim Co-Director



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others with an increasing awareness of the story of the Universe.

Prairiewoods 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:

Prairiewoods
120 E Boyson Rd
Hiawatha, IA 52233
319-395-6700
www.Prairiewoods.org
Ecospirit@Prairiewoods.org



Exploring Wild Edibles in our Region

by Emy Sautter, *Prairiewoods Ecospirituality Coordinator*

What is it about walking outside, picking a leaf off a plant and eating it right there that is so enjoyable? Perhaps it's the simplicity of the process, the joy of identifying an edible plant or experiencing nourishment from Earth.

Prairiewoods abounds with all kinds of living edibles, and it is great fun to walk, pick and enjoy these gifts of nourishment while pondering the intimate connections all around us. (By the way, have you heard of *starling murmurations*? If not, I recommend checking it out on YouTube. It's an awesome example of life's connectedness and beautiful mystery!)

Recently, the Green Living Group met to talk and learn about plants in the area that are edible. We had great fun—talking, learning and perusing the grounds at Prairiewoods. We munched on the inner part of cattail stalks, garlic mustard and lamb's quarters leaves. We also identified a number of plants used to make teas, salves and tinctures. For example:

- Stinging nettles make a wonderful detoxifying tea, fuzzy mullein makes a tea for colds and congestion, and the white liquid from the milkweed plant kills warts—who knew!
- Dandelions—a plant high in vitamin A, calcium and iron—has edible flowers, leaves and roots. (We use millions of gallons of herbicides each year to kill them when we could just harvest and eat them!)
- Queen Anne's Lace—a popular roadside flower—is actually in the carrot family, and the tap root can be dug up and eaten.
- Lamb's quarters is often referred to as “wild spinach” and is very high in vitamin A, vitamin C and

iron. It is an early spring plant and a great way to get fresh greens after the long winter. Lamb's quarters can be eaten raw, and they never go bitter as the summer progresses. They can be steamed, sautéed or added to recipes that call for spinach or other greens.

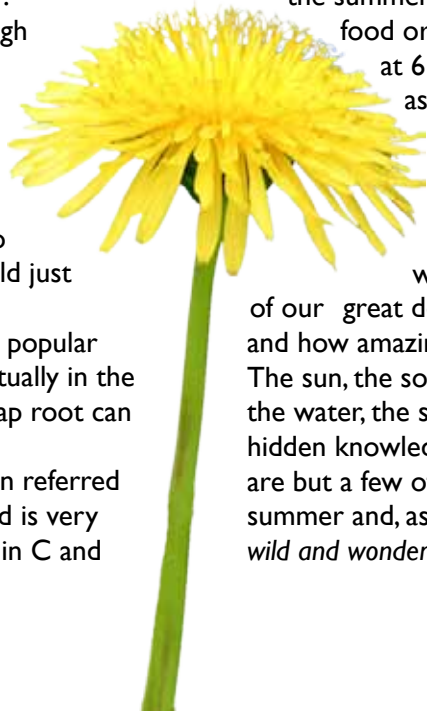
- Garlic mustard—highly invasive weeds that are decimating the plant diversity in our woodland—are also edible; they were brought over from Europe and actually were grown in gardens there. Who would have thought we could make something yummy like Garlic Mustard Pesto AND help control noxious weeds?

To learn more about edible plants, I suggest starting with a good book, such as *Plantworks* by Karen Shanberg and Stan Tekiela or *The Forager's Harvest*, *Nature's Garden* or *Edible Wild Plants*.

There also are a few guidelines you should follow: carry an ID book so that you can positively identify the plant, start by sampling small portions, make sure the plants haven't been sprayed and have fun!

If you like exploring topics like this, I invite you to join us for a Green Living Group meeting. We'll be eating again for our next session when we celebrate the summer solstice and new local food organizations on June 20 at 6 p.m. All participants are asked to bring a dish to share.

Collecting and eating plants from the wild renews my connection with Earth. It reminds me of our great dependence upon Earth and how amazingly she provides for all. The sun, the soil, the worms, the seeds, the water, the strength to grow, the hidden knowledge, the patience—they are but a few of Earth's gifts. Enjoy your summer and, as the wildflower says, *be wild and wonderful!*



Green Notes

We want to say a big **thank you** to Rockwell Collins and the Greater Cedar Rapids Community Foundation for awarding us grants! Prairiewoods will utilize these funds to build a root zone heating system and hoop house in our garden to extend the growing season and allow us to grow more vegetables on site. This project will include a workshop on Saturday, October 6, so that members of the community can take part and learn about these systems.

Prairiewoods and Boy Scouts of America are teaming up to start a venture crew in this area. It will focus on ecology and conservation, as well as leadership, group activities, teaching others and more! Boys and girls between the ages of 13 and 21 are encouraged to contact Prairiewoods if they are interested in being part of this crew.

The Prairiewoods Outdoor Committee is looking for volunteers to help with outdoor projects and tasks. If you are interested in working on our lovely grounds, please contact Emy at 319-395-6700, ext. 222.

What's Happening at *Prairiewoods* This Summer

Take a visual walk through some of the fun and memorable things going on this season on the 70 acres that make up our retreat and conference center.



In June, *Prairiewoods* welcomed its first lay intern, Sydney Cook. Sydney, who just graduated with a degree in biology from Coe College, has taken on the incredible task of learning about every aspect of *Prairiewoods* during a two-month work-study program.

Sydney began her college studies focused on a career in medicine. But as a peer minister and a study-abroad student in India, she grew to understand the importance of holistic health and its connections to spirituality and a healthy environment.

Her interest in spirituality, ecology and their interaction led her to explore *Prairiewoods*. She says that she wants to “learn the inner-workings of such a place so that I can someday serve others in the way that *Prairiewoods* has been serving the Cedar Rapids area community.”



The Outdoor Committee and a number of dedicated volunteers are working tirelessly to maintain the 30 acres of prairie and 40 acres of woods that comprise *Prairiewoods*.

In these pictures, Ecospirituality Coordinator Emy Sautter works with the Hiawatha and Robins Fire Department to start a prescribed burn of the prairie. Prescribed or controlled burns are an important part of prairie restoration because they reduce non-native plants, improve the ecosystem for plants and animals native to Iowa prairies and recycle nutrients back to the soil to promote growth.



Prairiewoods recently celebrated two of its largest annual events: The Volunteer Appreciation Dinner and the Garden Party. In

these pictures, some of our valued volunteers and staff mingle at our Volunteer Appreciation Dinner on May 24. More than 50 volunteers attended this fun dinner party in their honor and learned that 368 people volunteered here in 2011, either individually or in groups. Together, those volunteers donated close to 4,000 hours of service to Prairiewoods last year!

On June 9, nearly 250 of our closest friends helped us raise thousands of dollars at the seventh annual Garden Party. This year's fundraising event at Mercy Medical Center featured dozens of live and silent auction items, as well as raffles of a new iPad and a hot air balloon ride. It featured a delicious chicken dinner, the debut of our new informational video about Prairiewoods and live music by The River's Voice.



With the beautiful weather, the trails often are filled with individuals and families looking for quiet space. Their time at Prairiewoods is punctuated by contemplative walks on the labyrinth, sightings of new plant growth and interactions with two new fawns.

Just a reminder that, even when the Center is closed, guests are welcome to enjoy this Place of Peace and Transformation from sunrise to sunset!

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

Silent Directed Retreats

Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

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

Find extended time for prayer, solitude, quiet and peace during the July Silent Directed Retreat. In the beauty of 70 acres of prairie and woods, you will find quiet time and space to experience more deeply the



God within you, within your personal relationships and in all of creation. The time throughout the week will be yours to spend in silence in any way that helps foster your sense of spirituality. You may enjoy a comfortable room in the Guest House or choose to stay in a Hermitage for even more privacy. The Prairiewoods chefs will provide you with nutritious meals that you can eat in silent areas in and around the spirituality center. Break your silence for a daily one-on-one meeting with a spiritual director, who will help you reflect on your spiritual journey. An optional quiet period of communal prayer will take place each evening before dinner.

Betty Daugherty, FSPA; Lucille Winnike, FSPA; Marj English, OSF; and Ann Jackson, PBVM, are on staff at Prairiewoods and trained spiritual directors. These retreats fill up quickly, so please register early!

Fee: \$400 includes spiritual direction, lodging and all meals (Commuters will not be accepted for this retreat.)

Nurturing the Sacred Within Retreat

Sunday, July 15, 5:30 p.m.–Saturday, July 21, 1 p.m.

Facilitator: Corrina Thomas, FSPA

You are as multidimensional as the universe. You have a body, emotions, thoughts and ideas. You live in a world with communities and governments, technologies and history, and you ponder the mysteries of earth and sky, spirit and matter, here and hereafter. You may ask yourself, *Who am I? What am I?*



During this retreat, you will answer these fundamentally spiritual questions through a sacred system that lies within each person, known as the Chakra system. Chakras are the bridge between the spirit and matter and are a model that represents the integration of body, mind

and spirit. This is an ancient metaphysical system that diagrams the interrelationship between various aspects of our multi-dimensional universe.

Chakras provide a map to personal growth, whether focused on rising above the limitations of your life to better understand spiritual realms or bringing spiritual concepts into your everyday life. Regardless of which pathway you are on, this model helps you explore the many layers of human experience and deepen your understanding of your unique design.

In this retreat, you will be introduced to the Chakra system and will learn to honor the concepts and theories of this God-given gift. You will learn to merge your sense of self on various levels and live based on what is authentic and unique to you.

Facilitator Corrina Thomas, FSPA, is passionate about the New Universe Story and an evolutionary spirituality that sees the Divine as the primary causality for creation and constitutes the unique ground of our being. Her ministry background includes spiritual direction, retreats and workshops. Sister Corrina was born and raised in India and, therefore, brings into her ministry the wealth of her interreligious and intercultural experience, a harmonious blend between east and west. Her education includes master's degrees in Franciscan studies, culture, and spirituality and communications.

Fee: \$400 includes presentations, lodging and all meals

Commuter Fee: \$350 includes presentations, Sunday dinner and daily lunch

Yoga Retreat

Sunday, July 22, 6:30 p.m.–Friday, July 27, 1 p.m.

Facilitator: Mary Morrow

When bright summer days reach a peak, your determination, strength and confidence will build as you learn active standing yoga postures. While these beneficial poses strengthen, tone and heal the body, the purpose of yoga goes far beyond. Its methods bring joy and teach you to have more fun with less stress.



In Anusara Yoga™, a style that combines Universal Principles of Alignment with a life-affirming philosophy, this gift of life is celebrated. Learning how to align your body 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 you to your creative source.

During this week-long retreat, active yoga postures, breathing techniques and relaxation methods will bring harmony to your body, mind and heart. You will use chant, meditation and guided visualization to further align with the flow of health and wholeness. 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.

Facilitator Mary Morrow, founder of Laughing Cobra Yoga, is an Anusara™-inspired yoga teacher and an Experienced Registered Yoga Teacher from Yoga Alliance. Mary 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 extensively with national and international yoga professionals since 1991. Mary combines humor, sensitivity and compassion as she weaves life stories and mythology into her teaching. She is available to schedule private yoga instruction or yoga therapy outside the group process for an additional fee. To learn more about Mary, visit www.laughingcobrayoga.com.

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

Commuter Fee: \$325 includes yoga instruction and daily lunch

Integrating Energy Centers of the Body Retreat Sunday, July 29, 6:30 p.m.–Friday, Aug. 3, 1 p.m.

Facilitators: Karen Kappell, FSPA, and Nancy Hoffman, FSPA

Revive your spirit by focusing on the seven core energy centers in your body. This retreat will provide storytelling, healing, art, music, quiet reflection, prayer, T'ai Chi Chih® and Qi' Gong. You will learn to go to the Source of God's healing through meditation, ritual, movement, dialogue and the gentle practice of self-renewal. You also will create a set of abstract paintings to use in meditation or display in a sacred space to awaken you to God's healing energy.

Karen Kappell, FSPA, is an artist and teacher who uses art and spiritual direction to develop personal creative potential. Sister Karen ministers at Marywood Franciscan Spirituality Center in Woodruff, Wisconsin, where she produces art in a variety of media in her art studio.

Nancy Hoffman, FSPA, is the Holistic Services Coordinator at Prairiewoods and a licensed massage therapist. As a certified Tai Chi Chih® teacher, Sister Nancy enjoys simple reflective movements that enrich your relationship with yourself, God and Earth.

