

Prairiewoods

January/February 2014

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

Announcing 2014 Spirituality in the 21st Century Speakers

By Laura Weber

Compassion is at the heart of the spiritual journey, captivating our hearts and minds and transforming our holy desires into profound and selfless service. Compassion is the healing energy that creation draws upon for its renewal, inviting all of us to be healers and sources of light. It is compassion for the suffering of others and the decimation of our Earth that breaks our

hearts and compels us to action. Spiritual master Henri Nouwen had this to say about compassion:

“Compassion—which means, literally, ‘to suffer with’—is the way to the truth that we are most ourselves, not when we differ from others, but when we are the same. Indeed the main spiritual question is not, ‘What difference do you make?’ but ‘What do you have in common?’ It is not ‘excelling’ but ‘serving’ that makes us most human. It is not proving ourselves to be better than others but confessing to be just like others that is the way to healing and reconciliation.”

In 2014, Prairiewoods invites all of us to the great work of cultivating compassion, a holy impetus for reaching out, for connecting, that is rooted in our common humanity. Living plants continuously reach upward and outward from the soil of Earth to soak in the warmth of sunlight and the moisture of drenching rains. Without water and light, seedlings become malnourished and die back to their roots. Compassion is like the healing balm of light and water, the life-force for what ails humanity and our Mother Earth. It is the synergy of hearts speaking to hearts, the microcosmic reaching out, drawing peoples of all cultures and religious traditions together, offering healing and transformation for what is parched and withered. *Those whose hearts*

Rooted in Compassion

Cosmology, Eco-Justice and Empathic Wisdom

Marc Ian Barasch

Drew Dellinger



March 28–29, 2014

reach out with compassion to the suffering of others and to the dire needs of Earth are sowing seeds of hope, growing new saplings of justice, and engendering new paradigms for collaboration and inter-connection.

The roots of our compassion may arise from shared experiences of anguish, poverty and violence, but the tendrils of

compassion's branches extend far beyond our own desolation. Compassion transforms isolation into communion. If we offer solace and refreshment for the good of others and our Earth, we heal ourselves and the whole cosmic community. When eco-spiritual pioneer Thomas Berry spoke of the “great work” of healing the globe in this Ecozoic Era, he had in mind a macrocosmic transformation, one that heals the destruction of the planet with courageous, world-resounding imagination and fearless initiatives “for renewing the face of Earth” (Psalms 104:30). We all share the vocational imperative of celebrating, protecting and preserving the beauty of creation (Genesis 2:15). We are all Earth-creatures, Adams and Eves of this Edenic garden that represents our collective abundance, inspires our most profound gratitude and symbolizes our most primordial bliss. It's all our calling to care for Earth. Age-old philosophers and theologians have discovered unity as the grounding life-force of all being. The dynamic communion of all life that reflects the nature and heart of the divine is evident in this prayer of Jesus as he approached his death: “I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me” (John 17:23).

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DIRECTOR'S CORNER



"Self-forgetfulness and compassion open the gates of communion with all beings with whom we share time. In the moments when we forget ourselves, everything becomes transparent with God's love and is seen in a new light. Everyone becomes precious, as they always were, to us. We realize that treasure is always before us. We must awake and refresh our mind's eye: We are living in a world that is absolutely transparent and God is shining through it all the time."

—Thomas Merton, *Bridges to Contemplative Living*

As we take in this powerful quotation by the contemplative mystic Thomas Merton, everything around us takes on a newness and we are invited to perceive the world with new eyes. We live in a world in which God shines through all the time. This seems especially true in this Advent season, a contemplative time when one year is coming to a close and a new one is drawing near. It is a time when Christ comes alive among us, bringing the ultimate gift of divine love. This is a perfect time, as Merton puts it, to "awake and refresh our mind's eye."

My resolutions for awakening heart and mind to God's infinite love, and hence a deeper communion with all that is, begins by:

Being present to others. There is so much fragility and strength, darkness and light, in every life. We are blessed when we accept the privilege of connecting with others on a deeper level. This takes time, letting go of control and becoming immersed in listening.

Encountering God. Through prayer and faith sharing, we begin to see with deeper eyes of the heart and allow God's love to transform us. These encounters will keep our eyes and ears open to the presence of the divine in our midst. Thomas Keating says, "If one completes the journey to one's own heart, one will find oneself in the heart of everyone else."

Giving goodness. Let us look for the *bonum*, the goodness around us, instead of dwelling on what is lacking. We all can be conduits of God's goodness.

Igniting compassion. We cannot grasp the significance of love solo. It is only when we express love with family and strangers that we can understand. Through humble service to others, we bring the presence of God to our world. In his book *The Compassionate Life*, Marc Ian Barasch says, "For at the center of all spiritual traditions is the beacon of a truly radical proposal: Open your heart to everybody. Everybody."

Nurturing nature. Develop a greater spirit of caring for Earth and awareness of God in the universe. By appreciating the beauty, the diversity and the transformations in nature, we can respond, know and love God beyond our natural capacity.

Sacramental spirituality. Celebrate with community the Christian mystery. Let the Word of God speak to you, the Eucharist fuel God's spirit in you and the love of God go with you.

May you let God's love be seen in a glorious new light in the New Year!

Peace and joy,

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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— SPIRITUALITY IN THE 21ST CENTURY

(continued from page 1)

This was the evangelist's way of celebrating the loving unity of all humanity with divinity as the great work of Jesus was brought to its fulfillment. Many mystics and poets have taught us that we are most certainly all children of one Mother Earth. *As her children, we constitute one global family and share one cosmic destiny. We are truly, inextricably one.*

As one human family, we are compelled to the great mission of renewing the face of Earth. This means reviving Earth's water sources, removing toxins from her lakes and oceans, restoring the nutrients of Earth, re-forestry and renewing the rapidly-dying ecosystems. We are doing some great work already! Solidarity with those on the margins puts our compassion into practice. Hyper-consumerism and technological expediency are being replaced with calls to "live simply so others may simply live" and "digital fasts," which help us return to the quiet center, regain our balance and listen to the voice of the divine within us. Paradigms of domination and subjugation are being replaced with eco-centric awareness, human rights advocacy, and ever-widening circles of collaboration and empowerment of the poor. Those whose great work is compassion for the people of Earth often have as their

focus the care of Earth herself for this reason. Healthier soil, air and water lead to healthier food sources, abundance in place of scarcity and collaborative sharing rather than the hoarding of resources. Compassion requires a reversal of unjust structures that marginalize and exclude, corrode and destroy Earth. Planetary cooperation for the good of all life is eclipsing the impetus to deplete Earth's natural resources. Even so, just averting biocide is not enough.

This is our time for reaching out, for growing in compassion, for taking up the plowshare and laying down the sword (Isaiah 2:4). It is the crying out of Earth and her children that commands our attention, compassion, imagination, commitment and industry. We have great dreams of renewing the face of Earth. Now is the Ecozoic Era, when our great work of renewing Earth must commence.

On March 28–29, 2014, we will be accompanied by Marc Ian Barasch and Drew Dellinger, two whose shoes are well-worn on the compassionate path, and whose creativity and commitment will inspire and challenge us. Come and be energized by these amazing men as they inspire, challenge and join us in our spiritual journey to renew the face of Earth!

2014 Spirituality in the 21st Century Conference
Rooted in Compassion: Cosmology, Eco-Justice and Empathic Wisdom
featuring **Marc Ian Barasch & Drew Dellinger**
Friday evening, March 28, and Saturday, March 29, 2014
DoubleTree by Hilton in Cedar Rapids
www.Prairiewoods.org • 319-395-6700

Marc Ian Barasch is the award-winning author of *Field Notes on the Compassionate Life* (reissued as *The Compassionate Life: Walking the Path of Kindness*), a national bestseller that inspired the film *I Am*. Moved by his deep desire for "green compassion" to mitigate poverty and suffering by quelling Earth's death pangs, Marc founded the

Green World Campaign (www.GreenWorld.org). He recognized that by planting trees in the world's poorest places, soil could be stabilized and reinvigorated, aquifers replenished, people and livestock fed with clean water and plants, ecosystems re-diversified, and destitute people reenergized in their communities, infused with hope in place of despair. "Trees," Marc discovered, "could take care of everything from earth to sky, from people to planet."



Marc Ian Barasch

Drew Dellinger, Ph.D., has a poet's passionate voice and a pastor's stirring vision for calling all of us to fall in love with the universe and renew the face of Earth. A performance poet who studied with the late Thomas Berry (the pioneering voice of eco-spirituality and the New Universe Story), Drew draws his artistic inspiration from creation. His research explores and celebrates the writings of Dr. Martin Luther King Jr.

on the topics of justice, ecology, cosmology and inter-connection. With literary acclaim across six continents, his award-winning book of poems, *love letter to the milky way*, inspires wonder and resolve for those dedicated to global restoration. Drew founded Planetize the Movement (www.DrewDellinger.org) to call the world to action in defense of our planet.



Drew Dellinger

Prairiewoods: Bridging

What inspires you about

The *Prairiewoods* mission statement says: "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 sponsored by the Franciscan Sisters of Perpetual Adoration, a Catholic community." Here is a look at what inspires our staff most about living this mission ...

"Prairiewoods is sacred, inclusive, inter-relational, emergent, and that amazes and delights me!"

—Laura

"God is present in nature; having a clean environment; peace in my life; walking sacred grounds"

—Linda K.

"its openness, inclusivity, hospitality, and love for God and all God's creation"

—Sister Lucille

"Wow! I mean WOW!! I am inspired by each word!! I love how the statements are alive with energy and movement!"

—Emy



"to heal with compassion"

—Rodney

"the inclusivity and hospitality to all people and all creation"

—Sister Joann

"The word 'nurture' reminds me that we are here to love, care for and show hospitality to every creature who walks our sacred grounds."

—Andi

"The ability to nurture my relationship with my creator at work inspires me to seek and find Him throughout my day."

—Sue

"It gives me the opportunity to celebrate God's unconditional love for every person and creature in God's Universe"

—Linda L.

"As a staff, we can become more unified as we focus together on the mission of Prairiewoods because our ministry provides opportunities to cooperate with one another for the sake of God, others and the earth. This is manifesting God's love in the world."

—Laurie H.

Ecology and Spirituality

the Prairiewoods mission?

"Our home is the entire cosmos; all people our family; unlimited our opportunities for love and service in this Christic Cosmos!"

—Sister Rita

"The Prairiewoods mission inspires me to be in touch with the awesomeness and mystery of our Creator and all of Creation, and to provide the space for others to do the same."

—Sister Helen

"Together we celebrate life in a community that is sacred, inter-related and interdependent."

—Sister Betty

"Prairiewoods is cultivated to be a sacred space where people of all faiths and cultures are invited to explore and nurture their relationship with the Source of all Being, Earth, Self and Others. Earth of course includes all plant, animal and energy within."

—Sister Nancy

"I am inspired by the kindness."

—Cliff

"I am inspired to welcome all to our sacred space."

—Laurie E.

"What inspires me about our mission statement is that it is inclusive, expansive and offers hope to all seekers."

—Sister Marj

"1. guidance with compassion, 2. we are one energy, 3. learn to care for Mother Earth"

—Diane

"I am inspired by the fact that ALL people are welcome here at Prairiewoods!"

—Nancy S.

"The mission at Prairiewoods draws all who step foot onto the property into peace and a profound, palpable sense that all of creation is sacred. This experience alone deepens one's desire to care for Earth. The organic, collaborative energy of the mission liberates!"

—Sister Ann (not pictured)

RETREATS

The following are some upcoming retreats, programs and continuing programs. For a complete list and *online registration*, visit www.Prairiewoods.org. You also can call 319-395-6700 for more information or to register.

Compassionate Acceptance: A Mindful Path to Healing Life's Wounds Retreat **Friday, Jan. 17, 6:30 p.m.–Sunday, Jan. 19, 1 p.m.**

Facilitator: Thomas Roberts

The story of life's hurts, betrayals and traumas resides deeply in the nerves and cells of our bodies, to be relived repeatedly throughout our lives. Deep healing occurs only when we soften our self-aversion and begin to accept and relate wisely with deep compassion to that part of ourselves that needs healing. This retreat will provide a spacious and safe place to work on bringing mindful and compassionate acceptance of life's wounds. Through an exploration of mindfulness and healing practices, retreatants will be invited to a depth of healing that is integral to the spiritual path.



Thomas Roberts is a psychotherapist and hypnotherapist in private practice (Innerchange Counseling) in Onalaska, Wisconsin, with more than forty years of experience in clinical psychotherapy and his own personal Zen Buddhist practice. He is the author of *The Mindfulness Workbook: A Beginners Guide to Overcoming Fear and Embracing Compassion*.

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

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

Empty Nesters Overnight: Feathering for the Future Retreat

Friday, Feb. 21, 5:30 p.m.–Saturday, Feb. 22, 3:30 p.m.

Facilitators: Prairiewoods Staff & Jonny Lipford

Wondering “what now?” after the kids are out of the nest? You are in a holy place! Come for some renewal and inspiration at Prairiewoods. As a retreatant, you will begin with a candlelight dinner on Friday evening to honor the solemnity and celebration of the moment: marking a life transition. You will enjoy a mindfulness meditation by entering the idyllic forest under a canopy of stars and reflecting on life's unknowns. As you emerge from the wild woods, your experience brings you back to the light and warmth of the hearth with soft music by Jonny Lipford around the roaring fire in the lounge. When drowsiness sets in, enjoy a bedtime story extraordinaire! You will begin connecting your life story with the Universe Story, seeking your new role in a time of transition. You will be encouraged to get in touch with your holy desires, your gratitude, and abundance emerging through grief, loss and diminishment. You will rest that night in our comfortable Guest House, where your dreams will connect you with your deeper self. The next morning, you will awaken to the smell of coffee or tea and fresh-baked muffins, take a walk in nature, or settle in for quiet prayer and reflection in our beautiful Meditation Room. During the morning session, we will consider some emerging life issues and offer inspiration for the flight into the future. We will end with hearty soups and fresh-baked breads for lunch to nourish us for the journey ahead. Doesn't that sound wonderful? Come and enjoy!



Fee: \$150 includes presentations, lodging, live music and all meals (*lodgers only*)

Here's a sneak peek at other retreats happening at Prairiewoods in 2014:

Being the Compassionate Christ with Carol Jean Meyer, March 14–16

Rooted in Compassion: Cosmology, Eco-Justice and Empathic Wisdom with Marc Ian Barasch & Drew Dellinger, March 28–29

Contemplative Living Using the LifeFrame: Engaging the Depth and Span of Our Experience and God's Presence with Steve Werth, May 2–4

Silent Mindfulness Meditation with Chris Klug, June 6–10

June Silent Directed Retreat with the Prairiewoods staff, June 6–12

What Dreams May Come: Sacred Time with Marj English, OSF, & Joann Gehling, FSPA, June 22–28

Blessings for Barter: Service and A Smile with Nancy Hoffman, FSPA, June 22–28

July Silent Directed Retreat with the Prairiewoods staff, July 20–26

The Chakras System and Sound Healing with Corrina Thomas, FSPA, & Ginny Helfrich, July 20–26

“I Am” Passages of John and the Heart Chakra with Mary Fraser & Dana Wimmer, Aug. 1–3

Nourish Your Bodyspirit: Intensive Weekend Retreat with Interplay and NIA® with Mary Cohen, Matt Cohen & Beth Pelton, Aug. 1–3

Spiritual Exercises in Everyday Life (S.E.E.L.) 2014–2015 with the Prairiewoods staff, Sept. 13, Oct. 11, Nov. 8, Dec. 13, Jan. 17, Feb. 21, March 14, April 11 & May 2

Shadow work for a New Creation: Ego Work for the World! with Olga Wittekind, OSF, Sept. 12–14

Gospel Stories of Compassion with John McHugh, Oct. 10–12

Silent Mindfulness Meditation with Chris Klug, Nov. 7–9

Already Home: Living in the Healing Light of the Near-Death Experience with Dennis, Sheila & Matt Linn, Nov. 21–23

Yoga with Michelle Watters, Nov. 21–23

Hatha Way Yogi**Multiple times each week****Facilitator:** Cindy Hathaway

Yoga is a meditative practice that links movement with breathing and cultivates strength, flexibility and relaxation. Cindy Hathaway of Hatha Way Yogi leads multiple one-hour classes each week on Monday mornings, Thursday evenings and Friday mornings. These include gentle, beginner/intermediate, chair and yin yoga classes. People of all fitness levels are welcome, but you are asked to bring your own yoga mat, if possible.

Fee: \$99 for eleven-punch card or \$60 for six-punch card, one punch per session

Winter Walk-Abouts**Fridays in Jan. & Feb., 12:30–1 p.m.****Facilitators:** Emy Sautter & Rodney Bluml

Bring your snow shoes or winter boots, and perhaps your camera, and join us for a 20-minute walk around the beautiful land at Prairiewoods. Invite your friends, meet new people, get out in the fresh air and get a little exercise—all are antidotes for the winter blues and cabin fever! There will always be hot coffee and hot cocoa available after.

Fee: Free

Life's Healing Choices**Sundays, Jan. 5–March 9, 1:30–3 p.m.****Facilitator:** Sue Bergman

Life's

Healing Choices is a women's small group book study designed to help you discover and face your hurts, habits and hang ups (perhaps for the first time in your life). As a participant, you will use the eight Beatitudes as the pathway to finding happiness. Happiness is a choice you can make for yourself when you let go of your past and embrace life as God intended it to be.

The group will be limited to seven women and will meet for ten consecutive Sundays.

Fee: \$60 for ten-week series includes book

**Men's Prayer Group: Getting Perspective on Life****Thursdays, Jan. 9 & 23, Feb. 6 & 20, 7–8:30 p.m.****Facilitator:** Bob Davis

Behavioral scientists and spiritual guides have noted a major transformation in the life direction of many men as they mature. It may happen gradually or abruptly, as early as your 20s or in your 50s or 60s. Some men never make this shift, described as a change from goal drivenness to receptivity, from ego to wisdom. The transition can start from the inside (Why am I doing what I'm doing?) or the outside (from a loss or threat), and it may seem disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about these changes.

Fee: Free-will offering

The Artist's Way**Sundays, Jan. 12 & Feb. 9, 1–4 p.m.**

Attention all artists, poets, mandala makers, writers, musicians, sculptors and other creative people! Prairiewoods recognizes that some of you don't have a studio or special space to let your creative juices flow, so to honor *The Artist's Way*, we are making space in the Center available to you every second Sunday of the month from 1–4 p.m. Come and go as you please; work alone or share your projects with others.

Fee: Free

Breeze Through the Cold and Flu Season**Tuesday, Jan. 14, 6:30–8 p.m.****Facilitator:** Sandy Rosenberger

Join Sandy Rosenberger as you learn to make some wonderful, safe products that prevent or help you get over a cold or flu faster. You will go

home with some Vitamin C-rich Elderberry Syrup, a room disinfecting spray and more! Registration and payment are requested by Jan. 10.

Fee: \$22 includes all supplies

**Circle Cinema: Reconnecting with Compassion or The Fight Against Sex Slavery****Fridays, Jan. 17 or Feb. 21, 12–1 p.m.****Facilitator:** Emy Sautter

You are invited to join a monthly lunchtime screening of films on a variety of topics. This is a casual gathering in which staff and guests view a film over the lunch hour. As time permits, there may be short discussions following the films. Bring your brown-bag lunch and join us for this free viewing party! (Or if you would like a hot Prairiewoods lunch for \$8, call at least two days in advance to see if we are serving lunch.)

On Jan. 17, watch journalist Krista Tippett's 16-minute film, *Reconnecting with Compassion*. Krista will deconstruct the meaning of the word *compassion* and help you come to a better understanding of what compassion is in today's world.

On Feb. 21, join us for Sunitha Krishnan's 13-minute film, *The Fight Against Sex Slavery*. Sunitha tells powerful stories about rescuing women and children from sex slavery, which is a multimillion-dollar market around the world and right in our backyard. In this powerful and courageous film, you will learn how you can help young victims rebuild their lives.

Fee: Free-will offering (\$8 to add lunch)

Day of Self Renewal**Mondays, Jan. 20 or Feb. 17, 8:30 a.m.–4:30 p.m.****Facilitator:** Rodney Bluml

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 40-minute holistic services of your choice, group Guided Meditation, a private guest room, access to walking trails, a fresh lunch and hours of free time. (Choose from Swedish massage, head and shoulder massage, reflexology, healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration is required at least a week in advance.

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

PROGRAMS

Tuesday Take-Away: Rooted in Compassion or The Illuminator Tuesdays, Jan. 21 or Feb. 18, 12–1 p.m.

Facilitators: Prairiewoods Staff

Tuesday Take-Away is a series that pairs a healthy meal with a topic of interest in a lunch-hour discussion. Registration is requested at least two days in advance.

As a participant on Jan. 21, you will reflect on key passages from the works of Marc Ian Barasch and Drew Dellinger, who will speak at our *Spirituality in the 21st Century* conference March 28–29. (See pages 1 and 3 for more information on the conference.)

On Feb. 18, gather to watch a documentary on the process of illuminating the St. John's Bible in anticipation of our hosting 17 prints of original art this spring. *The Illuminator* is about Donald Jackson, calligrapher to the Queen of England and director of the artistic rendering of this twelve-million-dollar project completed in 2011. **Fee:** \$10 includes lunch

Enhancing Relationships with the Enneagram

Thursday, Jan. 30, 6:30–8:30 p.m., & Friday, Jan. 31, 9 a.m.–3 p.m.

Facilitator: Marci Madary

In this professional-level workshop, Marci Madary will introduce you to the principles of the Enneagram and then lead you through individual and small-group processes that help integrate the information. This is ideal for team building, couple growth and enhancing partnering of all kinds! It will help you bring a new level of understanding to your marriage, grow in patience with your co-workers, become a better friend and be more forgiving of yourself.

The Enneagram of Personality is a model principally used as a typology of nine interconnected energies. It has been widely promoted in both business



management and spirituality. In business contexts, it is generally used as a typology to gain insights into workplace dynamics; in spirituality it is more commonly presented as a method for self-understanding and self-development.

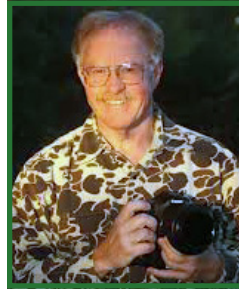
Marci serves as adjunct professor at Viterbo University. She has worked as a pastoral minister and coordinated a program that tutored illiterate adults. As part of the La Crosse Catholic Worker community, Marci enjoys providing and receiving Christian hospitality.

Fee: \$40 includes lunch (\$35 per person for groups of five or more)

The Return of Iowa's Bald Eagles Monday, Feb. 3, 7–9 p.m.

Facilitator: Ty Smedes

Join Iowa author and photographer Ty Smedes for an all-ages slide presentation and lecture that reveals many interesting discoveries about Bald Eagles and how they go about their everyday lives here in Iowa. See eagles diving for fish, eating while flying, flying with icicles on their toes and much more.



The evening will begin with a social at 7 p.m. and the presentation at 7:30. It will highlight the second edition printing of *The Return of Iowa's Bald Eagles*, which will be available for purchase and signing. This event is sponsored by Audubon, Linn County Conservation and Prairiewoods. **Fee:** Free

Flautist Jonny Lipford in Concert Friday, Feb. 7, 6–7:30 p.m.

Facilitator: Jonny Lipford

Get intimate with musician Jonny Lipford in a cozy café setting as he shares music from his new album, *Winds of Change*, and his other classic Native American flute and drum music. Refreshments, including wine and cheese, will be available. Find out more about Jonny and download some of his music at www.JonnyLipford.com.

Fee: Free-will offering

Experience the Beauty of Essential Oils

Tuesday, Feb. 11, 6–7:30 p.m.

Facilitator: Kathy Petsche CCA, RCR

Essential oils, which capture the essence of a plant by extracting oils from its various plant parts, are one of nature's many gifts. The practice of using these oils to enhance psychological and physical well-being is called *aromatherapy*. Come learn about Clary Sage, Patchouli, Geranium and Ylang Ylang essential oils and how they can relax, bring energy and even spark euphoric feelings. You will learn how to safely use and blend these oils for your own personal use.

Registration and payment are requested by Feb. 7.

Fee: \$18 includes four samples and aromatherapy wheel

Valentine's Day Gift Bag

Thursday, Feb. 13, 6:30–8 p.m.

Facilitator: Sandy Rosenberger

Roses and chocolates for Valentine's Day can be expensive (and are a little overdone!). In this class, you will make up a gift bag full of items to pamper your significant other (either a guy or gal). You will make lotion, heart-shaped soap, and either bath salts or a salt scrub.

Payment and registration are requested by Feb. 11.

Fee: \$24 includes take-home gift bag

T'ai Chi Chih®

Thursdays, Feb. 27–April 10 (except March 13), 1–2:30 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. Several Qi Gong exercises, which also promote good health, will be included. No previous experience is necessary.

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: \$50 for six-week series

Here are two more ways to engage the unfolding story!

Scripture Sharing Tuesdays
Every Tuesday, 10–11:45 a.m. or 6:30–8:15 p.m.

Facilitator: Rodney Bluml

Tuesdays are Scripture Sharing Days at Prairiewoods! The first Tuesday of each month is reserved for the *Seeing IS Believing: Visio Divina* series. All other Tuesdays are *Lectionary-Based Faith Sharing*. Registration is requested.

Seeing IS Believing: Visio Divina
First Tuesday of Each Month

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves listening to the word of God, viewing art, pondering God's message, letting your heart speak and resting in God. The group sessions in this series are based on the *Seeing the Word* reflection guides. The sessions stand alone, so you may attend one or all.

On Jan. 7, you'll consider the Baptism of Jesus in Mark's gospel. This passage is important for understanding the Gospel and modern Christian life, especially as it relates to the beginning of Jesus' mission and the role of John the Baptist, who features prominently in the illumination.

On Feb. 4, you will learn that, just as the first disciples were personally called by Jesus, so are you called today to follow after him. Consider how you might respond to Christ's call.

Fee: Suggested free-will offering of \$10 per session includes *Seeing the Word*

Lectionary-Based Faith Sharing
All Other Tuesdays

Do you desire to meet a group of seekers with whom you can discuss life and faith? Perhaps you are not currently connected to a worship community and would like to explore the Universe Story through the Christian narrative as it is presented in the three-year preaching cycle. If so, join others at Prairiewoods in a friendly, trusting environment to explore and share. Learn about the culture of the Bible. Imagine being in the first audience to hear the Word proclaimed. Like Francis of Assisi, raise questions, feelings and impressions for dialogue. Come as often as you like. Feel free to bring your own Bible, but if not, readings will be made available.

Fee: Free-will offering

www.Prairiewoods.org

The following classes are offered by 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 319-395-6700.

Sent to Heal & Anoint, ISHA Course 301
Friday, March 21, 6 p.m.–Sunday, March 23, 6 p.m.

