

Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Evolutionary Consciousness—Becoming One in Love

We're moving! Gail Worcelo, speaker at Prairiewoods' 2015 *Spirituality in the 21st Century* conference, uses the words "We're moving!" to remind us that we are in an evolving universe. And it is in the nature of evolution to move us to a new frontier, toward greater complexity and fuller union.

The idea of evolutionary progress—that "we're moving"—comes out of a belief that this progressive movement is happening on a deeply interior level. It happens when we are able to, as the 13th-century mystic Meister Eckhart says, sink into the hidden ground of our being, to that sacred space where Divine and human merge.

The late Passionist priest Thomas Berry, a cultural historian and man of great spiritual depth, points out that "*not only are we moving, but moving towards deeper expressions of wholeness, unity, relationality and love.*"

It is part of the evolutionary process, which Berry calls "an internal as well as external event" (Berry, *The Sacred Universe*, 74). To him, evolution is not just out there somewhere, it is in us, and it is moving us toward greater communion in the human community and with God, a God who works from within us rather than from without.

Contemplative monk Thomas Merton felt this oneness within the human community as he once stood at a crowded corner of Fourth and Walnut in Louisville. In an oft-cited epiphany describing a moment of mystical insight, he writes: "I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers ... the whole illusion of a separate holy existence is a dream. I saw the secret beauty of

their hearts" (Thomas Merton, *Conjectures of a Guilty Bystander*).

Teilhard de Chardin, a Jesuit paleontologist and pioneering evolutionary thinker, tells us that the process of evolution has always been a movement toward greater complexity, interconnection and a deepening of consciousness. In his *Mass on the World*, he envisioned the universe as having a spiritual as well as a physical dimension, one that faces into the future. It is love that guides this evolution of the world—*love, the "most tremendous, and most mysterious of the cosmic energies."*

This means that as more and more of us practice contemplation, live in mindfulness of Christ's presence within us and love unconditionally, we are moving the world into what Teilhard terms "creative transformation," or "Christogenesis."

In his book, *15 Days of Prayer with Pierre Teilhard de Chardin*, André Dupleix writes, "Today, something is happening to the whole structure of human consciousness. A fresh kind of life is starting. Driven by the forces of love, the fragments of the world are seeking each other, so that the world may come into being."

The new consciousness that is emerging is one that involves all of creation, it is an evolutionary consciousness.

Its hallmark is oneness, an embodied communion that encompasses all creation in its most magnificent and bewildering diversity.

Pope Francis recognizes this in his encyclical, *Laudato Si'*, when he says "Everything is related and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which unites us in fond affection with brother sun, sister moon, brother river and mother earth" (93).

We are indeed moving, urged forward by the God of love who comes to us from the future and who constantly calls us to listen to the deepest yearnings of our hearts, an evolutionary impetus beckoning us toward communion and fullness of life.

by Betty Daugherty, FSPA

This image, taken this fall by NASA's Hubble Space Telescope, shows a spiral galaxy in the constellation Cassiopeia. According to NASA, "The galaxy is currently undergoing an immense burst of star formation. This flurry of activity is shown by the unmistakable blue-hued knots speckling the galaxy's spiral arms, each of which marks a clump of hot newborn stars." As we humans are moving forward, so too are the stars and galaxies and all of creation!



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*"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
— Albert Schweitzer*

In November, we were treated to the phenomenon of the "supermoon"—the closest full moon we'll see until 2034. (1948 was the last time it was this close!) I happened to be outdoors here at Prairiewoods, early in the evening. As I stood in the restored prairie, the sky to my right was full of sunset colors, while a giant ball of orange rapidly descended below the horizon. On my left, the moon arose, huge and round and bright. Stretching one hand toward each ball of cosmic light, while feeling my feet planted firmly on this Earth, I felt profoundly a part of all creation.

As I stood there, I couldn't help but think of Prairiewoods and our connection with you! We marvel at the moon's beauty, knowing it is visible to us only because the sun's light is reflected there. At Prairiewoods, we know that the light and tranquility of this sacred space, and the healing and transformation that occur here, are only possible because of you. Your willingness to join us, your participation, your presence, the many gifts you share with us—these kindle the flame of Prairiewoods. We are truly, profoundly, grateful.

Thomas Merton tells us that "The deepest level of communication is not communication, but communion. It is wordless ... beyond speech ... beyond concept." As we celebrate the holidays and turn to face the new year, we pray for wisdom and communion. May you find both the time and the silence to seek—and (re)discover—that deep communion, to celebrate with us that "All Are One"!

Peace and all good,

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

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

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The following are some upcoming programs. Retreats can be found in the Retreat Brochure insert. For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

Sweat Lodge (Inipi) Ceremony
Saturday, Dec. 31, 1–5 p.m.; &
Saturdays, Jan. 14 & Feb. 11, 4–9 p.m.
Facilitator: Kerry Batteau

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. Participants are asked to bring food for a simple potluck meal after. Registration is requested so that additional protocols and a release form can be mailed to you.
Fee: Suggested offering of \$10 to Prairiewoods

Hatha Way Yoga
Mondays & Thursdays; Jan. 5–Feb. 27; 9:30–10:30 a.m., 4:15–5:15 p.m. & 5:30–6:30 p.m.
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's and Chair Yoga classes each Monday and Thursday. 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

Essential Oils at Prairiewoods
Mondays; Jan. 2, Jan. 16, Jan. 30, Feb. 6 & Feb. 20; 6:30–8 p.m.
Facilitators: Rachel Fischer & Donette Johnson

Join a team of teachers every other Monday to learn more about essential oils and their effective, safe use in this ongoing series. Topics include:

- Introduction to Essential Oils with Rachel Fischer (Jan. 2)
- Essential Oils: Beyond the Basics with Rachel Fischer (Jan. 16)
- Thyroid Support with Essential Oils with Donette Johnson (Jan. 30)
- Green Cleaning with Essential Oils with Rachel Fischer (Feb. 6)

- Pain, Inflammation & Supporting Exercise with Essential Oils with Rachel Fischer (Feb. 20)
Fee: \$5 per session

Wednesday Women
Wednesdays, Jan. 4–Feb. 22, 10–11:30 a.m.

Facilitator: Marj English, OSF
 Join this lively group of women every Wednesday to be spiritually enriched, updated, inspired and challenged—you are welcome to come any time!

On Jan. 4, continue watching and discussing the DVD series *Messages of the Mystics* by Barbara Leonhard, OSF, which will introduce you to Jean Vaneir, an inspiring modern religious icon.

Jan. 11 through March 15, read and discuss *The Unbearable Wholeness of Being: God, Evolution, and the Power of Love* by Iliia Delio, OSF. Sister Iliia, who will be our speaker at our *Spirituality in the 21st Century* conference May 5–6, combines scripture and science to encourage an inclusive spirituality grounded in a modern understanding of our place in the ever-changing universe. Books are available through the Prairiewoods Office for \$22, and reading assignments are listed online.
Fee: \$10 per session



Going Inward with Sounds & Vibrations
Wednesdays; Jan. 4, Jan. 18, Feb. 1 & Feb. 15; 6–7 p.m.

Facilitator: Kathy Broghammer
 Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan singing bowls. During this hour, you will be led in gentle movement through the song of bowls to connect with your inner self, and then be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated as part of the Universe Story!
Fee: Suggested offering of \$10 per session

Bridges to Contemplative Living with Thomas Merton
Thursdays; Jan. 5, Jan. 19, Feb. 2 & Feb. 16; 6:30–8 p.m.
Facilitator: Betty Daugherty, FSPA

Do you want to learn to live a more contemplative life? Come learn from the *Bridges to Contemplative Living* series, which includes musings 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

Now on Mondays!
Drumming for Healing
Mondays; Jan. 9, Jan. 23, Feb. 13 & Feb. 27; 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 are available. All ages welcome! This group meets in the Art Room during winter.
Fee: Free-will offering to facilitator

Prairiewoods Knitters & Stitchers
Tuesdays, Jan. 10 & Feb. 14, 9:30–11 a.m.; & Wednesdays, Jan. 25 & Feb. 22, 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. The 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.
Fee: Free



Offered in Partnership with Cedar Memorial

Mindfulness-Based Stress Reduction (MBSR)

Tuesdays, Jan. 10–Feb. 28,

12:30–3 p.m.; or Thursdays,

Jan. 12–March 2, 5:30–8 p.m.

Combined Extended Class: Saturday, Feb. 18, 9 a.m.–3:30 p.m.

Facilitator: Chris Klug

Prairiewoods is the Linn County home for Mindfulness-Based Stress Reduction (MBSR). Mindfulness is the quality and power of mind that is deeply aware of what's happening—without judgement, commentary or interference. In this eight-week series, you will cultivate the skill of mindfulness through formal and informal meditation practices. Chris Klug, a grief counselor, has been an instructor in the MBSR program at the University of Iowa Hospitals and Clinics since 2001. Please note that you will not receive confirmation of your registration until after you have a personal conversation with Chris.

Fee: \$400 for eight-week series (partial scholarships available through Cedar Memorial)

Information sessions for the spring MBSR series will be Tuesday, Feb. 28, from 8:30–9:30 a.m., and Wednesday, March 1, from 5:30–6:30 p.m.

Evening Centering Prayer

Tuesdays; Jan. 10, Jan. 24, Feb. 14

& Feb. 28; 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

Cedar Valley Flute Society

Wednesdays; Jan. 11, Jan. 25, Feb. 8

& Feb. 22; 6–7:30 p.m.