Fee: \$425 includes sessions, materials, lodging and all meals

Commuter Fee: \$375 includes sessions, materials, Sunday dinner and daily lunch

Drum Wisdom, Drum Making Retreat Friday, Aug. 3, 6:30 p.m.–Sunday, Aug. 5, 1 p.m.

Facilitator: Wayne Manthey

This amazing, spiritual opportunity invites you to create the sacred gift of a hand drum and drum stick. This retreat will help deepen your understanding of the sacred role of drums as creative conduits for healing, insight and spiritual connection. You also will have the opportunity to participate in drum circles in the woods, on the labyrinth and around a bonfire.

Drum maker and storyteller Wayne Manthey weaves stories

and spirit into the creation process. He believes that all living things vibrate at unique frequencies and that the connection between drums and people is a natural one. This 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, Saturday lunch and dinner, and Sunday lunch



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

Saturdays, Sept. 15, 2012, & May 4, 2013, 9 a.m.–3 p.m. and Saturdays, Oct. 13, Nov. 3 & Dec. 8, 2012; Jan. 19, Feb. 23, March 16 & April 20, 2013; 9 a.m.–noon

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

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. Ignatian Exercises, which are oriented to mission and rooted in contemplation, also include group discussion, individual reflection and individual spiritual direction.

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? Would you like to enrich your spiritual experience through monthly prayer and reflection? Do you want a framework in which to explore and pray your "heart's desire"? As a retreatant in S.E.E.L., you will become better able to discern your inner desires and to see how God is working in your life and in the world. You will learn how to bring together contemplation and action. You will 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 only if you are willing to make a time commitment. We invite you to commit to one hour of prayer each day for nine months; monthly meetings with a spiritual director; and nine monthly sessions on Saturdays from September 2012 to May 2013. This retreat would be best suited for you if you have or are interested in establishing a discipline of regular personal prayer, have experience sharing your spiritual journey with others, and are called and committed to deepening personal faith and nurturing a spirituality that transforms society.

Facilitators Betty Daugherty, FSPA; Marj English, OSF; Ann Jackson, PBVM; and Lucille Winnike, FSPA, all are on staff at Prairiewoods and trained spiritual directors.

Commuter Fee: \$450 (payable in September 2012 or \$50 monthly if necessary) plus cost of monthly spiritual direction



New programs are always being created! Keep up with the latest developments by contacting Prairiewoods at 319-395-6700 or www.Prairiewoods.org.

Tribal Dancing for Youth

Thursdays, June 28, July 5 & July 12, 7–8:30 p.m.

Facilitators: Alison Frerking and Pam Hyberger

Join veteran dancers, instructors and sisters Alison Frerking and Pam Hyberger as they introduce us to a deeply female dance tradition, Tribal Fusion. Tribal Fusion is an adaptation of Arabic and Turkish dance movements (also known as belly dancing), originally developed to strengthen and tone the female body. While the traditional dances originated in early history, Tribal Fusion is uniquely American—physical, immediate, energetic and personal. Emphasis is placed on abdominal muscles, hip moves and chest moves. The dance still draws on some of the cultural conventions of the tribal peoples it emulates, and many women find great camaraderie, comfort, trust and friendship through the dance experience. The opportunity to communicate through the body, the music and the group dynamic appeals to this sense of community. This class will be oriented to teens and younger women, ages 12–24. Please wear comfortable, non-confining clothing and plan to dance with bare feet. Registration is requested, as the class will be limited to 25.

Fee: \$30 for 3-week series

Finding Meaning through Creativity

Taking the Leap: Building a Career as a Visual Artist

Mondays, July 2, 9, 16 & 23 (class on July 16 at the CRMA), 9:30–11 a.m.

Facilitator: Michelle Fischer

So you have found your true calling as an artist, creating enough meaningful artwork that your home is looking like a gallery. What should you do next? Author Cay Lang tells visual artists how to achieve that next major step: exhibiting and selling your work.

Artist and teacher Michelle Fischer will lead a book discussion of *Taking the Leap: Building a Career as a Visual Artist* by Cay Lang. She will share tips for taking control of your arts career while learning to understand the business and politics of the art world. She is excited to share her knowledge and perspective with those wishing to break into the formidable realm of art sales.

Please purchase the book and read the first three chapters prior to the first class. (Some copies are available in the Prairiewoods Gift Shop.)

Fee: \$60 with a 15% discount if paid in full by June 22

Day of Self Renewal

Mondays, July 9 & Aug. 20, 8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

This is a day all about you—your health, well-being and peace. You are invited to escape from your normal hectic pace and leave your worries outside the door. You will find rest, peace and renewal as you participate in group Guided Meditation and two 30-minute holistic services of your choice. Walk our grounds; visit our Media Center for books on spirituality, ecology and much more; read; rest and reflect all day long. Your fee also includes a private guest room for the day and a delicious lunch.

Services you may choose include Massage, Head & Shoulder Massage, Reflexology, Healing Touch Spiritual Ministry, Foot Spa Treatment, Paraffin Bath for Hands and Spiritual Direction. Registration is required at least five days in advance, and these events often hit capacity weeks ahead, so please call early! **Fee:** \$90 includes group Guided Meditation, two holistic services, a room for the day and lunch

Green Day at the Farmer's Market

Saturday, July 21, 7:30 a.m.–noon

Facilitator: Emy Sautter

Join Prairiewoods and many other ecologically focused organizations at the Cedar Rapids downtown farmer's market. There will be booths and lots of family-friendly activities and information! **Fee:** Free

Dream Workshop Series

Thursdays, Sept. 6, 13, 20 and 27, 6–8 p.m.

Facilitators: Joann Gehling, FSPA, and Marj English, OSF

Following the popular summer retreat Praying Our Dreams, Prairiewoods is offering follow-up sessions on Thursdays in September. (You are welcome to attend even if you did not attend the retreat.) This series will prepare you to unpack your dreams individually and in a group.

Following this series, participants will have the option of joining Dream Groups that will meet the first and third Thursdays of each month (October through December) from 6–8 p.m.

Fee: \$80 for Dream Workshop Series (\$20 per session, whether present or not), \$120 for Dream Groups (\$20 per session, whether present or not) with a 10% discount if paid in full by Aug. 1

Finding Meaning through Creativity

Art of the Natural

Saturday, Sept. 8–Sunday, Sept. 9, 9 a.m.–5 p.m. daily

Facilitator: Ruth Ipsan-Brown

Ruth Ipsan-Brown is excited by sticks and twigs! Her enthusiasm for natural materials inspires her to create beautiful and wondrous works of art. That enthusiasm is contagious as she shares her insight for observing the beauty of nature and reassembling individual items into sacred works. You will be touched and transformed by the process.

Ruth has been an artist for more than 35 years. With an art degree and teaching certificate from the University of Iowa, Ruth holds classes in Iowa and Arizona. She resides in Mount Vernon and has a working studio there in the First Street Community Center.

Fee: \$160 includes presentations, art tools, Saturday lodging, Saturday lunch, and Sunday breakfast and lunch

Commuter Fee: \$110 includes presentations, art tools, and Saturday and Sunday lunch

Upcoming Programs: Fall Wild Edibles, Environmentally Conscious Burials, Food Preservation and Canning, Prairie Talk and Tour, Nature's Remedies, Mandala Healing & Labyrinth Workshop

Field of Compassion: How the New Cosmology is Transforming Spiritual Life

Tuesdays, Sept. 11, Sept. 25, Oct. 9, Oct. 23, Nov. 6, 6–8 p.m.

Facilitator: Betty Daugherty, FSPA

Judy Cannato is the author of an intriguing book, *Field of Compassion*, in which she examines the connections between science, spirituality and the practice of compassion. She presents a vision of spirituality as seen through the lens of the new cosmology and its implications. Her focus is on the ability we humans have to create a future in which compassion is simply the way we all live. Please read Chapters 1 and 2 prior to the first meeting.

Fee: \$5 per session

The following classes are through the Institute of Spiritual Healing & Aromatherapy (ISHA). For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. Reserve lodging and meals through Prairiewoods at 319-935-6700 or ajilovec@prairiewoods.org.

The Art of Listening to Spiritual Guidance, Course 105

Friday, July 13–Sunday, July 15, 8:30 a.m.–6 p.m. daily

Facilitator: Jan Halbach, OSF, RN, BSN, NCTMB, CHTP/I

This course is for students who have completed Healing Touch Spiritual Ministry (HTSM) 103 and 104. You will be introduced to the role of



spiritual guidance in healing work and will learn exercises to strengthen awareness of divine guidance, discernment of spirits and the roles of angelic helpers, and the communion of saints and ethical practice. Both the art of chelation and essential oils are used for deeper healing

experiences. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 24 CE's).

Jan Halbach has been a Franciscan Sister for more than 40 years and has always been involved in healing ministries. She has ministered as a nurse clinician, educator and manager. She is nationally certified in Therapeutic Massage and Bodywork, a certified Healing Touch practitioner/instructor and a pioneering instructor in the HTSM Program.

Fee: \$450 for early registration, \$475 within 3 weeks of class

Essential Oils for Physical Health and Well-Being, Course 302

Friday, July 13–Sunday, July 15, 8:30 a.m.–6 p.m. daily

Facilitator: Linda Smith, RN, MS, HN-BC, HTCP, HTSM-CP/I, CCA

This course builds on information in Certification for Clinical Aromatherapy 301. You will discuss the basic chemistry of 70 oils, along with vibrational



frequencies, toxicity and essential oil safety. You will look deeper into the healing qualities of essential oils known to help the physical body. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 24 CE's).

Linda Smith is the creator and director of ISHA and teaches nationally and internationally in both the Healing Touch Spiritual Ministry and Certification in Clinical Aromatherapy programs.

Fee: \$480, \$240 to repeat the class and \$360 for full-time students (Call ISHA to learn about other available discounts.)

Advanced Healing Practitioner Development A, Course 202

Thursday, Aug. 16, noon–Sunday, Aug. 19, noon

Facilitator: Jan Halbach, OSF, RN, BSN, NCTMB, CHTP/I

This course is for students who have completed the basic program in Healing Touch Spiritual Ministry and who

desire to become an Advanced Healing practitioner in a healing ministry setting. You will develop a vision and mission statement for a Christian ministry practice of prayer, hands-on healing and anointing with healing oils. Emphasis is on technique review, case management, mentorship experience, and advanced skill and assessment development. A Basic Healing Practitioner Certificate is a pre-requisite for taking the course. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 34 CE's).

Fee: \$580 for early registration, \$605 within 3 weeks of class

Advanced Healing Practitioner Development B, Course 203

Thursday, Aug. 16, 4 p.m.–Sunday, Aug. 19, noon

Facilitator: Margaret Leslie, MS, HTSM-CP/I, HTCP/I, CCA, LMT

This is the concluding course in the advanced program and focuses on course completion and group healing work. You will present your



ministry practice and research project along with your vision and mission for an advanced healing practice focused on spiritual healing. Completion of course requirements and a 6–12 month mentorship in Healing Touch Spiritual Ministry are pre-requisites. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 30 CE's).

Margaret Leslie is a certified Healing Touch Spiritual Ministry practitioner/instructor with 25 years experience as a School Psychologist. Since 1995 she has been coordinating Healing Touch and Healing Touch Spiritual Ministry classes in the Knoxville area. Margaret specializes her teaching in the Healing Touch Spiritual Ministry program. She also volunteers to teach this work in third world countries.

Fee: \$540 for early registration, \$565 within 3 weeks of class

CONTINUING PROGRAMS

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in room 113 of the Prairiewoods Guest House.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Group Spiritual Companionship

4th Tuesday monthly, 6–8:30 p.m.

Facilitator: Marj English, OSF

Prairiewoods is looking for three individuals to join two past participants who want the opportunity to experience an ongoing contemplative model of Group Spiritual Companionship. This is an opportunity for you to intentionally, prayerfully reflect on God's presence in your life and to develop your ability to listen for and reflect on God's presence in the lives of others. The process is simply structured with centering followed by the sequence of individual sharing, prayerful silence and group reflection until each member has shared. The session ends with reflection and a closing prayer.

Consider participating if you are serious about deepening your experience of God, discerning an issue, open to sharing from your spiritual life, willing to listen to and offer reflection on what others share, and committed to attending all meetings.