Facilitator: Kate Brown

In this introductory two-and-a-half-day course, you will learn about aromatherapy, the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots and other parts of plants to enhance psychological and physical well-being. You will examine the science of aromatic oils and their vibrational frequencies and will learn to integrate essential oils with heart-centered energetic healing techniques. Course content and materials include ancient and Scriptural writings of various cultures; selected oils from ancient, Biblical, medieval and modern times; energy assessment; and use of essential oils with healing techniques. This is the first of three classes in the CCA program, which may lead to certification or be used only for personal knowledge. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 20 CEs).

Fee: \$425 (or \$450 within three weeks of class) plus lodging and meals

Essential Oils for Cancer Care, ISHA Course 502
Friday, March 21, 8:30 a.m.–4 p.m.

Facilitator: Kate Petree

As a student in this six-hour course, you will explore the healing qualities of certain essential oils helpful for the physical body, especially for those living with cancer. You will review the historical and current uses of essential oils for cancer care. Then you will discuss essential oil chemistry, quality standards, safety and research, especially as they relate to specific cancers and symptoms. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 6 CEs).

Fee: \$125 (or \$150 within three weeks of class) plus lodging and meals

Introduction to Healing Ministry, ISHA Course 101
Saturday, March 22, 8:30 a.m.–6 p.m.

Facilitator: Kate Petree

In this eight-hour course, you will learn about the history of healing in Christianity with the opportunity to experience the laying-on of hands. You will study the roles of prayer, belief and the development of a healing presence. Guided meditations will make this a truly inspiring day! This course can be taken at any time in the curriculum. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

Fee: \$150 (or \$175 within three weeks of class) plus lodging and meals

Introduction to Judeo-Christian Anointing, ISHA
Course 102

Sunday, March 23, 8:30 a.m.–6 p.m.

Facilitator: Kate Petree

Explore anointing in the Judeo-Christian story and how it was lost through history during this eight-hour course. You also will study nine essential oils traditionally used at the time of Christ, anointing with healing oils, the laying-on of hands and other simple healing techniques. Participants will receive Continuing Education Credits (Nurses and Massage Therapists: 8 CEs).

Fee: \$150 (or \$175 within three weeks of class) plus lodging and meals

CONTINUING PROGRAMS

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (Jan. 2, 16 & 30; Feb. 13 & 27), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This group focuses on the *Bridges to Contemplative Living* series of booklets, which include writings by Thomas Merton and other authors. The group uses the text to explore the contemplative life. As a participant, you will read, reflect on and discuss 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

Come for a time of silence and centering prayer in which you can relax, clear your mind and find God's presence within you. This is a prayer/support group for people who enjoy centering prayer—a form of meditation focused on praying in silence. The group meets in Guest House room 113, and new participants may join at any time.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Do you enjoy knitting or crocheting? Have you run out of friends and family to whom you can give your works of art? You can spend a few hours a month knitting and crocheting for people who really could use your hats, mittens, blankets and baby items. Join the Prairiewoods Knitters & Stitchers—a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted!

Fee: Free

Green Living Group

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

Facilitator: Emy Sautter

The Green Living Group is a monthly gathering of individuals who come together to discuss a variety of topics and eco-friendly alternatives. The goal is to bring people together for dialogue, educational opportunities and fun! New participants are always welcome, but registration is appreciated.

On Feb. 19, gather by the Prairiewoods fireplace for *Inspired by Nature: Poetry Night*. Do you have a favorite poem about nature? Perhaps you have written a few of your own nature-inspired poems that you want to share with others. Join us by the fire for poetry readings, hot cocoa and company!

Fee: Suggested free-will offering of \$5

Wednesday Women

Every Wednesday (except Jan. 1), 10–11:30 a.m.

Facilitator: Marj English, OSF

Join this lively group of women that meets every Wednesday to be spiritually enriched, updated, inspired and challenged. You are welcome to come any time!

The group is currently reading and discussing *Birthing God: Women's Experiences of the Divine* by Lana Dalberg. According to the book jacket, "In *Birthing God*, forty women relate Spirit-filled moments ... Grounded in raw experience and ideal for spiritual seekers and leaders of all faiths, these engaging and powerful stories invite you to consider the origins of your own spirituality and to deepen your relationship with God." Please read the following pages for the given dates:

Jan. 8: pages 87–111
Jan. 15: pages 112–133
Jan. 22: pages 134–151
Jan. 29: pages 152–164
Feb. 5: pages 165–180
Feb. 12: pages 181–203
Feb. 19: pages 204–227
Feb. 26: pages 228–249
March 5: pages 250–267

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

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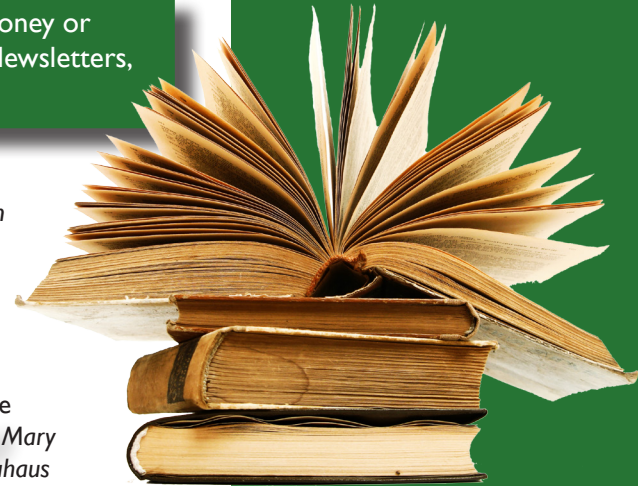
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Recycle Your Reads

Have you read a good book that you would like to pass on to others? Are you looking for a good read without spending big bucks at the bookstore? If you said "yes," then head to the *Prairiewoods Used Book Sale* in February and March.

Shop any time the Center is open to find a variety of books, DVDs and CDs—all for the bargain price of \$1! You will find fiction and nonfiction, cookbooks and spirituality texts, and much, much more.

If you wish to donate books or media (on any topic), please bring them to the Prairiewoods Office in February.

Join us for this creative way to care for Earth through recycling and refresh your library at the same time!



Tax Time

Time is running out ... but you can still make a tax-deductible donation in 2013! If you want to help Prairiewoods continue to be a place of peace and transformation in the coming years, please consider donating today. Call 319-395-6700 or visit www.Prairiewoods.org/Donate to make a year-end contribution. Thank you for your continued generosity!

Are you over the age of 70 ½ years and wish you did not need to take a taxable distribution from your IRA? There is an alternative. The American Taxpayer Relief Act of 2012 has extended the qualified charitable distribution provisions for 2012 and 2013. This means you can make a donation directly from your IRA to Prairiewoods, so the distribution is not treated as income. For more information, visit www.IRS.gov/Retirement-Plans/Charitable-Donations-from-IRAs-for-2012-and-2013.



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Are you on social media? Find "Prairiewoods FSC" on:



*Filled with the wonder of Christmas,
We seek the path of peace for all of creation.*

Prairiewoods

March/April 2014

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

Seeds, Roots & Fruits: Become the Change, March 28–29



Rooted in Compassion
Cosmology, Eco-Justice and Empathic Wisdom

Marc Ian Barasch Drew Dellinger



**Friday, March 28, 7–9 p.m., &
Saturday, March 29, 9 a.m.–3:30 p.m.**

sponsored by Prairiewoods at the DoubleTree by Hilton
\$65 (or \$75 after Feb. 25) 350 First Ave. NE in Cedar Rapids

www.Prairiewoods.org



By Laura Weber

Can a planetary community alive with compassion really transform hearts and narrate the change we hope to see in the world? In a word, yes! This is the power of community. In

March, we will be gathering our circles in the heart of Cedar Rapids to dig deeply into the roots of compassion. Marc Ian Barasch, founder of the Green World Campaign and author of *The Compassionate Life*, which sparked the documentary *I Am*, will facilitate the event with Drew Dellinger, performance poet and author of *love letter to the milky way*. Drew studied cosmology with eco-spirituality pioneer Thomas Berry and focuses on eco-justice in the writings of Dr. Martin Luther King Jr. He founded Planetize the Movement to stir us into action on behalf of a swiftly deteriorating planet. March 28–29, these two will inspire us with their stories of compassion, poetry celebrating an awesome universe and invitations to expand our circles of compassion.

Your presence will help spur us on to action on behalf of the planetary community! Opportunities to learn about “green compassion” initiatives taking place across the planet will inspire and motivate us to join the larger movements. While we listen to stories, music and poetry, we will be invited to reflect and create, communicate our desires for justice for Earth and all creation, and move ourselves to transformative action.

Friday evening will be an opportunity to explore the SEEDS of compassion, those that have been soulfully planted in our experience, our imagination and

our collective dreams. We will begin by listening to the inspiring stories of Marc and Drew as they walk with us through their journeys of discovery about cosmology, eco-justice and empathic wisdom. We will learn of their

magnificent dreams that continue to compel them to action.

Weaving story, poetry and music, we will explore images of sacred trees and swirling galaxies, rivers and oceans teeming with life, and bountiful forests and fertile fields filled with promise, breathing new life and creativity into all of us. We will be invited to explore some of our own creative inspirations and share them with others in small groups. We will be sent off to our dreams that night with images of life and possibilities for a planet filled with hope.

Saturday morning will plunge us to our ROOTS. We will explore components of our common experiences of compassion and creative visions that unite us. Since compassion unites us across religious and spiritual traditions, philosophical world-views and cultural milieus, we can draw from the wealth of our common human response to suffering and learn what binds us, compels us, infuses us with hope. We can see why interconnectedness and communion serve to heal and renew communities and eco-systems. We can generate hope and strength among our circles, rife with the courage and tenacity it will take to reinvigorate a dying planet. The tree of life, ancient symbol of fecundity, wisdom and interconnection of all creation, will serve as our foundational metaphor.

(continued on page 3)

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You may have noticed that we have chosen to identify Prairiewoods as *A Place of Peace and Transformation*. *Peace and Transformation—both speak powerfully of what is needed for each of us in this time.*

If our hearts are peaceful and if we are at peace within our communities, we are deeply blessed. To come to a place of peace, we need to find times and spaces for silent listening to the Holy Spirit that speaks within each of us. The Hebrew word for peace, *shalom*, means “whole” and points to both peace within and peace outside oneself. Thomas Merton, the Trappist monk and mystic, wrote, “There is in all things ... a hidden wholeness. This is at once my own being, my own nature, and the Gift of my Creator’s Thought and Art within me.” We are being called to greater wholeness, to bring forth and share the light of our being, our whole self. Moving toward wholeness means connecting what has been divided in us and healing what has been broken. This is transformative.

Breaking out of routine and removing ourselves from the practicality of daily life can awaken our inner teacher and lead to new growth. Travel, a profound book, listening to others’ stories, conversations that challenge our comfort zone and solitude can be thresholds to transformation. When this occurs, we reenter the world with new eyes and perspective.

A short time ago, you may have received a brochure describing the retreats planned for 2014. I invite you to read the descriptions of these events and to consider which of these draw your interest. Which retreats and programs at Prairiewoods seems to welcome a sense of transformation? For instance, which of these future events might help you to move to a state of wholeness, change the lens through which you see the world, awaken the potential for creativity and growth within you, welcome a new birth that opens the way to a better future for all, open yourself to embrace a larger purpose, become fearless or widen your circle of compassion?

As we undergo our spiritual transformation, so does Earth. *What affects Earth affects us.* I invite you to our annual *Spirituality in the 21st Century* conference, *Rooted in Compassion: Cosmology, Eco-Justice and Empathic Wisdom*. We will deepen our connections with others and narrate positive changes in our community. This event will encourage transformation as we deepen our circles of compassion and co-create local, regional and global initiatives on behalf of Earth and all creation.

For Christians, Lent is a transformative time. A reminder that what Jesus offers is a peace that is not dependent on security, health or prestige of this world. At the Last Supper and as he was dying, Jesus offered us his gift of peace. He made the offer in the most unlikely of circumstances. Jesus’ departing gift is one of a peace that no one can take away from us. Absolutely nothing can change God’s unconditional love for us. Know that you are loved and held unconditionally. The other side of transformation is peace.

Peace be with you,

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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120 E Boyson Rd
Hiawatha, IA 52233
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www.Prairiewoods.org
Ecospirit@Prairiewoods.org



(continued from page 1)

The Saturday afternoon session will call forth the **FRUITS** of what we have learned by deep listening, reflecting and creating wider circles of compassion. What can we do now in our local and global communities to move from reflection to transformative action? We will have opportunities to enter networks of existing circles of compassion that inspire local, regional and global initiatives on behalf of Earth and all creation. We will be invited to join with other cities across the globe who are on the leading edge of planetary collaboration and eco-justice.

The International Campaign for Compassionate Cities has inspired many communities to raise awareness of the benefits of compassionate action. Could we become a **"Compassionate City,"** like many others across the country (including Atlanta, Houston, Louisville, Milwaukee and Omaha) and around the globe (like Belfast, Capetown, Gurgaon, London, Melbourne and Nairobi)? Those who suffer the most dire effects of planetary decay are the poor and marginalized, those without access to potable water and arable soil. The roots of our compassion that grow from the seeds of our common humanity can produce fruits for the good of all creation.

What Will Be Considered in the Conference?

We will discuss being **rooted in compassion**—a global language of love, a deep listening to and suffering with people, creatures and all creation. Being rooted in compassion means this language of mutual love is a foundational, grounding impetus and vehicle for our basic human vocation. It compels us to heal the planet and all Earth's inhabitants. Compassion draws us out of isolation; it pulls us from "me against the world" thinking into communion, or "me for others and the world" thinking.

The new **cosmology** fosters an awareness and articulation of the New Universe Story, of the dynamic nature of creation and of our unfolding role in the Great Work of caring for Earth. We celebrate with wonder and awe the emergent cosmos and find ourselves united in the web of life with all people of Earth,

co-creating our future as a planetary community.

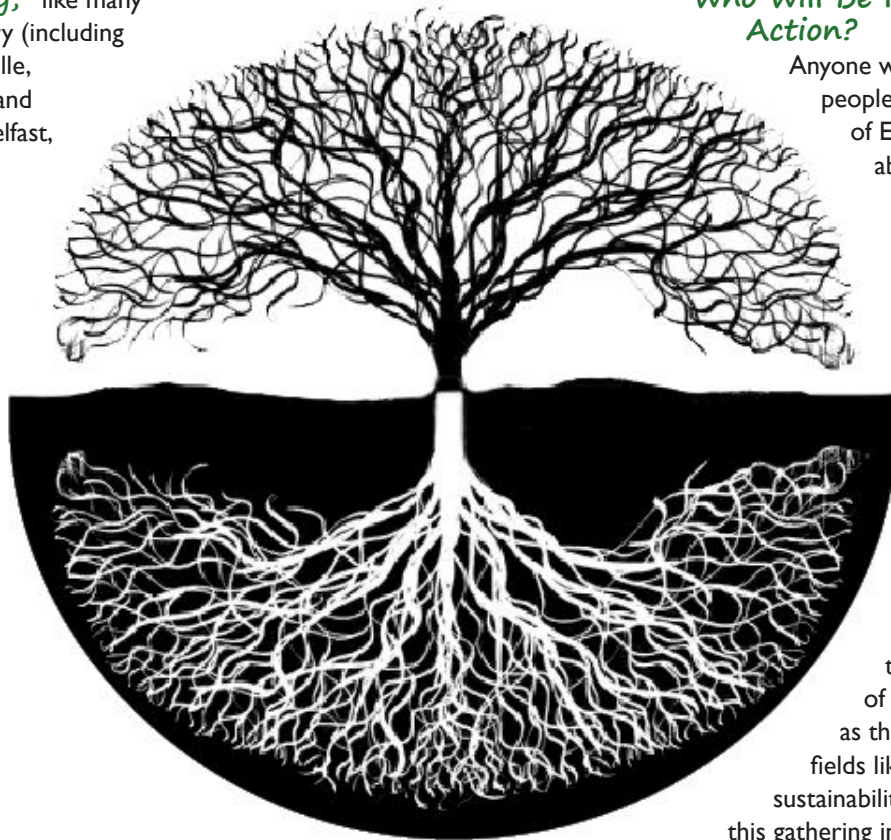
Eco-justice requires us to change our perspective from using/dominating/subduing Earth as a commodity to cultivating/nurturing/healing Earth as our common womb of life. We are compelled to tend to Earth's water, soil, air, bio-diversity and all resources as crucial for our communal well-being.

And finally, **empathic wisdom** means listening deeply and responding creatively to the groaning of all creation, the dying of the planet and whole eco-systems, and the deleterious effects for all people of Earth. Empathic wisdom is found at the heart of many ancient spiritual, religious and philosophical traditions so that many paths may converge in a common human journey.

Who Will Be Inspired for Action?

Anyone who loves Earth—the people, creatures and beauty of Earth—or is concerned about the swiftly depleted repositories of Earth's natural resources will learn something, be inspired, get connected with others who share the same communal concerns and do something transformative by their actions. Spiritual seekers, those engaged in direct service to others or those who are stewards of Earth's resources, as well as those engaged in research fields like environmental science, sustainability or ecology, will find this gathering invigorating. Artists, musicians, poets and others whose creativity is inspired by the awesome beauty and precarious nature of the universe will be reenergized and commissioned to use their gifts to foster greater awareness of Earth's decline and inspire all of us to be better stewards of creation. Teachers, mentors, parents, grandparents, and anyone concerned about the welfare and future of all children will find something in this conference that will foster confidence and hope as we take action to renew the face of Earth. Compassionate communities, compassionate cities, compassionate global families ... together we can transform hearts and narrate the change we hope to see in the world. **Join us March 28–29 to be part of the change!**

Register and learn more at www.Prairiewoods.org.



Words Shape Our Worldview

By Paulette Zimmerman, SSND, in *La Vista Visions* (Reprinted with permission.)

Recently someone mentioned how often—and how unconsciously—gun/violence language is part of our vocabulary: we use bullets to make a list; if we’re correct about something, we’re on target; if we try something, we take a shot at it. Even the Big Bang, originally a dismissive term, suggests a gun shot or explosion, unworthy of our sacred cosmic origin, which is better expressed as the *Great Radianance* or *First Flaring Forth*.

Language both shapes and reveals attitudes.

In the present ecological crisis, we need to be especially aware of our “Earth language.” Our home planet is usually referred to as *the earth* (no capital letter) even though we never say *the venus* or *the mars*. Earth deserves the same respect.

We also refer to natural resources as if abundant ecosystems and beautiful life-forms, having evolved through millions of years, were merely for human use, as if a forest were only timber, instead of an interconnected web of life. Such utilitarian language reinforces the notion of a hierarchy with humans at the top and also the degrading depiction of humans as mere consumers. It seems we stopped being citizens and never named our true identity: planetary and cosmic beings, a unique species among the other members of the Earth community, with the task of creating, healing, celebrating and loving. In *A New Climate for Theology*, theologian Sallie McFague asserts, “Our task is to awaken to and acknowledge who we are: *we are reflections of the divine, as is all creation.*” In short, we are not consumers and everything else resources.

A phrase of questionable value is *global warming*, which may sound pleasant on cold days in northern regions; on the other hand, the scientific and neutral *climate change* lacks feeling and the suggestion of the extreme and destructive weather events caused by it. *Climate crisis* may be off-putting but not overstated.

A misleading term is *the environment*, as if all but human beings are part of the scenery, a mere backdrop with which we

have no connection. It might be helpful to talk about protecting the planet, respecting all life-forms and preserving intact ecosystems. Miriam Therese MacGillis says that we are not to be environmentalists, but ecologists, those who listen to the voices of our *oikos*, the household of Earth, and also speak on her behalf.

Miriam also cautions against the word *creation* because it’s an abstraction. We are challenged to think and speak in the concrete about other life-forms, bioregions, ecosystems, rivers, trees, plants, mammals, marine life and birds. Only then are we likely to translate “respecting all creation” into specific actions.

The current trend often includes putting a monetary value on other-than-human Nature to justify protective measures. If money is our primary value, we need to show how much Nature helps the economy; indeed, bees, butterflies and other pollinators do provide millions of dollars in services; rivers clean impurities; oceans yield seemingly endless bounty; trees and deep-rooted plant systems prevent soil erosion. The

terminology includes *ecosystem services* and a *green economy* with little understanding that the human economy is a subset of Earth’s economy; that is, *humans must fit into Earth’s way of “managing the household.”*

Recently *Audubon* magazine had a special *Why Birds Matter* issue. Authors offered various reasons, but the essay “Beyond Measure” captured the essential message about the value of birds: “Their intrinsic worth is incalculable—they matter because they matter. Every [single] one of them.” This makes creation concrete and applies to every individual of every species.

A gift of our Christian tradition is a language of sacredness: we speak of sacrament as a sign of inner grace and the presence of the divine. A manifestation of Ultimate Mystery, fragile and beloved *Earth—and every being within the web of life—is sacred just because it is.*



I recently came across this great article in the *La Vista Visions* Newsletter. (Thank you, Paulette, for generously sharing it with us!) May we use this article to shape our words as we walk (and talk) in our world.

—Emy Sautter,
Prairiewoods Ecospirituality Coordinator

The following are some upcoming retreats, programs and continuing programs. For a complete list and *online registration*, visit www.Prairiewoods.org. You also can call 319-395-6700 for more information or to register.

Being the Compassionate Christ Retreat Friday, March 14, 6:30 p.m.–Sunday, March 16, 1 p.m.

Facilitator: Carol Jean Meyer

The idea of Christ consciousness is a focus on the work of Andrew Harvey, a modern day mystic who studied with Father Bede Griffiths. This work explores embodying the Christ Path, “a path of action, transforming the world” in which we live. During this weekend retreat, you will weave this idea with other authors to share the Compassionate Christ Consciousness story and live more fully into a world in need of healing and transformation. Learn to shift your consciousness toward compassion and ask: *How can my consciousness contribute to the whole? How can I create the shift and take responsibility to be the change?* Participate in conversation, group activity, journaling and meditation while reflecting on Harvey’s work and writings by Joyce Rupp and Judy Cannato. This will be a great opportunity to practice being part of the collective consciousness of compassion that came from Christ’s teachings.



Carol Jean Meyer is a certified spiritual director with a background in holistic health, massage therapy and energy work. She has led workshops on “Watercolor for the Soul” at retreat centers and youth ministries since 2006.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Are you aware of an area group that has not been to Prairiewoods or knows little about us? Refer a new group to Prairiewoods for a meeting, staff planning session or tour of our renewable energy features and receive 10% off your next retreat, program or holistic service!

Are you called to be a spiritual director? Consider this offering from the Franciscan Spirituality Center (one of our sister centers):

Spiritual Direction Preparation
PROGRAM

Celebrating 30 years of teaching and training Spiritual Directors.
New class is forming September 2014.
APPLY BY JUNE 30, 2104

Franciscan Spirituality Center
Dedicated to anyone seeking God, meaning and wholeness.

920 Market St. • La Crosse, WI 54601 • 608-791-5295 • www.FSCenter.org

Sponsored by the Franciscan Sisters of Perpetual Adoration.

Contemplative Living Using the LifeFrame: Engaging the Depth and Span of Our Experience and God’s Presence Retreat

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

Facilitator: Steven Wirth

Engage more of your lived experience in a practical and rich way. You are invited to “take a long, loving look at the Real” using the LifeFrame, a tool for noticing used in spiritual direction and in the lives of communities, organizations and leaders. Using the LifeFrame’s four lenses—Individual, Interpersonal, Communal/Structural and Environmental—you will see the “more” and find a deeper appreciation and discernment of the whole of your life. With a reflective pace, this weekend will be refreshing, rich and accessible.



Steven Wirth is a spiritual director and the originator of the Contemplative Dialogue practice. He has been using the LifeFrame and its approach daily for more than 20 years.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Be Inspired by Artistic Version of the Bible

When is the last time you allowed a timeless work of sacred art to inspire you? Come encounter *The Saint John's Bible* at Prairiewoods from May 2–June 8, and ignite your imagination!

At the onset of the new millennium, Saint John's University and the monks of Saint John's Abbey in Collegeville, Minnesota, sought to ignite the spiritual imagination of people throughout the world by commissioning a work of art that illuminates the world today. This was the first time in 500 years that a Benedictine Monastery had commissioned a handwritten, illuminated Bible. Its construction paralleled that of its medieval predecessors—written on vellum (calf skin) using turkey, goose and swan quills and using natural handmade inks, hand-ground pigments and gold leaf—while incorporating themes, images and technology of the 21st century.

The Saint John's Bible is unique in that it is for our time. It is a combination of

The goal of *The Saint John's Bible* is to ignite the spiritual imagination of all peoples throughout the world by serving as a work of art that illuminates the Word of God for a new millennium in a way that is relevant in the 21st century. It is a prophetic witness to the Word of God in our day and beyond, an opportunity for learning and scholarship and a dignified expression of the Benedictine vision that “in all things, God may be glorified.”

ancient methods and materials that represent humankind's achievements over the past five centuries. It is a contemporary blending of religious imagery from various Eastern and Western traditions (including Christianity, Judaism and Islam) as befits our modern understanding of the global village. This Bible presents the Word of God as something living and special.

Prairiewoods is excited to support this effort to make the Word of God accessible to many people by displaying 17 prints of art from *The Saint John's Bible* during the Easter Season of Communal Resurrected Life, beginning May 2. You are invited to attend one or more of the special programs using this biblical art to

educate and inspire. Spend sacred time in the Center praying with the illuminations and our prayer journal. View an instructional video on *The Saint John's Bible* creation process and make your own illumination with materials provided. Bring your students for an extended experience of



©Word Made Flesh; John Frontispiece, Donald Jackson, 2002. *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota, USA. Used with permission.

prayer and creativity.

Viewing this sacred Bible is free, but donations will be gratefully accepted to help offset costs. Public viewing hours will be posted at www.Prairiewoods.org. For more information or to schedule a visit, contact us at 319-395-6700.

Prairiewoods E.C.O. (Evolutionary Cosmic Outing) Walking Group

Fridays, 12:20–12:45 p.m.

Facilitators: Emy Sautter & Rodney Bluml

Bring your walking shoes or hiking boots (and perhaps your camera) to the Center and join us for a brisk 20-minute walk around the beautiful land at Prairiewoods. Invite your friends, meet new people, get out in the fresh air and get a little exercise—all are important for a healthy lifestyle! There will be coffee, tea and cocoa available after.

Fee: Free

Seeing IS Believing: Visio Divina 1st Tuesday Monthly, 10–11:45 a.m. or 6:30–8:15 p.m.

Facilitator: Rodney Bluml

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves listening to the word of God, viewing art from *The Saint John's Bible*, pondering God's message, letting your heart speak and resting in God. On March 4, use the Last Supper to consider the intimacy of God's relationship with humanity. On April 1, focus on Mary Magdalene's

perspective, persistence and faith through the Resurrection. If we are serving a meal, you are welcome to join us for lunch (\$8) or dinner (\$9). Meal requests and registration are requested by the previous Friday.