Facilitator: Jonny Lipford & friends

Are you soothed by the sounds of the Native American-style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute

circle facilitated by award-winning instrumentalist Jonny Lipford and others. Surround yourself with a community of like-minded individuals of all skill levels. Everyone is welcome, even if you don't play the flute!

Fee: Free-will offering

Connecting Past Experiences and Present Pain

Thursday, Jan. 12, 6–8 p.m.

Facilitators: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM; & Karen Sindelar, MA LMT R-DMT HTSM-CP, CCA

Trauma comes in many forms. This workshop will delve into some of the research findings and anecdotal evidence in an effort to understand how childhood trauma can be connected to adult illness. Explore the medical research as well as the holistic and spiritual aspects of trauma and how it can manifest in your life. The process may include short experiential exercises, holistic and integrative practices, spiritual practices, group discussion, and affirmations. (Participants will not be expected to share personal experiences.) The evening will end with a conversation about follow up, integrative medicine practices and ongoing support opportunities.

Fee: \$20 (scholarships available)

T'ai Chi Chih®

Thursdays, Jan. 12–Feb. 16, 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 actions 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 previous experience is necessary. Nancy Hoffman, FSPA, is the holistic services coordinator at Prairiewoods and an accredited T'ai Chi teacher.

Fee: \$60 for six-week series



Men's Prayer Group has a New Name!

Men Exploring Faith

Thursdays; Jan. 12, Jan. 26, Feb. 9 & Feb. 23; 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 and faith's response.

Fee: Free-will offering

Day of Self Renewal

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

Facilitators: Prairiewoods staff

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 energy work, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing touch spiritual ministry, spiritual direction, dream interpretation, Swedish massage, singing bowl body healing, head and shoulder massage or yoga.) Registration, a non-refundable deposit of \$25 and your top three service choices are required at least five days in advance.

Fee: \$95

Singing Bowl Prayer

Mondays, Jan. 16 & Feb. 20,

12:45–1:30 p.m.

Facilitator: Kathy Broghammer

Let the resonant sounds of gemstone and brass singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Some yoga mats and pillows will be available for your complete relaxation.

Fee: \$5 per session

Rohr Discussion Circle

Tuesdays, Jan. 17 & Feb. 21, 5:30–7 p.m.

Facilitator: Prairiewoods staff

Do you enjoy having your conscience pricked or your mind ruffled? Do you seek practical applications of religious teachings in your daily life? Come for a new monthly viewing of a topical presentation by

Father Richard Rohr, OFM, followed by a discussion. Rohr is a Franciscan priest, the founder of the Center for Action and Contemplation, and an internationally recognized ecumenical teacher. He focuses on contemplation and radical compassion, especially for the marginalized, out of a Franciscan perspective. Feel free to bring a meal to enjoy during the viewing.

Fee: \$10

A Morning of Shinrin Yoku (Forest Bathing)

Friday, Jan. 20, 10 a.m.–12 p.m.

(Snow Date: Monday, Jan. 23)

Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Explore the ancient healing path of *shinrin yoku*, or forest bathing, with Dr. Suzanne Bartlett Hackenmiller, a practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally healing environment. Dress to be outside and be with the land in her annual process of resting. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Consider: What if the land actually loves humans? What if it needs us? Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine.

Fee: \$15 (\$9 to add lunch)

A New Series at Prairiewoods!

The Spiritual Dimension of Minimalism & Animal Companionship

Sundays, Jan. 22 & Feb. 19, 2–3:30 p.m.

Facilitators: Jennifer Murphy & Nancy Hoffman, FSPA

Is there a spiritual meaning to camping? Can taking a photo or feeding your cat be spiritual? What could be spiritual about clearing out the clutter after Christmas? Explore the spiritual significance of some typical human activities one Sunday each month in the new *Spiritual Dimension of ...* series. The facilitator will make an opening presentation on the topic, and then invite participants to offer responses, stories and experiences. There might even be show and tell! Expand your awareness of the sacred in everyday life when you join

in these unique conversations! Topics include:

- The Spiritual Dimension of Minimalism with life coach Jennifer Murphy (Jan. 22)
- The Spiritual Dimension of Animal Companionship with Franciscan Sister Nancy Hoffman (Feb. 19)

Fee: Suggested offering of \$10 per session



Life = Change. Transitions: Rediscovering the Spark Within

Friday, Feb. 3, 3:30 p.m.–Sunday, Feb. 5, 4 p.m.

Facilitators: Kathleen Macferran & Mary Mackenzie

This workshop will invite you to find peace amid the chaos, spend less time being stressed, get back to balance faster, speak your truth to anyone, stop being hard on yourself, ask for help when you need it and see beauty in challenges. Led by nationally renowned speakers Kathleen Macferran and Mary Mackenzie, this workshop will use the frameworks of Marshall Rosenberg's *Nonviolent Communication* and William Bridge's *Managing Transitions*.

Fee: \$370 (or \$395 after Jan. 6) includes sessions, materials, lodging, Friday dinner, and Saturday and Sunday breakfast and lunch

Commuter Fee: \$260 (or \$285 after Jan. 6) includes sessions, materials, Friday dinner, and Saturday and Sunday lunch

Conscious Aging Workshop

Tuesdays, Feb. 7–March 28, 1–3 p.m.

Facilitator: Joann Gehling, FSPA

Does your own aging leave you feeling afraid, lonely or less capable? As a participant in this eight-week series, you will use the exclusive workbook *Conscious Aging: Cultivate Wisdom, Connect with Others, Celebrate Life* by Kathleen Erickson-Freeman to learn how to:

- Explore any self-limiting beliefs or assumptions you may have about aging to help you make better choices
- Develop compassion for yourself to help you cope more effectively with aging-related change, worry and stress
- Reflect on what has given your life meaning and how that informs your intentions for your own aging
- Limit your isolation by accepting your shared humanity in the aging process
- Accept and reduce your fear around the topics of death and dying

The workshop will focus on listening to your own inner wisdom and guidance, integrating Talking Points and best practices, sharing in intimate conversation circles and listening to the collective wisdom of the group. Registration is requested by Jan. 31. **Fee:** \$150 for eight-week series includes workbook (partial scholarships available)

Seeing IS Believing: Visio Divina

see website for days and times

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 contemplative 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. Art images are usually borrowed from *The Saint John's Bible*, a hand-written, hand-illuminated Bible.

Fee: \$10 per session (\$9 to add lunch)

Lectionary-Based Faith Sharing

see website for days and times

Facilitator: Rodney Bluml

Meet with other 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. 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: \$5 per session

Introducing a New Winter Film Series

Get out of the house and cozy up at Prairiewoods for the new *Winter Film Series*. It's sure to shed light on a variety of thought-provoking topics! Feel free to bring snacks, enjoy the film and stay after for conversation about the film's topic.

Samsara

Sunday, Jan. 29, 2–4 p.m.

Facilitator: Emy Sautter

Samsara means “the ever turning wheel of life” in Sanskrit. This non-verbal film will take you on a visual journey through the interconnection of all life. Filmed over a period of almost five years and in twenty-five countries, *Samsara* explores sacred grounds, industrial sites and natural wonders. *Samsara* is not a traditional documentary, as it is without dialogue or text; instead it encourages an inner interpretation, almost like a brilliantly-visual guided meditation. According to its creators: “*Samsara* explores the wonders of our world from the mundane to the miraculous, looking into the reaches of man’s spirituality and the human experience. Through powerful images, the film illuminates the links between humanity and the rest of nature, showing how our life cycle mirrors the rhythm of the planet.” Registration is requested (but not required) by Jan. 27. **Fee:** Free-will offering to help establish permaculture landscaping at Prairiewoods

Divided We Fall

Sunday, Feb. 26, 2–4 p.m.

Facilitator: Emy Sautter

In a time of escalating hate and division in America, *Divided We Fall* tells a story of combating hate with love and unyielding optimism. In the aftermath of Sept. 11, a college student journeyed across America with a camera and captured stories of hate and healing in the Sikh American community. What began as a solitary journey to document untold stories became an award-winning documentary film that inspired a movement for brave new dialogue about race and religion in America. Considered the definitive film on the Sikh experience since 9/11, it is a powerful film for all audiences. According to Diana Eck of Harvard University, this film is “a starting point for the new dialogue on race and religion that is essential for America’s future.” Registration is requested (but not required) by Feb. 24. **Fee:** Free-will offering for inter-religious education

A Thousand Voices

Sunday March 19, 2–4 p.m.

Facilitator: Yvette Neshi Lokotz, cofounder of *Star Nations Magazine & Radio Network*

In *A Thousand Voices*, strong tribal women will lead you through the history of the invasions of the American Southwest while also explaining how those invasions changed their roles as women. This eye-opening film shatters stereotypes and features interviews with women from a variety of tribes from the southwestern United States. *A Thousand Voices* is a documentary in which, according to its creators, “Each woman tells a story deeply rooted to her culture ... and the ‘thousand voices’ that precede her.” Yvette Neshi Lokotz is a drum maker, teacher of Native American Medicine and Medicine Dress Dancer. She is an enrolled tribal member of the Prairie Band Potawatomi Nation. Registration is requested (but not required) by March 17. **Fee:** Free-will offering to the Water Protectors at Standing Rock

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In honor of the sisters & staff at Prairiewoods Mark & Pat McCright
In honor of Lucy Slinger, FSPA, for her work with the Prairiewoods land
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Important Dates for 2017

Prairiewoods is planning some of our biggest events for next year. Please put them in your calendar today so you don't miss a moment! (For other important dates, please check www.Prairiewoods.org regularly.)