This group will meet on the fourth Tuesday of each month, September to May (except in December, when the group will meet on the third Tuesday). Being in individual spiritual direction does not preclude you from participating. Registration is required by September 4. For more information, contact Sister Marj at 319-395-6700, ext. 216, or menglish@prairiewoods.org.

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

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including July 5), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group uses *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. The group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. You may join at any time.

Fee: \$5 per session

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball and Emy Sautter

Are you committed to reducing your impact on global climate change? Join the Green Living Group to learn more and experience a support system for happy and health green living.

On July 18, the group will meet staff members from Food and Water Watch, an organization with offices throughout the world. Learn about ways the Iowa office assures our nation's food safety, such as through fighting against genetically-engineered sweet corn in our food supply, advocating for a better farm bill and returning to a more local food system. Following their presentation, group members will discuss various ecological topics. The topic for August 15 is still to be determined.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

During the summer, Wednesday Women only meets once a month. On July 11, rather than the regular session, the group will meet at Prairiewoods from 11:30 a.m.–1:30 p.m. for a pitch-in luncheon on the patio (or the Conference Room if the weather does not cooperate). You are invited to bring an appetizer, a drink, a salad, a bread or a dessert. If you have never been to a Wednesday Women gathering, you are invited to join the fun and meet this delightful group of women!

The group will meet August 8 at the usual time of 10–11:30 a.m. and will view a twenty-minute Channel 9 "Show You Care" DVD featuring Pat Day—a Wednesday Women regular—along with nine other Cedar Rapids volunteers. You will be invited to share your stories about volunteering and learn about volunteer experiences available through Prairiewoods.

The group will resume its weekly meetings in September with a discussion of the book *Mothers, Sisters, Daughters: Standing on Their Shoulders* by Edwina Gateley and Sandra Matucci. You can purchase the book at the Prairiewoods Office for \$20 during August. Please be prepared to discuss pages 6–32 on September 5.

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

Women's Sacred Circle

1st Wednesday monthly (except July 4), 6:30–8 p.m.

Facilitator: Andrea Jilovec

Women's Sacred Circle continues to meet monthly with the understanding that—while each participant's personal spiritual journey is uniquely yours and takes a lifetime to achieve—each person can learn from the lessons and perspectives others bring. The group contemplates meditations, poetry and writings of people such as Joan Chittister, Richard Rohr, Mary Oliver and many others. You can share stories that have recently come to your attention, as well as news of your own life, and discuss what those messages mean in your spiritual journey. You are invited to join this group at any time to share, listen and learn with others as you seek guidance and understanding.

Fee: Suggested free-will offering of \$5 per session

We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

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Mary Ann Barry
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Barbara Holowczak
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& Donna Venteicher, FSPA
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*In Honor of Nancy Hoffman, FSPA,
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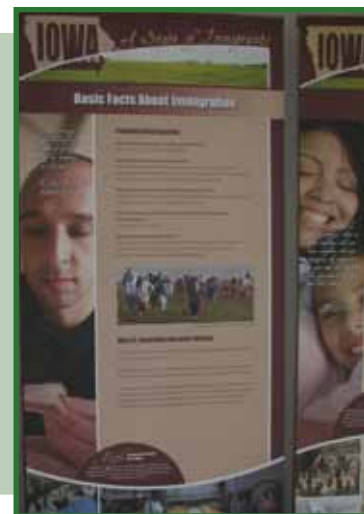
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Traveling Immigration Display Available

A display that educates people about immigration is available to any group or church. "Iowa: A State of Immigrants" is an educational display featuring photos and information about the history and status of immigration in our state and country. The display can be used to enhance a presentation or can stand alone to draw attention to immigration issues.

The display is made up of four individual panels, each measuring approximately 7 feet tall by 3 feet wide. A Prairiewoods volunteer will deliver the display, set it up and come back to dismantle it when you are finished.

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





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**Phone Extensions/Email
319-395-6700**

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lwinnike@prairiewoods.org

NATURE FEST

Celebrate St. Francis on September 30

Although St. Francis of Assisi—a lover of all creatures—was born more than 800 years ago, his joyful approach to life, following all Jesus said and did without limit and without a sense of self-importance, remains a wonderful and very relevant example to us all in this modern age. We invite everyone to walk with St. Francis on the path of peace, openness, mysticism, poverty, reverence for nature and love of animals as we celebrate his Feast Day on Sunday, September 30, from 1–4 p.m.

This will be a great event for the whole family. You will be treated to the experience of Prairie Woods in its natural fall splendor. Guided prairie walks and Eco Tours are scheduled, and you may choose to wander our woodland trails and spend some quiet time on the labyrinth. And what would a celebration of St. Francis be without a Blessing of the Animals? Bring your furry or winged or scaled or you-fill-in-the-blank friends as well! Music, children's activities, an ice cream social and more will be part of the afternoon, so please plan to join us! Watch the website for updated details in the coming months.



Prairiewoods

September/October 2012

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

Celebrate the Feast of St. Francis with Nature Fest
Outdoor Family-Friendly Celebration to be Held Sunday, September 30, at Prairiewoods



Highlights from Nature Fest 2011 included the Procession of Animals (left), face painting (above), eco-tours and games. This year's celebration will have even more to offer adults, kids and pets!

Although St. Francis of Assisi was born more than 800 years ago, his joyful approach to life and his love of all creatures remain relevant examples today. Celebrate St. Francis at our annual Nature Fest at Prairiewoods on Sunday, September 30, from 1–4 p.m.

This family- and pet-friendly outdoor party celebrates our connection with animals, Earth and the Universe—which were important connections to St. Francis. Experience Prairiewoods in its natural fall splendor with guided prairie walks, eco-tours, live music, children's activities, face painting, storytelling and much more.

Nature Fest Schedule

- 1–4 Games, Face Painting, Prairie Walks, Eco-Tours, Animal Adoptions with Little Paws Dog Rescue
- 1:00 Welcome
- 1:10 Live Music by Deep Dish Divas
- 1:45 Ice Cream Social
- 2:00 Storytelling by Saint Francis
- 2:15 Live Music by Bob Ballantyne
- 2:40 Procession and Blessing of the Animals
- 4:00 Closing



And what would a celebration of St. Francis be without a Blessing of the Animals? Bring your furry, winged, scaled or other friends to be individually blessed. (If you are looking for a new furry friend, Little Paws Dog Rescue will have animals available for adoption too!)

You can also participate in a Native American tradition known as *Gift Blanket Sharing*. In this ceremony, a blanket containing a few gifts is spread on the ground. You may take something from the blanket or leave your own gift, such as a poem, a song, a small token from nature or an object you no longer need. This ceremony serves several purposes: it allows you to consciously break habits of accumulation and share things you no longer need, it teaches that there is abundance in the world if people share, and it shows that we are part of ONE family and all have something to offer.

In addition to an item for the Gift Blanket Sharing, you may want to bring a blanket or chair for comfortable outdoor seating. If your pet is joining you, please bring appropriate gear, such as a leash or carrying case. For more information, contact Prairiewoods at 319-395-6700 or www.Prairiewoods.org. We hope you will plan to join us for this free, festive party!

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DIRECTOR'S CORNER



Laurie Harris

How refreshing it is to step away from our routines and to quietly observe God's miracles taking place all around! Many of you have shared with me, in my first months as Director, how Prairiewoods has been a place of peace and transformation for you. You shared your favorite spot at Prairiewoods that renews your soul, speaks to you of God's goodness or moves you to respond in word and action. A consensus is that nature has played a vital part in helping you separate from the business of life—to stop, to listen, to reflect and to respond to the Spirit's calling. *God looked at everything God had made, and found it very good. (Genesis 1:31)*

Indeed, nature is very good—so good that we, in looking at the things God has made, are able to behold the very presence of God. As the work of the art reveals the artist, also the works of creation show forth the creator. There is a special space for you at Prairiewoods. The Spirit welcomes you, just as you are. Come and sit in a sky chair, cradled by a 100 year old oak canopy, head back, eyes closed, feeling the gentle rock of the wind and breathe. The Spirit is with you. Allow yourself to be. The Spirit is in you. Come and immerse yourself in viewing the beauties of creation in the changing prairies and woodlands through both a panoramic and a magnified lens. The Spirit is radically amazing! These are simple ways of coming to know the Creator, who lovingly provided such marvels for us.

On September 30, we will celebrate the birthday of St. Francis, the heavenly patron to those who promote ecology. As a friend of the poor, he was loved by all God's creatures. Francis' story is one we can relate to. While still a young man, St. Francis began to feel God prompting him to question the direction of his life. Searching for inner peace, Francis visited abandoned churches and quiet places to pray for God's guidance. Surrounded by broken down walls, wild flowers, and bird song, St. Francis found the solitude he needed to hear his deepest yearnings, God speaking to him. Through a life of prayer and relationship, Francis eventually came to see God's goodness in all. For him, creation is filled with the abundant goodness of God, proclaims the presence of God, and deserves respect and care. We warmly invite you, your family and your pets to Nature Fest in honor of St. Francis.

When we all are at peace with God, we are better able to give ourselves to promoting that peace with all creation. I hope that the inspirations of St. Francis and the retreats, programs and services offered at Prairiewoods will help you to keep ever alive a spirit of connection with all good things that our God has created.

Peace,

Laurie Harris



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others with an increasing awareness of the story of the Universe.

Prairiewoods 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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www.Prairiewoods.org
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Loyal Volunteers Update the Prairiewoods Labyrinth

In a labyrinth, the path always leads us to the center. In spite of its twists and turns, if we stay faithful to the path, we do eventually arrive at the innermost circle ... the circle that represents our own inner being.

If any of you have walked the Prairiewoods outdoor labyrinth in the past, you know that the inward path leads you to a low stone at the center, a place where you can pause, pray, listen to the quiet and open yourself to the Spirit. This stone continues to identify the center of the labyrinth, but now when you come, you will find a welcome addition to this spot: a simple but elegant bench waiting for you in the center of the labyrinth. It is an invitation for you to stay longer.

For this lovely bench, you can offer a prayer of gratitude for the work of Bob and Dorothy Goetzinger, a couple who, for the past few years, have volunteered as guardians of the labyrinth.

Their involvement began when—after much use over several years—the bricks and sand that mark the path were in much disarray. It was evident that it was not only humans who journeyed along these paths. Deer, turkey and other creatures of the woods had left their own footprints. It was easy to see that the labyrinth needed a serious realignment; engineering skills were required. Through the suggestion of a friend, Bob and Dorothy were called in as consultants. But they had more than advice; they decided to take on the renewing of the labyrinth as what Bob termed “an interesting challenge.” He approached it by finding a model of the Chartres labyrinth on the internet, and so they began, enlisting the help of another friend, Don Leonhart, in the work of

straightening the bricks and spreading three tons of sand on the paths. Since then, they visit the labyrinth almost every other week to keep it maintained.

Our staff here has heard many stories about what might happen on a labyrinth walk. We’ve heard how a simple walk to the center has been healing, has brought clarity to a puzzling issue, has helped with making a difficult decision, has helped reveal the presence of the sacred in everyday life.

Walking the labyrinth is a spiritual experience. We were reminded of this again, just a few weeks ago when a couple from Milwaukee—LoriLee and Jeff—decided to make a visit to Prairiewoods as they explored this part of Iowa. A walk through the woods led them to the labyrinth just off one of the trails. Here, LoriLee found a surprising gift. As she walked, step by step, focused on following the path, trusting that it would lead her to the center bench, she found herself connecting this walk with a different walk that she takes every day.

“I was certain I was on the only available route and it simply had to lead to the center. In that awareness I discovered something about my faith nature. Faith keeps me moving and steady. Faith assures the conviction in my plans and gives me clarity of purpose. I had to be ever faithful and attentive to stay on this path.”

In the experience of walking, LoriLee was able to connect her need to stay focused on the sandy path, trusting it would lead her to the center bench and trusting also that her faith would keep her moving and steady. She found that “the trek itself far outweighed the achievement of sitting in the center ... life is in the journey.”

Taking the journey inward to our own center is only one of the movements of labyrinth walking. At the center itself, we wait, pausing in expectation for whatever gift may be waiting there. Then we return, taking the same winding path, carrying the gift we have received out into the world. There really is no “correct” way to enjoy a labyrinth. (Just ask the deer and turkeys!) But if you walk at Prairiewoods, know that when you arrive at the center, there will be a place to rest, a place of quiet repose.