Fee: Suggested free-will offering of \$10 per session includes *Seeing the Word* guide

Lectionary Based Faith Sharing Every Tuesday (except 1st of Month), 10–11:45 a.m. or 6:30–8:15 p.m.

Facilitator: Rodney Bluml

Meet a group of seekers with whom you can discuss life and faith and explore the Universe Story through the Biblical narrative as it is presented in a

three-year preaching cycle. This is a friendly, trusting environment to explore, share and learn about the culture of the Bible. Imagine being in the first audience to hear the Word proclaimed. Like Francis of Assisi, raise questions, feelings and impressions for dialogue. Come as often as you like. Feel free to join us for lunch (\$8) or dinner (\$9) if we are serving a meal. Meal requests and registration are requested by the previous Friday.

Fee: Free-will offering

Hatha Way Yoga
Multiple times each week
Facilitator: Cindy Hathaway

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway of Hatha Way Yogi leads multiple one hour gentle, beginner/intermediate, chair and yin yoga classes each week. Please bring your own mat if possible. People of all fitness levels are welcome. For a complete schedule, visit www.Prairiewoods.org.

Fee: \$99 for eleven-punch card or \$60 for six-punch card, one punch per session

T'ai Chi Chih®
Thursdays, February 27–April 10
(except March 13), 1–2:30 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. No experience is necessary. Several Qi Gong exercises, which also promote good health, will be included. Nancy Hoffman, FSPA, is the holistic services coordinator at Prairiewoods and an accredited teacher of T'ai Chi Chih®.

Fee: \$50 for six-week series

Women in Interfaith Dialogue
Saturday, March 1, 10 a.m.–3:30 p.m.
Facilitator: Rev. Dr. Barbara Schlachter

Women from a variety of faith traditions meet quarterly at Prairiewoods to explore questions of faith and spirituality. All women are welcome! Please register by Feb. 24.

Fee: \$15 includes lunch

Men's Prayer Group: Getting Perspective on Life
Thursdays, March 6 & 20, April 3 & 17, 7–8:30 p.m.

Facilitator: Bob Davis

Behavioral scientists and spiritual guides have noted a major transformation in the life direction of many men as they mature. It may happen gradually or abruptly, as early as your 20s or in your 50s or 60s. Some men never make this shift, described variously as a change from goal driven-ness to receptivity, and from ego to wisdom. The transition can start from the inside (Why am I doing what I'm doing?) or the outside (often from some kind of loss or threat), and it may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life's changes.

Fee: Free-will offering

Circle Cinema: The Awakening Universe or Nature. Beauty. Gratitude.
Fridays, March 7 or April 4, 12–1 p.m.
Facilitator: Prairiewoods Staff

On the first Friday of each month, you are invited to watch and discuss a short video over the lunch hour. Bring a brown-bag lunch or call by Tuesday to see if we are serving a meal (\$8).

On March 7, watch *The Awakening Universe*, a 15-minute film based on the book *The Universe Story* by Thomas Berry and Brian Swimme. It shows how science and spirituality are interwoven within us and in the history of our world. On April 4, view Louie Schwartzberg's *Nature. Beauty. Gratitude*. As we celebrate Earth Day in April, this 10-minute film will help us honor the beauty of Earth. It uses time-lapse photography and the words of a Benedictine monk to remind us to be grateful for this beautiful world.

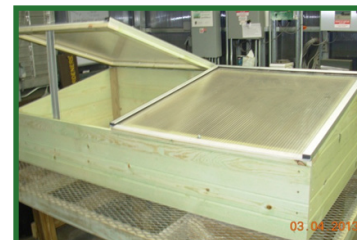
Fee: Free-will offering (\$8 to add lunch)

Build Your Own Cold Frame Workshop
Saturday, March 8, 9 a.m.–12:30 p.m.
Facilitator: Phil Pfister

Have you always wanted a cold frame, but didn't have the time or tools to build one? Here is your opportunity! Cold frames and hotbeds are used to germinate flower and vegetable seeds of cool-season crops in the early spring and to harden plants prior to transplanting outdoors. In the workshop, you can

build a three-by-six-foot cold frame (as pictured) or a custom-sized frame. The window supplied will be plastic film (or you can bring your own glass window). Registration and payment are required by March 3 so we can purchase, stabilize and cut materials to size. Please specify treated or untreated wood.

Fee: \$75 includes materials (or \$15 for class only)



The Artist's Way
Sundays, March 9 & April 13, 1–4 p.m.

Attention all artists, poets, mandala makers, writers, musicians, sculptors and other creative people! Prairiewoods recognizes that you may not have a studio or special space to let your creative juices flow, so to honor *The Artist's Way*, we offer you space in the Center on the second Sunday of each month. (On other Sundays, feel free to call and ask about available space.) Come and go as you please; work alone or share your projects with others.

Fee: Free

Vino van Gogh
March 9, 1:30–4:30 p.m.
Facilitator: Vino van Gogh Artist

Paint, drink and be merry! Vino van Gogh is a creative twist for a fun afternoon that combines wine and creativity. You will be provided with everything you need to create your own work of art! A professional artist from Vino van Gogh will teach you step-by-step to create the painting *Dandelion Sky* (as pictured) that you will take home. You don't need any previous painting experience or skill—just let your inner artist emerge in a fun environment!

Fee: \$50 includes 16-by-20-inch canvas, all art supplies, art instruction, apron, wine and snacks



PROGRAMS

Come to the Table

Thursday, March 13, or Saturday, April 26, 12–1 p.m.

Facilitators: Laurie Harris & Andi Lewis

You are invited to a free lunch and tour of Prairiewoods! You will be introduced to all that Prairiewoods has to offer. You'll get an informative tour of our meeting spaces, overnight accommodations, LEED-certified ecological features and 70 acres of beautiful woodland and prairies. Then be our guest for a fabulous, fresh lunch made by our chefs. Please register at least five days in advance.

Fee: Free includes lunch

Day of Self Renewal

Mondays, March 17 or April 14, 8:30 a.m.–4:30 p.m.

Facilitator: Rodney Bluml

Find complete rest and relaxation for your mind, body and spirit during our monthly Day of Self Renewal, which features two 40-minute holistic services of your choice, group Guided Meditation, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from Swedish massage, reflexology, head and shoulder massage, healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration and a non-refundable deposit of \$25 are required at least five days in advance.

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

Tuesday Take-Away: Personality Puzzle for Fun or the Story of Alzheimer Care-Giving

Tuesdays, March 18 or April 15, 12–1 p.m.

Facilitators: Kathy Petsche & Staff

Tuesday Take-Away pairs a healthy meal with a topic of interest in a lunch-

hour discussion.

On March 18, Kathy Petsche will facilitate an energetic exchange using a simple personality tool and lots of invitations to share. On April 15, reflect with the group on key ideas from upcoming presenter Dr. Jade Angelica's *Where Two Worlds Touch: A Spiritual Journey Through Alzheimer's Disease* to discover hope and inspiration needed for effective Alzheimer care-giving. Registration is requested at least two days in advance.

Fee: \$10 includes lunch

Green Living: What's Green in 2014?

Wednesday, March 19, 6:30–8 p.m.

Facilitators: Emy Sautter & Kathy Petsche

What ecological topics are important to you in 2014? Fracking, climate change, Earth consciousness, bio-mimicry, gardening ... there are so many topics! Please join us for this open forum and brainstorming session and share what topics in the green field matter to you. Your opinions will help us formulate our eco-programming for the rest of 2014.

Fee: Free

Drumming for Healing

Wednesdays, April 2, 16 & 30; May 14 & 28, 6–7 p.m.

Facilitator: Sheri Mealhouse

In the cosmic experience, drumming touches us at a deep level and brings all creation together as a community.

Save the Date! for these Programs:

- **Prayer-A-Thon** (at St. Elizabeth Ann Seton), March 14–16
- **Eco-Fest 2014** (at NewBo City Market, www.EcoFestCR.org), April 26
- **Hope and Inspiration for At-Home Alzheimer Care-Givers**, May 1
- **Inspiration and Technique for Professional and At-Home Alzheimer Care-Givers**, May 2

For details, visit www.Prairiewoods.org.

Especially now, when our external and internal worlds can be so polarized, communication that bears witness to creative love is very important. Drumming—and feeling the Creator's rhythm inside of us—resonates with a variety of people. All racial, economic, denominational and other differences can disappear when a group of people are sharing rhythm. As you prayerfully listen to other drummers in order to “make music,” the whole group will become one. No experience is necessary, and drums will be available. Please meet near the pond south of the Center (weather permitting).

Fee: Free-will offering to Prairiewoods

Dream Group

Wednesdays, April 2, 16 & 30; May 14 & 28, 1–3 p.m.

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

Unwrap your dreams and bring inner healing. Participants must have a background in dream work (a Prairiewoods Dream Workshop or something comparable). You can attend one or all sessions, but please register at least one week in advance. Three participants are needed for each session. **Fee:** Suggested free-will offering of \$10 to \$20 per session

2014 Seasonal Celebrations around Cedar Rapids

Spring Equinox

Thursday, March 20, 1–3 p.m.

at Indian Creek Nature Center
www.IndianCreekNatureCenter.org



Fall Equinox Harvest Celebration

Sunday, September 21, 4:30–6 p.m.

at Matthew 25's Urban Farm
www.Hub25.org



Summer Solstice

Friday, June 20, 7–9 p.m.

at Usher's Ferry Historic Village
www.Cedar-Rapids.org

Winter Solstice

Thursday, December 18, 6–8 p.m.

at Prairiewoods
www.Prairiewoods.org

Save the Date! for these Institute of Spiritual Healing and Aromatherapy (ISHA) Classes:

- **Sent to Heal & Anoint** (Course 301), March 21–23
- **Essential Oils for Cancer Care** (Course 502), March 21
- **Introduction to Healing Ministry** (Course 101), March 22
- **Introduction to Judeo-Christian Anointing** (Course 102), March 23
- **Essential Oils for Physical Health** (Course 302), April 25–27
- **Using Your Hands to Heal** (Course 103), April 26–27

For details, visit www.ISHAHealing.com.

Make Your Own Rain Barrel Saturday, April 5, 9–11 a.m.

Facilitator: Emy Sautter

Rain barrels collect rain water from your roof top for watering your yard and plants. They save water, lower water bills and reduce stormwater run-off. But buying a rain barrel can cost \$100! Cut that cost and build your own rain barrel in this hands-on workshop. Registration and payment are required by April 1.

Fee: \$20 includes barrel, screen and spigot

Prairiewoods Blood Drive Monday, April 7, 11 a.m.–2 p.m.

Blood is like a parachute—if it's not there when you need it, then it's too late! Did you know that 38% of the population is able to donate blood, but less than 10% actually give? Giving blood is a safe and simple way to help save up to four lives in less than an hour. Please join Prairiewoods for a blood drive with the Mississippi Valley Regional Blood Center (MVRBC), the sole provider of blood products for Mercy Medical Center, St. Luke's Hospital, Mercy Iowa City and the Iowa City VA Medical Center. To see if you can donate, visit www.BloodCenter.org. To schedule an appointment, call 319-395-6700. (Walk-ins are welcome.)

Fee: Free

Full Moon Walk Tuesday, April 15, 8:15–9 p.m.

Facilitator: Rodney Bluml

Join with other outdoor enthusiasts and members of the Prairiewoods E.C.O. Walking Group under a clear sky and a full moon to stroll the trails of Prairiewoods. There will be time in the 45-minute walk for intentional listening to the voices of nature, casual conversation with companions and a prayer in anticipation of Earth Day. Hardcore enthusiasts can hang around for the lunar eclipse, which begins around midnight! Registration is not required. Please meet at the Center.

Fee: Free

Green Living: The Solar Experience Wednesday, April 16, 6:30–8 p.m.

Facilitators: Eric Brandt, Emy Sautter, RJ Construction & Others

Residential solar is on the rise, but there are still a lot of questions about technology, contractors, rebates and working with utility providers. Come and learn from those in our community who are familiar with the process. There will be presentations and time for questions.

Fee: Suggested free-will offering of \$5

Sweat Lodge (Inipi) Ceremony Saturday, April 19, 1–5 p.m.

Facilitator: Jorge Pena

Prairiewoods offers a Sweat Lodge Ceremony focused on prayer, purification, recognition and healing. The lodge is a small dome-shaped structure in which participants sit on the earth around heated stones. *If you have claustrophobia or any medical conditions that prevent you from going into a sauna, you should not participate in this ceremony.* After the ceremony, you are invited to a potluck in the Center. Registration is requested.

Fee: Free-will offering to Prairiewoods

Creating with the Spirit Through Nature

Saturday, April 26, 9 a.m.–Sunday, April 27, 4 p.m.

Facilitator: Ruth Ipsan-Brown

Ruth Ipsan-Brown's enthusiasm for creating is contagious when she shares her insight for observing beauty in the smallest bits of nature. Find yourself transformed as you work with gifts of the Divine Spirit to create wondrous works of art in this two-day creative workshop. Ruth has an art degree and teaching certificate from the University of Iowa. She has been an artist for more than 35 years. Registration and a non-refundable deposit of \$25 are required. **Fee:** \$175 (single occupancy) or \$165 (double occupancy) includes presentations, supplies, Saturday lodging, Saturday lunch and dinner, and Sunday breakfast and lunch (*Save 15% if you register by March 17!*)

Commuter Fee: \$120 includes presentations, supplies, Saturday lunch and dinner, and Sunday lunch



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CONTINUING PROGRAMS/DONORS

Eco-Tours at Prairiewoods

Do you want to learn about alternative energy, earth-friendly building materials and other eco-friendly alternatives for your home, office or yard? Tour a number of “eco-features” at Prairiewoods, including a trombe wall, straw-bale cabins, solar heated hoop house, photovoltaic solar panels, solar thermal systems, native habitat restoration, retention ponds and much more. These features helped us attain LEED® (Leadership in Energy and Environmental Design) Gold certification for existing buildings. To schedule an eco-tour, please call Emy at 319-395-6700.

Bridges to Contemplative Living with Thomas Merton

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

Facilitator: Betty Daugherty, FSPA

Explore living a more contemplative life by joining this group that focuses on the *Bridges to Contemplative Living* series of booklets. These booklets include writings by Thomas Merton and other contemplative authors. As a participant, you will read, reflect on and discuss various topics related to contemplative living to 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

Prairiewoods Knitters & Stitchers

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

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, you are invited to create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. The Prairiewoods Knitters & Stitchers are a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted.

Fee: Free

Evening Centering Prayer

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

Facilitator: Judith Edwards

Relax, clear your mind and find God’s presence within you during this time of silence and centering prayer. This is a prayer/support group for people who enjoy centering prayer—a form of meditation focused on praying in silence. The group meets in room 113 of the Guest House, and you may join at any time.

Fee: Free-will offering

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

Join this lively group of women that meets every Wednesday to be spiritually enriched, updated, inspired and challenged. You are welcome to come any time!

On March 5, the group will complete its discussion of *Birthing God: Women’s Experiences of the Divine* by Lana Dalberg with pages 250–267. On March 12 and 19, watch and discuss *I Am*, a documentary about Hollywood director Tom Shadyac and his life-changing journey to answer the questions *What’s wrong with our world?* and *What can we do about it?*

On March 26, begin discussing *Field Notes on the Compassionate Life: A Search for the Soul of Kindness* by Marc Ian Barasch (one of our *Spirituality in the 21st Century* speakers, March 28–29). Archbishop Desmond Tutu, Nobel Peace Prize Laureate, wrote, “In his excellent and penetrating work, Marc Barasch makes an argument for compassion that is balanced yet persuasive—and long overdue. This book ought to be a compulsory read for all.” It can be purchased from the Prairiewoods Office for \$18. Please read the following pages:

March 26: pages 1–26

April 2: pages 27–52

April 9: pages 53–76

April 16: pages 77–100

April 23: pages 101–122

April 30: pages 123–146

Fee: Suggested free-will offering of \$10 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/Donate.

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In honor of Rev. Edward Lechtenberg Phyllis Ann Ries, RSM
In honor of Margaret E. Meridith Lorrie Erusha
In honor of the Prairiewoods Staff Jamie Lundahl
In honor of Charlotte Seubert, FSPA Fran Leihsing
In honor of the Sisters at Prairiewoods M.L. Folkedahl-Meehleder
In honor of Lucille Winnike, FSPA Rose Blank
 Vince Hatt
 Shirley Jekerle
 David & Carol Sundberg
In memory of Marie Addis, FSPA Ron & Janet Nimer
In memory of Jack Banse Ellen Banse
In memory of Anna Mae Brimeyer Connie Williams
In memory of Merlin & Marie Cook Jeanine Matt
In memory of Kevin Day Dennis & Patricia Day

In memory of Eloise Dedich John Dedich
In memory of Joan Downey Bob Downey
In memory of Lawrence Duggan Mike & Sandy Thome
In memory of family Frances Morrissey, FSPA
In memory of Bud & Winnie Foecke Dave & Marilu Smith
In memory of Mia Kuancitis Gibbs Shirley Pike
In memory of Kerry Greenwald Mike & Sandy Thome
In memory of Mark Grundy Bill & Sharron Grundy
In memory of Joyce E. Hertz Thomas Hertz
In memory of John Hester Sandi Allen
In memory of Gib Klein Marilyn Klein
In memory of Herbert Lueck Hildegard Lueck
In memory of Will & Carrie Lumsden Linda Lumsden
In memory of Luther & Lorraine Lundine Cindy Lundine
In memory of Rita Luster Charles Luster
In memory of Margaret Frances Masteller Mary Jo Masteller
In memory of Edward McAleer Irene McAleer
In memory of Bill Minney Lorriane Minney
In memory of mother, Elaine, & in honor of Prairiewoods founders and all those who have followed Joe & Carol Hartman
In memory of Maggie O'Connor Mary Lechtenberg, OSF
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 Cindy Swift

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

Are you on social media? Find "Prairiewoods FSC" on:



When has a timeless work of sacred art inspired YOU?

Ignite your imagination
by viewing
The Saint John's Bible
at Prairiewoods
May 2–June 8!
(See page 6 for details.)

©Life in Community, Aidan Hart in collaboration with Donald Jackson, 2002. *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota, USA. Used with permission.



May/June 2014

Prairiewoods

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

Be Inspired by Artistic Version of the Bible

by Rodney Bluml

Prairiewoods is excited to support an effort to make the Word of God accessible to many people by displaying 17 prints of art from *The Saint John's Bible* during the Easter Season. Come and encounter The Word in a unique way through *The Saint John's Bible* at Prairiewoods **May 2–June 8**, and seek the deep truths of God it reveals!

The Word of God has been manifest in many ways through time: from the energy that ignited and formed creation to the Christ who walked the earth to the proclaimed word that continues to inform the identity of humankind. *The Saint John's Bible* is unique in that it is for our time. It is a combination of ancient methods and materials that represent humankind's achievements over the past five centuries. It is a contemporary blending of religious imagery from various Eastern and Western traditions (including Christianity, Judaism and Islam) as befits our modern understanding of the global village. This Bible presents the Word of God as something living and special.

You are invited to attend one or more of the programs using this biblical art to educate and inspire. Spend sacred time in the Center praying with the illuminations and our prayer journal, view an instructional video on *The Saint John's Bible* creation process, make your own illumination with materials provided, or bring your students for an extended experience of prayer and creativity.

Viewing this sacred Bible is free, but donations will be accepted with gratitude to help offset costs. Participate in *Visio Divina* sessions to interact more deeply with the illuminations, attend public viewing hours or call 319-395-6700 to schedule private events.

Public Viewing Hours

Monday–Thursday (except Memorial Day), May 2–June 5 (1–4:30 p.m.)

Sundays, May 4, May 11 & June 1 (1–4:30 p.m.)

Fee: Free

Visio Divina Programs (a contemplative practice of praying the

Scriptures while viewing art; see page 7 for details)

Tuesday, May 6, 10–11:45 a.m. *Road to Emmaus*

Tuesday, May 13, 10–11:45 a.m. & 6:30–8:15 p.m. *Milkweed*

Tuesday, May 20, 10–11:45 a.m. & 6:30–8:15 p.m. *Psalm 107*

Wednesday, May 21, 6:30–8:15 p.m. *Road to Emmaus*

Tuesday, May 27, 10–11:45 a.m. & 6:30–8:15 p.m. *You Will Be My Witnesses*

Saturday, May 31, 9 a.m.–12 p.m. *Be My Witnesses*

Tuesday, June 3, 10–11:45 a.m. & 6:30–8:15 p.m. *Pentecost*

Wednesday, June 4, 1–3 p.m. *Pentecost*

Fee: Suggested offering of \$10

Find details at www.Prairiewoods.org or 319-395-6700.

©The Garden of Eden, Donald Jackson with contribution by Chris Tomlin, 2003. *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota, USA. Used with permission.

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DIRECTOR'S CORNER



Those of us who sat in the Meditation Room at Prairiewoods these past months were so aware that winter held all before us in captivity. We knew that life did exist, invisible in the roots and seeds, silent and hidden from our eyes. We could only wait patiently and in trust for the vitality, greenness and growth of springtime that would come someday.

This desire for new life seems to be constantly with us. That also may be why we take the season of Lent so seriously, knowing that each day brings us closer to a new way of living. The liturgical cycle moves us along a road that stretches through darkness, suffering and uncertainty, but that road also leads us toward light and life. We believe in the possibility that resurrection lies ahead. We believe that in Jesus we will find joy and hope and healing for a world so in need.

We can endure times of darkness by trusting in the promises of a future bringing light, warmth and a newness of life. That message comes home to us whenever we look deeply into our own hearts.

The ways in which we look deeply into our own hearts can be expressed in so many ways. The poet David Whyte speaks of this process as finding your own truth. In his poem *All the True Vows*, he speaks of "holding to the image you were born with." He continues to say that those who do not understand their destiny will not understand the work they must do. This understanding only comes through taking time for silence and prayer. We look at our own lives, find our own truth and look for the God who is present in all of this. We find that God is always a God of the future, urging us to continue living in our own truth, staying on our own journey, relying of the promises of the future.

There are times when a person who has spent time at Prairiewoods lets us know something of the heart journey made here. We delight in receiving these messages! This short note was in my mailbox after a recent group retreat:

"Our experience with you this weekend has been incalculable, at least within the limits of time and space! You certainly have broadened our horizons and led us to look at things with new eyes. Truly, if we incorporate the knowledge, understanding and wisdom of these ideas into our thinking and actions, it would definitely change us individually and as a community. We know God is already taking us on a journey. You validated it."

We at Prairiewoods hope that each of you will feel the newness of possibilities offered daily. May God fill you with all joy and hope!

Peace,

Laurie Harris



PRAIRIEWOODS
A Place of Peace and Transformation

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



Authors at Annual Conference Focus on Compassion



Poems, photos, comments?
Continue the conversation
at www.Prairiewoods.org.

On March 28–29, our *Rooted in Compassion* conference celebrated the wisdom of Marc Ian Barasch (author of *The Compassionate Life: Walking the Path of Kindness* and founder of the Green World Campaign) and Drew Dellinger (author of *love letter to the milky way* and founder of Planetize the Movement). Their insights, poetry and stories inspired and challenged those gathered to reflect deeply on the seeds of compassion already planted within them. Common root systems of empathy bind us all together across cultural, religious, social and political divides and nurture within us the co-creative impetus for generativity, or bearing fruit, in local and global settings. From the heartland of the Midwest to villages in Kenya, from the tiniest

mirror neurons transforming empathy into compassion to the far reaches of the cosmos where energy and light expand to all creation, we truly are one in our origin and in our destiny.

Save the date for next year's conference, featuring Barbara Marx Hubbard & Gail Worcelo, CP, April 24–25, 2015!



Drew Dellinger, Ph.D.



Nancy Hoffman, FSPA



Marc Ian Barasch

Welcome Spring with Various Nature-Inspired Prayers

by Emy Sautter

As the sun warms us and encourages us to emerge from our wintery hideaways, I think about all that I look forward to doing outside! Just being ... standing in the sun, feeling it touch my skin—yes! I think about walking and gardening, planting flowers, smelling the soil and being able to sit outside on a blanket on the lawn. The re-awakening of life is everywhere—yes! I also think about the ways that I can continue to deepen my relationship with Self, Creator and the world around me.

There are many forms of *nature prayer*, and it is a wonderful opportunity to see the sacred in all things. Everything we do is a prayer; each word we say and movement we make is a prayer. A walk through the prairie can be a prayer; being mindful of the small green shoots that arise from the wet, black soil. Being aware of the complex life that moves and works beneath our feet can be a prayer. Peace and All Good Things, my little friends! The beautiful communion of all working together, the potential in each tiny seed, the transformation that will surely come.

I also look forward to what I call *five senses prayer* or just mindfulness—listening to the insects, smelling Earth, tasting a leaf, seeing a droplet of water

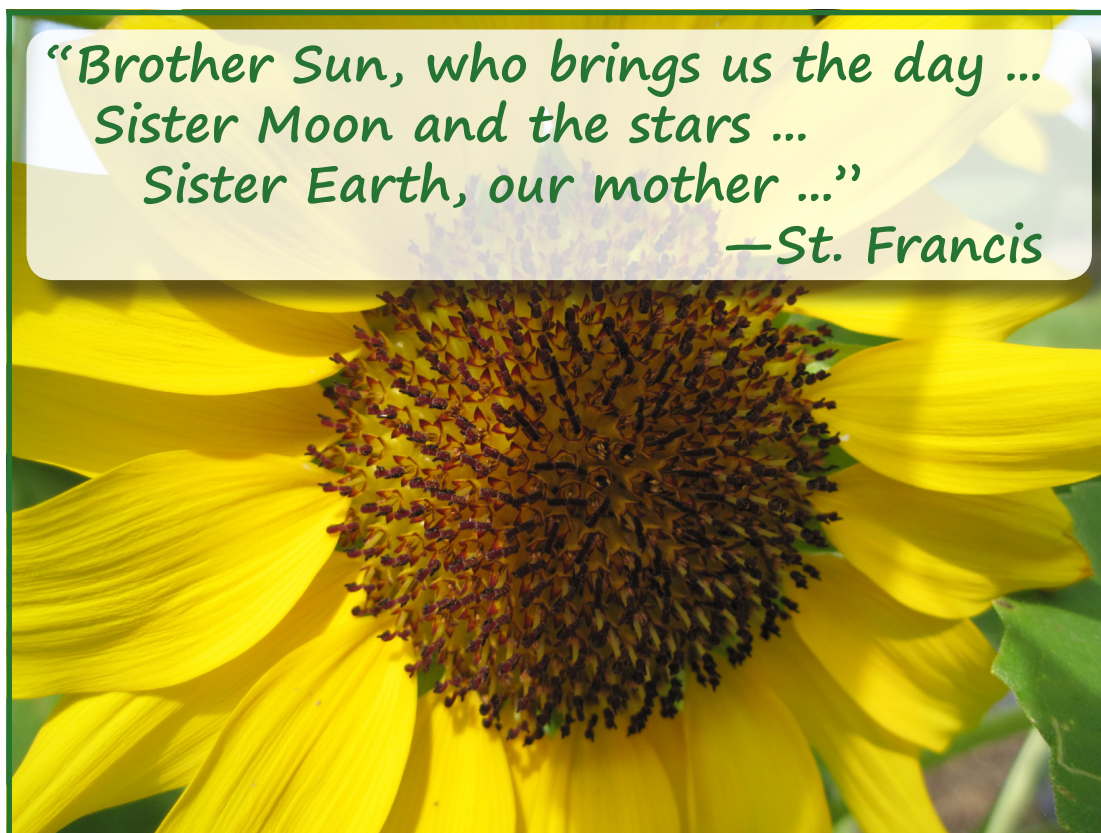
and its perfect symmetry, touching the textured bark of a tree—basically being mindful of the awesome-ness around me! This type of prayer is enjoyable on my own and with a group of young children. The way they see the world with such wonder and rawness is truly a delight and often fills me with laughter!