Spirituality in the 21st Century with Ilia Delio, OSF, & Sara Thomsen: May 5-6
Garden Party: June 3
Sweetgrass Flute & Nature Festival: Sept. 29-Oct. 1 (with the Blessing of the Animals Oct. 1)
Holiday Bazaar: Nov. 18



120 E Boyson Rd
Hiawatha IA 52233

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Jesus' prayer for the unity of all was: "...^a that they may become completely one,^b so that the world may know that you have sent me and^c loved them even as^d you loved me."

—John 17:23

In a divided world, may the winter holidays remind us that we are meant to be one.

Merry Christmas
from **PRAIRIEWOODS**

Prairiewoods

March/April 2017

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

moving from
ME → WE

God is the newness of everything that is and is coming to be. God is ever newness in love. Transcendence, therefore, is the future beyond that draws us in the present moment toward greater wholeness and unity.

—Ilia Delio, OSF, *The Emergent Christ*

How hopeful it is to know that God is newness, always bringing something forward to help us continue our movement into the future! Ilia is telling us that we—those of us present in this moment of history—are being drawn by God's love to a future of greater wholeness and unity. *Something new is coming to be.*

Although, in our present mindset, we may have an image of ourselves as separate, disconnected individuals, we know that this is not true. We actually are part of a great web of relationships, living in a universe that is dynamic and interconnected. And, as Thomas Merton said, "God is shining through it all the time."

The entire world that we can see—the broad sky, deep oceans, mighty mountains and fragrant woodlands, creatures that can fly, crawl or walk in grace, beauty and dignity, people of all nations, all races, all religions—are joined together in a great evolutionary monstrosity. And as Paul tells us in Colossians 1:17, all is held together in Christ.

Ilia Delio, OSF, writes in *The Emergent Christ* that Jesus "symbolizes a new unity in creation: non-duality, reconciling love, healing mercy, and compassion. Jesus brings a 'new heart' to humanity, both on the individual and the collective planes." She writes about Jesus ushering in a new understanding of how God is present in history, in the everyday world of life (p. 56).

Scientists speak to this unity. They describe the pattern of movement within our evolutionary story that has always led toward greater union. Atoms, by connecting with one another, make themselves into molecules, which connect to form cells. What is happening now at the human level is a new connecting of creative energy that does away with our sense of separateness, our isolation from one another. *Something new is coming to be.*

Pope Francis too reminds us in *Laudato Si'* that "the world, created according to the divine model, is a web of relationships." He speaks of the constant and secretly interwoven connections that exist throughout the universe and the need we have to

go out from ourselves "to live in communion with God, with others and with all creatures." He writes,

"Everything is interconnected, and this invites us to develop a spirituality of that global solidarity which flows from the mystery of the Trinity" (240).

The political, cultural, national and international world in which we find ourselves seems far from united. And yet we are assured that the long, slow process of evolution is now at work in human consciousness. Technology, travel, pilgrimage, international organizations dedicated to securing peace and protecting the environment all bring us together. The support from around the world still flowing toward the water protectors at Standing Rock is only one instance, showing that our sense of family, the reality of our profound interrelatedness is now growing.

There is something going on in the universe. John Haught, a former speaker at our *Spirituality in the 21st Century* event, writes in *Christianity and Science: Toward a Theology of Nature* that it would be a pity for us to go through life without an awareness that each of us is a part of the great work of increasing the universe more than what it has been. "Without first seeing that something momentous is already going on in the universe, our hopes and moral aspirations will lack power, drama, and spirit of adventure they might otherwise have" (pp. 67–68).

The something new that is coming to be is the great shift of human consciousness, leaving behind our sense of separateness, our ego selves, and moving into a sense of interconnectedness and community. *It can be called a shift from "me" to "we."* We are being lured by the God of Love who is bringing us forward into greater unity with one another and with all of creation. How can we get to the future to which we are called? How do we find the path that takes us across all the distances that divide us? People are finding hope in:

- finding those times and places where we sit down face to face with people whose faith or culture or race is different from ours to share our common experiences within our diversity
- attending to our own interior, our attitudes, our intentions, our commitments and the actions that flow from a new consciousness of our relatedness
- remembering the power of prayer and especially of contemplative prayer in which we open ourselves to the work of the Divine within us.

by Betty Daugherty, FSPA

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Growing up with five siblings (all six of us born in a 9-year span) meant that there were very few things in our household that were considered under private ownership. Most things were “ours.” To this day, if one of the siblings accidentally says, “My mom ...,” they are mercilessly teased for not saying, “Our mom ...”!

In some ways, this way of relating to ownership of things was countercultural. As a child, I often longed for something that was just mine—a doll, a book, a bedroom—like most of my friends had. As an adult, I appreciate that it taught me to view the world as inherently shared with a vast family. I like to think that my childhood orientation helps me make the shift from *me/mine* to *we/ours* in my perspective and in my spiritual life; that it helps me to shift toward the wholeness described by Ilia Delio, OSF:

“We are relational beings through and through, and our primal relation is to the whole, including family, community, nation, globe, and planet earth. In other words, the evolution of wholeness is intrinsic to being human; catholicity is wired into our DNA. If evolution is the rise of wholeness and consciousness, it is also the rise of catholicity. We emerge from the whole; we evolve to higher levels of complexity and consciousness. Nature reveals intrinsic wholeness, but the whole is not constrained by biological life; rather, on the level of the human person the whole is open to becoming more whole, oriented to transcend itself, as life stretches toward absolute unity.”

—Ilia Delio, OSF, *Making All Things New: Catholicity, Cosmology, Consciousness*, p. 71

At Prairiewoods, just as spring emerges from winter, we see an emerging consciousness inviting us to shift from an ego-centric to an eco-centric awareness. Everything is connected! From our retreats to our programs to our care for the earth, we are celebrating this connection, this shift from *me* to *we*. Personally, I look forward to welcoming Ilia Delio to our annual *Spirituality in the 21st Century* event, May 5–6. I hope you'll be able to join us for this conference—and for our other programs and retreats—as we celebrate and explore emerging wholeness!

Peace and all good,

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

Mission: 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 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



The following are some upcoming retreats. Programs begin on page 6. For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

Finding Fantastic Beasts: A Spring Break Adventure Monday, March 13–Wednesday, March 15, 9 a.m.–3 p.m.

Facilitator: Laura Weber

Spring Break in Cedar Rapids offers exciting possibilities for exploring the magic of the fantastic creatures of Prairiewoods! In this Potter-esque retreat, seekers will be sorted into their houses and will use Marauders' maps to enter portals of discovery in the wildness of creation in springtime! Discover woodpeckers and owls, foxes and turkeys, hawks, deer and bullfrogs, and insects too small to survive a sneeze! This retreat is aimed at the young of heart who are at least 11 years old.

Commuter Fee: \$25 per day includes lunch (*You may register for days individually or for the full three-day retreat.*)



In Preparation for Emerging Wholeness!

Who are the WE We're Becoming?

Friday, March 17, 6:30 p.m.–Sunday, March 19, 1 p.m.

Facilitators: Bayo Akomolafe (via internet); Ellen Bruckner; Ann Jackson, PBVM; & Laura Weber

In this moment of history, humans are poised to spiral into a new phase of spiritual awareness and conscious evolution. Never before have we been so aware of our interconnectedness! Explore a communal field awareness—a shared field of energy and intention. Intentionally choosing to release the ego's need for domination, you can open to an energizing "we-space," where co-creative dialogue emerges. Meditative practices will help you lean into this larger field, sense the communal energy as a whole, expand your capacity for listening and engage authentic dialogue.

Fee: \$230 includes sessions, Saturday lunch and dinner, and Sunday lunch

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



Jesus' Way: The Costly Grace of Radical Inclusion Friday, March 17, 6:30 p.m.–Sunday, March 19, 1 p.m.

Facilitator: Anthony Gittins, CSSp

Identify the significance of Jesus' understanding of discipleship as radically inclusive and radically equal. One way of approaching this is to visualize Jesus at the center of a series of concentric circles of people of various social statuses and religious conditions. Then



look more closely at some women and men called to discipleship from different circumstances, and apply insights to your own contemporary life. Jesus' invitation to the disciples reaches out to you from across the millennia: "Come to the center!"

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

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

Perfectly Imperfect: Re-Writing Our Stories with Compassion

Friday, April 7, 6:30 p.m.–Sunday, April 9, 1 p.m.

Facilitator: Tom Roberts, LCSW, LMFT

Progress in the spiritual journey is not about achieving perfection. Rather it is an invitation to inquire openly about how the divine is expressed in everyday life. You may miss opportunities to deepen your spiritual growth by ignoring how your imperfections are actually the grist for the mill. Embrace your imperfections in order to become free from old fears and self-doubts! During this retreat, explore stories that keep you from relating to your imperfections with patience and compassion. Seek to discover divine strength in the dark and difficult places through a creative process of re-writing your story to more accurately reflect your true and divine self. Through the exploration of time-honored contemplative spiritual/healing practices, you will enter a depth of healing that is integral to the spiritual path.

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

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



Active Hope: The Work that Reconnects Friday, April 7, 6:30 p.m.–Sunday, April 9, 3 p.m.