(See page 8 for details about a two-day labyrinth workshop on Oct. 6–7.)



The Prairiewoods labyrinth displays tracks from a deer's walk across the winding path (above). Bob and Dorothy Goetzinger make use of the new bench they installed in the center of the labyrinth (right). If you want to practice the 5,000-year-old tradition of walking a labyrinth, visit Prairiewoods anytime from sunup to sundown. And if you would like a map or brochure on how to walk the labyrinth, please visit the Center.



Are you searching for great reads?

Featured Books

(available in the Prairiewoods Gift Shop)

Silent Spring by Rachel Carson

A Sand County Almanac by Aldo Leopold

What Matters? Economics for a Renewed

Commonwealth by Wendell

Berry

Radical Amazement by Judy

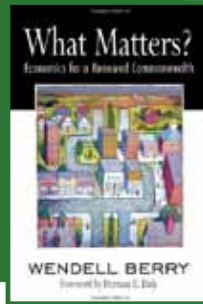
Cannato

Sacred Pipe: Black Elk's

Account of the Seven Rites

of the Oglala Sioux by Black

Elk & Joseph Epes Brown



Thank you to the Franciscan Sisters of Perpetual Adoration for helping us purchase this shiny new tractor. Our Outdoors Committee has been putting it to good use on our 70 acres!

Prairiewoods to Extend Garden's Growing Season New Hoop House and Root Zone Heating System to be Installed in October 6 Workshop

Imagine growing vegetables all through the winter ... in a garden in Iowa! It may seem far-fetched, but Prairiewoods and the Iowa Renewable Energy Association (I-Renew) are teaming up to make it happen.

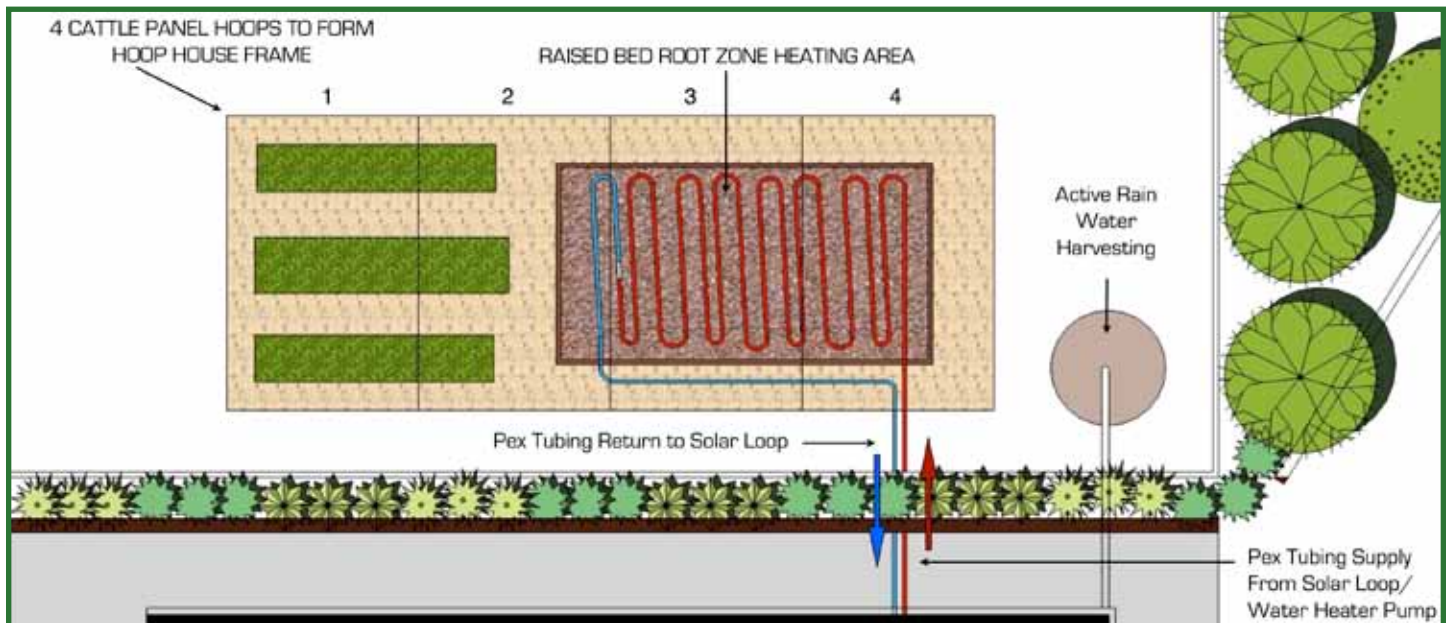
Through generous grants from Rockwell Collins and the Greater Cedar Rapids Community Foundation, the Prairiewoods garden will soon have a hoop house and a root zone heating system to extend the growing season.

On October 6, from 10 a.m. to 4 p.m., Steve Fugate from I-Renew and R.J. Jordan from RJ Construction will lead a unique workshop. They will teach you about

solar thermal hot water systems and how to build your own hoop house and root zone heating system. Master Gardener Phil Pfister will lead a brief discussion about best crop choices for this type of gardening.

This workshop will feature classroom time, as well as hands on installation work as the class helps to build the hoop house and to install the root zone heating system in the Prairiewoods garden.

The cost is \$25 if you register by Sept. 7, or \$35 if you register by Oct. 1. Both prices include a garden-fresh lunch. Please dress for the weather and outdoor activities.



Retreatants to Study Influential Mystic Chardin

“The day will come when, after harnessing space, the winds, the tides, and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.” —Teilhard de Chardin

Participating in the Incarnation: The Mysticism of Teilhard de Chardin Retreat

Friday, Sept. 14, 6:30 p.m.—Sunday, Sept. 16, 1 p.m.

Facilitator: Barbara Leonhard, OSF

Pierre Teilhard de Chardin, SJ, was one of the great 20th-century mystics. Far ahead of his time, he found himself immersed in a profound experience of the sacredness of all life. His life story and writings will inspire you to be attentive to the divine energy at work within you and in the universe. In this retreat, presentations and sharing will focus on the ways in which you relate to Chardin’s insights, ample time for personal prayer and opportunities to pray together.

Barb Leonhard, OSF, has been an Oldenburg Franciscan for 44 years. She holds a master’s degree in Biblical Studies from the Catholic Theological Union in Chicago and a doctorate in Christian Spirituality from the Graduate Theological Union in Berkeley. Sister Barb ministered in formation both in her Oldenburg community and with the Franciscan Sisters of Mary in Papua, New Guinea. She currently teaches, offers spiritual direction and leads retreats. Barb enjoys photography, hiking, growing flowers, bread-baking, knitting and poetry writing.

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



Barbara Leonhard, OSF (above)

Pierre Teilhard de Chardin, SJ (below)



Want more info? Here’s an interview with the presenter:

Prairiewoods: What do you hope retreatants will learn from praying with Teilhard de Chardin?

Barbara: I hope that the life and writings of Chardin will help others to feel accompanied by someone who lived life passionately and greatly desired to share his insights with others. His own fascination with science led him more deeply into his spirituality. Chardin believed that the Church was in need of new images of God and new ways of incorporating new discoveries in science with our understanding of faith and spirituality. His writings on Eucharist, Incarnation, and transformation can help us stretch and deepen.

PW: What about Chardin and his work is helpful to our ongoing spiritual development?

Barbara: Chardin experienced many losses and the censure of Church authorities during his lifetime. His writings about diminishment, therefore, are both believable and challenging. He came to believe that we can be transformed through these painful experiences as well as through our activities and accomplishments. For those who find themselves unsatisfied with easy answers or longing for someone to face the tough questions head on, Chardin is a wonderful companion. He is at once captivated by beauty and mystery and discouraged by static thought and teaching. I know of no other Christian mystic who can affirm and inspire the questioner, the seeker like Chardin does.

PW: What resources would you encourage retreatants to read prior to attending the Chardin retreat?

Barbara: If participants were to read one thing before the weekend, I would suggest Chardin’s “Mass on the World” found in the book *Hymn of the Universe*. It is a prayer that could change your life.

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

Saturdays, Sept. 15, 2012, & May 4, 2013, 9 a.m.–3 p.m. and

Saturdays, Oct. 13, Nov. 3 & Dec. 8, 2012; Jan. 19, Feb. 23, March 16 & April 20, 2013; 9 a.m.–noon

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

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. Ignatian Exercises—oriented to mission and contemplation—include prayer, group discussion, individual reflection and spiritual direction.

Do you long for GOD? Do you desire time to reflect on your own spiritual path? As a retreatant in S.E.E.L., you will become better able to discern your inner desires and to see how God is working in your life and in the world. You will learn how to bring together contemplation and action and become aware of the presence of God in all things.

Participation in this retreat requires your commitment to: one hour of prayer each day for nine months, 1–2 monthly spiritual direction sessions and nine monthly retreat sessions.

This retreat is best suited for those who have or are interested in establishing a discipline of regular personal prayer, have experience sharing the spiritual journey with others, and are committed to deepening personal faith and nurturing a spirituality that transforms society.

Commuter Fee: \$450 (payable in September 2012 or \$50 monthly if necessary) plus cost of spiritual direction



RETREATS/PROGRAMS

Splendid Presence: The Path of Clarity, The Wisdom of Discernment Retreat

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

Facilitator: Thomas Roberts, LCSW, LMFT

Anthony DeMello said, “So I can speak to you not of the Truth, but of the obstacles to the truth.” Contemplative meditation and discernment both require you to work on clearing away the obstacles and distractions that interfere with living fully within your true, authentic self. By learning to see clearly, you can exercise greater discrimination of life-enhancing thoughts and actions, a more keen perception of God’s role in your life, a greater understanding of God’s love, and greater insight into the role that compassion plays in your spiritual journey.



This contemplative retreat will enhance your spiritual exploration with practical exercises that can bring you great wisdom, joy and freedom. Tom Roberts, a psychotherapist and hypnotherapist with more than 35 years experience, will draw upon the teachings and practices of mindful discernment from various traditions to be relevant to those on a spiritual path.

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

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

A Silent Mindfulness Meditation Retreat

Friday, Nov. 2, 6:30 p.m.–Sunday, Nov. 4, 1 p.m.

Facilitator: Chris Klug

Mindfulness is an open, kind, non-judging attention to what is happening in the present moment as it is happening. It shapes a wise and compassionate relationship with and response to experience as it unfolds moment by moment. Scientific research shows that mindfulness can positively affect stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well being and happiness. In this retreat, you will cultivate mindfulness in silence through the repetition of guided meditative practices including sitting meditation, walking meditation, mindful movement and mindful eating. It is aimed at those who are new to mindfulness and those who wish to deepen their current mindfulness practice.



Chris Klug has practiced mindfulness meditation for more than 20 years. He is an instructor in the Mindfulness Based Stress Reduction program at the University of Iowa Hospitals and Clinics. He is a grief counselor, educator and consultant in private practice in Iowa City.

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

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

New programs are always being created! Keep up with the latest developments by contacting Prairiewoods at 319-395-6700 or by visiting www.Prairiewoods.org.

Lift Your Spirits with Flowers: Floral Arranging 101

Wednesday, Sept. 5, 1:30–4 p.m.

Facilitator: Rita Heires, FSPA

A floral arrangement can brighten almost anyone’s day. In this course, you will learn to take whatever plant material is available to you and create an arrangement for your home or for a gift. Prairiewoods’ own Rita Heires, FSPA, has been creating exquisite arrangements for years. Her work has graced the tables of the Prairiewoods Center, beautified special events, cheered up friends and adorned the bedsides of many she has tended with care. Sister Rita will lead this two-and-a-half-hour course using plant material found on the Prairiewoods’ grounds. You will learn to create pizzazz with a variety of materials and techniques and will take home a beautiful arrangement. Please bring your own vase, dish or empty 15-ounce can. Registration is required by Aug. 31.

Fee: \$5 includes plants and supplies



Food Preservation & Canning 101

Thursday, Sept. 6, 6–8 p.m.

Facilitator: Jill Weber

Preserving the bounty of your garden harvest each fall can help you enjoy the fruits of your labor all year long. Home food preservation is not difficult, but it does require following specific instructions. It’s important to keep food safety in mind every step of the way, because ignoring recommended procedures can make you and your family sick! Because safety recommendations and methods are constantly evolving, you need to stay up to date on best practices and not rely on traditional methods.