Sister Joann Gehling once shared with me another powerful form of prayer: *Earth prayer* or *creation prayer*. It involves observing different aspects of an ecosystem, such as a tree, and then asking ourselves different questions that arise as we observe: *How does a tree endure drought or lightning? What would it be like to be rooted so deeply in the soil, to remain in the same place always?* Asking these questions draws me inward. I feel closer to our Cosmic God and drawn into deeper relationship with the whole of life. Nature-inspired prayer also can be done indoors through visual images. A picture of the ocean works as a great connector to the Sacred. The vastness and complexity of the ocean are a great metaphor for God and panentheism—seeing the sacred in all things.

Other examples of praying with nature can include the work of St. Francis, such as *The Canticle of the Sun*

(*Creation*), and prayers for the healing of Earth, such as *A Prayer for Global Restoration* from the Office of Justice, Peace and Integrity of Creation. Hafiz, Rumi, Mary Oliver, John O'Donohue and so many others draw us into wonderful prayer with Earth, Creator and Self.

I invite you out to Prairiewoods for nature-inspired prayer time—walking through the woods, looking at the pond while seated in our amazingly comfortable sky chairs or standing amidst the prairie life. Come, dig in the soil! Find refreshment in Earth, let nature be your spiritual companion for an hour or for a day.



The following are some upcoming retreats, programs and continuing programs. For a complete list and *online registration*, visit www.Prairiewoods.org. You also can call 319-395-6700 for more information or to register.

For families, communities and leadership teams
**Contemplative Living Using the LifeFrame:
 Engaging the Depth and Span of Our Experience
 and God's Presence**

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

Facilitator: Steven Wirth

As a participant in this retreat, you will be encouraged to engage more of your lived experience in a practical and rich way. It will invite you to “take a long, loving look at the Real” using the LifeFrame, a tool for noticing used in spiritual direction and in the lives of communities, organizations and leaders.



Using the LifeFrame’s four lenses—Individual, Interpersonal, Communal/Structural and Environmental—you will see the “more” and find a deeper appreciation and discernment of the whole of your life, your world, your relationships and your work.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Silent Mindfulness Meditation

Friday, June 6, 5:30 p.m.–Tuesday, June 10, 1 p.m.

Facilitator: Chris Klug

“Life unfolds in moments,” says Jon Kabat-Zinn. “The healing power of mindfulness lies in living each one as fully as we can.” Do you long to live fully the moments in your life? Consider joining others in the practice of mindfulness meditation in this silent retreat. During the three full days and four evenings of this retreat, you will cultivate mindfulness through the repetition of guided meditative practices, including sitting meditation, walking meditation, mindful movement and mindful eating. This helps establish and strengthen the habit of mindfulness while supporting its integration into everyday life. Previous experience with mindfulness meditation and extended periods of silence is desired.



Fee: \$410 includes presentations, lodging and all meals

Commuter Fee: \$235 includes presentations and daily lunch

Silent Directed Retreats (June & July)

**Friday, June 6, 5:30 p.m.–Thursday, June 12, 1 p.m. or
 Sunday, July 20, 5:30 p.m.–Saturday, July 26, 1 p.m.**

Facilitators: Betty Daugherty, FSPA; Marj English, OSF; Lucille Winnike, FSPA; Ann Jackson, PBVM; & Laura Weber

Does a silent directed retreat meet your needs for a summer-time rendezvous with God? These retreats provide lavish time and sacred space for prayer, solitude, quiet and peace. In the beauty of 70 acres of Prairiewoods’ Eden-like setting, you will journey courageously to your center where God resides within you. You will be consoled with the beauty of creation, find ample time for reflection and meditation, open yourself to the experience of centering prayer, and meet regularly with a spiritual director who will listen with you for God’s voice in the midst of your life’s loves, losses and joys.

Fee: \$410 includes spiritual direction, lodging and all meals (*lodgers only*)

*Please register soon,
 as these retreats fill quickly!*



Blessings for Barter: Service and a Smile

Sunday, June 22, 5:30 p.m.–Saturday, June 28, 1 p.m.

Facilitator: Nancy Hoffman, FSPA

Do you love the quiet and serenity of Prairiewoods’ 70 acres of natural beauty? Do you like to use your hands for service? Why not enjoy both? This is a special week reserved for those who love to get their hands dirty, take meditative walks, pray and reflect on the goodness of life, have some fun with the whole group, and enjoy the fantastic hospitality of Prairiewoods. Beautiful morning and evening prayer opportunities with Nancy Hoffman, FSPA, will make this retreat experience one that combines the heart and the hands, all for the beauty of Earth, the rejuvenation of the spirit and the love of God.



Fee: \$150 includes lodging and all meals (*lodgers only*)

RETREATS

Navigating Wholeness: The Chakra System and Sound Healing

Sunday, July 20, 5:30 p.m.–Saturday, July 26, 1 p.m.

Facilitators: Corrina Thomas, FSPA, & Ginny Helfrich

Healing energy awaits those who explore their interior life force. Listening to Sacred Sound or the Divine Word within can resonate deeply with your spiritual self. Would you like to let go of the blocks that prevent you from shining forth your inner radiance? This is a time to listen deeply to the Sacred Sound within you. You will be invited to explore and become more mindful of the intimate connection between the Chakra System and Sacred Sound.

Fee: \$410 includes presentations, lodging and all meals (*lodgers only*)



“I Am” Passages of John and the Heart Chakra

Friday, Aug. 1, 6:30 p.m.–Sunday, Aug. 3, 1 p.m.

Facilitators: Dr. Mary Fraser, Ph.D., & Dana Wimmer

This weekend will explore the archetypal images of the “I Am” passages in the Gospel of John, connecting your core self with the Divine Self described in these passages. The retreat will begin with an introduction to, or review of, the way the Chakra Energy system is designed, coming from eastern philosophy and medicine, and showing you a way to think about your body and life as energetic systems.



Through interactive exercises, reflection, journaling, rest, walking and shared ritual, you will be connected with your inner core, understanding how the Scripture you have engaged and the Chakras you have touched strengthen you in daily life. Please bring a yoga mat if you have one. (You will not be asked to do advanced movements, and all are welcome.)

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Nourish Your Bodyspirit: Untensive Weekend Retreat with Interplay and Nia®

Friday, Aug. 1, 6:30 p.m.–Sunday, Aug. 3, 1 p.m.

Facilitators: Mary Cohen, Matt Cohen & Beth Pelton

InterPlay plays with movement, voice, stillness and story-making. It is about refreshing your soul, finding amusement and retrieving your body wisdom. It honors each person’s unique physicality, tradition and faith. In this *untensive* retreat, you will explore InterPlay forms and tools, and you will have options for self-reflection, restorative yoga and Nia®. Nia is a workout that bridges the gap between fitness and wellness, expressing and enjoying the fusion of body, mind, emotions and spirit. It draws from the wisdom of dance, martial arts and healing arts like yoga. Nia is practiced at your own level of fitness and comfort.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Join the seventh annual S.E.E.L. Retreat for nine months of deep reflection and prayer!

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

Opening Session: Saturday, Sept. 13, 9 a.m.–3 p.m.

Monthly Sessions: Saturdays, Oct. 11, Nov. 8, Dec. 13, Jan. 17, Feb. 21, March 14, April 11, 9 a.m.–12 p.m.

Closing Session: Saturday, May 2, 9 a.m.–3 p.m.

Facilitators: Betty Daugherty, FSPA; Marj English, OSF; Lucille Winnike, FSPA; Ann Jackson, PBVM; & Laura Weber

Do you wonder how the Spirit is moving in your everyday life, or how you’re being invited to grow in your relationship with God and others? What interior fires are you harnessing for the good of the world? Give yourself the gift of the Spiritual Exercises in Everyday Life (S.E.E.L.), a retreat taking place over the course of nine months in the very fiber of your unique journey, encompassing all your joys, sorrows and holy desires for something “more” in the process. St. Ignatius of Loyola, founder

of the Company of Jesus (or the Jesuits), offered the Spiritual Exercises to help seekers dispose their hearts to discover the mysterious meanderings of God in the journey of their lives. The retreat experience leads toward greater availability for mission.

Fee: \$450 (payable in Sept. 2014 or in monthly installments of \$50) plus the cost of monthly spiritual direction sessions paid separately

Hope and Inspiration: A Retreat for At-Home Alzheimer Caregivers

Thursday, May 1, 5–8:30 p.m.
Facilitator: Rev. Dr. Jade Angelica

This retreat focuses on families caring for loved ones with Alzheimer's. Twenty-five family caregivers are invited to share a meal together at 5 p.m. The



program at 6 will include education and advocacy surrounding mindfulness, hope and transformation, images of God, lament as prayer, inspiration for the future and gratitude. Professional respite care workers are being provided generously free of charge by Doug Dix at Homewatch CareGivers. If you need respite care, please contact Rodney Bluml at 319-395-6700, ext. 202.

Fee: Free

Inspiration and Technique for Professional and At-Home Alzheimer Caregivers

Friday, May 2, 9–11:30 a.m.
Facilitator: Rev. Dr. Jade Angelica

Through presentation, experiential exercises and reflection, this program will teach professional and at-home caregivers creative, effective methods for communicating and connecting with those living with Alzheimer's and dementia. In it, you will learn to:

- recognize, understand and accept the value and limitations of people with Alzheimer's and dementia
- observe, listen and respond to people with Alzheimer's and dementia in ways that preserve and promote self-esteem and improve quality of life
- reduce conflict, increase cooperation and relieve stress for people with Alzheimer's and those caring for them

Nursing home professionals can earn 0.28 CEUs, and healthcare providers can earn 2.8 CEHs. (If you want continuing education credit, please contact Rodney Bluml at 319-395-6700, ext. 202.)

Fee: \$20 without continuing education (or \$50 with CEUs or CEHs)

The Saint John's Bible Public Viewing

May 2–June 8, 1–4:30 p.m.
Facilitator: Rodney Bluml

See page 1 for complete details.

Fee: Free-will offering

Circle Cinema: Deconstructing Supper & Build Green

Fridays, May 2 & June 6, 12–1 p.m.
Facilitator: Emy Sautter

On the first Friday of each month, you are invited to watch and discuss a short video over the lunch hour. Bring a lunch or call by Tuesday to see if we are serving a meal (for \$8).

On May 2, watch *Deconstructing Supper*, a film that looks at modern day global food production, from biotech to organic, and how it affects our lives. On June 6, view *Build Green*, which according to its description, gives us "a refreshing look at environmentally smart building materials and practices that better protect against the elements while saving money and resources."

Fee: Free-will offering (add lunch for \$8)

Drawing Mandalas using the Zentangles® Process

Sunday, May 4, 1–4 p.m.
Facilitator: Joellen Price, PBVM

Mandalas are sacred art pieces in the form of a circle. They help the artist acquire a sense of wonder at the greatness that



exists all around, solve problems, calm the soul and reflect the mystery of inner vision. Zentangles®, created by Maria Thomas and Rick Roberts, are meditative images formed by drawing structured patterns. Join Joellen Price, PBVM, for an afternoon of creativity focused on combining mandalas and Zentangles into beautiful works of art! No experience is necessary. Refreshments will be included. All materials will be furnished, but you may want to bring your own gel pens.

Fee: Suggested offering of \$12

Special offerings in conjunction with The Saint John's Bible Display:

Seeing IS Believing: Visio Divina
Multiple times between May 6 & June 4

Facilitator: Rodney Bluml

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves listening to the word of God, viewing art from *The Saint John's Bible*, pondering God's message, letting your heart speak and resting in God. To honor the display of 17 prints from *The Saint John's Bible* this spring, Prairiewoods is offering the following special *Visio Divina* sessions:

Tuesday, May 6, 10–11:45 a.m. Road to Emmaus: Encounter Jesus much as the two disciples on the Road to Emmaus did. Walk with Jesus and grow in understanding and awareness of his presence and identity.

Tuesday, May 13, 10–11:45 a.m. & 6:30–8:15 p.m. Milkweed: Consider the monarch and the milkweed as images for resurrected life in Mark's gospel.

Tuesday, May 20, 10–11:45 a.m. & 6:30–8:15 p.m. Psalm 107: Pray with the illumination from Psalm 107.

Wednesday, May 21, 6:30–8:15 p.m. Road to Emmaus: See May 6 above.

Tuesday, May 27, 10–11:45 a.m. & 6:30–8:15 p.m. You Will Be My Witnesses: Study Acts 1:8 and the illumination at Acts 28 to consider what it means to be witnesses for Christ in the twenty-first century.

Tuesday, June 3, 10–11:45 a.m. & 6:30–8:15 p.m. Pentecost: Explore the text and illumination of the Pentecost event in Acts to immerse yourself in the promised gift of Holy Spirit.

Wednesday, June 4, 1–3 p.m. Pentecost: See June 3 above.

If we are serving a meal, you are welcome to join us (for \$8 for lunch or \$9 for dinner). Meal requests and registration are required at least two days in advance.

Fee: Suggested free-will offering of \$10 per session includes *Seeing the Word* guide

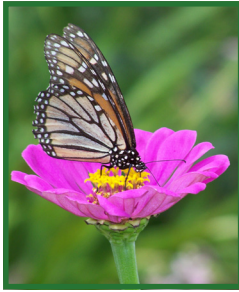
PROGRAMS

The Plight of the Monarch

Monday, May 5, 7–9 p.m.

Facilitators: Cindy & Kirby Pringle

Have you noticed that the population of monarch butterflies is dwindling? Spring is the time to plant milkweed and native flowers, crucial



to the survival of monarchs, so it's a great time to learn more about them. Join professional photographers and filmmakers Cindy and Kirby Pringle for a documentary that focuses on the rapid decline in population of the monarch butterfly, largely because of the loss of habitat. This evening will feature a social at 7 p.m., followed by the presentation at 7:30 p.m. Registration is appreciated.

Fee: Free-will offering

Drumming for Healing

Wednesdays, May 7, May 21, June 4 & June 18, 6–7 p.m.

Facilitator: Sheri Mealhouse

In the cosmic experience, drumming touches us at a deep level and brings all creation together. Drumming—and feeling the Creator's rhythm inside of us—resonates with a variety of people. No experience is necessary, and instruments will be available. Please meet near the pond south of the Center (weather permitting). This group meets the first and third Wednesdays monthly. On June 4, the group will participate in Picnic & Percussion. (See page 9.)

Fee: Free-will offering to the facilitator

Behind-the-Scenes Eco-Tour

Saturday, May 10, 10–11:30 a.m.

Facilitator: Emily Sautter

Learn about alternative energy, earth-friendly building materials and other eco-friendly alternatives for your home, office or yard.



Tour a number of “eco-features” at Prairiewoods, including a trombe wall, straw-bale cabins, solar-heated hoop house, photovoltaic solar panels, native habitat restoration, retention ponds and much more. See how these features helped us attain LEED® (Leadership in Energy and Environmental Design) Gold certification for existing buildings.

Fee: Free-will offering

I Fled My Country and I Need You

Saturday, May 10, 2:30–6:30 p.m.

Facilitators: Nathan Miller, Wake Up for Your Rights & Others

Prairiewoods is pleased to host a seminar on International Law by University of Iowa Law School Professor Nathan Miller. The conference has been arranged by Wake Up For Your Rights (WUFYR), a local organization made up of refugees, mostly from Africa, who support fellow refugees, work for peace and justice in their former countries, and help Americans in need of assistance in the United States. There are many immigrants and refugees already living and working among us. This is an excellent opportunity to learn why they had to leave their countries and how this affects the United States. A variety of topics—including child soldiers, human rights violations and adjusting to life in a new country—will be discussed. African food will be provided during the event.

Fee: Free-will offering

Sweat Lodge (Inipi) Ceremony

Saturdays, May 10, 7–10 p.m., & June 7, 1–5 p.m.

Facilitators: Jorge Pena & Mike Maynard

Prairiewoods offers a Sweat Lodge Ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which participants sit on the earth around heated stones. *If you have claustrophobia or any medical conditions that prevent you from going into a sauna, you should not participate in this ceremony.* After the ceremony, you are invited to share a snack with the community. Please bring something to share, such as fresh fruit, water, energy drinks or granola bars. Registration is requested so that additional protocols can be mailed to you.

Fee: Free-will offering

The Artist's Way

Sunday, May 11, 1–4 p.m.

Facilitator: You

Attention all artists, poets, mandala makers, writers, musicians, sculptors and other creative people! Prairiewoods recognizes that you may not have a studio or special space to let your creative juices flow, so to honor The Artist's Way, we offer you space in the Center on the second Sunday of each month. (On other Sundays, feel free to call and ask about available space.) There will be no Artist's Way in June due to the Silent Directed Retreat at Prairiewoods. Come and go as you please; work alone or share your projects with others.

Fee: Free

Dream Group

Wednesdays, May 14 & 28, 1–3 p.m.

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

Unwrap your dreams and bring inner healing using a Jungian approach to deciphering dreams. Participants must have background in dream work (a Prairiewoods Dream Workshop or something comparable). You can attend one or both sessions, but please register at least one week in advance. Three participants are needed to hold each session.

Fee: Suggested offering of \$10–\$20 per session

Day of Self Renewal

Mondays, May 19 & June 16, 8:30 a.m.–4:30 p.m.

Facilitator: Rodney Bluml

Find rest and relaxation for your mind, body and spirit during our monthly Day of Self Renewal, which features two 40-minute holistic services of your choice, group Guided Meditation, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from Swedish massage, reflexology, head and shoulder massage, healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration is required at least five days in advance.

Fee: \$90 includes room, lunch, group meditation and choice of two holistic services

Save the Date! for these Programs:

- **Women in Interfaith Dialogue**, May 31
- **Lectionary-Based Faith Sharing**, June 10, 17 & 24
- **Introduction to Healing Ministry** (ISHA Course 101), June 14
- **Using Your Hands to Heal** (ISHA Course 103), June 14
- **Introduction to Judeo-Christian Anointing** (ISHA Course 102), June 15
- **Summer Solstice at Ushers Ferry**, June 20

For details, visit www.Prairiewoods.org.

Tuesday Take-Away:

The Illuminator & Birding in Your Backyard

Tuesdays, May 20 & June 17, 12–1 p.m.

Facilitators: Staff & Jim Durbin

Tuesday Take-Away pairs a healthy meal with a topic of interest in a lunch-hour discussion. On May 20, watch *The Illuminator*, a documentary on the process of illuminating *The Saint John's Bible*.

On June 17, expert birder Jim Durbin will teach about attracting birds, bird watching and things you can do to help bird populations. Registration is required at least two days in advance.

Fee: \$12 includes lunch

Green Living: Inspired by Nature Poetry Night

Wednesday, May 21, 6:30–8 p.m.

Facilitator: Emy Sautter

Do you have a favorite poem about nature that you want to share with others? Perhaps something by Walt Whitman, Wendell Berry or Mary Oliver? Or maybe you have written your own nature poetry? Prairiewoods is the perfect place for nature, poetry and conversation. Weather permitting, this will be held outdoors.

Fee: Suggested offering of \$5

Come to the Table

Friday, May 30, 12–1 p.m.

Facilitators: Laurie Harris & Andi Lewis

You are invited to a free lunch and tour of Prairiewoods! Get introduced to all that Prairiewoods has to offer in an informative tour of our meeting spaces, overnight accommodations, LEED-certified ecological features and 70 acres of beautiful woodland and prairies. Then be our guest for a fabulous, fresh lunch made by our chefs. Please register at least five days in advance.

Fee: Free includes lunch

Be My Witnesses: Visio Divina Retreat

Saturday, May 31, 9 a.m.–noon

Facilitator: Rodney Bluml

Pray the process of *Visio Divina*, or holy seeing, in the energy of Easter springtime with two illuminations from *The Saint John's Bible*: “Ten Commandments” and “You Will Be My Witnesses” from Acts. You also will have time for reflection on our trails and in our peaceful surroundings.

Fee: \$20

Vino van Gogh

Sunday, June 1, 1:30–4:30 p.m.

Facilitator: Vino van Gogh Artist

Paint, drink and be merry in this fun event that combines wine and creativity. You will be provided with everything you need to create your own work of art! No experience is required. Weather permitting, this will be held outdoors.

Fee: \$50 includes 16-by-20-inch canvas, all art supplies, art instruction, apron, wine and snacks



Picnic & Percussion: Family Fun

Wednesday, June 4, 5:30–8 p.m.

Facilitators: Sheri Mealhouse & Staff

Mark the entry into summer by sharing a picnic meal with others at 5:30 p.m. near the pond. Then children will be taught to make their own percussive shakers before a group music session. Walk the trails, check out the labyrinth and enjoy the bonfire. Please bring a picnic for your family and a dish to share.

Fee: Free-will offering

Native Flute Concert: Moonsong Under a Full Moon

Friday, June 13, 7:30–9:30 p.m.

Musician: Jonny Lipford

Professional native flute player Jonny Lipford will grace our outdoor stage under a full moon to perform his newest CD, *Moonsong*, and other songs. Bring a friend or two, your lawn chair or blanket, and snacks south of the Center to enjoy a relaxing and entertaining evening. (In case of inclement weather, Jonny will perform inside.) Flutes and CDs will be available for purchase.

Fee: Suggested offering of \$10

Green Living: Eating Weeds & Wild Plants

Wednesday, June 18, 6:30–8 p.m.

Edible plants are everywhere ... probably even in your own yard! Learn to identify wild plants, go on a foraging expedition, try recipes and learn the do's and don'ts when it comes to eating wild! Registration is requested by June 16.

Fee: Suggested offering of \$5

Hatha Way Yoga

Multiple times each week

Facilitator: Cindy Hathaway

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway of Hatha Way Yogi leads multiple one hour gentle, beginner/intermediate, chair and yin yoga classes each week. (For a complete schedule, visit www.Prairiewoods.org.) Please bring your own mat if possible.

People of all fitness levels are welcome. **Fee:** \$99 for eleven-punch card or \$60 for six-punch card, one punch per session

Prairiewoods E.C.O. (Evolutionary Cosmic Outing) Walking Group

Fridays, 12:20–12:45 p.m.

Facilitators: Emy Sautter & Rodney Bluml

Bring your walking shoes or hiking boots (and perhaps your camera) to the Center and join us for a brisk 20-minute walk around the beautiful land at Prairiewoods. Invite your friends, meet new people, get out in the fresh air and get a little exercise—all are important for a healthy lifestyle! This is part of the Blue Zones project.

Fee: Free

CONTINUING PROGRAMS

Eco-Tours at Prairiewoods

By Appointment

Facilitator: Emy Sautter

Do you want to learn about alternative energy, earth-friendly building materials and other eco-friendly alternatives for your home, office or yard? Tour a number of “eco-features” at Prairiewoods, including a trombe wall, straw-bale cabins, solar heated hoop house, photovoltaic solar panels, solar thermal systems, native habitat restoration, retention ponds and much more. These features helped us attain LEED® (Leadership in Energy and Environmental Design) Gold certification for existing buildings. To schedule an eco-tour, please call Emy Sautter at 319-395-6700, ext. 222.

Men’s Prayer Group: Getting Perspective on Life Every other Thursday (including May 1), 7–8:30 p.m.

Facilitator: Bob Davis

Behavioral scientists and spiritual guides have noted a major transformation in the life direction of many men as they mature. It may happen gradually or abruptly, as early as your 20s or in your 50s or 60s. Some men never make this shift, described variously as a change from goal driven-ness to receptivity, and from ego to wisdom. The transition can start from the inside (Why am I doing what I’m doing?) or the outside (often from some kind of loss or threat), and it may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life’s changes.

Fee: Free-will offering

Bridges to Contemplative Living with Thomas Merton

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

Facilitator: Betty Daugherty, FSPA

Explore living a more contemplative life by joining this group that focuses on the *Bridges to Contemplative Living* series of booklets. These booklets include writings by Thomas Merton and other contemplative authors. As a participant, you will read, reflect on and discuss various topics related to contemplative living to 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

Prairiewoods Knitters & Stitchers

2nd Tuesday monthly, 9:30–11 a.m.,

& 4th Wednesday monthly, 7–8:30 p.m.

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, you are invited to create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. The Prairiewoods Knitters & Stitchers are a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted.

Fee: Free

Evening Centering Prayer

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

Facilitator: Judith Edwards

Relax, clear your mind and find God’s presence within you during this time of silence and centering prayer. This is a prayer/support group for people who enjoy centering prayer—a form of meditation focused on praying in silence. The group meets in room 113 of the Guest House, and you may join at any time.

Fee: Free-will offering

Wednesday Women

Every Wednesday (first Wednesday of each month in the summer), 10–11:30 a.m.

Facilitator: Marj English, OSF

Join this lively group of women that meets every Wednesday to be spiritually enriched, updated, inspired and challenged. You are welcome to come any time!

The group is currently reading and discussing *Field Notes on the Compassionate Life: A Search for the Soul of Kindness* by Marc Ian Barasch. Archbishop Desmond Tutu, Nobel Peace Prize Laureate, wrote, “In his excellent and penetrating work, Marc Barasch makes an argument for compassion that is balanced yet persuasive—and long overdue. This book ought to be a compulsory read for all.” The book can be purchased from the Prairiewoods Office for \$18. Please read the following pages:

May 7: pages 147–170

May 14: pages 171–202

May 21: pages 203–220

May 28: pages 221–246

June 4: pages 247–278

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

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For a complete, up-to-date list between Newsletters, go to www.Prairiewoods.org/Donate.

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Program Pricing Prairiewoods wants everyone to have access to this place of peace and transformation, regardless of means. Therefore, fees to attend our programs and retreats are set as low as possible. For programs with a suggested offering, the suggested amount reflects only the basic costs incurred. Scholarships also are available for those who need them by contacting Rodney Bluml or Laura Weber at 319-395-6700.