Facilitator: Kathleen Rude

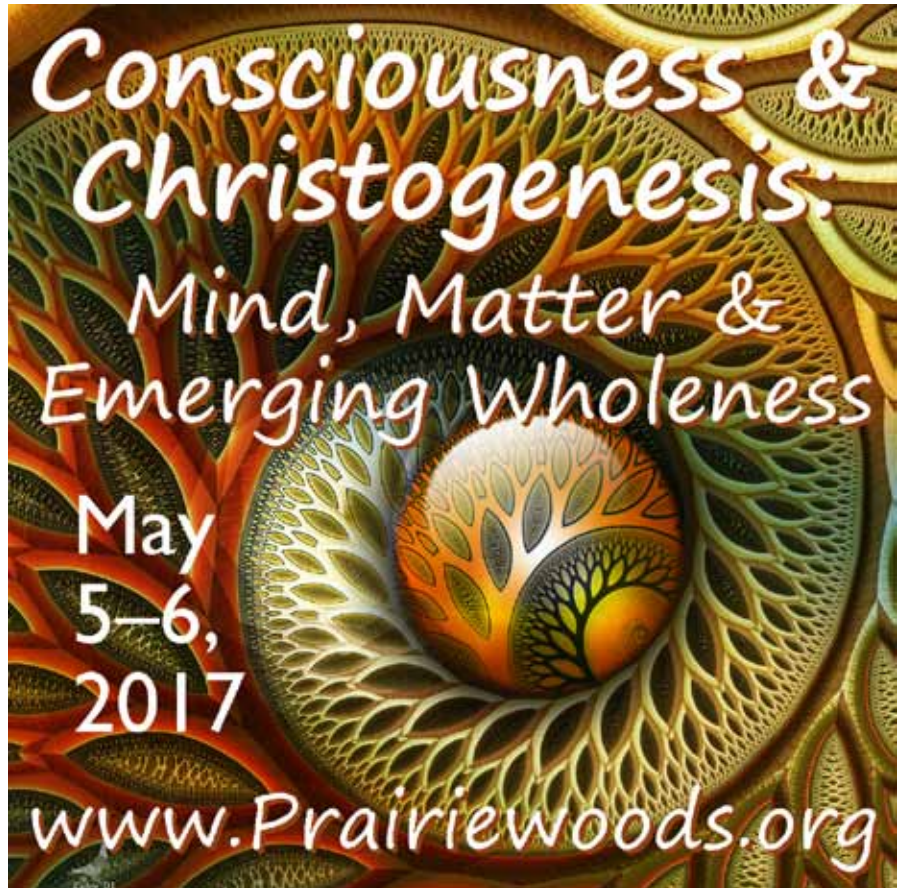
Find resilience, compassion and empowerment in troubled times! How can you respond to today's challenges and continue your work in the world without burning out, numbing out or losing heart? You can choose to practice *Active Hope*, a way of living with purpose to help bring about the kind of world for which you hope.

This interactive retreat is based on *The Work that Reconnects*, developed by Joanna Macy, author, eco-philosopher and activist. It will help you transform fear and despair into inspiration and empowerment. Experience the healing power of gratitude, find compassion in honoring your pain for the world, embrace your connections with each other and all life on this planet, and realize your potential to make a difference!

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

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





A new era celebrating convergence is upon us! Humanity is at the precipice of an evolutionary watershed, one in which loving union is the oceanic flow that buoys our emergent future. We are intentionally evolving into a species that reveres the inter-connection of all life, consciously choosing the breadth and depth of our predilection for love and wholeness. We are opting for all that unites us for the good of all creation.

In this year's edition of *Spirituality in the 21st Century*, Ilia Delio, OSF, will steer us into the trembling waters of God's magnificent, emergent creation through the lens of evolutionary consciousness. Drawing upon the work of evolutionary philosopher and paleontologist Pierre Teilhard de Chardin, SJ, Ilia will offer

her reflections on Teilhard's notion of "Christogenesis," or the advent of the Cosmic Christ, whose Body inheres in the whole of creation. As the universe expands and evolves with greater complexity, it tends toward fuller and more profound union. With the convergence of consciousness, we are becoming the very extension of God's creative and loving impetus—alive and active—in the unfolding of the universe.

Complementing the profundity of the weekend gathering is the musical accompaniment of the soulful Sara Thomsen, whose music is a soothing water for the parched spirit, and whose melodies sing through us, reaching out to all our relations and crying out with abundant joy: "*We are one!*"

"All my relations, come! Every nation, come, all my relations under the sun. We are one!"

—*Water is Life*,
music and lyrics by Sara Thomsen

with facilitator *Ilia Delio, OSF*
& musician *Sara Thomsen*

Friday, May 5, 7-9 p.m., &
Saturday, May 6, 9 a.m.-3:30 p.m.

at *St. Ludmila's Catholic Church*
211 21st Ave Southwest
Cedar Rapids, Iowa 52404

hope FOR Emerging FOR Wholeness

“Love takes what is deepest within us, unites, and brings us into a new world. Love alone is our true reality.”

—Ilia Delio, OSF



Ilia Delio, OSF, is a Franciscan Sister of Washington, DC, and American theologian specializing in the area of science and religion, with interests in evolution,

physics and neuroscience, and the import of these for theology. Ilia currently holds the Josephine C. Connelly Endowed Chair in Theology at Villanova University and is the author of seventeen books. More information about her can be found at www.OmegaCenter.Info/Ilia-Delio.

Sara Thomsen is an artist of the melody, whose music touches the soul and invites us to respond for the good of the global community. Sara’s gentle, soulful and uplifting acoustical renderings celebrate the beauty of the cosmos and call us into fuller communion with the global family. Check out Sara’s website at www.SaraThomsen.com.



Conference Registration

The cost of the two-day conference is \$75 and includes Saturday lunch. (After April 15, the cost is \$80.) Friday only is \$25, and Saturday only is \$50, including lunch.

Limited lodging is available at Prairiewoods for \$50 per night or \$75 for a double (includes breakfast) by calling 319-395-6700.

Additional lodging is available at Country Inn & Suites in Cedar Rapids for \$92 per night for one king bed or \$94 for two queen beds (includes hot breakfast) by calling 319-294-8700 and asking for the Prairiewoods block.

“I find hope when I witness people coming together and boldly standing for love, for compassion, for care of the earth despite all the forces that erode and diminish. I see their lights shining and I’m able to look inward, re-ignite my own flame, and move with courage into the storm.”

—Sara Thomsen

Offered in Partnership with Cedar Memorial

Mindfulness-Based Stress Reduction (MBSR)

Information Sessions: Tuesday, Feb. 28, 8:30–9:30 a.m., **or** Thursday, March 2, 5:30–6:30 p.m.

Eight-Week Series: Tuesdays, March 7–May 2, 8:30–11 a.m., **or** Thursdays, March 9–May 4, 5:30–8 p.m.

Combined Retreat Day: Saturday, April 8, 9 a.m.–3:30 p.m.

Facilitator: Chris Klug

Mindfulness is the quality and power of mind that is deeply aware of what's happening—without judgement, commentary or interference. In this eight-week Mindfulness-Based Stress Reduction (MBSR) series, cultivate mindfulness through formal and informal meditation practices. Chris Klug, a grief counselor, has been an instructor in the MBSR program at the University of Iowa Hospitals and Clinics since 2001. (You will not receive confirmation of registration until you have a personal conversation with Chris.)

Fee: Free for information session, \$400 for eight-week series (partial scholarships available through Cedar Memorial)

Wednesday Women

Wednesdays, March 1–April 26, 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!

March 1–15, continue reading and discussing *The Unbearable Wholeness of Being: God, Evolution, and the Power of Love* by Ilia Delio, OSF. (Sister Ilia will be the speaker at our *Spirituality in the 21st Century* event, May 5–6.)

March 22–April 5, view and discuss the DVD series *Opportunities for Conversion: Your Questions, Your Moments of Graced Awareness, and Your Losses* by Barbara Leonhard, OSF.

April 12–May 31, read and discuss *The Divine Dance: The Trinity and Your Transformation* by Richard Rohr with Mike Morrell. This book makes God's presence as a surprising gift, friend and even dance accessible and practical. Reading assignments are available at www.Prairiewoods.org.

Fee: \$10 per session

Tai Chi & Qigong

Wednesdays, March 1–April 12, 2–3:15 p.m.

Facilitator: Gerry Hopkins

Tai Chi is a martial art often practiced as a gentle form of exercise and mindful meditation. Qigong consists of a variety of Chinese therapeutic exercises that have been around for at least 2,500 years. Tai Chi and Qigong are excellent exercises because anyone can do them, they can be done anywhere standing or seated, and they require no special equipment. These meditative exercises can help control stress and improve your sense of well-being; there is compelling evidence that they can improve balance, support your immune system, improve cardiovascular health, and increase strength and flexibility. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 19 years.

Fee: \$50 for six-week series or \$10 per session

Going Inward with Sounds and Vibrations

Wednesdays; March 1, March 15, April 5 & April 19; 6–7 p.m.

Facilitator: Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan singing bowls. During this hour, you will be led in gentle movement through the song of bowls to connect with your inner self, and then be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated as part of the Universe Story!

Fee: \$10 per session



Hatha Way Yoga

Mondays & Thursdays;

March 2–April 27; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.

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's and Chair Yoga classes each Monday and Thursday. (Beginning March 1, Chair Yoga will now be held at 10:45 a.m.) 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

Bridges to Contemplative Living with Thomas Merton

Thursdays; March 2, March 16, April 6 & April 20; 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This program is based on the *Bridges to Contemplative Living* series, which includes musings 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

A Morning of Shinrin Yoku (Forest Immersion)

Monday, March 6, 10 a.m.–12 p.m. (Snow Date: Friday, March 10)

Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Explore the ancient healing path of *shinrin yoku*, or forest immersion, with Dr. Suzanne Bartlett Hackenmiller, a practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally-healing environment. Dress to be outside and be with the land in her annual process of waking up. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Consider: What if the land actually loves humans? What if it needs us? Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine.