This workshop is aimed at those wanting to learn how to safely preserve food and those who just need a refresher course. Participants will receive current food preservation publications, view research-based resources on display, sample fresh salsa and learn specific tips for safe food preservation. If you use a pressure canner, you can bring your lid and dial gauge to be tested at the workshop. (Dial gauges should be checked before each season, but weighted gauges do not need to be tested.) This workshop will be led by Jill Weber, nutrition and health program specialist at Iowa State University Extension. Registration is required by Aug. 31.

Fee: \$15 includes information on canning, freezing and drying



Dream Workshop Series
Thursdays, Sept. 6, 13, 20 & 27,
6–8 p.m.

Facilitators: Joann Gehling, FSPA, & Marj English, OSF

The Dream Workshop Series prepares you to unpack your dreams individually and in



groups. It is a prerequisite for joining the optional Dream Groups (below).
Fee: \$80 for four-week series

Dream Groups
Thursdays, Oct. 4 & 18, Nov. 1 & 15, Dec. 6 & 20, 6–8 p.m.

These Dream Groups, also facilitated by Sisters Joann and Marj, will meet to share dreams and gain understanding of them.
Fee: \$120 for six-week series

Finding Meaning through Creativity
Art of the Natural
Saturday, Sept. 8–Sunday, Sept. 9,
9 a.m.–5 p.m. daily

Facilitator: Ruth Ipsan-Brown

Ruth Ipsan-Brown is excited by sticks and twigs! Her enthusiasm for natural materials inspires her to create beautiful works of art. That enthusiasm is contagious



as she helps you observe nature and assemble items into sacred works.

Ruth has an art degree and teaching certificate from University of Iowa and has been an artist for more than 35 years. She resides in and has a working studio in Mount Vernon.

Fee: \$160 includes presentations, tools, lodging, daily lunch and Sunday breakfast
Commuter Fee: \$110 includes presentations, tools and daily lunch

Sweat Lodge (Inipi) Ceremony
Saturdays, Sept. 8 & 22, 7 p.m. or
Friday, Oct. 5, 6:30 p.m.

Facilitator: Mike Maynard

A Sweat Lodge is a small dome-shaped structure in which participants sit on the earth around heated, steaming stones. These ceremonies take place inside the Sweat Lodge and focus on prayer, purification, recognition and healing. *If you have claustrophobia or a medical condition that prevents you from using a sauna, you should not participate in this ceremony.* Registration is required.

Fee: Free-will offering

Field of Compassion: How the New Cosmology is Transforming Spiritual Life

Tuesdays, Sept. 11 & 25, Oct. 9 & 23,
Nov. 6, 6–8 p.m.

Facilitator: Betty Daugherty, FSPA

This five-week study of Judy Cannato's book *Field of Compassion* examines the connections among science, spirituality and the practice of compassion.



Cannato presents a vision of spirituality as seen through the lens of the new cosmology and its implications. It will be led by Betty Daugherty, FSPA, who is on staff at Prairiewoods. Sister Betty asks that you read Chapters 1 and 2 before the first meeting.

Fee: \$5 per session

Breathing Through Darkness: Coping with the Cycles of Grief
Tuesdays, Sept. 11, 18 & 25, Oct. 2, 9 & 16, 2–3:30 p.m.

Facilitators: Rita Heires, FSPA, & Andrea Jilovec

Explore transformative approaches for living with grief in this six-week series. Learn skills and spiritual practices for easing the transitions through grief with prayer, study and sharing. This series will be led by Prairiewoods staff members Rita Heires, FSPA, and Andrea Jilovec.

Fee: Free-will offering

Day of Self Renewal
Mondays, Sept. 17 or Oct. 15,
8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

Come to Prairiewoods for a day of rest and relaxation! Experience two half-hour holistic services from massage, reflexology, healing touch, spiritual



direction, paraffin bath treatment with hand massage, foot soak with exfoliation scrub and massage, or head and shoulder massage. You will also get a group guided meditation, a private guest room and a nutritious lunch. Registration is required at least five days in advance.

Fee: \$90 includes guided meditation, two holistic services, guest room and lunch

Introduction to Medicinal Herbs
Wednesday, Sept. 19, 6:30–8 p.m.

Facilitator: Nan Fawcett, LMT

Herbs have been used for wellness and healing since ancient times. Nan Fawcett has chosen to carry on this holistic tradition at her West Branch farm, Wapsinonoc Gardens, where she grows medicinal and culinary herbs. She makes salves, tinctures, soaps and other herbal products, and she sells plants and freshly cut herbs at the farmers' market in Iowa City. She also teaches workshops on making healing products.

Fee: Suggested free-will offering of \$5

AARP Driver Safety Program
Thursday, Sept. 27, 8:15 a.m.–1 p.m.

Facilitator: Connie Sjostrom

AARP's celebrated Driver Safety Program is a four-hour refresher course that reviews driving skills and techniques for drivers age 50 and older. It also teaches strategies for adjusting to normal age-related physical changes that may affect your driving ability. This class will be facilitated by Connie Sjostrom. Registration is required.

Fee: \$14 for the general public; \$12 for AARP members; free for Prairiewoods staff and volunteers

PROGRAMS

Fall Wild Mushrooms

Sunday, Sept. 30, 10 a.m.–12:30 p.m.

Facilitator: Marty Augustine

Why did the mushroom go to the party? Because he was a fungi! Join local fungi expert Marty Augustine of the Prairie State Mushroom Club as he leads participants on a search for edible fungus at Prairiewoods. Watch a presentation about local edible mushrooms and then take a foray into the woods in search of mushrooms. Please bring a sack lunch and a container to collect mushrooms, and dress for conditions (which may include ticks, mosquitoes or poison ivy). Registration is requested by Sept. 20.
Fee: \$12 per person; \$20 for two

Nature Fest

Sunday, Sept. 30, 1–4 p.m.

Facilitators: Prairiewoods staff

(See page 1 for a full description.)

Hoop House and Root Zone Heating Workshop

Saturday, Oct. 6, 10 a.m.–4 p.m.

Facilitators: Steve Fugate, R.J. Jordan & Phil Pfister

(See page 4 for a full description.)

Walking the Labyrinth: Connect to Self, Earth and Community

Saturday, Oct. 6, 1–6 p.m. and

Sunday, Oct. 7, 10 a.m.–5 p.m.

Facilitator: Sandi Ohlen

Indian Creek Nature Center and Prairiewoods are hosting a two-day workshop on labyrinths. Trained labyrinth facilitator Sandi Ohlen will lead you through programs designed to strengthen how you connect with the earth. Breakout sessions will focus on meditations, the strengths of different labyrinths, and incorporating the purposefulness of labyrinths into daily life. Participants will experience a variety of diverse indoor and outdoor labyrinths. Facilitators of breakout sessions include Leslee Sandberg and Rev. Tom Capo. Registration is required by Sept. 22.
Fee: \$122 includes all sessions, handouts, lodging, Sunday breakfast and lunch, and snacks

Commuter Fee: \$60 includes all sessions, handouts, Sunday lunch and snacks

The Mandala: A Pathway to One's Center

Tuesdays, Oct. 9, 16, 23 & 30, 6:30–8 p.m.

Facilitator: Joellen Price, PBVM

Mandala is the Sanskrit word for "circle."

According to Lisa Tenzin-Dolma in *Natural Mandalas*, "The origins of the mandala

tradition can be dated back to the cave drawings and rock inscriptions created by our primitive ancestors, as a source or reflection of spiritual energy." Today, the word *mandala* is used for sacred artworks in the form of a circle.

As a participant in this four-week series, you will lay the groundwork for creating your own mandalas in order to tap into the holiness of deep listening within yourself and in the world around you. No previous experience is needed.

This series will be led by Joellen Price, PBVM. Sister Joellen is a pastoral associate at St. Pius X Parish with an emphasis on Social Justice/Pastoral Outreach. She began praying with mandalas several years ago during a retreat at Prairiewoods and uses the process as a preparation for her own spiritual direction sessions and for spiritual practice, exercise and meditation.

Please visit our website for a list of supplies you will need to bring.
Fee: \$40 for four-week series



Pumpkin Totem Carving Class

Wednesday, Oct. 17, 6:30–8 p.m.

Facilitator: Emy Sautter & Andrea

Jilovec

Enjoy a creative evening outdoors to celebrate the season! Create your own personalized Pumpkin Totem for your home or yard—you can decide to make it spooky, funny or traditional. You will design, carve and assemble a Master Totem for Prairiewoods and start on your Personal Pumpkin Totem. Families and individuals are welcome, but parental supervision is required for children 16 and younger.

This class will be limited to 15 people, so please register early. Participants are asked to bring carving tools and a spoon for scooping.
Fee: \$15 per Personal Pumpkin Totem Starter Kit (includes one pumpkin and a seven-foot metal T-post)

Crafting the Circle of Life:

Writing out Our Values

Friday, Oct. 26, 6 p.m.–Sunday,

Oct. 28, 1 p.m.

Facilitator: Sue Stanton

This workshop will help you begin a conversation with family and friends about recording your stories and theirs for future generations. You will use photographs of people influential in your life to think and write about qualities and experiences you share. Through a series of writing exercises, public and private sharing, and meditation, you will "dig deep" for those gems of self understanding.

This workshop will be facilitated by Sue Stanton, a journalist and award-winning, bestselling author in the Catholic Press. She is the author of six books. A world traveler, she has reported on events in the Middle East for more than a decade and has been involved in peace and interfaith dialogue efforts both in Iowa and internationally.

You are asked to bring a writing pen, a journal that speaks to you and pictures of people influential in your life.

Fee: \$185 for a single room or \$160 for a shared room includes instruction, lodging and all meals

Commuter Fee: \$125 includes instruction and daily lunch

The following classes are through the Institute of Spiritual Healing & Aromatherapy (ISHA). For more information or to register, contact ISHA at 303-467-7829 or www.ishahealing.com. Reserve lodging and meals through Prairiewoods at 319-935-6700 or nschrimper@prairiewoods.org.

Introduction to Essential Oils for Healthcare Settings, Course 504

Friday, Sept. 21, 8:30 a.m.–4 p.m.

Facilitator: Kate Petree, BME, LMT, CCA, HTSM-CP/I

This six-hour course, taught by Kate Petree, discusses essential oil healing qualities, scientific principles, safety and effectiveness.



Practical steps for introducing essential oils into healthcare settings are explored.

Fee: \$125 for early registration; \$150 within three weeks of class

Introduction to Healing Ministry, Course 101

Saturday, Sept. 22, 8:30 a.m.–6 p.m.

Facilitators: Kate Petree, BME, LMT, CCA, HTSM-CP/I & Jan Whitten, MS, CS, APRN, HTCP

This one-day course, taught by Kate Petree and Jan Whitten, 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 to make this a truly inspiring day!

Fee: \$150 for early registration; \$175 within three weeks of class

Introduction to Judeo-Christian Anointing, Course 102

Sunday, Sept. 23, 8:30 a.m.–6 p.m.

Facilitators: Kate Petree, BME, LMT, CCA, HTSM-CP/I & Jan Whitten, MS, CS, APRN, HTCP

This one-day course, taught by Kate Petree and Jan Whitten, explores anointing in the Judeo-Christian story and how it was lost 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 simple healing techniques to give participants experience in healing and anointing for ministry settings.

Fee: \$150 for early registration; \$175 within three weeks of class

Essential Oils for Cancer Care, Course 502

Friday, Oct. 19, 8:30 a.m.–4 p.m.

Facilitator: Gayle Mohr, RN, CHTP, LMT, HTSM-CP/I, CCA

This six-hour course, taught by Gayle Mohr, explores the healing qualities of essential oils helpful for the physical body with a focus on people living with cancer. The historical and current uses of essential oils for cancer care are reviewed. Essential oil chemistry, quality standards, safety and research are discussed, especially as they relate to specific cancers and symptoms.



Fee: \$125 for early registration; \$150 within three weeks of class

Essential Oils for Emotional and Spiritual Clearing, Course 303

Friday, Oct. 19, 8:30 a.m.–Sunday, Oct. 21, 6 p.m.

Facilitator: Claramae Weber, RN, HNC, HTSM-CP/I, CCA

This three-day advanced course, taught by Claramae Weber, builds on information presented in Course 302. It includes anatomy of body systems and

descriptions of various systems in the body, and how essential oils support these systems.