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

Green Thumbs Prairiewoods and Metro Catholic Outreach are teaming up to grow some yummy produce this garden season in the large kitchen garden at Prairiewoods. If you are interested in volunteering in the garden, please contact Emy Sautter at 319-395-6700, ext. 222, or esautter@prairiewoods.org.

Natural Meetings Prairiewoods has comfortable outdoor spaces that are ideal for group work, breakout sessions, meetings and much more! Call 319-395-6700 for details.



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Are you on social media? Find "Prairiewoods FSC" on:



Support Prairiewoods at Garden Party on June 14

by Theresa Keller, FSPA

Like rotating crops, this year's Garden Party is being planted at St. Pius X Catholic Church (4901 Council Street Northeast in Cedar Rapids). Planting was late this year, so the party will be ripe for picking on **Saturday, June 14, at 5 p.m.** Last year, we had a bumper crop of donors, bidders and helpers, and we hope this ninth annual Garden Party will be just as successful!

The Garden Party is Prairiewoods' largest fundraiser of the year and helps to support the wonderful variety of spiritual and ecological programming we provide throughout the year. (And it's also a lot of fun!) The festivities begin at 5 p.m. with appetizers and a huge selection of items to bid on in the silent auction. At 6 p.m. sit down to dinner catered by A Touch of Class and decadent desserts from The Wright Touch Bakery. Following dinner, bid on incredible live auction

items, see if you win an iPad Air in the raffle drawing and participate in a Dough for Dough game (in which a tasty loaf of Prairiewoods bread could be worth \$250!).

Tickets to the Garden Party cost \$40 per person (a portion of which is tax-deductible). You also are invited to purchase a table of eight for \$320, so start thinking about getting a group of friends together for this fun evening.

You are invited to help us make this event a success

so that we may continue to offer Prairiewoods as a place of peace and transformation to all who need it. You can help by donating items for our silent or live auctions, sponsoring the event to help underwrite the costs, volunteering to help during the party and attending this entertaining evening to support Prairiewoods!

For more information, please contact Andi Lewis at 319-395-6700, ext. 206.



Prairiewoods

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

What Did You Do Once You Knew? Our Response to Global Climate Change

What do we know? We know that we need wisdom. We know that we need to understand the issues we face with our minds as well as with our imaginations and emotions. We know that we cannot wait another five or ten years to take the actions necessary to protect Earth from greater harm.

Our reflections on the seriousness of the issues we face have led us to poetry as perhaps the best way to touch into the capacity of our souls to respond. We are taking a cue from theologian and spiritual ecologist Thomas Berry, who once remarked that it takes more than scientists to tell the story of the universe. To really speak to the human heart about the majesty and glory of our world, it takes poets and musicians, storytellers and artists. Thomas said that we cannot be sensitized to the basic mysteries of our existence and the reality carried within the universe without their help.

And so we turn to a message from a creative and prophetic poet, *Drew Dellinger*, who read these words from his poem "hieroglyphic stairway" (*love letter to the milky way*, 2011) at Prairiewoods' recent *Spirituality in the 21st Century* conference:

**It's 3:23 in the morning
and I'm awake
because my great great grandchildren
won't let me sleep
my great great grandchildren
ask me in dreams
what did you do while the planet was plundered?
what did you do when the earth was unraveling?**

**surely you did something
when the seasons started failing?**

As the mammals, reptiles, birds were all dying?

**did you fill the street with protest
when democracy was stolen?**

**what did you do
once
you
knew?**

So we ask ourselves again: *What did we do once we knew?*

This stunning image from NASA's Hubble Space Telescope shows the Crab nebula, an iconic supernova remnant in our Milky Way galaxy.

Used with permission:
ESA/Herschel/PACS/MESS
Key Programme Supernova
Remnant Team; NASA, ESA
and Allison Loll/Jeff Hester
(Arizona State University).

Among the number of poetic responses to Drew's poem was this echoing message from *Spirituality in the 21st Century* attendee *Rev. Dr. Barbara Schlachter*:

It's 3:23 in the afternoon
and my great-grandmother won't let me nap.
She keeps poking me in the ribs with her
knitting needles.
Get off your rocker, girl!
You have to be off your rocker and go mad,
mad with love, mad with hope, mad with
action.
You are not old! Look at me: I lived to be 89!
You are just getting going, and you just keep
going!
I didn't come to this country so that my
descendants
could lose their lives to consumerism and
climate change.
And it's not just me:
your great-great grandchildren are pulling you
forward.
Don't you dare sit back down.
Don't you dare go to sleep.
Just take a first step; then take another.
Now take hold of the hands near you.
Raise them together, in love, in strength.
Lean in on each other.
Push out against the false walls that imprison
your mind, your body, your spirit.
Don't ever take "no" for an answer.
Your "yes" is more powerful than any "no."
You go, girl. I'll be back here, pushing.

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We believe that God has been at work within the entire unfolding of the mysterious, beautiful and life-giving Story of Evolution. And God is still here with us even as we come to recognize how carelessly we live, how we are recklessly causing such great peril to our cherished planet. Almost every evening, our TV provides us with vivid pictures of a globe in crisis, much of it caused by choices we make each day.

At Prairiewoods, we are asking ourselves many questions these days, especially questions around the entire issue of global climate change, a change that at this point seems unstoppable. What can we do with such a huge challenge? What responsibilities do we have as individuals and as an ecospirituality center? And a very critical question: Where can we turn for trust that our future world will continue to foster life, wonder and delight?

Our time of searching and reflecting has paid off. Here we list some of the positive and hopeful movements we see happening across the world:

-  **We are waking up!** The issue of climate change and all of its implications is energizing people across the globe to pursue more ecological lifestyles.
-  **New energy is rising!** Intelligent, informed groups of young people have claimed this global issue as one they are willing to prioritize and actively address.
-  **We are growing in courage!** Greater awareness of a catastrophe that threatens our entire globe also creates a greater willingness to risk living in new ways—ways that, in reality, stretch us to find our souls.
-  **We still have Earth's wisdom!** In the process of evolution that has unfolded for over 13 billion years, other times of crisis have been met and life has flourished.
-  **Transformation is real!** We are becoming much more aware that, in the long journey of evolution, the human race has reached a point at which we are invited to a transformation of consciousness that will bring us to a deeper realization of our connections with one another and with the natural world.
-  **We are maturing!** Present research in human development shows an increasing movement toward higher stages of development, characterized by more holistic, intuitive thinking with greater incentive toward cooperating around broader issues.
-  **We are creating communities of caring!** Dialogue is happening—see page 3!
-  **We can be radically optimistic!** Prairiewoods' wisdom figure Thomas Berry reminds us that we have cause for confidence in that the same dynamism that brought us into being and guided us through turbulent centuries is precisely what has awakened in us our present understanding of ourselves and our relation to this stupendous process.

Thanks to you, our friends, who share the quest for the possible and practical steps to care for creation, especially as climate change impacts those most vulnerable.

Peace,

Betty Daugherty, FSPA

Prairiewoods Director Laurie Harris is on sabbatical, so Prairiewoods Foundress Betty Daugherty, FSPA, wrote this column in her absence.



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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www.Prairiewoods.org
Ecospirit@Prairiewoods.org



A Call to Climate Action

by Rob Hogg, state senator from Cedar Rapids & author of America's Climate Century (2013)

Prairiewoods has been a leader in showing people that sustainability works for our economy, our environment and the human spirit. Unfortunately, the magnitude and multiplicity of threats to sustainability require all of us to do even more. None of us asked for these problems—climate change, water pollution, invasive species, soil degradation, loss of pollinators, accumulation of waste in our oceans, toxic waste, nuclear waste, etc.—but in this century, we have to deal with them.

We all have to get more informed, more involved, do more and speak up more. Sustainability is no longer an add-on issue that comes to mind once a year on Earth Day. It is the central challenge facing human civilization in the 21st Century.

Climate change and other threats to sustainability have real consequences and impose real costs for real people—today. How many people have died in super storms and other climate disasters? How many people have died from drought and the unrest that arose because of the drought? How many lives have been disrupted? How much did it cost to rebuild America after Hurricane Sandy? How much did it cost to rebuild Cedar Rapids after the Flood of 2008?

Unfortunately, the scientists tell us—unequivocally—that the severity of climate change impacts is expected to increase substantially in the coming decades. They know that because of the geo-physics involved. They know that because humans will not be able to cut carbon pollution at the rate or to the degree required. We are living with climate change already, but it will get worse before it gets better.

The good news is the solutions work. Prairiewoods has shown that. People across our country and around the world are showing that. It will get better. Solar power, disaster relief and recovery, energy conservation, green buildings, walkable communities, rail travel, local foods, native prairies, riparian forests ... the solutions not only work for sustainability, they save money, they put people to work, and they make our communities healthier, happier, safer and more secure.

The time is now to get more involved and to speak up more. Prior generations have met the moral challenges of their times: abolition, civil rights, freedom of speech, freedom of religion, peaceful co-existence. *This is the moral challenge of our time.* Working together, we can take the action we so urgently need for our future.



Resources for Green Living

Do you want to become part of the solution to global climate change? Here are some great local and national resources ...

Organizations to Join

100 Grannies for a Livable Future
(www.100grannies.org)

350 (www.350.org)

Catholic Climate Covenant
(www.CatholicClimateCovenant.org)

Cedar Rapids Climate Advocates
(www.IowaClimateAdvocates.org)

Citizens' Climate Lobby
(www.CitizensClimateLobby.org)

Iowa Interfaith Power & Light (www.IowaPL.org)

Films to See

The Age of Stupid (2009)

Chasing Ice (2012)

The President's Dilemma (2009)

Books to Read and Find Hope

America's Climate Century by Rob Hogg (2013)

Flight Behavior by Barbara Kingsolver (2012)

The Global Warming Reader
by Bill McKibben (2011)

Radical Optimism: Practical Spirituality in an Uncertain World by Beatrice Bruteau (1993)

World as Lover, World as Self: Courage for Global Justice and Ecological Renewal by Joanna Macy (1991)

For more ways to get involved, contact Emy Sautter at esautter@prairiewoods.org.

In response to enthusiastic requests, we have added several *new* retreats this summer and fall! To register for these or other programs or retreats, visit www.Prairiewoods.org or call 319-395-6700.

Gardener's Paradise Retreat

Select a week this summer or fall and come to Prairiewoods to nurture your greening spirit! This retreat is for those who find God's grandeur in the beauty of living close to the earth. Spend a blissful week working in one of Prairiewoods' gorgeous gardens, lush with flowers, produce or herbs. Your week in paradise includes sacred space where you can reflect by the pond, unwind on a hammock or sky chair, soak up the sun, weed, water, prune, fertilize or harvest to your heart's delight. Reflections will guide you through the week to make your gardener's heart dance! Call for lodging availability. **Fee:** \$250 includes *Gardener's Spiritual Reflections*, five nights lodging and all meals (holistic services and spiritual direction are available for an added cost) **Commuter Fee:** \$115 includes *Gardener's Spiritual Reflections* and daily lunch

Women in the Bible: Eve's Daughters Shaking the Tree

Tuesdays, Aug. 5–Dec. 16, 1–2:30 p.m.

Facilitator: Laura Weber, Ph.D.

Many people love the awesome, inspiring women of the Bible, including Eve (the Mother of all the living), the powerful matriarchs (Sarah, Rebekah and Rachel) and Mary (the Mother of Jesus). Their stories are *your* stories, woven in a thousand different ways through the dramas and celebrations of your own life. You can learn from strong, cunning, wild women who shook up the family tree and left us all a legacy of holy rabble-raising. Come discover the delightful, sometimes heart-wrenching twists and turns in their stories and in your own story. The sessions stand alone, so you may attend one or all.

Laura Weber, Ph.D., retreat coordinator and associate director of Prairiewoods, brings 25 years of theological research and teaching experience to help others explore the insights of biblical scholarship for everyday life.

Fee: \$15 per session

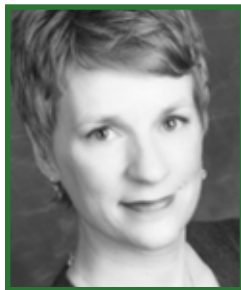
Yoga Flow: Using Yoga to Navigate the Ups and Downs of Life

Friday, Aug. 15, 6:30 p.m.–Sunday, Aug. 17, 1 p.m.

Facilitator: Anji Kozikowski, E-RYT

Dive deeper into self-discovery and acceptance by exploring the energy of your diverse emotional moods. In this retreat, you will explore the five *prana vayus* (or winds of expression), as well as specific yoga *asana*, *pranayama* and meditation techniques that will help you cultivate more joy and calm. Spend time exploring specific yoga techniques for managing anxiety and depression.

A special optional *Kirtan* (or call-and-response concert) will be offered Saturday evening, where you will enjoy a hands-on



experience of how singing can open your heart to joy and peace. Participants can receive 10 Continuing Education Credits for Yoga Alliance for certified yoga instructors.

Anji Kozikowski is an Experienced Registered Yoga Teacher (E-RYT 200) with more than 15 years professional experience. She is a certified personal trainer and integrative nutrition coach, as well as a reconnection healing practitioner.

Fee: \$250 includes presentations, lodging and all meals

Commuter Fee: \$200 includes presentations and daily lunch

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

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitator: Thomas Roberts, LCSW, LMFT

Beginner's Eye is based on the Zen notion of "beginner's mind": that open place in which you are completely receptive, fearless, present and connected to the wonder of each moment; a pure, clear, seeing awareness where everything is fresh and new. This retreat will have a delightful blend of mindfulness, contemplation, meditation, photography and Haiku, all combined to enhance your connection with your true self and the world around you. No photography experience is necessary, nor is fancy camera equipment. Cell phone cameras are completely acceptable!



A psychotherapist and hypnotherapist in private practice, Tom Roberts has more than 35 years of experience in clinical psychotherapy and his own personal Zen Buddhist practice.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations and daily lunch

Merton and Teilhard Retreat: Unearthing the Self and Birthing the Cosmos

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitators: Betty Daugherty, FSPA, & Laura Weber, Ph.D.

Thomas Merton, OCSO, and Pierre Teilhard de Chardin, SJ—two spiritual beacons of the post-modern era—were pioneers in expanding our vision of the holy. Merton, a Trappist monk whose social activism arose from the heart of his Christian-Buddhist mysticism, and Teilhard, a Jesuit paleontologist who found the Cosmic Christ in the ancient desert sands as well as in the swirling galaxies, unearthed truths about who we are and how we are called into dynamic co-creation of an evolving universe.

Join Betty Daugherty, FSPA, and Dr. Laura Weber as they guide you through a Merton- and Teilhard-inspired weekend of deepening discovery about your critical role in the unfurling of all creation.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations and daily lunch

Take a look at a few of our regularly scheduled summer retreats ...

“I Am” Passages of John and the Heart Chakra **Friday, Aug. 1, 6:30 p.m.–Sunday, Aug. 3, 1 p.m.**

Facilitators: Dr. Mary Fraser, Ph.D., & Dana Wimmer

As a participant in this weekend retreat, you will explore the archetypal images of the “I Am” passages in the Gospel of John, connecting your core self with the Divine Self described in these passages. The retreat will begin with an introduction to, or review of, the way the Chakra Energy system is designed, coming to us from eastern philosophy and medicine, and showing us a way to think about our bodies and lives as energetic systems. Engage with your body in some light movements and exercises and enter your soul space with guided imagery. Through interactive exercises, reflection, journaling, rest, walking and shared ritual, you will be connected with your inner core, understanding how the Scripture you have engaged and the Chakras you have touched strengthen you in your daily living. This weekend is designed as both an interactive retreat and a workshop of learning.



Dr. Mary Fraser, Ph.D., directs the Office of Pastoral Care and Counseling for the United Methodist Church in Iowa. Dana Wimmer is a recently retired pastor who continues to seek spiritual experiences beyond traditional boundaries.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Nourish Your Bodyspirit: Intensive Weekend **Retreat with InterPlay and Nia®**

Friday, Aug. 1, 6:30 p.m.–Sunday, Aug. 3, 1 p.m.

Facilitators: Matt Cohen, Mary Cohen & Beth Pelton

InterPlay plays with movement, voice, stillness and story-making. It is about refreshing your soul, finding amusement and retrieving your body wisdom. It honors each person’s unique physicality, tradition and faith. In this *untensive* weekend retreat, you will explore InterPlay forms and tools, and you will have options for self-reflection, restorative yoga and Nia. Nia is a



workout that bridges the gap between fitness and wellness, expressing and enjoying the fusion of body, mind, emotions and spirit. It draws from the wisdom of dance, martial arts and healing arts like yoga. Nia is practiced at your own level of fitness and comfort.

Matt Cohen, Ph.D., and Mary Cohen, Ph.D., professors at the University of Iowa, are certified InterPlay leaders with backgrounds in music education, theater, social work and film studies. Beth Pelton is certified as a Nia Black Belt, a Nia 5 Stages of Self-Healing instructor, an Ageless Grace® Educator and a Certified Health Education Specialist (CHES).

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Shadow Work for a New Creation: Ego Work for the World

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

Facilitator: Olga Wittekind, OSF

C.G. Jung says, “Individuation [wholeness] does not shut one out from the world, but gathers the world to oneself.” As you move along the path of individuation, you are called to say “yes” to the deep inner work of self-discovery that brings you to recognize your True Self. This calls you to get to know your ego, learn about your “shadows” and take courageous steps to silence your inner critic and move into freer and deeper relationship with God and the world. You cannot abandon your ego, because it is the point from which you learn about the world, grow and mature. Take your ego with you on the evolution of consciousness during this weekend retreat. Your own inner journey will reveal to you an interconnectedness with the living world that will strengthen humanity’s eco-conscious evolution!



Olga Wittekind, OSF, is a clinical psychologist and Jungian analyst who studied at the Jung Institute. She is the director of the Oldenburg Franciscan Center in Oldenburg, Indiana.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

Visit www.Prairiewoods.org for information on these upcoming fall retreats ...

Gospel Stories of Compassion with John McHugh,
Oct. 10–12

Silent Mindfulness Meditation with Chris Klug, Nov. 7–9

Already Home: Living in the Healing Light of the Near-Death Experience with Dennis, Sheila & Matt Linn,
Nov. 21–23

Yoga Retreat with Michelle Watters, Nov. 21–23

PROGRAMS

Scripture Sharing Tuesdays

Tuesdays are Scripture Sharing Days at Prairiewoods! The first Tuesday of each month is reserved for the *Seeing IS Believing: Visio Divina* series. All other Tuesdays feature *Lectionary-Based Faith Sharing*.

Seeing IS Believing: Visio Divina Tuesdays, July 1 & Aug. 5, 10–11:45 a.m.

Facilitator: Rodney Bluml

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves listening to the word of God, viewing art, pondering God's message, letting your heart speak and resting in God. The sessions in this series are based on the *Seeing the Word* reflection guides. The sessions stand alone, so you may attend one or all. On July 1, study how the Biblical description of the early Christian community depicts a fellowship of one heart and mind. Draw inspiration for the calling to follow their example in this time. On Aug. 5, you will be called to consider the role of miracles in your faith life and how you can be a sign of God's love to others.

Fee: Suggested offering of \$10 per session includes *Seeing the Word* guide

Lectionary-Based Faith Sharing Tuesdays, July 8, July 15, July 22, July 29, Aug. 12, Aug. 19 & Aug. 26, 10–11:45 a.m.

Facilitator: Rodney Bluml

Do you desire to meet a group of seekers with whom you can discuss life and faith in a trusting environment? Join us to explore and discuss the upcoming Sunday readings from the three-year-cycle Lectionary used in many mainline Christian churches. Learn about the culture of the Bible. Imagine being in the first audience to hear the Word proclaimed. Raise questions, feelings and impressions for dialogue. Come as often as you like.

Fee: Free-will offering

Drumming for Healing Wednesdays, July 2, July 16, Aug. 6 & Aug. 20, 6–7 p.m.

Facilitator: Sheri Mealhouse (Hawkwoman)

In the cosmic experience, drumming touches people at a deep level and brings all creation together as a community.

Especially now, when our external and internal worlds can be so polarized, communication that bears witness to creative love is very important. Drumming—and feeling the Creator's rhythm inside of us—resonates with a variety of people. All racial, economic, denominational and other differences can disappear when a group of people are sharing rhythm. As you prayerfully listen to other drummers in order to “make music,” the whole group will become one. No experience is necessary, and percussion instruments will be available if you don't bring your own. Please meet near the pond south of the Center (weather permitting).

Fee: Free-will offering to the facilitator

Creating with the Spirit through Nature

Saturday, July 12, 9 a.m.–3 p.m. & Sunday, July 13, 1–4:30 p.m.

Facilitator: Ruth Ipsan-Brown

Ruth Ipsan-Brown's enthusiasm for creating is contagious when she shares her insight for observing beauty in the smallest bits of nature.

Find yourself transformed as you work with gifts of the Divine Spirit to create wondrous works of art in these workshops. Each day will focus on a different kind of creation, so sign up for either or both days. Ruth has an art degree and teaching certificate



from the University of Iowa. She has been an artist for more than 35 years. Registration and payment are required by July 3.

Fee: \$45 for *Twigs One* on Saturday, \$25 for *Twigs Two* on Sunday or \$55 for both days

The Artist's Way Sundays, July 13 & Aug. 10, 1–4 p.m.

Facilitator: You!

Attention all artists, poets, mandala makers, writers, musicians, sculptors and other creative people! Prairiewoods recognizes that you may not have a studio or special space to let your creative juices flow, so to honor The Artist's Way, we offer you space in the Center on the second Sunday of each month. (On other Sundays, feel free to call and ask about available space.)

Come and go as you please; work alone or share your projects with others.

Fee: Free

Tuesday Take-Away: The Healing Power of Drumming & The Transition into Later Life Tuesdays, July 15 & Aug. 19, 12–1 p.m.

Facilitators: Sheri Mealhouse (Hawkwoman) & Prairiewoods Staff

Tuesday Take-Away pairs a healthy meal with a topic of interest in a lunch-hour discussion. On July 15, Sheri Mealhouse (Hawkwoman) will share her experience of the drum circle as an agent for healing with a brief outdoor demonstration, weather permitting. Aug. 19 will use Richard Rohr's talk “The Change that Changes Everything” to launch a conversation about the transition into the later years of life (also known as *The Autumn Years, the next Call or retirement*). You are invited to join the discussion by bringing quotes from mentors or life experiences to share for the sake of creativity and encouragement. Registration is required at least two days in advance.

Fee: \$12 includes lunch



Sustainable Living: The Gardener's First Aid Kit
Wednesday, July 16, 6:30–8 p.m.
Facilitator: Sandy Rosenberger

Gardening can be rough on your skin. Why not make all-natural remedies to use throughout the gardening season? You will go home with an herbal salve for cuts and rashes, a bug repellent and a sunburn soother. Registration and payment are required by July 14.
Fee: \$20 includes supplies

The Need for Servant Leadership: Is It You?
Thursday, July 17, 6–8 p.m.
Facilitator: Dr. Dan Ebener

Using the Beatitudes, reflect on the inward journey of leadership through the virtues of wisdom, empathy, humility, justice, mercy, service, peace and courage. Then consider how that journey might be extended outward in the challenges of leadership, such as mission, conflict resolution, team-building, meeting facilitation and dealing with change. This program is ideal for individuals in search of greater insight and groups journeying to a faith-based vision of leadership. Dr. Dan Ebener is an associate professor of Managerial Studies at St. Ambrose University and the author of *Blessings for Leaders* (2012).

Fee: \$25 includes *Blessings for Leaders*



Fun in the Sun for Youth
Fridays, July 18 & Aug. 1,
9:30–11:30 a.m.

Facilitators: Emy Sautter & Rodney Bluml
 Calling all young earthlings! Explore the 70 acres of woodland and prairie that make up Prairiewoods. Go hiking, get creative with nature-inspired activities, learn about the universe and have fun outdoors. This program is for children ages 8 to 14 and will be limited to 15. Registration is required at least three days in advance.

Fee: \$10 includes snack

Make Your Own Rain Barrel
(at City Services Center)
Saturday, July 26, 9–11 a.m.
Facilitators: Emy Sautter & Megan Murphy

Rain barrels collect rain water from your rooftop for watering your yard and plants. They save water, lower water bills and reduce stormwater run-off. But buying a rain barrel can cost \$100 or more! Cut that cost and build your own rain barrel in this hands-on workshop. This class is a collaborative effort between Prairiewoods and the City of Cedar Rapids and will be held at the City Services Center (500 15th Avenue SW). Registration and payment are required by July 21.
Fee: \$25 includes barrel, screen and spigot

Food for the Food: Composting 101
Thursday, July 31, 10–11:30 a.m.
Facilitator: Scott Koepke

Plants need to eat before people and animals can. Join New Pi Soilmates founder, Scott Koepke, for this fun, interactive introduction to composting and soil science principles. More than half of the resources we throw away in landfills are food and paper waste, which are potential plant food. Learn about affordable methods and designs you can easily use at your home, school or business (including the ever-popular red wiggler worms involved in vermiculture). As Scott always says, "It's not rocket science, it's soil science." This is an interactive class for all ages, so bring the little ones, the elders, the whole family!
Fee: Suggested offering of \$5



Circle Cinema: Terra Firma
Friday, Aug. 1, 12–1 p.m.
Facilitator: Emy Sautter

On the first Friday of each month (except July), you are invited to watch and discuss a short video over the lunch hour. Bring a lunch or call by Tuesday to see if we are serving a meal (for \$8).

On Aug. 1, watch *Terra Firma: Suck It Up and Drive On*. This documentary follows three female veterans who joined the service in the mid '90s to improve their lives. After returning to civilian life with PTSD, they found healing in farming. Sonia Kendrick, one of the three vets in the film, will join us for the film and a question-and-answer session.
Fee: Free-will offering to Sonia for *Terra Madre* food conference



Soothing Lavender Glycerin Soaps and More
Monday, Aug. 4, 6:30–8 p.m.
Facilitator: Sandy Rosenberger

There's nothing like lavender to soothe your nerves after a long day. Make glycerin soap, glycerin lotion and an herbal bath bag using lavender or other natural scents. Registration and payment are required by July 31.
Fee: \$20 includes supplies



Knowing by Heart: Trusting Experiential Faith
Tuesdays, Aug. 5, Aug. 19, Sept. 2, Sept. 16 & Sept. 30, 6:30–8 p.m.
Facilitator: Betty Daugherty, FSPA

Where do we place our trust? In his book *Keeping the Faith without a Religion*, Roger Housden speaks of trusting those places in our lives where we discover mystery, beauty and joy, as well as darkness and imperfection. He claims that religious experiences—not dogma—provide us with gifts of insight, which can lead to a deep, interior knowing. Anyone interested in pursuing the ideas in this book is welcome to join this five-week book discussion.

Fee: Suggested offering of \$10 per session

PROGRAMS

The Future Is Calling Us to Greatness

Thursday, Aug. 14, 7–9 p.m.