Fee: \$20 (\$9 to add lunch)

**Essential Oils at Prairiewoods
Mondays; March 6, March 20, April 3
& April 17; 6:30–8 p.m.**

Facilitator: Rachel Fischer

Join Rachel Fischer every other Monday evening to learn more about essential oils and their effective, safe use in this ongoing series. Topics include:

- Introduction to Essential Oils (March 6)
- Beyond the Basics of Essential Oils (March 20)
- Attending to Sleep, Stress & Emotions with Essential Oils (April 3)
- Pain, Inflammation & Supporting Exercise with Essential Oils (April 17)

Fee: \$5 per session

Now on Tuesday afternoons!

**Seeing IS Believing: Visio Divina
Tuesdays; March 7, March 21, April 4
& April 18; 1–3 p.m.**

Facilitator: Rodney Bluml

Come together in a circle of trust to integrate imagination, learning and prayer through the contemplative 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. Art images are borrowed from *The Saint John's Bible*, a hand-written, hand-illuminated Bible.

Fee: \$10 per session (\$9 to add lunch)



**Cedar Valley Flute Society
Wednesdays; March 8, March 22,
April 12 & April 26; 6–7:30 p.m.**

Facilitator: Jonny Lipford & friends

Are you soothed by the sounds of the Native American-style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute circle facilitated by award-winning instrumentalist Jonny Lipford and others. Surround yourself with a community of like-minded individuals of all skill levels. Everyone is welcome, even if you don't play the flute!

Fee: Free-will offering

**Men Exploring Faith (previously
Men's Prayer Group)**

Thursdays; March 9, March 23, April 13 & April 27; 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 and faith's response. Come get perspective on life!

Fee: Free-will offering

**Ceramic Finger Labyrinth
Thursday, March 9, 6:30–8 p.m.**

Facilitator: Katie Baczeski, The Ceramics Center

Labyrinths have been used for meditation and prayer for thousands of years. Create your own ceramic finger labyrinth—made specifically to fit your fingers—in this hands-on workshop. No experience is necessary—simply bring a creative spirit! The labyrinth will be formed the night of the class and will be fired and glazed for later pickup at the Ceramics Center. This class will be limited to 15 participants, and registration and payment are required by March 8.

Fee: \$25 includes instruction, patterns,

clay, use of tools, kiln firing and glaze



**Vino Van Gogh
Friday,
March 10,
6–9 p.m.**

Facilitator:

Vino van Gogh artist

Celebrate the changing seasons by painting your own work of art, *Bridge to Spring*, while enjoying some wine and the company of friends! No experience is necessary, and all ages are welcome.

Fee: \$50 (\$45 for those under 21 years old) includes canvas, art supplies, instruction, apron and refreshments



Save the Date! for these upcoming programs:

- **Women in Interfaith Dialogue** with Dr. Paula Sanchini, Mary Beth Seaman & Virginia Melroy (Saturday, April 29, 10 a.m.–3 p.m.)
- **Coming to Peace: Methods of Conflict Resolution** with Isa Gucciardi, Ph.D. (Tuesday, May 9, 6–9 p.m.)
- **Expanding Consciousness: The Four Immeasurables** with Isa Gucciardi, Ph.D. (Wednesday, May 10, 6–9 p.m.)

For more information, visit www.Prairiewoods.org.

**Sweat Lodge (Inipi) Ceremony
Saturdays; March 11, March 25,
April 8 & April 29; 4–9 p.m.**

Facilitator: Kerry Batteau

Participate in an ancient Sweat Lodge Ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which you sit on the earth around heated stones. Please bring food for a simple potluck meal. Registration is requested so that additional protocols can be mailed to you.

Fee: Suggested offering of \$10 to Prairiewoods

**Drumming for Healing
Mondays; March 13, March 27,
April 10 & April 24; 6–7 p.m.**

Facilitator: Sheri Mealhouse (Hawkwoman)

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 all ages are welcome. Percussion instruments are available. This group meets in the Art Room.

Fee: Free-will offering to facilitator

Now on Tuesday afternoons!
**Lectionary-Based Faith Sharing
Tuesdays; March 14, March 28,
April 11 & April 25, 1–3 p.m.**

Facilitator: Rodney Bluml

Meet with other 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. Raise questions, feelings and impressions for dialogue. The sessions stand alone, so you may attend one or all.
Fee: \$5 per session (\$9 to add lunch)

Prairiewoods Knitters & Stitchers

Tuesdays, March 14 & April 11, 9:30–11 a.m.; & Wednesdays, March 22 & April 26, 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 accepted.

Fee: Free

Evening Centering Prayer

Tuesdays, March 14, March 28, April 11 & April 25; 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. This group meets in the Guest House, and you may join at any time.

Fee: Free-will offering

Rohr Discussion Circle

Tuesdays, March 14 & April 11, 5:30–7 p.m.

Facilitators: Prairiewoods staff

Do you enjoy having your conscience pricked or your mind ruffled? Do you seek practical applications of spiritual teachings in your daily life? Come for a monthly viewing of a topical presentation by Father Richard Rohr, OFM, followed by a discussion. Rohr is a Franciscan priest, the founder of the Center for Action and Contemplation, and an internationally recognized ecumenical teacher. He focuses on contemplation and radical compassion, especially for the marginalized, from a Franciscan perspective. Feel free to bring your dinner.

Fee: \$10 per session

Joyful Gardening Series

Creating Fairy & Gnome Houses

Wednesday, March 15, 6:30–8:30 p.m.

Facilitator: Emy Sautter & Jen Kardos, Backyard Abundance

Have you ever wanted to create a fairy garden for yourself or your family? Come create fairy and gnome houses using recycled treasures! In this hands-on workshop, you also will learn about and plant fairy-size edible plants that can be grown in your fairy garden. Registration and payment are required by March 13.

Fee: \$20 includes all materials

Watch for more classes in the Joyful Gardening Series throughout the year, including Joyful Community Gardening Week, May 17–19!



Winter Film Series

A Thousand Voices

Sunday, March 19, 2–4 p.m.

Facilitator: Yvette Neshi Lokotz, cofounder of *Star Nations Magazine & Radio Network*

Get out of the house and cozy up at Prairiewoods for the *Winter Film Series*. On March 19, watch *A Thousand Voices*, in which strong tribal women tell the history of the invasions of the American Southwest while also explaining how those invasions changed their roles as women. This eye-opening film shatters stereotypes and features interviews with women from a variety of tribes from the southwestern United States. *A Thousand Voices* is a documentary in which, according to its creators, "Each woman tells a story deeply rooted to her culture ... and the 'thousand voices' that precede her." Feel free to bring snacks, enjoy the film and stay after for conversation with Yvette Neshi Lokotz, a drum maker, teacher of Native American Medicine, Medicine Dress Dancer and enrolled Potawatomi Nation member. Registration is requested by March 17.

Fee: Free-will offering to the Water Protectors at Standing Rock

Waves of Serenity: New Music for your Soul

Sunday, March 19, 6–8:30 p.m.

Facilitator: Jonny Lipford

Come to Prairiewoods to breathe into the spring equinox with the soothing sounds of Jonny Lipford on the Native American-style flute. Jonny will offer soul-touching new music just released on his *Waves of Serenity* CD. Feel free to bring your own refreshments to this coffee-house style concert, which will be intimate and relaxing.

Fee: Suggested offering of \$10



Day of Self Renewal

Mondays, March 20 & April 10, 8:30 a.m.–4:30 p.m.

Facilitators: Prairiewoods staff

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 energy work, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing touch spiritual ministry, spiritual direction, dream interpretation, Swedish massage, reflexology, singing bowl body healing, head and shoulder massage, or yoga.) Registration, a non-refundable deposit of \$25 and your top three service choices are required at least five days in advance.

Fee: \$95

Singing Bowl Prayer

Mondays, March 20 & April 10, 12:45–1:30 p.m.

Facilitator: Kathy Broghammer

Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. Let the resonant sounds of Himalayan and crystal singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Just receive and breathe! Some yoga mats and pillows will be available.

Fee: \$5

Climate Change Community Readers Group

Wednesdays; March 22, April 19 & May 17; 2–4 p.m.

Facilitator: Max Lieberman

Meet with other environmentally-minded community members to read current books about climate change. Seek to deepen your understanding of the causes and consequences of climate change and look at possible responses. This is a great opportunity to connect with others who care about the planet and be inspired to act for a more environmentally-sound future! Please come prepared to discuss:

- *This Changes Everything* by Naomi Klein (March 22)
- *A Sugar Creek Chronicle* by Iowan Connie Mutel (April 19)
- *Earth Democracy* by activist and scientist Vandana Shiva (May 17)

Fee: Free-will offering

From the Institute of Spiritual Healing & Aromatherapy Essential Oils for Ancient Wisdom for Modern Times (Certification in Clinical Aromatherapy class 301)

Friday, March 24, 5:30 p.m.–Sunday, March 26, 6 p.m.

Facilitator: Deb Reis, RN, MSN, HN, CHTP, HTSM-CP/I, CCA

This is an exciting opportunity for you to learn more about essential oils and receive Certification in Clinical Aromatherapy if you complete all of the course work. For more information or to register, visit www.ISHAhealing.com.

Fee: \$450 plus lodging and meals

"The Spiritual Dimension of ..." Series

The Spiritual Dimension of Singing Bowls & Gardening
Sundays, March 12 & April 23, 2–3:30 p.m.