It examines how essential oils impact emotional and spiritual clearing, which aids the healing process. Development of therapeutic relationships is continued through advance interviewing and assessment skills followed by heart-centered healing techniques with essential oils. You also will have an opportunity to present your research projects conducted after the last course. This dynamic course covers physical, emotional and spiritual well-being. It also includes discussions about operating a professional aromatherapy practice.

Fee: \$480 for early registration; \$505 within three weeks of class

Using Your Hands to Heal, Course 103

Saturday, Oct. 20, 8:30 a.m.–Sunday, Oct. 21, 6 p.m.

Facilitator: Gayle Mohr, RN, CHTP, LMT, HTSM-CP/I, CCA

This two-day course, taught by Gayle Mohr, is aimed at those who want to do healing work from a spiritual ministry perspective. The course incorporates a variety of healing modalities that spring from the laying-on of hands found in the Christian tradition. Bio-energetic healing principles are introduced. Topics include distance-healing, meditation, working with the human energy field and the path of the healing practitioner.

Fee: \$300 for early registration; \$325 within three weeks of class

Save the Date!

The annual Cedar Rapids Area Environmental Film Festival will be held on Saturday, November 10, at Mt. Mercy University.

CONTINUING PROGRAMS

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in room 113 of the Prairiewoods Guest House.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Group Spiritual Companionship

4th Tuesday monthly, 6–8:30 p.m.

Facilitator: Marj English, OSF

Prairiewoods is looking for one individual to join two past and two new participants in a contemplative model of Group Spiritual Companionship. This is an opportunity to reflect—intentionally and reflectively—on God's presence in your life and the lives of others. The process is simply structured with centering followed by individual sharing, prayerful silence and group reflection. It ends with reflection and a closing prayer. Consider participating if you are serious about deepening your experience of God, discerning an issue, open to sharing from your spiritual life, willing to listen to and offer reflection on what others share, and committed to attending all meetings.

This group will meet on the fourth Tuesday of each month, Sept. to May (third Tuesday in Dec.). Being in individual spiritual direction does not preclude you from participating. Registration is required by Sept. 4. For more information, contact Sister Marj at 319-395-6700, ext. 216, or menglish@prairiewoods.org.

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

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including Sept. 13), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group uses *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. The group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. You may join at any time.

Fee: \$5 per session

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball and Emy Sautter

Are you committed to reducing your impact on global climate change? Join the Green Living Group to learn more and experience a support system for happy and healthy green living.

On September 19, the Green Living Group will participate in Introduction to Medicinal Herbs (see page 7 for a full description). On October 17, the group will join the Pumpkin Totem Carving Class (see page 8).

Fee: See individual class descriptions for pricing

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

This lively group of women meets to be spiritually enriched, updated, inspired and challenged. Feel free to join at any time! Although they only meet monthly in the summer, Wednesday Women will resume weekly meetings on September 5.

From September 5 through October 17, the group will read and discuss the book *Mothers, Sisters, Daughters: Standing on Their Shoulders* by Edwina Gately and Sandra Matucci. The book features “women upon whose shoulders all women stand from every continent, time period, and walk of life ... They include saints, mystics, and martyrs; reformers, writers, and environmentalists. These amazing women have all made the world a better place by pursuing their dreams and visions—often against enormous odds.” The book can be purchased through the Prairiewoods Office for \$20. Contact Marj English, OSF, at 319-395-6700, ext. 216, or menglish@prairiewoods.org for the weekly reading schedule.

Beginning October 24, the group will view and discuss DVDs from *The Future of Christianity: A Startling New Vision of Hope for the 21st Century* by Thomas Keating and Ken Wilber. (Please note that the group will not meet November 21.)

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

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

This group meets monthly within a framework of understanding that, while our personal spiritual journey is uniquely ours and takes a lifetime to achieve, each one of us can learn from the lessons and perspectives others share with us. We contemplate meditations, poetry and writings of people like Joan Chittister, Richard Rohr and Mary Oliver. We share stories from current events and from our own lives, and discuss what those messages mean in our respective spiritual journeys. Please join us anytime to share, listen and learn with others as we seek guidance and understanding.

Fee: Suggested free-will offering of \$5 per session

Are you on social media? Find “Prairiewoods FSC” on:



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IN THE COMMUNITY



Prairie Woods staff members Cliff Schueler, Laurie Harris, Andi Lewis, Sister Nancy Hoffman, Sydney Cook (our intern), Andrea Jilovec and Sister Rita Heires show off our new tractor during *Hiawatha's Hog Wild Days Parade* on June 23. The parade included about 100 local organizations and 1.5 miles of celebrating families and polite children, eager for the candy we dispersed!

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Prairiewoods

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



Diverse Interpretations of Prayer from Various Faiths

a look at prayer as silence, relationship, poetry, art, music and movement

“See how things become;
what a change can happen,
when we find a way
to keep God close.”

— poem by Rabia, found in *Love Poems from God* translated by Daniel Ladinsky

“... to keep God close.” It is both gift and mystery. It is a co-creative process in which we are open to God’s creation and are willing to give ourselves to the process. We struggle to understand the mystery and are willing to take up the challenge of this gift, some of us willing to journey halfway around the world on a pilgrimage. We sign up for courses, for programs, for any way we might grasp a little understanding of the One who created us.

Mystery won’t let us alone. Trying to understand, we may turn to poets whose words can take us into those spaces within where we seldom go, or to musicians who

inspire us with sound and lyrics. *We’re on a search.*

We try stillness and soul-searching, reading, reflecting, creating marvelous works of art. We contemplate, sitting at home in our favorite chair or climbing a mountain path. There are lots of ways to search.

Rabia lived long ago in ancient Mesopotamia, but we can easily connect our experiences with hers. We’re still searching into Mystery, still hoping to keep God close.

So, the question is: *What helps us come close to God?* Or, perhaps, phrased a different way: *How do we pray?* *How do we know the right path life needs to take?*

We do know that, over the centuries, the need for prayer always has been present in human hearts. The church tries to answer that need through its *liturgical cycle* and soon will invite us to join in the liturgies of Advent and Christmas. We will be invited to join with others as a community of praying people, meditating on the life of Jesus and the meaning of his presence among us.

(continued on page 4)

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Laurie Harris

Peter F. Block says, "We are in community each time we find a place where we belong." How do you define *community*? Is it your family, church, neighborhood, city or country? There are many ways to discover the needs and resources, the challenges and possibilities of our community. My experience in strategic planning for corporations is that assessments can be time-consuming and expensive. They can involve researching, conducting focus groups and interviews, hosting events and doing statistical analysis.

Our process at Prairiewoods was simple: let's invite people to gather around our table for lunch and meaningful conversation. We invited various community groups to attend lunch tours we

called "Come to the Table: An Introduction to Prairiewoods." There is nothing like hungry stomachs, the aroma of fresh baked breads, a garden-fresh meal and prayer to unite and inspire real heart-to-heart conversation. Around the table, we found that we can be bread for each other—nourishing, strengthening, encouraging and accepting. One guest shared, "What a beautiful property and amazing staff and mission. We just felt at peace talking ... this is a meant-to-be relationship, and God will help us move it forward!"

Many of our guests exchanged ideas, experiences and contact information, recognizing that our common goals are the common good of our community. A Navy veteran of ten years said, "I appreciate your efforts to help my fellow veterans. I am one of the lucky ones who came back whole—many did not from earlier conflicts and many will not from current conflicts ... any and all help in the name of veterans is greatly appreciated."

The spirit will faithfully transform even our smallest gifts into life-sustaining abundance in our community. Scripture is full of reports in which God faithfully transforms humble offerings of a few fish or loaves of bread into life-giving food for the hungry. When Jesus feeds the crowd that has gathered to hear his teaching, he asks them to consider the gifts of the community, and to give what they have. This commission is an invitation to all.

In gratitude, we thank the churches, nonprofit organizations, veterans and those who support veterans, businesses and friends for sharing with us their gifts and ideas, assessing and answering their own questions, and allowing us to be a part of it. Prairiewoods is a gathering place, a place of peace and transformation for individuals and communities. If you or your group is interested in meeting at Prairiewoods, please contact us and "Come to the Table" at Prairiewoods—all are welcome!

Giving thanks to God for you, the fruitful earth and unnumbered blessings,

Laurie Harris



Prairiewoods Franciscan Spirituality Center is a sacred space where people of all faiths and cultures are invited to explore and nurture their relationships with the Source of All Being, Earth, Self and Others with an increasing awareness of the story of the Universe.

Prairiewoods 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.

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Welcome the Spirit of the Season at the Holiday Bazaar

As we pass candy to trick-or-treaters and rake up fall leaves, it's hard to imagine that Christmas is right around the corner. To help kick off the holiday season, come to Prairiewoods' annual Holiday Bazaar on Saturday, Nov. 17. It will be a great opportunity to cross items off your shopping list and get into the holiday spirit!

Our doors will open at 8 a.m. so that you can enjoy a wide selection of baked goods and gifts for family and friends. You will have until 1 p.m. to fill the Christmas stockings and the space under your tree.

Prairiewoods will offer special items from its Gift Shop and kitchen. Other vendors will offer an array of goods prepared by local artisans. You will have your choice of freshly baked breads and pies, Trappistine caramels, scarves, handcrafted aprons, denim wear, bags, baby blankets, mittens, jewelry and much more. You also can enjoy a relaxing cup of coffee or cider and a cinnamon roll at our Coffee Corner.

Want to do more than just shop? You are invited to help make the bazaar a success! We appreciate any baked goods, craft items or volunteer time you want to donate. If you are interested, please contact Helen Elsbernd, FSPA, at 319-395-6700, ext. 208, or helsbernd@prairiewoods.org.

We hope you will join us for the official start of the season at the Prairiewoods Holiday Bazaar!

The holiday season often leads to a lot of time spent cooking and baking. Here is a recipe from the Prairiewoods kitchen to add a little spice to your holiday table. (And keep your eyes peeled for a soon-to-be-released *Prairiewoods Cookbook!*)

Prairiewoods Black Bean and Rice Salad

by Laurie Erlacher

Salad:

15 oz. can black beans
3 cups cooked rice
½ cup carrot, diced
½ cup sweet red pepper, diced
¼ cup red onion, diced
1 whole tomato, chopped (or 10 oz. can tomatoes and chiles)
2 tablespoons fresh cilantro, chopped

Chipotle Dressing:

¼ cup fresh lime juice and lime zest
½ cup canola oil
2 tablespoons agave nectar or honey
½ teaspoon salt
½ teaspoon fresh garlic, minced
1 tablespoon chipotle in adobo sauce (or ½ teaspoon ground red chipotle, or to taste)

Directions:

1. Combine salad ingredients in bowl.
2. Whisk chipotle dressing ingredients together. Pour over salad mix.



How do we pray?

(continued from page 1)

Then there is *personal prayer*, including the silent prayer of contemplation, which takes us beyond thoughts and words. Many of us are lured by the beauty and grandeur of nature in which we find the face of our Creator. There are so many ways to sit alone, just us with the Divine.

This kind of contemplation, says Thomas Merton, is necessary. "Without contemplation we cannot understand the significance of the world in which we must act," he writes, adding that, "without contemplation our action loses itself in the world and becomes dangerous."

Merton claims that it is contemplation that leads us to feed the hungry, clothe the naked, and commit to such acts of compassion as engaging in nonviolent resistance to evil. The inner strength that comes from contemplation is needed by those who do the hard work of struggling for justice and working for a more peaceful world.

Contemplation draws us into *becoming instruments of unity*, replacing division with understanding. It leads us to concern for the environment, to a consciousness of Creation as part of sacred revelation, to a passion for sustainable living.

When we don't take time to be silent, to allow ourselves to be changed from within, we are apt to become dangerous, to be careless people. Establishing a personal life of prayer, though, is never without challenge. We need help. Sometimes that help is just time for solitude and silence.

For some people, belonging to a prayer group provides the power. At First Lutheran Church in Cedar Rapids, for instance, there are both *one-to-one spiritual direction* and *group spiritual direction* as helps to prayer. There are prayer-related activities for adults, teens and the very young. Marcie Watson, Director of Spiritual Transformation, gathers groups in a process of learning together. Called *Renovaré*, the purpose is to help people open themselves to God to be transformed. There, people learn that prayer is so much more than intercession. It's companionship, listening, reaching out in practical ways to meet others' needs. The church provides opportunities for Centering Prayer, prayers of healing and meditation while walking the labyrinth.