Facilitator: Rev. Michael Dowd

We all have experienced times of trouble that threaten to overwhelm our individual lives. In such times, a vision of possibility is essential. The same holds for the punctuations in history when whole societies faced troubles of an immense and uncharted variety. Truly, we have arrived at such a time. Humans, unwittingly, have become a planetary force. We are changing irreversibly the very climate of our world. Henceforth, any actions we take as individuals and societies will be done in the new light of climate change. What vision will carry us forward and inspire us to work together? What vision will charge us with a sense of heroic purpose that the future is indeed calling us to greatness? The human and environmental impacts of climate change are now impossible to deny or ignore. Yet denial and apathy are rampant, and thus systemic action seems unachievable. What is required is for both the religious and the secular to re-embed our sense of who we are within the flow of time.

Thinking of our ancestors as rooting us on and the future as calling us to greatness bridges the science-religion divide and shows how evidence and inspiration are connected. We see that science and

religion are not enemies; indeed, they must work together if we are to survive the 21st century. Given our impact on Earth's climate, the seas and other species, humanity is about to experience what could be called *The Great Reckoning*. The good news is that this also marks *The Great Homecoming* of the prodigal species. A worldwide movement has been emerging for decades, largely unnoticed, at the nexus of science, inspiration and sustainability. Beliefs are secondary. What unites us is a pool of common values, priorities and commitments regarding the importance of ensuring a just and thriving future for humanity and the larger body of life. This program will focus on six main points of agreement held in common by tens of millions of religious and non-religious people around the world.

Rev. Michael Dowd is a heart-centered evolutionary theologian, a climate hawk, a bestselling author and one of the most inspiring science and religion speakers in America today. His bridge-building book, *Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World*, was endorsed by six Nobel Prize-winning scientists and other science luminaries,



including noted skeptics, and by religious leaders across the spectrum. His ministry has been featured in *The New York Times*, *Los Angeles Times*, *The Wall Street Journal*, *Washington Post*, *Newsweek*, *Wired*, *Skeptic* and *Discover*, and on CNN, ABC News and Fox News. Rev. Dowd delivered a TEDx talk on Original Sin in 2012 called “Why We Struggle and Suffer,” presented at the United Nations in 2009 on “Evolution and the Global Integrity Crisis” and was host of the acclaimed conversation series “The Advent of Evolutionary Christianity.” Be sure to join one of today's most inspiring Christian leaders to learn how an evolutionary worldview can enrich our lives, deepen our faith and bless our world! Registration is requested. Fee: Free-will offering

Vino van Gogh

Sunday, Aug. 10, 1:30–4:30 p.m.

Facilitator: Vino van Gogh Artist

Paint, drink and be merry in this fun event that combines wine and creativity. You will be provided with everything you need to create your own work of art! An artist will guide you to paint *Balloon Ride*. No experience is necessary.

Fee: \$50 includes 16-by-20-inch canvas, all art supplies, art instruction, apron, wine and snacks



Day of Self Renewal

Monday, Aug. 18, 8:30 a.m.–4:30 p.m.

Facilitator: Rodney Bluml

Experience a day of rest and relaxation for your mind, body and spirit. This day of pampering features two 40-minute holistic services of your choice, group Guided Meditation, a private guest room, trails for walking, a fresh lunch and hours of free time. (Choose from Swedish massage, reflexology, head and shoulder massage,

healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration and a non-refundable deposit of \$25 are required by Aug. 11.

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

Sustainable Living: 51%
Wednesday, Aug. 20, 6:30–8 p.m.

Facilitator: Scott Keopke

According to New Pi Soilmates founder, Scott Koepke, 51% of what we eat in Iowa doesn't come from Iowa, and most of what we throw away is potential compost! If this statistic shocks you, join Scott for a lively discussion about food production, waste, compost and more.

Fee: Suggested offering of \$5

Advanced Healing Practitioner Development A, ISHA 202
Thursday, Aug. 21, 12 p.m.–Sunday, Aug. 24, 12 p.m.

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

Become an Advanced Healing practitioner in this four-day course by the Institute of Spiritual Healing and Aromatherapy



(ISHA). It is aimed at those who want to become Advanced Healing practitioners in healing-ministry settings. As a student, 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. Non-Iowa participants will receive 34 Continuing Education Credits. For more information or to register, contact ISHA at 303-467-7829 or www.lshahealing.com.

Fee: \$580 (or \$605 within three weeks of class) to ISHA, plus lodging and meals to Prairiewoods

Advanced Healing Practitioner Development B, ISHA 203
Thursday, Aug. 21, 4 p.m.–Sunday, Aug. 24, 12 p.m.

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

Complete your certification as an Advanced Healing practitioner in this four-day course by the Institute of Spiritual Healing and



Aromatherapy (ISHA). This is the final course in the advanced program. (Completion of course requirements and a 6–12 month mentorship in HTSM are pre-requisites for attending.) As a student, you will focus on course completion and group healing work. You will have the opportunity to present your ministry practice and research project, along with your vision and mission for an advanced healing practice focused on spiritual healing. Non-Iowa participants will receive 30 Continuing Education Credits. For more information or to register, contact ISHA at 303-467-7829 or www.lshahealing.com.

Fee: \$540 (or \$565 within three weeks of class) to ISHA, plus lodging and meals to Prairiewoods

Heirloom Tomato Tasting
Thursday, Aug. 21, 6:30–8 p.m.

Facilitators: Dennis Schlicht & Friends

Fill your stomach and feed your soul with a fun evening of tasting at least 40 different varieties of heirloom tomatoes. Not a tomato fan? You will be after this!

If you have tomatoes of your own, feel free to bring them to share.

Fee: Free-will offering

Vermiculture: Composting with Worms

Tuesday, Aug. 26, 6:30–7:30 p.m.

Facilitator: Phil Pfister

Composting is a great way to make your kitchen scraps work for you and keep unnecessary materials out of the landfill, and composting with worms can be



a lot of fun! Join Master Gardener Phil Pfister as he explains how to compost with worms. Bring a container from home (such as a gallon ice cream jug or reusable storage container). You will leave with a composting startup kit, including wiggly red wigglers!

Fee: \$15 includes supplies

Hatha Way Yoga
Multiple times each week

Facilitator: Cindy Hathaway

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway of Hatha Way Yogi leads multiple one hour gentle, beginner/intermediate, chair and yin yoga classes each week. Please bring your own mat if possible. People of all fitness levels are welcome. For a complete schedule, visit www.Prairiewoods.org.

Fee: \$99 for eleven-punch card or \$60 for six-punch card, one punch per session

Venture Crew 2030 is looking for young people ages 14–21 who are interested in adventuring and exploring in the areas of sustainability, ecology and green building through a student-led team. For more information, contact Emy Sautter at esautter@prairiewoods.org or 319-395-6700.

Save the Date for *Nature Fest 2014* on Sunday October 5. This is a great afternoon of fun, fellowship and animal blessings!

CONTINUING PROGRAMS

Eco-Tours at Prairiewoods

By Appointment

Facilitator: Emy Sautter

Do you want to learn about alternative energy, earth-friendly building materials and other eco-friendly alternatives for your home, office or yard? Tour a number of “eco-features” at Prairiewoods, including a trombe wall, straw-bale cabins, solar heated hoop house, photovoltaic solar panels, solar thermal systems, native habitat restoration, retention ponds and much more. These features helped us attain LEED® (Leadership in Energy and Environmental Design) Gold certification for existing buildings. To schedule an eco-tour, please call Emy Sautter at 319-395-6700, ext. 222.

Men's Prayer Group: Getting Perspective on Life

Every other Thursday (including July 10), 7–8:30 p.m.

Facilitator: Bob Davis

Behavioral scientists and spiritual guides have noted a major transformation in the life direction of many men as they mature. It may happen gradually or abruptly, as early as your 20s or in your 50s or 60s. Some men never make this shift, described variously as a change from goal driven-ness to receptivity, and from ego to wisdom. The transition can start from the inside

(Why am I doing what I'm doing?) or the outside (often from some kind of loss or threat), and it may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life's changes.

Fee: Free-will offering

Bridges to Contemplative Living with Thomas Merton

Every other Thursday (including July 3), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

Explore living a more contemplative life by joining this group that focuses on the *Bridges to Contemplative Living* series of booklets. These booklets include writings by Thomas Merton and other contemplative authors. As a participant, you will read, reflect on and discuss various topics related to contemplative living to 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

Prairiewoods Knitters & Stitchers

2nd Tuesday monthly, 9:30–11 a.m.,

& 4th Wednesday monthly, 7–8:30 p.m.

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, you are invited to create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. The Prairiewoods Knitters & Stitchers are a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome, and donations of materials are gratefully accepted.

Fee: Free

Evening Centering Prayer

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

Facilitator: Judith Edwards

Relax, clear your mind and find God's presence within you during this time of silence and centering prayer. This is a prayer/support group for people who enjoy centering prayer—a form of meditation focused on praying in silence. The group meets in room 113 of the Guest House, and you may join at any time.

Fee: Free-will offering

Wednesday Women

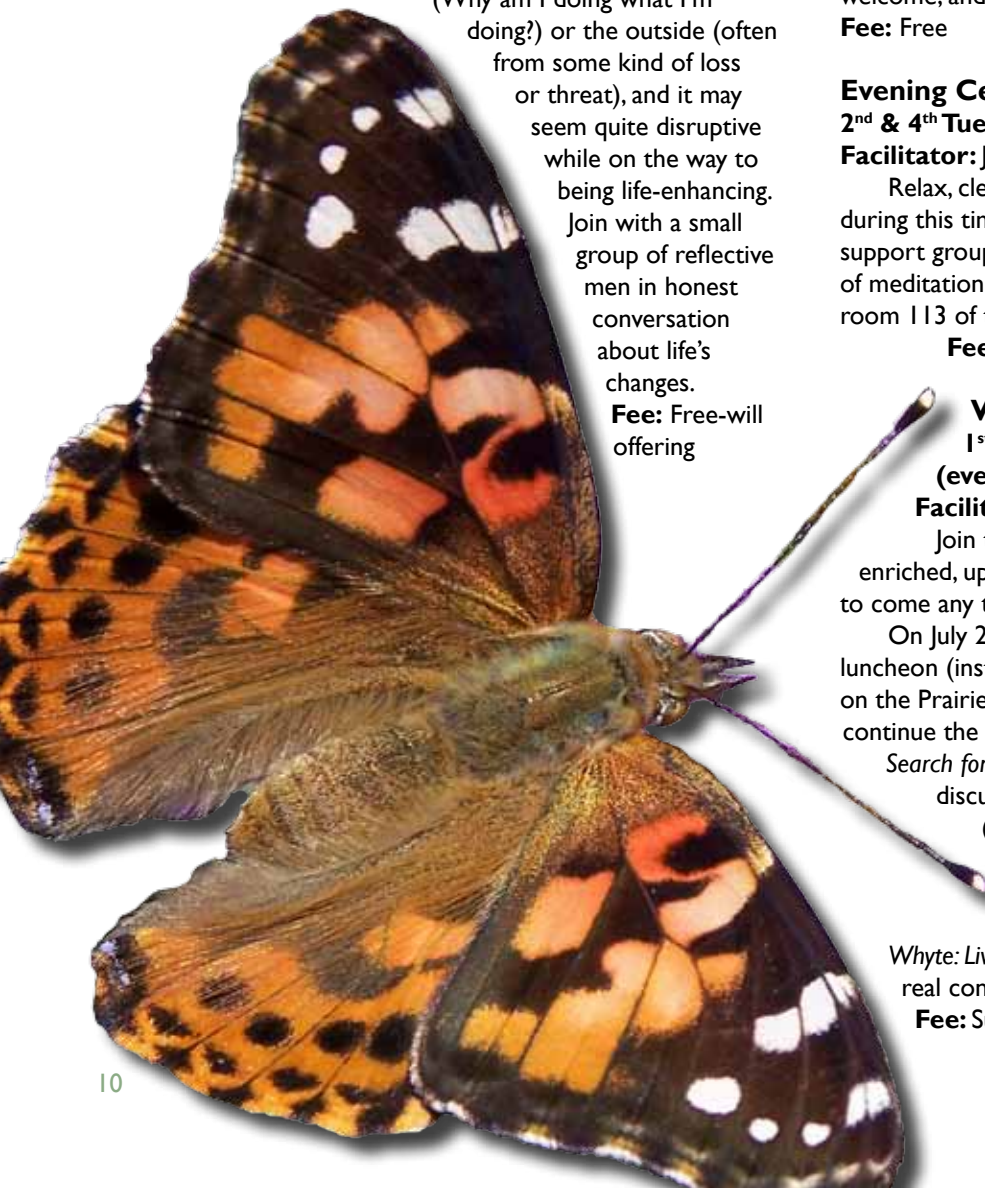
1st Wednesday of each month in summer (every Wednesday Sept.–May), 10–11:30 a.m.

Facilitator: Marj English, OSF

Join this lively group of women to be spiritually enriched, updated, inspired and challenged—you are welcome to come any time!

On July 2, meet at 11:30 a.m. for a summer pitch-in luncheon (instead of the usual meeting at 10 a.m.). Eat together on the Prairiewoods patio, weather permitting. After lunch, continue the study of *Field Notes on the Compassionate Life: A Search for the Soul of Kindness* by Marc Ian Barasch with a discussion of Chapter 12 “The Beloved Community” (pages 279–306). On Aug. 6, discuss Chapter 13 “All My Relations” and the Conclusion (pages 307–340). On Sept. 3, resume weekly meetings by watching and discussing the DVD *David Whyte: Live in San Francisco* on the importance of engaging in real conversations.

Fee: Suggested offering of \$10 per session



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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/Donate.

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volunteers, April 16



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Are you on social media? Find "Prairiewoods FSC" on:



Gardener's Paradise Among Recently Added Retreats

*"Be a gardener!
Dig a ditch! Toil and
sweat, and turn the
earth upside down,
and seek the deepness
and water the plants
in time. Continue
this labor and make
sweet floods to
run and noble and
abundant fruits to
spring. Take this food
and drink and carry
it to God as your
true worship."
—Julian of Norwich*

Come celebrate God's grandeur with a Gardener's Paradise Retreat during a week of your choosing this summer or fall. See page 4 for more details on this and other newly added retreats!



*a solar-heated hoop house
that is part of Prairiewoods' extensive gardens*

Prairiewoods

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

Find Outdoor Family Fun at Nature Fest on Oct. 5

St. Francis of Assisi lived more than 800 years ago. His mystical communion with God's Spirit running through all of creation often overwhelmed him. He was known for occasionally stopping along the path to deliver a sermon to the wildflowers or birds, reminding them always to praise God.

Every year, we like to spend some time reveling in that same holy Spirit, being led like Francis to sing, proclaim God's goodness and embrace others on our journey. Join us as we honor St. Francis's life and memory at Nature Fest on *Sunday, Oct. 5, from 1-3:30 p.m.*

This pet- and family-friendly event celebrates our human connection with Earth and the Universe. Help us celebrate with an afternoon of live music, games, food, children's activities, face painting, storytelling, cosmic walks, "family resemblance" photos of you and your pet, beach ball volleyball, pumpkin painting and so much more! Experience Prairiewoods in its natural fall splendor and



Nature Fest Schedule

- 1:00 Welcome & Opening Introduction
- 1:15 Live Music by Deep Dish Divas
Family-Friendly Activities
- 2:45 Celebration of Noah's Critters
Procession, Introduction & Blessing of the Animals
- 3:30 Closing



know that we are all one with the Divine Creator. You may choose to wander our prairie and woodland trails or spend some quiet time on the labyrinth.

We hope you will participate in what truly makes this celebration of St. Francis unique: the *Blessing of the Animals!* (All animals—whether furry, winged, scaled or finned—are welcome.) For those of you so inclined, dress up your pet! As part of the procession and blessing by pastoral leaders from the local community, we will invite you to introduce your pet, share what you love about him or her, and tell us which

designer your pet is sporting.

In addition to a leash or carrying case for your critter, you might want to bring a blanket or chair for comfortable outdoor seating. For more information, contact Prairiewoods at 319-395-6700 or visit www.Prairiewoods.org. We hope you will join us for this free, festive celebration of life!

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I've discovered that every day brings its own gifts. Every day offers its own treasures. To find these treasures, it is not necessary to travel to distant shores or endure intimidating hardship. I've found that the treasures we look for are hidden close by; they are accessible. They can be found in the very ground on which we stand; they are within, waiting for us. We only need to find those moments of stillness and quiet, those times of solitude and silence, for them to make themselves known.

We find that the seekers we welcome to Prairiewoods often are looking for just that—moments of quiet, spaces that welcome stillness and the solitude that nature might offer. All hold opportunities for spiritual renewal and transformation.

Spiritual transformation may sound like a formidable process. But I think we are led into it whenever we turn our attention to that desire for depth that so often seems to emerge from our roots. When we feel restless, unable to find peace, always looking for that elusive *something* that might satisfy our thirst for meaning, we are led to search more deeply.

Those we hold as holy in our Christian tradition tell us that what we are searching for is the welcoming God who is always present, always with us, always longing for us. We are being led by the Holy Spirit of God who dwells within.

Our times in solitude hold many treasures. In our times of quiet we are led to greater authenticity and liberation. We become more ourselves, more connected, more creative, more able to accept both the joys and the sorrows of life, and more able to extend compassion toward others. *By coming to know ourselves more deeply, we come to know and trust the God within.* We become integrated and whole.

Francis of Assisi is an example of this transformative process. This man—someone we think of as being filled with joy and love of life, filled with spirit and awareness of God's presence in all things—did not experience an overnight conversion. The road Francis took led him from a rather frivolous youth to a man who is still a magnet for us today. This was a long road and it required many hours of quiet and solitude. The love he developed for Christ, for the human family and for creation was a long, slow change in consciousness that came from within.

Like Christ, who also retreated many times to the desert or to the garden, Francis responded to the guidance of the Spirit. That is why, again like Christ, he models for us relationships that are loving, inclusive and healing. At Prairiewoods we offer 70 acres to roam, hermitages to rest in, and retreats and programs to assist you in saying yes to the treasures in your own life. We are ready to welcome you.

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.

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the COMMUNITY of Creation

In his Inaugural Mass in March 2013, Pope Francis spoke of the *Community of Creation*, calling on the people of the world to “protect all of creation, the beauty of the natural world.” He asked us to “care for our brothers and sisters and the whole of creation.” In this issue of the *Prairiewoods Newsletter*, we offer reflections from a variety of sources to sharpen our realization that the community of life is inclusive, embracing all life forms of this planet.

“Everywhere we choose to go, we walk on holy ground ... We can choose to be part of the whole in ways that support and sustain it, or we can opt to cut ourselves off from the ebb and flow of goodness through choices that destroy.”

—Miriam Therese Winter,
Paradoxology: Spirituality in a Quantum Universe

“Our human destiny is to become the heart of the universe that embraces the whole of the Earth community. We are just a speck in the universe, but we are beings with the capacity to feel comprehensive compassion in the midst of an ocean of intimacy. That is the direction of our becoming more fully human.”

—Brian Swimme &
Mary Evelyn Tucker,
Journey of the Universe

“Every breath is a sacrament, an affirmation of our connection with all other living things, a renewal of our link with our ancestors and a contribution to generations yet to come. Our breath is part of life’s breath, the ocean of air that envelopes the earth.”

—David Suzuki, *The Sacred Balance:
Rediscovering Our Place in Nature*

“We must recognize that in the midst of a magnificent diversity of cultures and life forms, we are one human family and one Earth community with a common destiny.”

—Preamble to the *Earth Charter*

“We need to move from a spirituality of alienation from the natural world to a spirituality of intimacy with the natural world, from a spirituality of the divine as revealed (only) in the written scriptures to a spirituality of the divine as revealed (also) in the visible world about us, from a spirituality concerned with justice only for humans to a spirituality of justice for the devastated Earth community.”

—Thomas Berry, *The Sacred Universe*

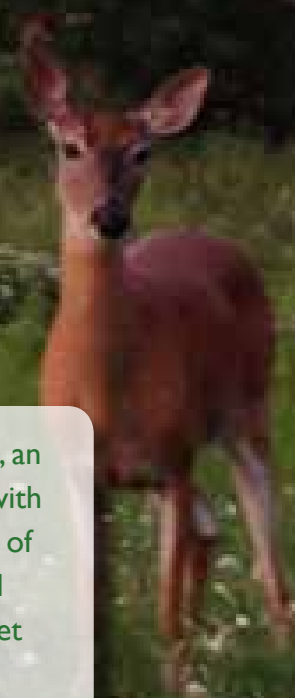


photo by *Prairiewoods Intern Luisa Riehle*
(for more of Luisa’s Pics, visit
www.Facebook.com/PrairiewoodsFSC)

“If evolutionary science has established any great insight, it is that all life on this planet forms one community. Human beings belong to this community and need other species profoundly, in some ways more than other species need them.”

—Elizabeth Johnson, *Ask the Beasts:
Darwin and the God of Love*



The garden at Prairiewoods is flourishing with plants and partnerships! New collaborative efforts between Prairiewoods and Metro Catholic Outreach (MCO) have brought this year's garden to a new level of production, care and cooperation. Volunteers from MCO help manage the garden and pick produce for the MCO food bank and for the Prairiewoods kitchen. If you would like a tour of the garden or other green features at Prairiewoods, contact Emy Sautter at 319-395-6700 or esautter@prairiewoods.org.



The following are some upcoming retreats, programs and continuing programs. For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

Gardener's Paradise Retreat

Do you find God's grandeur in the beauty of living close to the earth? Select a week this summer or fall and come to Prairiewoods to nurture your greening spirit! Spend one blissful week working in one of Prairiewoods' gorgeous gardens, lush with flowers, produce or herbs. You will find relaxation and rejuvenation in gardening and earth-focused reflections in the midst of paradise. Please call for lodging availability.

Fee: \$250 includes *Gardener's Spiritual Reflections*, five nights lodging and all meals (holistic services and spiritual direction are available for additional cost)

Commuter Fee: \$115 includes *Gardener's Spiritual Reflections* and daily lunch



Shadow Work for a New Creation: Ego Work for the World

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

Facilitator: Olga Wittekind, OSF

Dance with your shadow and take your ego with you on the evolution of consciousness. Your own inner journey will reveal to you an interconnectedness with the living world that will strengthen humanity's eco-conscious evolution. You will be guided gently into the realm of the mysterious interior life so you can be transformed personally for the good of all creation! Olga



Wittekind, OSF, is a clinical psychologist and Jungian analyst, a gifted and highly sought-after retreat and spiritual director, and a counselor. She loves combining spirituality and personal growth.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch

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

Opening Session: Saturday, Sept. 13, 9 a.m.–3 p.m.

Monthly Sessions: Saturdays, Oct. 11, Nov. 8, Dec. 13,

Jan. 17, Feb. 21, March 14 & April 11, 9 a.m.–12 p.m.

Closing Session: Saturday, May 9, 9 a.m.–3 p.m.

Facilitators: Betty Daugherty, FSPA; Lucille Winnike, FSPA; Marj English, OSF; Ann Jackson, PBVM; & Laura Weber

What interior fires are you harnessing for the good of the world? Give yourself the gift of the Spiritual Exercises, a retreat taking place over the course of nine months in the everyday experiences of your unique journey, encompassing all your joys, sorrows and holy desires for something "more" in the process.



St. Ignatius of Loyola, founder of the Company of Jesus (or the Jesuits), offered the Spiritual Exercises to help seekers dispose their hearts to discover the mysterious meanderings of God in the journey of their lives and direct them toward greater availability for mission. Praying for an hour each day, considering daily readings designed specifically for S.E.E.L., meditating with Scripture, participating in monthly group reflections, and meeting once or twice a month with your individual spiritual director will give your interior life a jolt of desire for God and God's work in the world.



Commuter Fee: \$450 (payable in September 2014 or in monthly installments of \$50) plus \$45 per hour for monthly spiritual direction sessions (paid separately)

Regenerative Leadership Program for the Creative Corridor

Four weekend retreats, Oct. 2014–June 2015

Facilitators: Ben Webb & Stephanie Clohesy, Center for Regenerative Society

Individuals and organizations can no longer survive in isolation. Experience a well-developed process of deep reflective learning and leadership in this yearlong renewal program. As a business, civic or nonprofit leader, you can access leadership coaching and networking and participate in four seasonal retreats:

Autumn (Oct. 26–28, 2014):

Seeds of Self, Vocation & Purpose

Winter (Jan. 18–20, 2015): Dark

Nights & Still Waters of Renewal

Spring (April 12–14, 2015):

Powers of Creation & Co-creation

Summer (June 14–16, 2015):

Living into Abundance & Community

For more information or to register, visit www.RegenerativeSociety.org or call 319-290-6306.

Fee: Sliding scale of \$3,300–\$4,000 for yearlong program (partial scholarships available)



RETREATS/PROGRAMS

Gospel Stories of Compassion

Friday, Oct. 10, 6:30 p.m.–Sunday, Oct. 12, 1 p.m.

Facilitator: John McHugh

Compassion is at the heart of the spiritual journey, especially embodied in the person of Jesus. The Gospels speak of a Jesus who has incredible compassion for a widow at the city gate, a woman who has been ill for twelve years and a father whose son needs healing. Enter into the loving heart of Jesus while exploring the stories of tender compassion in the Gospels. John McHugh is a retreat director associated with the Franciscan Spirituality Center in La Crosse, Wisconsin.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



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

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitator: Thomas Roberts, LCSW, LMFT

Beginner's Eye is based on the Zen notion of "beginner's mind": that open place in which you are completely receptive, fearless, present and connected to the wonder of each moment. It is a delightful blend of mindfulness, contemplation, meditation, photography and Haiku, all combined to enhance your connection with your true self and the world around you.

No photography experience is necessary, nor is fancy camera equipment. Cell phone cameras are completely acceptable! Acclaimed author Tom Roberts has more than 35 years of experience in clinical psychotherapy and his own personal Zen Buddhist practice.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations and daily lunch



Merton and Teilhard Retreat: Unearthing the Self and Birthing the Cosmos

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitators: Betty Daugherty, FSPA, & Laura Weber, Ph.D.

Thomas Merton, OCSO, and Pierre Teilhard de Chardin, SJ—two spiritual beacons of the post-modern era—were pioneers in expanding our vision of the holy. Merton, a Trappist monk whose social activism arose from the heart of his Christian-Buddhist mysticism, and Teilhard, a Jesuit paleontologist who found the Cosmic Christ in the ancient desert sands as well as in the swirling galaxies, unearthed truths about who we are and how we are called into dynamic co-creation of an evolving universe. Join Betty Daugherty, FSPA, and Dr. Laura Weber as they guide you through a Merton- and Teilhard-inspired weekend of deepening discovery about your critical role in the unfurling of all creation.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations and daily lunch



Dances of Universal Peace Mondays, Aug. 25 & Sept. 22, & Saturday, Oct. 25, 7–8:30 p.m.