Facilitators: Kathy Broghammer & Emy Sautter

Is there a spiritual meaning to camping? Can taking a photo or feeding your cat be spiritual? Explore the spiritual significance of typical human activities one Sunday each month in the *Spiritual Dimension of ...* series. The facilitator will make an opening presentation on

the topic and then invite participants to offer responses, stories and experiences. Expand your awareness of the sacred in everyday life when you join in these unique conversations! Topics include:

- The Spiritual Dimension of Singing Bowls with Kathy Broghammer (March 12)
- The Spiritual Dimension of Gardening with Emy Sautter (April 23)

Fee: Suggested offering of \$10 per session

Make Your Own Rain Barrel

Thursday, March 30, 6–8 p.m.

Facilitator: Emy Sautter

Rain barrels collect rain water from your rooftop for watering your yard and plants. They save water, lower water bills and reduce stormwater runoff. But buying

a rain barrel can cost \$100 or more. Build your own rain barrel for free and find pride in doing it yourself! This hands-on workshop includes a barrel, screen and spigot, all for free thanks to a Greater Cedar Rapids Community Foundation grant. The class will be limited to 15 participants, and registration is required by March 29.

Fee: Free



Connecting Past Experiences & Present Pain

Thursday, March 30, 7–9 p.m.

Facilitators: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM; & Karen Sindelar, MA LMT R-DMT HTSM-CP, CCA

Trauma comes in many forms. Delve into some of the research and anecdotal evidence to understand how childhood trauma can be connected to adult illness. Explore the medical research as well as holistic and spiritual aspects of trauma and how it can manifest in your life. The process may include short experiential exercises, holistic and integrative practices, spiritual practices, group discussion and affirmations. (Participants will not be expected to share personal experiences.)

Fee: \$20 (scholarships available)

Tiny House Talks

Tuesdays; April 18, May 2 & May 16; 6:30–8:30 p.m.

Facilitators: various community members

Curious about tiny houses? Does the idea of downsizing and leading a simpler life sound appealing? Tiny houses are more than just small homes—they represent a shift toward less stuff and a more mindful life. This three-part series includes:

- Introduction to Tiny Houses (April 18; come from 5–6 p.m. to tour a Hermitage, a tiny living space)
- Building Codes & Zoning Regulations (May 2)
- Design (May 16)

Registration is requested by the day before.

Fee: \$25 for three-week series or \$10 per session

Joyful Gardening Series Grow Your Own Mushrooms

Thursday, April 20, 6:30–8:30 p.m.

Facilitator: Todd Mills

Do you want to grow mushrooms? Learn the ins and outs of mushroom cultivation on hardwood logs! This is a hands-on workshop in which you'll help establish shitake and oyster mushroom logs, as well as learn inoculation techniques, log care, and stacking methods for both incubation and cultivation. If you have a shady place in your yard, bring a hardwood log and go home with your own starter kit. This will be held outdoors, so please dress for the weather. Registration and payment are required by April 18.

Fee: \$15

Opening to an Extraordinary Life

Friday, April 21, 6–9 p.m., & Saturday, April 22, 9 a.m.–5 p.m.

Facilitators: Professor Dave Gould & Jennifer New

How do you not only stay awake to the beauty of life, but dare to believe you can live an extraordinary life? Use storytelling, movement and writing to reconnect with what it feels like to be fully alive! Learn techniques to weave into your daily life and reflective practices to help reassess your current habits and shift toward new ones.

Fee: \$190 includes sessions, materials, lodging, and Saturday breakfast and lunch (or share a room for \$180 each)

Commuter Fee: \$140 includes sessions, materials and Saturday lunch

Donors (Nov. & Dec. 2016)

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

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Prairiewoods' annual
*Spirituality in the
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event has brought you
speakers like Marcus Borg,
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This May, we're bringing you

*Ilia Delio, OSF
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Come find hope
for emerging wholeness!

See pages 4–5 for complete details.

**Consciousness &
Christogenesis:
Mind, Matter &
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May
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May/June 2017

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

All Are Invited to Prairiewoods Garden Party, June 3

Spring: the time of year for planting and tending our gardens! Please join us for our annual Garden Party, where we will celebrate together the bounty of the past year, while also:

Planting Seeds of Love: Funds raised at the Garden Party support our programs, retreats and services and the many guests and participants who experience welcome, healing and nurturing through connection with Prairiewoods!

Planting Seeds of Hope: Your generous support helps ensure that Prairiewoods continues to be a place of peace and transformation into the future!

Planting Seeds of Faith: Prairiewoods celebrates all of creation, offering individuals of all faiths the space and opportunity to deepen their relationships with God, self, others and all of creation!

The festivities include:

- **5 p.m. Social Hour** with wine (including in your ticket price), an impressive silent auction, an exciting raffle and Prairiewoods' own Dough for Dough game (in which you buy a delicious loaf of Prairiewoods bread for a chance to win \$250 cash!)
- **6 p.m. Gourmet Dinner** with nine of your closest friends—or soon-to-be friends—and time to put in last-minute bids on your favorite auction items (with wine available for purchase)
- **7 p.m. Live Auction** featuring a variety of amazing items ranging from *one-of-a-kind parties to unique vacations, original art by Grant Wood to unbelievable dining experiences!*

Attending the Garden Party is a great way to support the wonderful variety of spiritual and ecological programming Prairiewoods provides throughout the year. *We hope you'll help us celebrate the past and move with us into the future!*

What You Need to Know

Who: Prairiewoods Supporters

What: Prairiewoods Garden Party

When: Saturday, June 3, 5 p.m.

Where: A Touch of Class
5977 Mount Vernon Road SE, Cedar Rapids

How Much: \$50 each, \$500 for a table of ten (not eight, as we have had in the past), a portion of which is tax deductible

This event is ticketless, so please register each guest by name. **The RSVP deadline is Thursday, May 18.**

For more information or to register, visit www.Prairiewoods.org or call 319-395-6700.

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One of the first things people notice at Prairiewoods is the trees. No matter the time of year, their presence is both notable and beautiful. The burr oak in the photograph below is located right next to the Center. I'm told that, when preparing to build, the site plans were shifted in order to avoid damaging its roots. I love this story of Prairiewoods' beginnings, literally rooted in and built on care for this land and all its inhabitants!

I like to think that this very tree is the model for the tree on Prairiewoods' logo: a beautiful network of branches reaching up to the sky while a similarly branching network reaches out beneath the soil. In fact, in Prairiewoods' logo, there is a second tree, standing in close proximity to the larger, iconic, one. This is so fitting, given what science now tells us about mycelial networks. For more information about this engaging way of looking at relationships, see Laura Weber's article on pages 4-5.

At this time in the life of our human family on this planet, many of us find ourselves feeling isolated, increasingly disconnected from a meaningful sense of community. Because of this, now feels like the perfect time for this discovery of the deep communion between and among plants via mycelial networks. As is so often the case, the trees are our teachers, pointing out to us the necessity of networks and connections in our own lives; pointing out that we all are called to communion with God's creation. This networking and communion nourishes us and allows our continued growth and evolution in times of trial and discord.

What is true for us as individuals and as a human family is also true for us as connectors with Prairiewoods. Many people tell us they feel positive energy emanating from the land—from the trees, too—when they come here. Each of us partakes of God's gift of energy, and each of us is called to return the gift, so that there is an ongoing flow of giving and receiving taking place within the network of our shared connection.

Every day I am both humbled and grateful to be part of this network, to find myself connected with each of you in the beautiful web of relationship that we call Prairiewoods!

Peace and all good,

A handwritten signature in cursive script that reads "Jenifer Hanson".

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

Mission: 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 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



Prairiewoods Introduces Permaculture Landscaping Practices

Permaculture combines the best of natural landscaping and edible gardening to create thriving environments for all creation. It is Earth-friendly and lower maintenance than traditional landscaping or gardening.

Prairiewoods is working with Backyard Abundance to incorporate permaculture practices into the landscaping around our Center. The new *Garden of Eat'n* is one more way that we invite you into relationship with Earth. There will be outdoor living classroom space for learning, seating areas for group and individual contemplation, and educational signs (such as, "I'm ripe, eat me!"). Visitors will be welcome to make tea on site and to pick veggies for a sandwich or mushrooms for dinner! These landscapes are for more than admiring and looking at, they are for interacting and connecting. Come see how landscaping can be beautiful, educational, food producing, environmentally beneficial and low maintenance! Be part of the learning and creation of the Garden of Eat'n during Joyful Community Gardening Days.

Joyful Community Gardening Days, May 17–19

Join Prairiewoods (Emy Sautter and Nancy Hoffman, FSPA) and Backyard Abundance (Jen Kardos and Fred Meyer) for joyful gardening and hands-on learning! Each day will feature a theme with informative classes, hands-on practices and free time to be in a fun environment of communal learning and sharing. Bring your gardening gloves, and plan for lots of fresh air and fun!

Join us all three days, for just one day or for a specific class that calls to you. Call 319-395-6700 to register by May 15. The cost to participate is \$20, with additional fees to add meals (\$9 each) or lodging (\$50 per night or \$60 with three meals). Donations will be accepted for individual classes.

Come dressed for the weather and outdoor learning, and bring gloves and a water bottle. Leave with hand-outs and plant lists from Backyard Abundance, a brain full of knowledge and a heart full of joy!

garden of eat'n

Edible Walk & Outdoor Classrooms

Fruits n' Fun

Wednesday, May 17, 12–8 p.m.

12–1 p.m. Lunch & What is Permaculture?