Besides praying ourselves, *having others remember us in prayer* is powerful and consoling. A testimony to that fact is the number of entries in the small prayer request book at Prairiewoods. Within the covers of that book are pages and pages of life stories. There are requests for help in getting through a divorce, for getting a work permit, for a parent dealing with the suicide of a child. Someone asks for help in making a new beginning, another for unity in the family. Someone else needs a job. There are people hoping for a cure or for acceptance of a sickness. There are stories of loss and stories of hope. The Prairiewoods staff and friends join in placing these hundreds



journaling to the God within



coloring a mandala: a wordless meditation



traditional prayer

of human concerns in the loving arms of God.

The same is true at the motherhouse of Prairiewoods' sponsoring religious community, the Franciscan Sisters of Perpetual Adoration, in La Crosse, Wisconsin. In the community's Chapel of Adoration, prayers are offered 24 hours a day for people with similar stories. This ministry of prayer—which began in 1878—has continued night and day for more than 130 years with sisters and, recently, with lay prayer partners tending to the needs of people from many countries and faiths. Today many of these requests come through the FSPA website. *Prayer connects us with everyone.*

Often, it seems, we do not recognize that prayer is happening in some of the simple, everyday things we do. It is simply woven in with all of life. Pastor Betsey Neipert, who works in Southeast Iowa as a minister in the United Methodist Church, spends many hours visiting and praying with people. She finds that it is prayer that helps us to open up and talk, to speak of concerns lying deeply in the heart. Betsey speaks of prayer as a relationship, a relationship that encompasses anything that might be found in life. "No need to sugar coat our feelings and experiences," she says. If we find ourselves hurt and angry, her message is "just be real and tell God what you need, what you're feeling. God can take our anger."

In her own experience in prayer, Betsey also learned that it is important to *"simply be quiet and listen,* so we can tune in to hear the Spirit praying in us."

Turning again to Merton, that mystic and master of prayer, we learn from his experience that prayer is "awe at the sacredness of life." It is the realization that life comes from an infinitely abundant Source, a Source too deep to be grasped in images, in words or even in clear concepts. In relating to that Source, Merton once wrote: *"How I pray is breathe."*

We asked a number of people to describe their experience of prayer, to give us a sense of how they "find a way to keep God close," as Rabia writes, looking for a relationship with the God within. Here is their wisdom:

"Prayer is thinking about the person or the thing. I have come to understand this. Sometimes there are no words for me to hear or speak and the gift of presence reminds me of the healing grace of caring and concern. It is there the Spirit dwells for me."

"I'm drawn to write my own poetry. This is a poem that arose during my Vision Quest:

*Journey with me
Take me where it's time to go.
Grant me patience to go slow
Grant me courage to go far
But take me there.
I want to go."*

"Dialoguing with God with pen and paper often connects me to my God more personally than other ways of praying. My journal serves me well."

"Prayer invites me into mystery, to be one with all, and live in the moment while trusting life's unfolding."

"For me, prayer is an awareness of the present moment, and remaining open to its love, truth and beauty. Experiencing music, art, story, reading, dance, poetry ... these ignite the human soul. Prayer occurs in me when everything feels as one, and a poem springs onto my journal effortlessly. Then my heart pours out to God what mere words could not express."



musical meditation



centering prayer on a labyrinth



exploring God's creation

Environmental Events Happening in Our Community

a look at green programs throughout the Cedar Rapids area

Faith and Our Environment Conference Saturday, Nov. 3, 8:30 a.m.–5:45 p.m.

Location: Solon United Methodist Church

The Social Justice Action Team at Solon United Methodist Church and the Iowa Wildlife Federation are cosponsoring an all-day conference called *Faith and Our Environment* at Solon United Methodist Church. Prairiewoods will lead a breakout session and host an information booth, so be sure to stop by if you attend!

For more information or to register, visit www.FaithAndOurEnvironment.org.

Fee: \$40 includes lunch and coffee break with snack

CR Eco Film Festival Saturday, Nov. 10, 1–6 p.m.

Location: Donnelly Hall at Mount Mercy University

The award-winning Cedar Rapids Environmental Film Festival—now called CR Eco Film Festival—is back for its sixth year! The mission of the festival is to provide screenings of feature-length and short films on environmental topics for the Cedar Rapids public. The festival uses the power of films to educate, inspire and motivate us to act on environmental issues. Each film is coupled with a discussion or activity that promotes learning and community networking. As an audience member, you will view thought-provoking films and participate in discussions on a wide variety of interconnected ecological, social and economic themes. You will be entertained, motivated and transformed!

This year's event will feature two full-length films—*Bag It* and *Mother Nature's Child*—and a variety of short films about water quality, local economies and individual action. In addition to watching the films, you are invited to visit with community members, interact with local organizations and eat free popcorn. You even can bring your household batteries, plastic bags and old cell phones for free recycling!

Thank you for the support of local organizations, including Mount Mercy University, Prairiewoods, Indian Creek Nature Center, Wickiup Hill Outdoor Learning Center, Linn County Chapter of the United Nations, Trees Forever, Cedar Rapids/Linn County Solid Waste Agency, Coe College, Cedar-Wapsie Sierra Club and City of Cedar Rapids Stormwater Program. For more information, find us on Facebook!

Fee: Free

Alternative Gift Market

Saturday, Dec. 1, 9 a.m.–2 p.m.

Location: Echo Hill Presbyterian Church

We all dread the thought that gifts we give might soon collect dust in a closet, be returned for cash or find their way to a local thrift shop. This holiday season, ensure that your gifts make an impact on those who receive them and on others around the world by shopping at the Alternative Gift Market!

At the Alternative Gift Market, you can purchase a present for someone you may never meet (such as a bicycle for a mother in Tanzania). In return, your loved ones will receive a certificate describing the gift given in their honor. This is a unique event that the entire family can enjoy. It is perfect for kids who want to share with needy children worldwide, for grandparents who enjoy socially-conscious gifts and for anyone who wants to improve our global society. (And it is ideal for those on your list who are hard to shop for!)

At the Market, local nonprofit organizations—including Prairiewoods—will sell tax-deductible gifts to bring hope and new life to people in our community and around the world. Each local organization will sell two gifts for their organization and two for a worthwhile cause elsewhere in our nation or world.

At the Prairiewoods booth, you can buy gifts to help Prairiewoods and gifts to bring solar energy to Native American families living on reservations in the Western United States. Trees, Water and People joined with Lakota Solar Enterprises to produce innovative solar heating systems that save tribal families 20–30% on their energy bills. They also offer renewable energy training through the Red Cloud Renewable Energy Center. At our booth, you can spend:

- \$5 for a prairie plant, which will help restore nearly 35 acres of tallgrass prairie at Prairiewoods
- \$25 toward a scholarship for someone to attend a retreat or program at Prairiewoods
- \$22 for one share of a 10-day Solar Heating Technician certification training on a Native American reservation
- \$600 for one solar heating panel on a Native American reservation

We hope you and your Christmas shopping list will join us for this amazing event!

Fee: Free admittance

Thank you to Alliant Energy Bright Ideas Grant Program for helping fund our Hoop House and Root Zone Heating Workshop on Oct. 6!

The following are some upcoming retreats, programs and continuing programs. For a complete list, visit www.Prairiewoods.org.

A Silent Mindfulness Meditation Retreat
Friday, Nov. 2, 6:30 p.m.–Sunday, Nov. 4, 1 p.m.
Facilitator: Chris Klug

“We are not meditating to make anything go away. Whether we are basically healthy or have a terminal illness, none of us knows how long we have to live. Life unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.”

— Jon Kabat-Zinn, *Full Catastrophe Living*

Mindfulness is an open, kind, non-judging attention to what is happening in the present moment as it is happening. It shapes a wise and compassionate relationship with and response to experience as it unfolds moment by moment. As Joseph Goldstein says in *A Heart Full of Peace*, “Mindfulness is the quality and power of mind that is deeply aware of what’s happening—without commentary and without interference. It is like a mirror that simply reflects whatever comes before it.” Scientific research shows that mindfulness can positively affect stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well-being and happiness.



As a participant in this retreat, you will cultivate mindfulness in silence through the repetition of guided meditative practices including sitting meditation, walking meditation, mindful movement and mindful eating. The repetition of these practices establishes and strengthens the habit of mindfulness while enhancing the likelihood of its practice in everyday life. You are welcome to participate if you are interested in beginning a formal mindfulness meditation practice or if you have been practicing for some time. There will be time for instruction and questions.

This retreat will be led by Chris Klug, who has practiced mindfulness meditation for more than 20 years, including seven silent extended mindfulness meditation retreats. He is an instructor in the Mindfulness-Based Stress Reduction program at the University of Iowa Hospitals and Clinics (UIHC), where he began teaching in 2001 following participation in a training with Jon Kabat-Zinn. Chris is a grief counselor, educator and consultant in private practice in Iowa City, and he is a consultant to the palliative care staff at UIHC. He has more than 25 years experience facilitating retreats and workshops on mindfulness, nonviolence, creative conflict resolution, and grief and loss.
Fee: \$225 includes presentations, lodging and all meals
Commuter Fee: \$175 includes presentations, Saturday lunch and dinner, and Sunday lunch

Seeing IS Believing Advent Retreat
Friday, Dec. 7, 6:30 p.m.–Saturday, Dec. 8, 4 p.m.
Facilitator: Rodney Bluml



Come, integrate creativity and prayer through the practice of *Visio Divina*, or holy seeing. This retreat will offer you the opportunity to be steeped in the rhythm and practice of *Visio Divina* and to delve into the season of Advent. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves three movements: reading scripture, viewing visual art, and responding individually or in small groups. *Visio Divina*—which is Latin for “divine seeing”—is rooted in the ancient practice of *Lectio Divina*, or “divine reading.” Come and explore this ever ancient, ever new prayer form.

Rodney Bluml is the Faith Formation Director at St. Joseph Church in Marion. He holds master’s degrees in Divinity and Sacramental Theology and Liturgy from the University of St. Thomas. Rodney has studied scripture for years and is eager to facilitate the *Visio Divina* process with all seekers.

Fee: \$100 includes presentations, Friday night lodging, and Saturday breakfast and lunch

Commuter Fee: \$60 includes presentations and Saturday lunch

The Zen of Baking: Bread and Blessing Retreat III
Monday, Jan. 14, 11 a.m.–Friday, Jan. 18, 1 p.m.

Facilitators: Jill Jones & Ann Jackson, PBVM

Allow the smell of baking bread on a cold day to help you reflect on blessings in your life. Shake the dust from your apron, saddle up alongside a good friend (or make a few new friends!) and create blessing. It’s amazing how a small handful of dough can invite us to reflection. As a participant, you will ask: *What am I kneading in my life? What is rising within my life, offering nourishment? How am I called to be leaven for others?* The group also will spend an afternoon visiting Stringtown Grocery in Kalona and an organic restaurant.



Join Prairiewoods Chef and baker Jill Jones and Retreat Coordinator Ann Jackson, PBVM, in the retreat kitchen for lots of recipes, baking, fun and healthy inspiration around wholesome nutrition.



This retreat will be limited to eight people, so please register early!

Fee: \$425 includes presentations, cooking materials, lodging and all meals (Commuters will not be accepted for this retreat.)

This retreat is back by popular demand!

PROGRAMS

New programs are always being created! Keep up with the latest developments by contacting Prairiewoods at 319-395-6700 or by visiting www.Prairiewoods.org.

Green and Simple: Finding More Joy and Less Stuff in Your Holiday

Thursday, Nov. 1, 7 p.m.

Facilitators: Prairiewoods & Indian Creek Nature Center

Feel harried by holiday havoc? Join this group discussion on how to transition from feeling overwhelmed to overjoyed by the upcoming holiday season.

You will learn various techniques that have worked for others and from authors who are experts on the subject. Feel free to share your own ideas about how to feel less stressed during this celebratory time of year.

This program is cosponsored by Prairiewoods and Indian Creek Nature Center and will be held at Indian Creek. **Fee:** \$4 for Indian Creek members, \$5 for non-members

Faith and Our Environment Conference

Saturday, Nov. 3, 8:30 a.m.–5:45 p.m.

(See page 6 for a full description.)

CR Eco Film Festival

Saturday, Nov. 10, 1–6 p.m.

(See page 6 for a full description.)