Facilitators: Virginia Melroy & Morgan Rivers

Dances of Universal Peace are simple, meditative, joyous, multi-cultural circle dances. They use sacred phrases, chants, music and movements from many spiritual traditions to help you touch the spiritual essence within yourself and recognize it in others, thus creating a sense of connectedness and well-being.

Virginia Melroy and Morgan Rivers are imbued with passion for music, movement and the sacred, and they have been leading these dances for more than a decade. Registration is requested by the previous Friday.

Fee: Suggested offering of \$15

Seeing IS Believing: Visio Divina

Tuesdays, Sept. 2, Sept. 16, Oct. 7 & Oct. 21, 10–11:45 a.m.

Facilitator: Rodney Bluml

On the first and third Tuesdays of each month, you are invited to come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. *Visio Divina* involves listening to the word of God, viewing art, pondering God's message, letting your heart speak and resting in God. The sessions stand alone, so you may attend one or all.

Fee: Suggested offering of \$10 per session

Save the Date! for these upcoming Retreats at Prairiewoods:

- **Silent Mindfulness Meditation** with Chris Klug, Nov. 7–9
- **Already Home: Living in the Healing Light of the Near-Death Experience** with Dennis, Sheila & Matt Linn, Nov. 21–23
- **Yoga Retreat** with Michelle Watters, Nov. 21–23

For details, visit www.Prairiewoods.org.

Drumming for Healing
Wednesdays, Sept. 3, Sept. 17, Oct. 1
& Oct. 15, 6–7 p.m.

Facilitator: Sheri Mealhouse
 (Hawkwoman)

In the cosmic experience, drumming touches many people at a deep level and brings all creation together as a community. Drumming—and feeling the Creator’s rhythm inside of you—resonates with a variety of people.

Come see how it resonates with you! No experience is necessary, and percussion instruments will be available.

Fee: Free-will offering

Essential Oils for Emotional and Spiritual Clearing, ISHA 303

Friday, Sept. 5, 8:30 a.m.–Sunday, Sept. 7, 6 p.m.

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

In this three-day course

by the Institute of Spiritual Healing and Aromatherapy (ISHA), examine how essential oils impact emotional and spiritual



clearing—elevating moods, aiding mental clarity, reducing anxiety and stress, uplifting spiritually and assisting meditation—all of which aid the healing process. Non-Iowa participants will receive 24 Continuing Education Credits.

For more information or to register, contact ISHA at 303-467-7829 or www.IshaHealing.com.

Fee: \$480 (or \$505 within three weeks of class) to ISHA, plus lodging and meals to Prairiewoods

Forming a Healing Practice, ISHA 104

Saturday, Sept. 6, 8:30 a.m.–Sunday, Sept. 7, 6 p.m.

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

Deepen your heart-centered healing ministry practice by learning advanced intervention methods to help with specific healing needs in this two-day

course by the Institute of Spiritual Healing and Aromatherapy (ISHA).

Emphasis will be on models of healing within present day church and ministry settings. Non-Iowa participants will receive 16 Continuing Education Credits. For more information or to register, contact ISHA at 303-467-7829 or www.IshaHealing.com.

Fee: \$325 (or \$350 within three weeks of class) to ISHA, plus lodging and meals to Prairiewoods



Eco-Swap

Sunday, Sept. 7, 1–3 p.m.

Facilitator: Emy Sautter

Prairiewoods is having its first Eco Swap! This is a great way to trade items you no longer need for things that you really want. And everything is traded, so you don’t need any money! Recycle old belongings and refresh your stock, all in a fun environment!

Please bring any items in good condition that you are willing to swap, and be ready for a fun afternoon of “swapping”!

Fee: Free



Lectionary-Based Faith Sharing

Tuesdays, Sept. 9, Sept. 23, Sept. 30, Oct. 14 & Oct. 28, 10–11:45 a.m.

Facilitator: Rodney Bluml

Meet with other Christian seekers to discuss life and faith in a trusting environment. Use the upcoming Sunday readings from the three-year Lectionary cycle used in many mainline Christian churches to explore and discuss various topics. Learn about the culture of the Bible. Imagine being in the first audience to hear the Word proclaimed. Raise questions, feelings and impressions for dialogue. Come as often as you like.

Fee: Free-will offering

Chakradance™
Tuesdays, Sept. 9, 6–9 p.m., & Oct. 14, 6:30–8:30 p.m.

Facilitator: Maryann Hesse

Chakradance™ is a healing dance practice for the soul and is becoming known as the new holistic workout.

On Sept. 9, Licensed Chakradance Facilitator Maryann Hesse will lead an introduction to Chakradance with a *Celebration Workshop*.

Draw on the wisdom of Jungian psychology to learn how Chakradance can be a method of healing and self-discovery.



This experience itself will be refreshing, but it also will prepare you (but is not required) to join regular Chakradances at Prairiewoods. Beginning Oct. 14, you are invited to monthly *Chakradance: Seven Keys to Freedom* dances, in which you will dance the chakras from base to crown. You also will create your own mandala from deep within your soul. All that is required of you is to wear comfortable clothing and be open to a delightful inward journey! Registration is requested by the previous Friday.

Fee: \$25 for Sept. 9, \$20 for Oct. 14

Touching Base with Five Friends
Tuesdays, Sept. 9, Sept. 23, Oct. 14 & Oct. 28, 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

Many current authors speak to the mystery and beauty of creation and the relationship humans have with the rest of the Earth Community. On Tuesday evenings, you are invited to touch base with five of these creative thinkers: Thomas Berry (Sept. 9 & 23), Elizabeth Johnson (Oct. 14), Brian Swimme (Oct. 28), Diarmuid O’Murchu (Nov. 4) and Ilia Delio, OSF (Nov. 18). Enjoy a sampling of the insights found in their writings in a discussion-based format. The sessions stand alone, so you may attend one or all. Visit www.Prairiewoods.org for short biographies of the five friends.

Fee: \$10 per session

PROGRAMS

Coming to the United States as a Refugee

Tuesday, Sept. 9, 6:30–8 p.m.

Facilitator: Ésaïe Toingar

Watch a documentary by Wake Up for Your Rights (WUFYR) founder Ésaïe Toingar. This 15-minute video illustrates the struggles refugees face in the jungles of Africa before they reach developed countries. You will gain an understanding of the plight of refugees that will aid you in welcoming them into this new community and way of life. There will be time for questions and discussion with Ésaïe and other local refugees and immigrants.

Fee: Free-will offering



Native Flute Concert: Late Summer Tides

Thursday, Sept. 11, 6:30–9 p.m.

Facilitator: Jonny Lipford

Professional native flute player Jonny Lipford will grace the outdoor stage at Prairiewoods under an evening sky. Jonny will regale us with stories and perform a selection of his soothing songs. Bring a friend, your lawn chair or blanket, drinks and snacks to help you enjoy a relaxing and entertaining evening. In case of inclement weather, Jonny will perform in our Atrium. Flutes and CDs will be available for purchase.

Fee: Suggested offering of \$10 per person



The Artist's Way

Sundays, Sept. 14 & Oct. 12, 1–4 p.m.

Facilitator: You

Attention all artists, poets, mandala makers, writers, musicians, sculptors and other creative people! Prairiewoods recognizes that you may not have a

studio or special space to let your creative juices flow, so to honor *The Artist's Way*, we offer you space in the Center on the second Sunday of each month. Come and go as you please; work alone or share your projects with others.

Fee: Free

Drawing Mandalas and Spiritual Doodling

Sundays, Sept. 14 & Oct. 12, 2–5 p.m.

Facilitator: Joellen Price, PBVM

Mandalas, or art pieces in the form of a circle, help the artist reflect the mystery of inner vision. Join Joellen Price, PBVM, for an afternoon of creativity focused on combining mandalas and meditative doodles into beautiful works of art! Briefly touch on ancient teachings of the mandala and then create your own work of art in this quiet space. No experience is necessary.

Fee: Suggested offering of \$20 includes materials

Day of Self Renewal

Mondays, Sept. 15 & Oct. 20,

8:30 a.m.–4:30 p.m.

Facilitator: Rodney Bluml

Find rest and relaxation for your mind, body and spirit during our monthly Day of Self Renewal, which features two 40-minute holistic services of your choice, group Guided Meditation, a private guest room, walking trails, fresh lunch and hours of free time. (Choose from Swedish massage, reflexology, head and shoulder massage, healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration and a non-refundable deposit of \$25 are required at least five days in advance.

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

Dream Group

Wednesdays, Sept. 17 & Oct. 15, 1–3 p.m.

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

Use a Jungian approach to decipher the wisdom present in your dreams to help you grow. This Dream Group will meet monthly from Sept. 2014–May

2015. The sessions stand alone, so you may attend one or all. To participate, you must have completed a Prairiewoods' Dream Workshop or Dream Retreat, or something comparable. Registration is required at least a week in advance.

Fee: Suggested offering of \$20 per session

Strengthening Communication through the Enneagram

Thursday, Sept. 18, 6:30–9 p.m., &

Friday, Sept. 19, 9 a.m.–3:30 p.m.

Facilitator: Marci Madary

The Enneagram is a powerful personality tool that combines psychology and spirituality in the search for self-awareness. It can help you appreciate how you experience the world differently than others and improve your communication style.

On Thursday evening, Marci Madary will introduce the principles of the Enneagram, helping you to become comfortable with your natural type. On Friday, she will help you learn how you naturally express yourself, what your blind spots might be and how you may distort what others say. You will take an honest look—without judgment or blame—at how you communicate with others.

Fee: \$20 for Thursday only, \$40 for Friday only or \$50 for both days, includes Friday lunch (Thursday night lodging may be added for \$50)

Edible Wild Plants for Autumn

Saturday, Oct. 4, 9 a.m.–12 p.m. & 1–4 p.m.

Facilitator: Christine Kirpes

Fall is a time of abundance for finding food in nature, even in your own yard. Start learning how to recognize, collect and prepare plants from the wild for your dining pleasure. You will learn the basics of eating wild edibles, be introduced to some user-friendly references, take a short foraging expedition and taste some wild edible



Save the Date! for these Programs being hosted at **Prairiewoods:**

- **Women in Interfaith Dialogue** with Rev. Dr. Barbara Schlachter, Sept. 6
 - **Wahls Protocol** with Dr. Terry Wahls, Sept. 20
 - **Spirit of the Flute** with Jonny Lipford, Sept. 27
 - **Zero Balancing I** with Sheila McCarthy-Daskovsky, Oct. 23–26
- For details, visit www.Prairiewoods.org.

plants. This class is being offered in both the morning and afternoon to fit all schedules. You also are invited to a potluck from 12–1 p.m. (Please bring your own tableware and a dish to share.)
Fee: \$12

Nature Fest

Sunday, Oct. 5, 1–3:30 p.m.

(See page 1 for a full description.)

Fee: Free

The Passenger Pigeon's Extinction: Lessons from the Past for a Sustainable Future
Monday, Oct. 6, 7–9 p.m.

Facilitator: Stanley Temple

In the mid-1800s, billions of Passenger Pigeons roamed Earth. But as a result of uncontrolled hunting and the resulting disruption to habitats, the last surviving Passenger Pigeon died in a Cincinnati zoo in 1914. The loss of one of the world's most abundant birds is an iconic extinction event in our country's history. To mark the 100th anniversary of this tragedy, join University of Wisconsin-Madison Professor Stanley Temple as he recounts the sobering story of the Passenger Pigeon. He will explain what this story can tell us about the ongoing extinction crisis and our relationships with other species. The evening will include a social at 7 p.m. and the presentation at 7:30.

Fee: Free-will offering

Healing Moments Workshop: Effective Alzheimer Care
Friday, Oct. 10, 8:30 a.m.–4 p.m.

Facilitator: Jodee Bruce

Are you caring for someone with Alzheimer's or dementia? Through presentation, experiential exercises, discussion and reflection, you will learn and practice creative, effective methods for communicating, connecting with and caring for people with Alzheimer's and dementia. Combining information about dementia with creative drama, this workshop is designed to deepen awareness of the value of people with Alzheimer's and dementia, increase understanding of their limits and needs, and improve the delivery of their care. This program is suitable for both family and professional caregivers.

Fee: \$60 includes lunch



Sustainable Living: Lifeskill Garden

Wednesday, Oct. 15, 6:30–8 p.m.

Facilitator: Scott Koepke

Lifeskill Garden uses a walk through the garden to explore eight life skills: balance, respect, patience, nurturance,

resilience, healthy choices, trust and listening. Join New Pi Soilmates founder, Scott Koepke, to learn about the connection between soil health and healthy plants, healthy food and healthy people. Discuss how gardening offers social healing of individuals and communities. You likely will find that the biodiversity and balance necessary for a healthy garden also lead to healthy lives by fostering empathy and tolerance.
Fee: Suggested offering of \$5

Centering Prayer Workshop
Friday, Oct. 24, 9 a.m.–3 p.m. & Saturday, Oct. 25, 9 a.m.–3 p.m.

Facilitator: Judith Edwards

Relax, clear your mind and find God's presence within you during this time of silence and centering prayer. This workshop is an introduction to the theory and practice of this ancient prayer form. It will include information and education, as well as opportunities to practice the prayer method and reflect on the experience. This class is being offered both Friday and Saturday to fit all schedules. Registration is requested by Oct. 21.

Fee: \$35 includes materials and lunch

Hatha Way Yoga
Multiple times each week

Facilitator: Cindy Hathaway

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. People of all fitness levels are welcome to join a variety of classes led by Cindy Hathaway of Hatha Way Yogi. For a complete schedule, visit www.Prairiewoods.org.

Fee: \$99 for eleven-punch card, \$60 for six-punch card, one punch per session

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CONTINUING PROGRAMS

Bridges to Contemplative Living with Thomas Merton Every other Thursday (including Sept. 11), 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

Live a more contemplative life through regular discussions of the *Bridges to Contemplative Living* series of booklets, which include writings by Thomas Merton and other contemplative authors. Read, reflect on and discuss various topics related to contemplative living to 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 focus on praying in silence. Relax, clear your mind and find God's presence within you during this time of silence and centering prayer. The group meets in the Guest House, and you may join at any time.

Fee: Free-will offering

Group Spiritual Companionship

4th Tuesday monthly (Sept. 2014–May 2015), 6–8:30 p.m.

Facilitator: Marj English, OSF

Are you serious about nurturing your experience of God? Do you need to discern an issue or direction in your life? Are you open to sharing from your spiritual life? Join this on-going contemplative group to intentionally reflect on God's presence in your life and develop your ability to listen for God's presence in the lives of others. The group meets monthly from Sept. 2014–May 2015, and registration is required by Sept. 2.

Fee: \$180 for nine-month series, whether present or not

Ministry Reflection Group

2nd Tuesday monthly (Sept. 2014–May 2015), 2–4 p.m.

Facilitator: Marj English, OSF

If you are in ministry, this group will help you reflect with your peers in a safe, confidential setting that allows for personal and professional growth and insight. The process includes elements of theological reflection and peer supervision and is designed to help you become more intentional about the issues and invitations in ministry. The group meets monthly from Sept. 2014–May 2015, and registration is required by Sept. 2.

Fee: \$180 for nine-month series, whether present or not

Men's Prayer Group: Getting Perspective on Life Every other Thursday (including Sept. 4), 7–8:30 p.m.

Facilitator: Bob Davis

As they mature, many men undergo a major life transformation from goal driven-ness to receptivity, from ego to wisdom. The transition may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life's changes.

Fee: Free-will offering

Prairiewoods Knitters & Stitches

2nd Tuesday monthly, 9:30–11 a.m.,

& 4th Wednesday monthly, 7–8:30 p.m.

Do you love to knit or crochet? Practice your hobby in the company of new friends! Create beautiful handmade goods for charity and learn new skills as you go. You may join at any time, and donations of materials are accepted with gratitude.

Fee: Free

Wednesday Women

Every Wednesday, 10–11:30 a.m.

Facilitator: Marj English, OSF

Join this lively group of women to be spiritually enriched, inspired and challenged—you are welcome to come any time!

On Sept. 3, watch and discuss the DVD *David Whyte: Live in San Francisco*, which uses poetry, humor and insight to delve into the importance of engaging in real conversations.

Beginning Sept. 10, read and discuss Karen King's *The Gospel of Mary of Magdala: Jesus and the First Woman Apostle*. Please read and be prepared to discuss the following pages:

Sept. 10: pages 3–34

Sept. 17: pages 37–62

Sept. 24: pages 63–90

Oct. 1: pages 91–128

Oct. 8: pages 129–154

Oct. 15: pages 155–190

On Oct. 22, listen to Dr. Suzanne B. Bartlett about reducing stress and living in the now. Discover how HeartMath technology combines science with ancient wisdom, and learn about Dr. Bartlett's integrative medicine practice.

On Oct. 28, watch and discuss the DVD *Living from the Center* by Richard Rohr, OFM, who will invite you on an inner journey to find God and conquer any illusions you may have.

Fee: Suggested offering of \$10 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/Donate.

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Connecting with Creation

This issue of the Prairiewoods Newsletter focuses on human connections with creation. What do you do to nurture your soul's relationship with everything around you? Do you read, pray, or simply observe? Perhaps you dance, paint or write. One of our summer interns, Pia Fritsch, wrote this poem in the midst of Prairiewoods' beautiful oak savannah:

What Greater Cathedral?

by Pia Fritsch, Prairiewoods intern

Why are monuments to the
Living God
Made of stone?
I do not comprehend this
Holy Weight.
What greater cathedral could we build than an
Oak savannah?
What taller ceiling than the sky?
What greater columns than the
Trunks of old oak trees?
What purer communion of earth and heaven
Than root and leaf?
What more beautiful mural
Than illuminated foliage?

To read the rest of this poem and Pia's other reflections, visit www.Prairiewoods.org/Blog.

Prairiewoods

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

Our Spiritual Connection with the World through Food

By Betty Daugherty, FSPA

There are so many ways to think about the relationship we have with food. Going far beyond the simple enjoyment of taste and the need for nourishment, that relationship includes our whole sense of community, of belonging, of sharing life with others.

Think of the many gospel passages in which Jesus gathered people together around a table. Here, besides the sharing of food, there was companionship, conversation and opportunities for teaching, for building up the kingdom, for community.

So a part of the spiritual connection we have with food lies in the understanding we have of belonging to a community. When we eat, we participate in a cycle of mutual feeding and are just one link in this cycle that includes our rivers and rainforests, our soil and air, all the plants and animals. The entire community contributes to this great communion feast.

Our communion, our frail humanity, is inextricably bound with the dynamic cycle of birth, transformation, death and new life. All this life-in-motion takes place in the daily dramas of "passing the plate." What we are eating—what nourishes and sustains us, what helps us thrive—is what we have in common, what binds us as one human family.

Of course, as humans, we always look at the world from our viewpoint—the human viewpoint. In this view, community means *us*, and we have very little interest in thinking beyond that to a greater community of life. But in reality, we are just one component in an Earth community that is so much greater and more complex than we imagine. What kind of a relationship do we have with this universe of which we are a part, a universe that is so alive and unified, a universe in which everything is connected? How does this understanding impact choices about food?

As we continue to learn more about the fascinating world in which we live, we come to know that we are inseparable from its aliveness. *We cannot ignore the constant interplay between the human and the other-than-human world.* Our future depends on our ability to recognize our solidarity

with all life forms, to have reverence for other species, for the land itself and for all that provides nourishment.

And so we are led to a greater sense of our spiritual connection with this miracle that is the universe. Knowing that we are part of a universe in which interdependence is fundamental, we find a role for ourselves that is in greater harmony with this community of life. We view ourselves as part of an "Earth community," connected with all that is.

In living out this spiritual and ecological relationship, we might learn to eat with greater consciousness of our relationship to this broad community. For example, when sitting down to a beautifully prepared meal, we might consider how many million years it took to prepare the soil so that this food could be produced. We might reflect on where the food was grown—locally produced or shipped from distant shores. What chemicals were used in its production? What was the source of the water needed for its growth? We might ask ourselves: Who planted the seeds, cultivated and harvested the produce, prepared it for market? Who cared for the animals that provide nourishment for us?

Our world is an enchanting place. But more than that, it is a flourishing community in which we are called to commit ourselves to the well-being of the greater community.

What we eat, we become. *What we eat binds us together as one.*



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*Earth is not a platform for human life.
It's a living being.
We're not on it but part of it.
Its health is our health.*

This quote by Thomas Moore comes via a website created by Fredric and Mary Ann Brussat, spiritual teachers and advocates of things related to healthy, Earth-connected living. The Brussats have been engaged for many years in helping people reflect on life's meaning and our connections to Spirit. Most recently they have turned their sights to broad issues affecting all of us who are concerned with the questions of how our spirituality becomes translated into actions in the outside world.

This, of course, covers an immense field of concerns. Our spiritual lives often take us into times of quiet, silence and contemplation and away from the busy, restless, noisy world. *But it is there, in our times of solitude and reflection, that we find the path that enables us to play our part in all that ensures goodness for ourselves and our neighbors.* Today we see that spiritual activism is coming alive in environmental, economic and social areas.

And it is alive in our relationship with food. We are so often simply unaware of how the food we rely on gets to our homes. We are beginning to realize how blessed we are when our food is fresh, chemical free, sufficient and produced in a manner that is protective of the environment. We are aware of its cost to the earth and to all the humans who had a part in its production. In our purchases we consider the importance of supporting local and organic farmers, of joining efforts to secure just wages and safe conditions for those working in fields.

Pope Francis addressed our close connection to the natural world when he said, "Thanks to our bodies, God has joined us so closely to the world around us that we can feel the desertification of the soil almost as a physical ailment, and the extinction of a species as a painful disfigurement."

Those who see this connection are coming together around the issue of food—a topic very much related to the critical issue of climate change, which affects everyone on the planet. Hundreds of thousands of environmentalists and concerned citizens gathered in New York City on Sept. 21 for the People's Climate March to call the United Nations to accountability for action on behalf of our beleaguered Earth and, in turn, its food sources.

If we do not commit our actions to solving this crisis, the result will be more droughts, mass extinctions of plants and animals, and shortages of food. Again from the Holy Father, "Let us not leave in our wake a swath of destruction and death which will affect our own lives and those of future generations." It is time, as Thomas Berry said, to do the great work of healing the earth!

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.

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Seeds, Roots and Fruits

According to New Pi Soilmates founder, Scott Koepke, 90% of the food we eat in Iowa is not grown here, but we could grow all of the fruits and vegetables for our state in just *one* Iowa county! And as much as 72% of the materials we throw away could be composted and turned into food for our food (and kept out of landfills). Luckily, Prairiewoods is doing our part to reverse these statistics:

- 🌿 We grow a variety of our own vegetables in our extensive kitchen garden.
- 🌿 We have a number of fruit trees and edible bushes.
- 🌿 Our herb garden provides a variety of fresh flavor enhancers.
- 🌿 We compost everything from eggshells to coffee grounds on site.

The Franciscan sisters who founded Prairiewoods had a vision and planted the *seeds* for a center focused on spirituality and Earth-friendly practices. The *roots* took hold in our hearts and in the hearts of those who came here for programs and retreats. The *fruits* of Prairiewoods' labor are evident today in those who come to share in the nourishment of mind and body, food and spirit.

“Food connects me to our guests as family. They see something I made and it reminds them of their family recipes. It forms an instant connection.”
—Laurie Erlacher, *Prairiewoods Cook*

Our policy at Prairiewoods is that at least 25% of our food purchases are local or organic. Check out how we chewed past that goal this summer:

33%	of the food served in <i>June</i> was local or organic	41%	of the food served in <i>July</i> was local or organic	73%	of the food served in <i>August</i> was local or organic
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“The bounty of food from our garden—it’s a chef’s dream! We save money, and it’s great to be able to share it with our guests.”
—Diane Welp, *Prairiewoods Chef*

Temperatures are dropping, and we are spending more time indoors and around the kitchen table. We look forward to heating up the house with the oven's warmth and the healing smells of our favorite recipes. As we celebrate the abundance of fall's harvest, we are especially delighted by recipes that focus on ingredients fresh from the garden. In honor of this unique season, we are sharing some of our favorite garden-fresh recipes. (Recipes like these can be found in *From the Prairiewoods Kitchen*, the official Prairiewoods cookbook, which is available for \$12 in the Gift Shop.)

Prairiewoods Black Bean and Rice Salad

by Laurie Erlacher, Prairiewoods Cook

Salad Ingredients:

- 15 oz. can black beans
- 1/2 cup carrot, diced
- 1/4 cup red onion, diced
- 2 Tbsp. fresh cilantro, chopped

Chipotle Dressing Ingredients:

- 1/4 cup fresh lime juice and lime zest
- 2 Tbsp. agave nectar or honey
- 1/2 tsp. fresh garlic, minced
- 1 Tbsp. chipotle in adobo sauce

Directions:

Combine salad ingredients in bowl. Whisk chipotle dressing ingredients together. Pour over salad mix.

- 3 cups cooked rice
- 1/2 cup sweet red pepper, diced
- 1 whole tomato, chopped

- 1/2 cup canola oil
- 1/2 tsp. salt



Vegetarian Pizza

by Jill Jones, Retired Prairiewoods Chef

Ingredients:

- your family's favorite pizza dough or crust and pizza sauce
- 1 Tbsp. butter
- 2 cups mushrooms, sliced
- 3 bell peppers (any color), julienned
- 3 cups mozzarella cheese, divided
- 1 cup parmesan cheese, shredded
- 3 Tbsp. oil, divided
- kosher salt, to taste
- 3 onions (yellow/purple), julienned
- 14 oz. can artichoke hearts, drained
- 3 Tbsp. Italian seasoning

Directions:

Preheat oven to 450°F. Par-bake pizza dough according to package directions. Heat butter and 1 tablespoon oil in skillet over medium heat; add mushrooms and sauté until softened; season with salt. In another skillet, heat 1 tablespoon oil over medium heat; add peppers and salt and sauté until softened and lightly browned. In third skillet, heat remaining oil over medium-low heat; add onions and sauté until nicely caramelized, about 15–20 minutes; season with salt. Remove par-baked crust from oven and spread with thin layer of pizza sauce. Sprinkle with 1 cup mozzarella cheese. Top with sautéed vegetables and artichoke hearts. Top with remaining mozzarella, Parmesan cheese and Italian seasoning. Bake 15 minutes or until cheese is melted and bubbly.



RECIPE

Provence Sausage, Potato & Vegetable Stew

by Jill Jones, Retired Prairiewoods Chef

Ingredients:

- 2 lb. smoked sausage, cut into 1-inch slices
- 2 onions (red/yellow), wedged
- 4 potatoes, peeled and cubed
- 2 cloves garlic
- kosher salt & freshly ground black pepper, to taste
- 2 whole bay leaves
- 4 cups vegetable or chicken stock (or enough to cover all vegetables)
- 2 bell peppers (green/red), cubed
- 2 sweet potatoes, peeled and cubed
- 2 Tbsp. Herbes de Provence

Directions:

Preheat oven to 375°F. Place all ingredients in roasting pan. Cover with foil and bake 1 1/2–2 hours, or until vegetables are cooked through.