Permaculture incorporates the natural cycles of nature, making gardening a more joyful, connected experience. It includes low-maintenance and smart gardening—which equate to more fun and less work! Learn from Jen and Fred as they discuss permaculture theory and practice. *(add \$9 for lunch)*

1–2 p.m. Tour the Garden of Eat'n

Get a firsthand look at permaculture techniques being applied at Prairiewoods in the brand new Garden of Eat'n!

2–5:30 p.m. Garden Free Time

Choose to work in the Garden of Eat'n, connect with other gardeners or take a sunny siesta!

5:30–6:30 p.m. Dinner

(add \$9 for dinner)

6:30–8 p.m. Growing Fruit Trees & Berry Bushes

Learn how to properly place and establish fruit trees and berry bushes to maximize yields and minimize maintenance. Top lowa varieties such as bush cherry, service, goose, current and honey berries will be discussed and established in the Garden of Eat'n.

Veggie Garden Gurus

Thursday, May 18, 9 a.m.–8 p.m.

9 a.m.–11:30 a.m. Low-Maintenance Veggie Garden Design

Jen and Fred will give you the best design tips to entice beneficial organisms to create healthy soil, reduce weeding and watering chores, and decrease pest and disease problems. They'll also discuss heirloom and hybrid veggie varieties. Then put these design tips into practice by laying out the vegetable beds in the Green Prairie Garden.

12–1:30 p.m. Lunch & Watch Establishing a Food Forest

Watch a movie with international permaculture teacher Geoff Lawton as he takes you through the essential stages of designing and building your own food forest. *(add \$9 for lunch)*

1:30–5:30 p.m. Garden Free Time

Choose to work in the Garden of Eat'n, connect with other gardeners or take a sunny siesta!

5:30–6:30 p.m. Dinner

(add \$9 for dinner)

6:30–8 p.m. Low-Maintenance Veggie Garden Establishment & Care

Get your hands in the lovely soil! Learn the best establishment tips, such as sheet mulching (lasagna gardening), for creating a thriving garden. Then put these ideas into practice by establishing some of the veggie beds.

Great Ground Covers

Friday, May 19, 9 a.m.–1:30 p.m.

9–11:30 a.m. Edible Ground Covers

Tired of mowing? Imagine huge swaths of your yard that do not require mowing, weeding or watering; yield food and medicine; provide nectar and habitat for pollinators; build soil; and prevent erosion. A thoughtful mix of low-growing ground covers can make this vision a reality! Learn about and help establish durable ground covers in the Garden of Eat'n!

12–1:30 p.m. Lunch & Q & A

Ask Jen and Fred any questions you still have about joyful, sustainable gardening! *(add \$9 for lunch)*

DEEP

wisdom

FROM

mycelial
networks

At Prairiewoods, our March retreatants asked, “Who are the WE we’re becoming?” The question is complex and daunting. In today’s world, it feels like we are living “in a mangle” as co-facilitator Bayo Akomolafe says (www.BayoAkomolafe.net). We need to live into our *con-fusion*, our mingling of co-creative energies. When we do, we become aware of *emergent wholeness*, which is Ilia Delio’s topic at *Spirituality in the 21st Century*, May 5–6. *We are one!* We are called to live in the light of our unity and resist easy dualisms that divide and enslave us: *us vs. them, spirit vs. matter, nature vs. culture.*

In his eco-encyclical, *Laudato Si’*, Pope Francis reminds us, “Everything is connected. Concern for the environment thus needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems of society” (91). *Everything is connected!*

Prairiewoods provides a sacred space for exploring and nurturing our relationships with the Source of All Being, Earth, self and others. In the unfolding story of the universe, we are ever more aware of creation’s evolutionary impetus toward union and the emergence of a truly “connected universe” at the cosmic and quantum levels. In the film *The Connected Universe*, physicist Nassim Hamein has discovered patterns of connection in every electron spinning around a proton and in galaxies

spinning around edges of black holes. *Prairiewoods stands in testimony to this basic principle of the inter-connectedness of life.* The land, water, air, creatures and people on our planet all form a circle of inter-dependent life, not only in our local and global contexts, but at the microscopically imperceptible level of protons and quarks. Indeed this tensile web of connection permeates the whole magnificent universe, making us inextricably bound to each other and everything by an inexhaustible reserve of energy and love, spinning us into more dynamic life forms and ever more complex union.

The tree from Prairiewoods’ logo (right) reflects this comprehensive vision.

It is a tree in a circle, a profoundly spiritual symbol of life. Tree roots connect all creation through an intimate networking web. The roots extend

far beneath the surface of Earth, connecting in infinitely inter-dependent ways through symbiotic fungi that attach and imbed themselves in tree roots in a mutually beneficial relationship—mycelial networks.





Everything is Connected

Mycelial networks are complex communication systems that allow trees to exchange information, protect against infestation and disease, and share nutrients and water and, ergo, life. Without a mycelial network, trees are subject to the deleterious effects of ecological isolation, cut off from the very systems that allow them to survive and thrive. In turn, trees hold precious soil in place, serve as a filtering sieve for environmental impurities and waste, and ultimately function as the lungs of the planet. Without trees' mycelial networks, the planet's web of life would not be sustainable. Trees also are the oldest living organisms on the planet, precisely because they are masters at mycelial networking. They give and receive constantly—and over long periods of time—to sustain survival and encourage growth, even transforming the remains of organic matter into new life

for the good of the whole (Peter Wohlleben in *The Hidden Life of Trees: What They*

Above ground, each tree in a forest looks like an independent being. But below ground, the trees are connected and interwoven. Tree roots and fungi form networks deep below Earth's surface that allow the trees to give and to take, to benefit others and to be helped by them. If one tree can reach water, it funnels this precious resource through its roots to the other trees in the forest. This is known as a *mycelial network*. Prairiewoods is learning how people, too, can form mutually-beneficial networks for the good of the whole.

Feel, How They Communicate).

For this reason, *Prairiewoods is cultivating Earth's deep wisdom by imitating mycelial networks.* As a not-for-profit spirituality center that offers sacred space for retreats—for plunging deeper into life—Prairiewoods relies on the networks of support that sustain us. Volunteers, donors, staff, board and especially all those who come as guests for retreats, programs and holistic services are inter-connected in profoundly mysterious and inter-dependent ways. Those who come for peace and transformation often become volunteers for this reason. They receive and they give, trusting that the mutuality of the reciprocal energy flow strengthens and expands the canopy of Prairiewoods' outreach and mission. No matter where we drop down into sacred space for reflection and transformation, we find many others also exploring and growing, touching each other's imaginations and heartfelt hungers, their deepest hopes and most cherished visions and dreams. We are never alone. Everything is connected. *When we are rooted and deeply and mutually entwined, life emerges in extraordinary new ways—sustained through an ever-ancient loving energy that binds us all together and makes us one.*

by Laura A. Weber

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

Silent Directed Retreat

June: Sunday, June 4, 5:30 p.m.–

Saturday, June 10, 1 p.m.

July: Sunday, July 9, 5:30 p.m.–

Saturday, July 15, 1 p.m.

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

If you desire deepening and renewal, a week-long foray into the silence may be just the balm



for you. Silent directed retreats (offered in June and July) provide lavish time and sacred space for prayer, solitude, quiet and peace. In the beauty of 70 acres of prairie and woodland, you will be held by the beauty of creation. Each day you will meet with a spiritual director who will listen with you for the movement of God within your life. A daily experience of centering prayer is available. As you rest in silence, you may notice many of life's gifts, regain a sense of balance, learn to be still, to live in the moment and to deepen your relationship with God and others. Silent Directed Retreats are ideal for anyone who could use a little quiet time away from over-stimulation to return to the center, to learn the art of deep listening, to recover a sense of wonder and gratitude for life, and to fall in love again with living!

The spiritual directors facilitating this retreat have hosted hundreds of incredible individuals during Silent Directed Retreats for years. These women delight in accompanying others on a spiritual odyssey!

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

Lodgers only, please.



Immerse yourself in the pure enjoyment of yoga, meditation and fun in *The Joy of Yoga* (July 24–28) with certified yoga instructor Cindy Hathaway.



Reconnect with the universe and its energies in *Dreaming a New Way into the New Story* (Aug. 11–13) with Linda Neil, CSJ.



A retreat facilitated by Maureen Wild, SC, with the musical support of Earth Mama® Joyce Rouse!

Cosmic Symphony of Love Unfolding

Monday, June 26, 5:30 p.m.–

Saturday, July 1, 1 p.m.

Facilitators: Maureen Wild, SC, & Joyce Rouse

Imagine an unfinished symphony that is cosmic in its outermost and innermost melody. Imagine harmonies emerging within this grand cosmic melody and manifesting as molten and mountainous earth songs, the music of rain, water ebbing and flowing, nature's wind instruments, the miracle of breath, and the ever-transforming dance of sunlight and fire.

This retreat opens the doorway to our revelatory cosmic scriptures so that we may better know the deep time story of love's emergence and unfolding. It invites resting in cosmic love and relaxing within our contemplative, mystic selves. It integrates the legacy and identity we share as beings who are cosmological, Earthly, Christ-centered and part of the universal

heart of love. This retreat also integrates parallel themes from Pope Francis on integral ecology, protection and compassion highlighted within *Laudato Si': On Care for our Common Home*.

Maureen Wild, SC, MEd, is a retreat facilitator whose primary ministry focus for more than two decades has been on themes of living cosmology and sacred ecology. Joyce Rouse, MA, also known as Earth Mama®, has a passion for teaching the principles of the Earth Charter in creative, lively and musical ways and "helping heal the planet one song at a time."