Generate a Jewel from Junk

Thursday, Nov. 15, 6:30–8 p.m.

Facilitator: Pam Hyberger

If the winter season calls for jewel tones, perhaps it also calls for jewelry boxes! Instructor Pam Hyberger will teach you how to make a unique jewel case by repurposing everyday objects. You will learn to take ordinary items and create a beautiful gift for yourself or someone you love.

Pam is manager of Happenstance on 7th, a boutique in Marion featuring beautiful one-of-a-kind art and apparel by local artists. Pam has been creating as a visual and graphic artist for 25 years.

Fee: \$10



Sweat Lodge (Inipi) Ceremony

Saturday, Nov. 17, 6:30 p.m.

Facilitator: Mike Maynard

A Sweat Lodge is a small dome-shaped structure in which participants sit on the earth around heated, steaming stones. Traditional ceremonies take place inside the Sweat Lodge and focus on prayer, purification, recognition and healing. *If you have claustrophobia or a medical condition that prevents you from using a sauna, you should not participate in this ceremony.* Registration is required.

There will be no Sweat Lodge Ceremonies during December, January or February.

Fee: Free-will offering



Day of Self Renewal

Mondays, Nov. 19 or Dec. 17,

8:30 a.m.–4 p.m.

Facilitator: Andrea Jilovec

You know that peaceful, calming feeling you get as you drive onto the Prairiewoods grounds? Imagine letting that feeling seep into your bones during a full day of rest and relaxation!

Our monthly Day of Self Renewal features two 30-minute holistic services of your choice, group Guided Meditation, a private guest room, fresh lunch and hours of free time. (Choose from massage, reflexology, healing touch, spiritual direction, paraffin bath treatment with hand massage, foot soak with exfoliation scrub and foot massage, or head and shoulder massage.)

Registration is required at least five days in advance, so call today to register!

Fee: \$90 includes group guided meditation, two holistic services, room for the day and lunch

T-shirt Refashioning Class

Thursday, Nov. 29, 6–8 p.m.

Facilitator: Emy Sautter

Do you have a drawer full of old T-shirts that you rarely wear but are reluctant to get rid of? Bring in those old T-shirts and have fun repurposing them into new shirts, scarves, dresses and more! (No sewing needed.) Please bring scissors and at least four T-shirts of various sizes—or bring more to share! Registration is requested by Nov. 26. **Fee:** \$5



Alternative Gift Market

Saturday, Dec. 1, 9 a.m.–2 p.m.

(See page 6 for a full description.)

The Prairiewoods
Sweat Lodge



The programs on this page feature Trish and Richard Bruxvoort Colligan, a musical duo from Strawberry Point, Iowa, that performs as The River's Voice. Trish and Richard are both spiritual directors and musicians who perform and lead workshops throughout the United States. They have published more than a dozen CDs of original music (many of which can be listened to and purchased in the Prairiewoods Gift Shop). Trish's piano and Richard's acoustic guitar weave the backdrop for their smooth, harmonic vocals. (Musically, think the Swell Season, James Taylor or Patty Griffin, and you're close.) For more information, visit www.RiversVoice.com or search Spotify to hear their music for free.

Remembrance Service

Wednesday, Nov. 7, 6:30–8 p.m.

Facilitator: Marj English, OSF

Join us for a Remembrance Service in honor of benefactors and friends of Prairiewoods who have blessed us in life and in death by their presence and their gifts. This Taize-type prayer service will be facilitated by Marj English, OSF. It will honor our loved ones and yours with prayer and music by Richard Bruxvoort Colligan. Please bring a picture or symbol of your loved one to be used during the service. Light refreshments will be served.

Please feel free to invite other friends and family for this service. Reservations are requested—but not required—by Oct. 31.

Fee: Free

Behold! Day Retreat with Trish & Richard Bruxvoort Colligan

Saturday, Dec. 1, 9 a.m.–4 p.m.

Facilitators: Trish & Richard Bruxvoort Colligan

It soon will be dark and cold in the Midwest. Although you may long for light and transformation, be encouraged to slow down and not rush through this time of darkness. There are gifts in the dark. In fact, this wintery Advent may be the time to look over your life and quietly gasp, *Behold! What is emerging in me? What threshold am I standing before? What are my deepest hopes as the new year approaches?* Join Trish and Richard Bruxvoort Colligan for a day of breathing deeply into this season of rich darkness. Music, poetry, stories,

silence, rest, drumming, meditation, good food and companionship will bring you courage for the dark season.

You also may choose to stay for the special evening Behold! Concert featuring songs of welcome and longing by Richard and Trish.

Fee: \$200 (or \$170 if registered by Nov. 9) includes workshop, Saturday night lodging, Saturday lunch and dinner, Sunday breakfast, and one ticket for Saturday evening's Behold! Concert
Commuter Fee: \$140 (or \$119 if registered by Nov. 9) includes workshop, Saturday lunch and one ticket for Saturday evening's Behold! Concert

Behold! Concert with The River's Voice

Saturday, Dec. 1, 7–8:30 p.m.

Facilitators: Trish & Richard Bruxvoort Colligan

Songs of welcome and longing will greet you in this concert by The River's Voice, singer-songwriter duo made up of Trish and Richard Bruxvoort Colligan. The evening concert, which follows a day-long retreat that you also may join, will include poetry by Trish and Psalms by Richard.

In the midst of wintery Advent, come sit by the fire in the Prairiewoods lounge for songs and stories of hope and transformation. All are welcome for this evening of renewal, laughter, stories and great music. Group discounts are available for groups of three or more, so bring friends!

Fee: \$20 (or \$17 if registered by Nov. 9)

Sing the Psalms Workshop

Wednesday, Dec. 12, 10 a.m.–3 p.m.

Facilitator: Richard Bruxvoort Colligan

What would happen if we immersed ourselves in the prayers of the Psalms? That's the question Richard Bruxvoort Colligan asked eight years ago when he embarked on an intensive study of the Psalms. In the midst of emotional Advent, you can join him for a day of singing the Psalms. There will be meditation on some of the most passionate texts, quiet personal reflection and discussions that will break open your own stories of faith and doubt. The day will culminate in designing Psalm prayer stations together.

If you are in transition right now in any aspect of your life, this musical day-retreat may be for you. (You don't have to be a musical genius or know anything about the Psalms!)

Fee: \$50 includes lunch

Winter Solstice Celebratory Concert

Thursday, Dec. 20, 6–8 p.m.

Facilitators: Trish & Richard Bruxvoort Colligan

The changing of the seasons is an optimal time to come together in community, giving thanks for the earth and all of creation. On the eve of the coldest season of the year, join us for a winter solstice celebration. This evening of warmth and connection will be led by musicians Trish and Richard Bruxvoort Colligan.

Fee: Suggested free-will offering of \$5

CONTINUING PROGRAMS

Bridges to Contemplative Living with Thomas Merton

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

Facilitator: Betty Daugherty, FSPA

This group uses *Bridges to Contemplative Living*, which includes excerpts from the writings of Thomas Merton and other authors, to explore the truths of our human existence. The group reads, reflects and discusses various topics related to contemplative living. This practice can help you respond to everyday experiences with greater awareness of your connections with God and others. You may join at any time.

Fee: \$5 per session

Evening Centering Prayer

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

Facilitator: Judith Edwards

Centering prayer is a form of meditation focused on silent prayer. In this time of silence, you can relax, empty your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer, and new participants may join at any time. The group meets in room 113 of the Prairiewoods Guest House.

Fee: Free-will offering

Green Living Group

3rd Wednesday monthly, 6:30–8 p.m.

Facilitators: Maggie Anderson, Emmy Ball and Emy Sautter

The Green Living Group will not meet in November, December or January. We look forward to seeing you Feb. 20!

Women's Sacred Circle

1st Wednesday monthly, 6:30–8 p.m.

Facilitator: Andrea Jilovec

Women's Sacred Circle meets monthly within a framework of understanding that, while our personal spiritual journey is uniquely ours and takes a lifetime to achieve, each one of us can learn from the lessons and perspectives others share with us. Is there a quote, a favorite passage, a poem, an object or an image that inspires you on your spiritual journey toward finding the Divine, meaning and wholeness? We will share and discuss what those messages mean in our respective spiritual journeys. Please join us anytime to share, listen and learn with others as we seek guidance and understanding.

Fee: Suggested free-will offering of \$5 per session

Prairiewoods Knitters & Stitchers

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

Knitters and crocheters of all skill levels create handmade crafts for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Wednesday Women

Every Wednesday, 10–11:30 a.m. (exceptions noted below)

Facilitator: Marj English, OSF

This lively group of women meets every Wednesday to be spiritually enriched, updated, inspired and challenged. Feel free to join at any time! Please note that the group will not meet Nov. 21, Dec. 26 or Jan. 2 due to the holidays. Regular weekly meetings will resume Jan. 9.

From Oct. 24 through Dec. 5, the group will focus on the DVD series *The Future of Christianity: A Startling New Vision of Hope for the 21st Century* by Father Thomas Keating and Ken Wilber.

On Oct. 24, Oct. 31 and Nov. 7, the group will study the first DVD of the set, *The Future of Christianity*, in which "renowned Christian contemplative Father Thomas Keating and best-selling author Ken Wilber offer an interpretive vision of hope for the future of the world's largest religion as one of the most powerful conveyor belts of human development as a journey in a new way, with radical implications for our spiritual lives and for the world as a whole."

On Nov. 14, Nov. 28 and Dec. 5, the group will view and discuss *Deeper Inquiries*. In this, the second DVD of the set, Keating offers special presentations on "Divine Therapy" followed by a remarkable discussion between Keating and Wilber on "Spirituality and Religion."

On Dec. 12, the group will take part in the *Sing the Psalms Workshop*, a special Advent celebration led by Richard Bruxvoort Colligan. This day of singing and celebration runs from 10 a.m. to 3 p.m. and costs \$50, including lunch. (See page 9 for a full description.)

On Dec. 19, Wednesday Women will host its annual Christmas luncheon at Prairiewoods. Instead of the usual 10 a.m. session, the group will gather at 11:30 a.m., and lunch will be served at noon. (The cost of the luncheon is \$20.)

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

Are you on social media? Find "Prairiewoods FSC" on:



We appreciate all of the generous people who donate their time, money or other gifts to Prairiewoods!
For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Contact/Donate.

VOLUNTEERS

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Mark Armstrong
Martha Barry
Mary Ann Barry
Doug Beadle
Dian Boysen
Dianne Brenneman
Deb Crane
Bill Davis
Donna Mae Davis
Marie Diebold
Helen Elsbernd, FSPA
Laurel Gladish
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Carol Hartman
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In memory of Joann Downey
Clark & Teresa White

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Jerry & Kathy Gehling
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Dana Groff
Joyce Hanson
Jerry Mach
Peggy Olsen
Mary Schneider
Steve & Jane Ulstad

Inform with our Traveling Immigration Display

Are you hosting an event focused on immigration? Do you want to increase awareness about issues that immigrants face? Your church or organization can borrow a display that educates people about immigration.

The traveling display—called “Iowa: A State of Immigrants”—is made up of four individual panels, each measuring approximately seven feet tall by three feet wide. A Prairiewoods volunteer will deliver the display, set it up and come back to dismantle it when you are finished.

The display combines photos and information to convey the history and status

of immigration in our nation and in Iowa. It also includes the Interfaith Statement on Comprehensive Immigration Reform, basic facts and myths, and immigrant stories. The traveling display was created as a tool to help inform our community—especially the faith community—about immigration issues.

The display was made possible through a Franciscan Sisters of Perpetual Adoration grant and a Mount Mercy Campus Ministry AFIRM grant from the Sisters of Mercy.

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





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SAVE THE DATE



Save the Date for 2013 Spirituality in the 21st Century Conference

One of our most memorable events each year is our Spirituality in the 21st Century Conference. Our twelfth annual event—called *Engaging Community. Narrating Change.*—will be held Thursday, April 4, from 7 to 9 p.m. and Friday, April 5, from 9 a.m. to 3:30 p.m. It will feature *Walter Brueggemann, John McKnight* and *Peter Block*, three thought leaders who come from very different disciplines. They have spent their lives illuminating a pathway toward creating a different future that emerges out of community, neighborliness and a vision for the common good. Together, we will weave new insights into building a sense of community and a common destiny that can awaken a new vision of what our neighborhoods, cities and faith communities can be.

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