RECIPE

Spaghetti Squash in Blush Sauce

by Diane Welp, Prairiewoods Chef

Ingredients:

- 1 spaghetti squash, halved and seeds removed
- 1 1/2 pound ground turkey
- 1 1/2 cups carrots, chopped
- 2 cups tomatoes, chopped
- 1 1/2 tsp. thyme
- 1/4 cup olive oil
- 16 oz. heavy whipping cream
- 1 onion, chopped
- 1 1/2 cups green beans, chopped
- 1 1/4 tsp. rosemary
- salt & pepper, to taste
- 1/4 cup white wine

Directions:

Preheat oven to 350°F. Place spaghetti squash cut side down in roasting pan with thin layer of water. Bake 40 minutes and let cool. Use fork to remove flesh in spaghetti-like strands. Heat oil in skillet over medium heat; sauté carrots and green beans for 7 minutes. Add rosemary, thyme, salt and pepper; cook 1 minute. Add turkey; cook until no longer pink. Add wine and tomatoes; cook 8 minutes. Turn heat up to medium-high. Add heavy whipping cream; stir continuously at light boil, about 5–8 minutes. Reduce heat to medium. Add spaghetti squash; stir to mix thoroughly.



RETREATS

The following are some upcoming retreats, programs and continuing programs. For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

Merton and Teilhard Retreat: Unearthing the Self and Birthing the Cosmos

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitators: Betty Daugherty, FSPA, & Laura Weber, Ph.D.

Thomas Merton, OCSO, and Pierre Teilhard de Chardin, SJ—two spiritual beacons of the post-modern era—were pioneers in expanding our vision of the holy. Merton, a Trappist monk whose social activism arose from his Christian-Buddhist mysticism, and Teilhard, a Jesuit paleontologist who found the Cosmic Christ in the ancient desert sands and swirling galaxies, unearthed truths about who we are and how we are called into co-creation of an evolving universe.

Betty Daugherty, FSPA, and Dr. Laura Weber will guide you through a Merton- and Teilhard-inspired weekend of deepening discovery about your critical role in the unfurling of all creation.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Women in the Bible: Eve's Daughters Shaking the Tree

Thursdays, Oct. 30, Nov. 13, Dec. 11, Jan. 8, Feb. 12 & March 12, 1–2:30 p.m.

Facilitator: Laura Weber, Ph.D.

Many people love the awesome, inspiring women of the Bible, including Eve (the Mother of all the living), the powerful matriarchs (Sarah, Rebekah and Rachel) and Mary (the Mother of Jesus). Their stories are *your* stories, woven in a thousand different ways through the dramas and celebrations of your own life. You can learn from the strong, cunning, wild women who shook up the family tree and left a legacy of holy rabble-rousing. Come discover the delightful, sometimes heart-wrenching twists in their stories and in your own. This will be a prayerful/reflective retreat experience, combining insights from biblical scholarship with personal reflection and sharing. The group will use Alice Ogden Bellis's book *Helpmates, Harlots, and Heroes*, which can be purchased in the Prairiewoods Gift Shop. The sessions stand alone, so you may attend one or all. Registration is requested at least one week in advance of each session.

Dr. Laura Weber, retreat coordinator and associate director of Prairiewoods, enjoys exploring biblical narratives for everyday life. With more than 25 years of research and teaching experience, Laura loves accompanying people in their encounters with the Living Word.

Commuter Fee: \$15 per session

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

Friday, Oct. 31, 6:30 p.m.–Sunday, Nov. 2, 1 p.m.

Facilitator: Thomas Roberts, LCSW, LMFT

Beginner's Eye is based on the Zen notion of *beginner's mind*, that open place in which you are completely receptive, fearless, present and connected to the wonder of each moment; a pure, clear, seeing awareness where everything is fresh and new. This retreat will blend mindfulness, contemplation, meditation, photography and Haiku to enhance your connection with your true self and the world around you. No photography experience is necessary, nor is fancy camera equipment. Cell phone cameras are completely acceptable! You will use photography to open your senses to the way you relate to the world and learn that it is not about *what* you see, but *how* you see.

Thomas Roberts, LCSW, LMFT, created the beginner's eye approach as a fun way to reconnect with your true self and your intimate relationship to the world in which you live. A psychotherapist and hypnotherapist in private practice in Wisconsin, Tom has more than 35 years experience in clinical psychotherapy and his own personal Zen Buddhist practice. **Fee:** \$230 includes presentations, lodging and all meals **Commuter Fee:** \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Silent Mindfulness Meditation Retreat

Friday, Nov. 7, 6:30 p.m.–Sunday, Nov. 9, 1 p.m.

Facilitator: Chris Klug

"Life unfolds in moments," Jon Kabat-Zinn wrote. "The healing power of mindfulness lies in living each one as fully as we can." Do you long to live fully the moments of your life? Join others in the practice of mindfulness meditation in this silent retreat through the repetition of guided meditative practices, including sitting meditation, walking meditation, mindful movement and mindful eating. This establishes and strengthens the habit of mindfulness while supporting its integration into everyday life.

Chris Klug has practiced mindfulness meditation for more than 25 years, has taught in the Mindfulness Based Stress Reduction program at University of Iowa Hospitals since 2001 and has many years experience facilitating retreats.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Already Home: Living in the Healing Light of the Near-Death Experience Retreat

Friday, Nov. 21, 6:30 p.m.–Sunday, Nov. 23, 1 p.m.

Facilitators: Dennis, Sheila & Matt Linn

What is it like on the other side? Near-death experiences (NDEs) are common, well-documented and universal. They typically result in rapid spiritual and emotional growth. Simply exposing yourself to the light and love of NDEs can have effects similar to having an NDE yourself. NDEs often include intensely moving and vibrant experiences of nature and oneness with all things, which can inspire and guide you in caring for your own bodily being and for the earth at this time of planetary near-death.

Dennis, Sheila and Matt Linn have written twenty-two books (including *Healing the Future: Personal Recovery from Societal Wounding* and the children's books *Making Heart-Bread* and *What Is My Song?*). They have given seminars in more than sixty countries, where they inspire living life to the fullest!

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Yoga Retreat

Friday, Nov. 21, 6:30 p.m.–Sunday, Nov. 23, 1 p.m.

Facilitator: Michelle Watters

Breathe deeply! Besides its physical benefits, yoga is a transformative journey that can connect body, mind and spirit. Yoga's very essence is spiritual, allowing you to look within, to reconnect to the Spirit, and to become grounded and centered. What you experience on the mat can be carried into your daily life if you incorporate some tools that the spiritual practice of yoga offers. This weekend retreat includes *asana* (physical poses) practice, breath work and spiritual practices. It includes time for personal reflection and self-care. This experience will help you move from *doing* yoga to *being* yoga. Spiritual topics include letting go of self-judgment, meditation, setting intentions, surrender, attuning to the Spirit within and breath awareness. Some basic yoga experience is preferred, but not required.

Michelle Watters is a certified and registered 200-hour yoga teacher. She is the director of Spiritual and Health Integration and a Licensed Mental Health Counselor at Hillcrest Family Services in Dubuque.

Fee: \$230 includes presentations, lodging and all meals

Commuter Fee: \$180 includes presentations, Saturday lunch and dinner, and Sunday lunch



Gardener's Paradise Retreat

Select a week this autumn and come to Prairiewoods to nurture your greening spirit! This retreat is for those who find God's grandeur in the beauty of living close to the earth. Spend a blissful week working in one of Prairiewoods' gorgeous gardens, lush with flowers, produce or herbs. Your week in paradise includes sacred space to reflect by the pond, unwind on a hammock or sky chair; soak up the sun, weed, water, prune, fertilize or harvest to your heart's delight. Whether you're a seasoned green thumb, an avid gardener, or just someone who loves to play in the dirt, this retreat will refresh your soul. Reflections will guide you through the week and make your gardener's heart dance! Please call for lodging availability.

Fee: \$250 includes *Gardener's Spiritual Reflections*, five nights lodging and all meals (holistic services and spiritual direction are available for an added cost)

Commuter Fee: \$115 includes *Gardener's Spiritual Reflections* and daily lunch

Save the Date!

Spirituality in the 21st Century

Friday, May 1–Saturday, May 2, 2015

Facilitators: Gail Worcelo, CP, & Sara Thomsen

Save the date for our annual *Spirituality in the 21st Century* conference, which will feature Green Mountain Monastery founder Gail Worcelo, CP, and singer/songwriter Sara Thomsen. Sister Gail's inspiration for the founding of Green Mountain Monastery and for her mission in life was the pioneering work of Father Thomas Berry, who described himself as a "geologist," or a theologian of the Ecozoic Era (the age of the earth). The story of the earth, its cultivation and its degradation is imbedded in the unfolding story of the magnificent universe. Inspired by his love for Jesuit paleontologist and cosmic mystic Pierre Teilhard de Chardin, SJ, Berry's call was to do the "great work" of returning to the heart of God's creative impulse in the age of the earth. Gail continues that mission in her weaving of spirituality and ecology for a new generation, tending to the insights of modern physics, ecology, cosmology and theology for a unique approach to holistic spirituality.

Accompanying Gail with her artistic genius is musician Sara Thomsen, whose gentle, soulful and uplifting acoustical renderings celebrate the beauty of the cosmos and call us into fuller communion with our global family.

Please save the date—Friday evening, May 1, and Saturday, May 2—for this extraordinary event!



PROGRAMS

The Legend of Pale Male (at Wickiup Hill Learning Center)

Monday, Nov. 3, 7:30–8:30 p.m.

Facilitators: Audubon, Linn County Conservation & Prairiewoods

In 1993, a young man from Belgium had an unexpected encounter in Central Park with a wild red-tailed hawk.

Compelled to follow this extraordinary creature, he bought a video camera and set out to track the hawk—a journey that lasted almost twenty years. Affectionately known to New Yorkers as *Pale Male*, the hawk became a magnificent obsession and a metaphor for triumph against all odds. Learn more about him in this collaborative class at Wickiup Hill (10260 Morris Hills Road in Toddville).

Fee: Free-will offering



Seeing IS Believing: Visio Divina

Tuesdays, Nov. 4, Nov. 18, Dec. 2 & Dec. 16, 10–11:45 a.m.

Facilitator: Rodney Bluml

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing. *Visio Divina* involves listening to the word of God, viewing art, pondering God's message, letting your heart speak and resting in God. Topics include Jacob's Ladder (Nov. 4), Suffering Servant (Nov. 18), Genealogy of Jesus (Dec. 2) and Great Amen (Dec. 16). The sessions stand alone, so you may attend one or all.

Fee: Suggested offering of \$10 per session

Chakradance™: Seven Keys to Freedom

Tuesdays, Nov. 4 & Dec. 2, 6:30–8:30 p.m.

Facilitator: Maryann Hesse

Draw on the wisdom of Jungian psychology to learn how Chakradance can be a method of healing and self-discovery. Licensed Chakradance facilitator Maryann Hesse will lead *Seven Keys to Freedom* dances in which you will move through the chakras from base to crown. You also will create your own mandala from deep within your soul.

All that is required of you is to wear comfortable clothing and be open to a delightful inward journey! Because this program needs a minimum number of participants, registration is requested by the previous Friday.

Fee: \$20 per session

Touching Base with Five Friends

Tuesdays, Nov. 4 & 18, 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

The writings of Pierre Teilhard de Chardin, SJ, continue to influence many writers today, especially in the effort to integrate the Christian vision with evolutionary theory. In this series, the insights of some of these writers are used for group discussion. On Tuesday evenings, you are invited to get to know Diarmuid O'Murchu (Nov. 4) and Iliia Delio, OSF (Nov. 18). The sessions stand alone, so you may attend one or all.

Fee: \$10 per session

Drumming for Healing

Wednesdays, Nov. 5, Nov. 19, Dec. 3 & Dec. 17, 6–7 p.m.

Facilitator: Sheri Mealhouse (Hawkwoman)

In the cosmic experience, drumming touches many people at a deep level and brings all creation together as a community. Drumming—and feeling the Creator's rhythm inside of you—resonates with a variety of people. Come see how it resonates with you! No experience is necessary, and percussion instruments will be available. This drum circle will meet outside or, in inclement weather, in the Art Room.

Fee: Free-will offering

The Artist's Way

Sundays, Nov. 9 & Dec. 14, 1–4 p.m.

Facilitator: You

Attention all creative people! Prairiewoods recognizes that you may not have a studio or special space to let your creative juices flow, so to honor *The Artist's Way*, we offer you space in the Center on the second Sunday of each month. Come and go as you please; work alone or share your projects with others. On Dec. 14, our Artist in Residence, Joni Reed Cooley, will be available for dialogue while she works on a painting. Come with questions or share with her your artistic aspirations!

Fee: Free

Vino van Gogh

Sunday, Nov. 9, 1:30–4:30 p.m.

Facilitator: Vino van Gogh Artist

Paint, drink and be merry in this fun event that inspires creativity. You will be provided with all the supplies and instruction you need to create your own work of art, and cheese, wine and other beverages are included. A professional artist from Vino van Gogh will guide you to paint the seasonally-themed painting *Look Up!* (shown here). No experience is necessary, and all ages are welcome.

Fee: \$50

includes 16-by-20-inch canvas, all art supplies, art instruction, apron, wine and snacks



Day of Self Renewal

Mondays, Nov. 10 & Dec. 15, 8:30 a.m.–4:30 p.m.

Facilitator: Rodney Bluml

Find rest and relaxation for your mind, body and spirit during our monthly Day of Self Renewal, which features two 40-minute holistic services of your choice, group Guided Meditation, a private guest room, walking trails, fresh lunch and hours of free time. (Choose from Swedish massage, reflexology, head and shoulder massage, healing touch spiritual ministry, foot spa treatment, paraffin bath for hands, spiritual direction or yoga.) Registration and a non-refundable deposit of \$25 are required at least a week in advance.

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

Lectionary-Based Faith Sharing

Tuesdays, Nov. 11, Nov. 25, Dec. 9 & Dec. 23, 10–11:45 a.m.

Facilitator: Rodney Bluml

Meet with other Christian seekers to discuss life and faith in a trusting environment. Use the upcoming Sunday readings from the three-year Lectionary cycle used in many Christian churches to explore and discuss various topics. Learn about the culture of the Bible and discuss any questions, feelings or impressions you may have. The sessions stand alone, so you may attend one or all.

Fee: Free-will offering

Remembrance Service**Tuesday, Nov. 11, 6:30–8 p.m.****Facilitators:** Prairiewoods Staff

Join us for a Remembrance Service in honor of benefactors and friends of Prairiewoods who have blessed us in life as well as in death by their presence and their gifts. Come for a prayer service for your loved ones and ours who have died. Please bring a picture or symbol of your loved ones to be used during the service. Light refreshments will be served. Registration is requested—but not required—by Nov. 6.

Fee: Free**Prairiewoods Blood Drive****Thursday, Nov. 13, 3:30–6:30 p.m.****Facilitator:** Mississippi Valley Regional Blood Center

Blood is like a parachute—if it's not there when you need it, then it's too late! Did you know that 38% of the population is able to donate blood, but less than 10% actually give? Giving blood is a safe and simple way to help save up to four lives in less than an hour. To see if you are eligible to donate, visit www.BloodCenter.org. To schedule an appointment during the blood drive, call 319-395-6700. (Walk-ins are welcome.)

Fee: Free**Holiday Bazaar****Saturday, Nov. 15, 8 a.m.–1 p.m.**

(See p. 12 for a full description.)

Fee: Free**The Mandala: A Pathway to One's Center****Sundays, Nov. 16 & Dec. 14, 1–4 p.m.****Facilitator:** Joellen Price, PBVM

Mandalas, or circular pieces of art, help create a sacred space for prayer and meditation. Learn to create your own mandala inspired by repeated patterns found in nature and everyday living. In doing so, you will tap into the holiness of deep listening within yourself and within the world around you. You also will have time to create seasonally-themed mandalas. No experience is necessary.

Fee: \$20**Dream Group****Wednesdays, Nov. 19 & Dec. 17, 1–3 p.m.****Facilitators:** Marj English, OSF, & Joann Gehling, FSPA

Use a Jungian approach to decipher the wisdom present in your dreams to help you grow. This Dream Group meets monthly through May 2015. The sessions stand alone, so you may attend one or all. To participate, you must have completed a Prairiewoods' Dream Workshop, a Dream Retreat or something comparable. Registration is required at least a week in advance.

Fee: Suggested offering of \$20 per session**Women in Interfaith Dialogue****Saturday, Nov. 22, 10 a.m.–3:30 p.m.****Facilitator:** Rev. Dr. Barbara Schlachter

Join with women of various faiths to explore questions of spirituality related to the topic of *Water: All Water is Holy*. All women are welcome!

Fee: \$15 includes lunch**Dances of Universal Peace****Mondays, Nov. 24 & Dec. 15, 7–8:30 p.m.****Facilitator:** Virginia Melroy

Dances of Universal Peace are simple, meditative, joyous, multi-cultural circle dances. They use sacred phrases, chants, music and movements from many spiritual traditions to help you touch the spiritual essence within yourself and recognize it in others.

Because this program needs a minimum number of participants, registration is requested by the previous Friday.

Fee: Suggested offering of \$15**Alternative Gift Market (at Echo Hill Presbyterian Church)****Saturday, Dec. 6, 9 a.m.–2 p.m.**

(See p. 11 for a full description.)

Fee: Free**Holiday Candle Making****Tuesday, Dec. 9, 6:30–8 p.m.****Facilitator:** Sandy Rosenberger

It's fun and easy to make candles for yourself or for gifts! Learn how to make container candles, pillars, tea lights and wax melts. Choose from a lot of great scents and make a container candle to take home. Registration and payment are required by Dec. 5.

Fee: \$20**Winter Solstice****Thursday, Dec. 18, 6–8 p.m.****Facilitator:** Emy Sautter

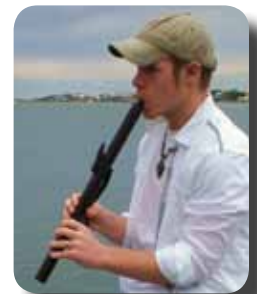
The hearth is the heart of the home, and the sun is Earth's hearth. Both help to warm away night's darkness! Commemorate the standing still of the sun and the blessing of the hearth during the winter solstice at Prairiewoods. Celebrate the day on which the longest night gives way to greater light by participating in an ancient Celtic tradition of blessing the sacred hearth and welcoming the Christmas light. Please bring a symbol of home.

This is part of a series of seasonal celebrations sponsored by Prairiewoods, Matthew 25, Ushers Ferry Historic Village and Indian Creek Nature Center.

Fee: Free-will offering**Native Flute Concert: The Sounds of Winter Solstice****Friday, Dec. 19, 6:30–9 p.m.****Facilitators:** Jonny Lipford & friends

Professional native flute player Jonny Lipford again will grace Prairiewoods' Atrium with his beautiful music.

He will help welcome the new energy of winter with a selection of his soothing songs. Bring some friends, your favorite beverages and delectable snacks and enjoy a relaxing and entertaining evening of live music. Flutes and CDs will be available for purchase. Doors open at 6 p.m.

Fee: Suggested offering of \$10 per person**Hatha Way Yoga****Multiple times each week****Facilitator:** Cindy Hathaway

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. People of all fitness levels are welcome to join a variety of classes led by Cindy Hathaway of Hatha Way Yogi. For a complete schedule, visit www.Prairiewoods.org.

Fee: \$99 for eleven-punch card, \$60 for six-punch card, one punch per session

CONTINUING PROGRAMS

Bridges to Contemplative Living with Thomas Merton

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

Facilitator: Betty Daugherty, FSPA

This program is based on the *Bridges to Contemplative Living* series, which includes writings of Thomas Merton and other spiritual writers. The intent is to encourage contemplative living and growth in the ability to respond to life's events with greater faith.

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 praying in silence. Relax, clear your mind and find God's presence within you during this time of silence and centering prayer. The group meets in the Guest House, and you may join at any time.

Fee: Free-will offering

Men's Prayer Group: Getting Perspective on Life

Every other Thursday
(including Nov. 13), 7–8:30 p.m.

Facilitator: Bob Davis

As they mature, many men undergo a major life transformation from goal driven-ness to receptivity, from ego to wisdom. The transition may seem quite disruptive while on the way to being life-enhancing. Join with a small group of reflective men in honest conversation about life's changes. The group will not meet Nov. 27 or Dec. 25.

Fee: Free-will offering

Prairiewoods Knitters & Stitchers

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

Do you love to knit or crochet? Practice your hobby in the company of new friends! Create beautiful handmade goods for charity and learn new skills as you go. You may join at any time, and donations of materials are accepted with gratitude. The group will not meet Dec. 24.

Fee: Free

Wednesday Women

Every Wednesday, 10–11:30 a.m.

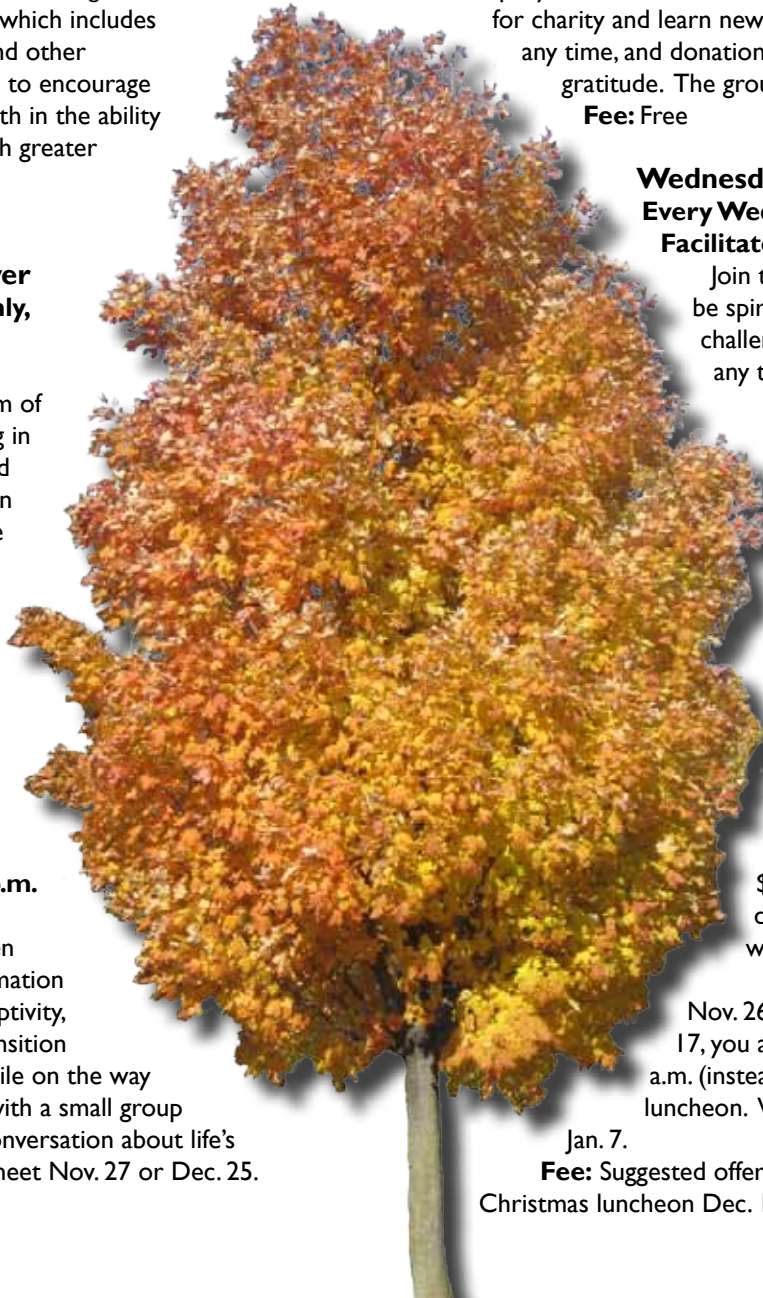
Facilitator: Marj English, OSF

Join this lively group of women to be spiritually enriched, inspired and challenged. You are welcome to come any time!

On Nov. 5, begin discussing *Learning to Walk in the Dark* by Barbara Brown Taylor, the New York Times Bestselling Author of *An Altar in the World*. According to Shauna Niequist, author of *Bread & Wine*, this book is, "A gift to every person who's felt the darkness but not had the words to articulate it, which is to say *it's for all of us*. A truly beautiful book." *Learning to Walk* is available for purchase in the Prairiewoods Office for \$20. For a list of pages to be discussed each week, please visit www.Prairiewoods.org.

The group will not meet Nov. 26, Dec. 24 or Dec. 31. On Dec. 17, you are invited to gather at 11:30 a.m. (instead of 10 a.m.) for a Christmas luncheon. Weekly meetings will resume Jan. 7.

Fee: Suggested offering of \$10 per session (\$20 for Christmas luncheon Dec. 17)



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Support Nonprofits by Giving Alternative Gifts

Are you like other gift buyers? Do you dread the thought that the gifts you give could soon collect dust in a closet, get returned for cash or—God forbid—find their way to the local thrift shop? You want your gifts to be appreciated and to be meaningful! An alternative gift could be the solution to all your fears.

At the **Alternative Gift Market** on **Saturday, Dec. 6**, 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 the global society. (And it is ideal for those on your list who are hard to shop for!)

Choose from a variety of tax-deductible gifts of hope and new life from all over the world or from your own community. **As a nonprofit organization, Prairiewoods will have a booth.** Join us for this fun opportunity to give back to your loved ones and to the community!

The Market will take place Saturday, Dec. 6, from 9 a.m. to 2 p.m. at Echo Hill Presbyterian Church (9000 C Avenue in Marion). Credit cards are accepted, and lunch will be available. For more information, visit www.AGMCR.com or www.facebook.com/AGMCR.



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Don't Let Holiday Gift Giving Stress You Out!

The holiday season is about love and kindness, generosity and gratitude. But sometimes the quest to find the perfect gift or host the best party leads to more stress than serenity.

This year, kick off the Christmas season in festive style at Prairiewoods' annual *Holiday Bazaar* on *Saturday, Nov. 15*. From 8 a.m. to 1 p.m., you can find the perfect gifts for everyone on your list and stock up on baked goods for parties or last-minute house guests. Jump start your holiday season by visiting some of your old favorite vendors, as well as several new ones from the local community. The wide range of gifts you can choose from include pottery, assorted jewelry, scarves, fun socks, children's books, Trappistine caramels, gourmet chocolate pecans and a variety of beautiful hand-crafted items. When you need a break from shopping for friends and family, find refreshment in a fresh baked good or light lunch from our Coffee Corner.

If you want to help make the bazaar a success, you are invited to donate baked goods or craft items, or volunteer your time. To join the fun, please contact Sue Bergman at sbergman@prairiewoods.org or 319-395-6700.

We hope you will join us for the official start of the season at the Holiday Bazaar!