Fee: \$450 includes sessions, lodging and all meals (including Monday dinner)

Commuter Fee: \$350 includes sessions and daily lunch and dinner

New facilitator! Explore how writing about nature can be transformative in *A Writer's Ecology* (July 25–27), now with Iowa's Poet Laureate Mary Swander.



Participate in communal singing circles to unlock the divine Spirit within you during *Circling in Song* (Aug. 11–13) with musician Laura Caviani.



Essential Oils at Prairiewoods Mondays, May 1 & 15, 6:30–8 p.m.

Facilitator: Rachel Fischer

Learn more about essential oils and their effective, safe use in this ongoing series. Topics include:

- Beyond the Basics of Essential Oils (May 1)
- Green Cleaning with Essential Oils (May 15)

Fee: \$5 per session

Hatha Way Yoga Mondays & Thursdays;

May 1–June 29; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.

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's and Chair Yoga classes each Monday and Thursday. 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

Preserving Stories of Family & Faith

Tuesdays, May 2 & 23, 6:30–8 p.m.

Facilitator: Dale Kueter

Writing can be therapeutic. Writing about encounters with God—or the times when God seems

absent—can be uplifting and healing. During the first of a two-part series with Dale Kueter, you will delve into your memories and talk about ways to creatively put them to paper, as if you were gifting them to your family or significant people in your life. Between sessions, you will be invited to write. Then at the second session, you will have the opportunity to share what you've written in a safe and encouraging environment. Come with memories, and leave with treasured stories!

Fee: Suggested offering of \$20 for two-part series



Seeing IS Believing: Visio Divina Tuesdays; May 2, May 16, June 6 & June 20; 1–3 p.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 contemplative 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. Art images are usually borrowed from *The Saint John's Bible*, a hand-written, hand-illuminated Bible.

Fee: \$10 per session (\$9 to add lunch)

Going Inward with Sounds & Vibrations

Wednesdays; May 3, May 17, June 7 & June 21; 6–7 p.m.

Facilitator: Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness, and relaxation. During this hour, you will be led in gentle movement with the song of bowls to connect with your inner self, and then you will be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated as part of the Universe Story!

Fee: \$10 per session

Wednesday Women Wednesdays; May 3, May 10, May 17, May 24, May 31 & June 21; 10–11:30 a.m.

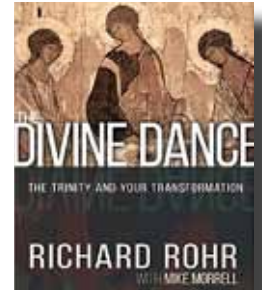
Facilitator: Marj English, OSF

Join this lively group of women to be spiritually enriched, updated, inspired and challenged—you are welcome to come any time! During the summer months, this group meets the third Wednesday monthly, rather than every week.

In May, continue to read and discuss *The Divine Dance: The Trinity and Your Transformation* by Richard Rohr with Mike Morrell. This book makes God's presence—as a surprising gift, friend and even dance—accessible and practical. Reading assignments are available at www.Prairiewoods.org.

On June 21, watch and discuss a talk Rohr gave about *The Divine Dance*, the book this group has been studying. In his talk at Google, Rohr focuses on how people in today's society can have a "mystic worldview" while living in our modern, scientific world.

Fee: \$10 per session



tiny House Talks

Are you curious about tiny houses? Does the idea of downsizing and leading a simpler life sound appealing? Tiny houses are more than just small homes—they represent a shift toward less stuff and a more mindful life. Participate in this three-part series beginning April 18 to join the movement!

Building Codes & Zoning Regulations

Tuesday, May 2, 6:30–8:30 p.m.

Learn to ask the right questions before you make the big leap into a tiny house! Get a basic understanding of local codes and regulations from the Linn County Planning and Development Department and the City of Cedar Rapids.

Designing a Tiny House

Tuesday, May 16, 6:30–8:30 p.m.

Get inspiration from recent tiny house projects and from the history of the movement with facilitator Mark Stimson. Then check out some ways to build tiny houses, depending on the climate, available materials and intended use.

Fee: \$10 per session

Bridges to Contemplative Living with Thomas Merton
Thursdays; May 4, May 18, June 1 & June 15; 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This program is based on the *Bridges to Contemplative Living* series, which includes musings 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

Sweat Lodge (Inipi) Ceremony
Saturdays; May 6, May 20, June 10 & June 24; 5–10 p.m.

Facilitator: Kerry Batteau

Participate in an ancient Sweat Lodge Ceremony focused on prayer, purification and healing.



The lodge is a small dome-shaped structure in which you sit on the earth around heated stones. Please bring food for a simple potluck meal to follow. Registration is requested so that additional protocols and a release form can be mailed to you.

Fee: \$10 to Prairiewoods for materials

Drumming for Healing
Mondays; May 8, May 22, June 12 & June 26; 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 all ages are welcome. Percussion instruments are available. Depending on weather, this group will meet around the fire pit south of the Center or in the Art Room.

Fee: Free-will offering to facilitator

Lectionary-Based Faith Sharing
Tuesdays; May 9, May 23, May 30 & June 13; 1–3 p.m.

Facilitator: Rodney Bluml

Meet with other 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. Raise questions, feelings and impressions for dialogue. The sessions stand alone, so you may attend one or all.

Fee: \$5 per session (\$9 to add lunch)

Evening Centering Prayer
Tuesdays; May 9, May 23, June 13 & June 27; 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

Prairiewoods Knitters & Stitchers

Tuesdays, May 9 & June 13, 9:30–11 a.m.; & Wednesdays, May 24 & June 28, 7–8:30 p.m.

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, come create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. This is a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome.

Fee: Free

Cedar Valley Flute Society
Wednesdays; May 10, May 24, June 14 & June 28; 6–7:30 p.m.

Facilitator: Jonny Lipford & friends

Are you soothed by the sounds of the Native American-style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute circle led by award-winning instrumentalist Jonny Lipford. Surround yourself with a community of like-minded individuals of all skill levels. Everyone is welcome, even if you don't play the flute!

Fee: Free-will offering to Prairiewoods

Learn from Renowned Author Isa Gucciardi

Isa

Gucciardi, Ph.D., is a renowned author and speaker. She is also the founding director and lead teacher of



the Foundation of the Sacred Stream, a school for consciousness studies in Berkeley. She created the groundbreaking therapeutic model *Depth Hypnosis*, which is born from her studies in transpersonal psychology, cultural and linguistic anthropology, comparative religion, hypnotherapy, and transformational healing. She is the author of *Return to the Great Mother* and *Coming to Peace*. For more information, visit SacredStream.org or DepthHypnosis.org.

Coming to Peace: Methods of Conflict Resolution
Tuesday, May 9, 6–9 p.m.

Facilitator: Isa Gucciardi, PhD

Drawing from indigenous forms of council making, the Coming to Peace process brings the power of equality, mutual respect, truth telling and reflection to the process of conflict resolution. In this workshop, Isa will offer easy-to-access tools that you can use in family and community settings to help increase communication and facilitate mutual understanding.

Expanding Consciousness: The Four Immeasurables
Wednesday, May 10, 6–9 p.m.

Facilitator: Isa Gucciardi, PhD

The Four Immeasurables are states that facilitate expanded levels of consciousness. In this highly-experiential workshop, Isa will offer meditations to help you deepen your understanding of Equanimity, Loving kindness, Compassion and Joy to help stabilize and deepen your everyday practice.

Fee: \$25 per event or \$40 for both

Men Exploring Faith

Thursdays; May 11, May 25, June 8 & June 22; 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 and faith's response. Come get perspective on life!

Fee: Free-will offering

Vino van Gogh

Friday, May 12, 5:30–8:30 p.m.

Facilitator: Vino van Gogh artist

This Mother's Day weekend, treat your mom to a fun, creative and relaxing evening together!



You will be provided with everything you need to create your own work of art, *Bridge to Spring*. Wine, other beverages and appetizers are included. No experience is necessary, and all ages are welcome. Paint, drink and be merry!
Fee: \$50 (\$45 for those under 21) includes canvas, art supplies, instruction, apron and refreshments

Day of Self Renewal

Mondays, May 15 & June 12, 8:30 a.m.–4:30 p.m.

Facilitator: Prairiewoods staff

Find rest and relaxation for your mind, body and spirit! This tranquil day features two 40-minute holistic services of your choice, group energy work, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing touch spiritual ministry, spiritual direction, dream processing, Swedish massage, reflexology, singing bowl body healing, head & shoulder massage, or yoga.) Registration, a non-refundable deposit of \$25 and your top three services choices are required five days in advance.

Fee: \$95 includes room, lunch, group activities and two holistic services

Singing Bowl Prayer

Mondays, May 15 & June 12, 12:45–1:30 p.m.

Facilitator: Kathy Broghammer

Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. Let the resonant sounds of Himalayan and crystal singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Just receive and breathe! Some yoga mats and pillows will be available.

Fee: \$5 per session

An evening of Shinrin Yoku (Forest Immersion)

Tuesday, April 18; Monday, May 15; & Tuesday, June 20; 6–9 p.m.

Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Explore the ancient healing path of *shinrin yoku*, or forest immersion, with Dr. Suzanne Bartlett Hackenmiller, a practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally-healing environment. Dress to be outside and be with the land in her annual process of flourishing. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Consider: What if the land actually loves humans? What if it needs us? Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine.

Fee: \$20 per session



Rohr Discussion Circle

Tuesdays, May 16 & June 13, 5:30–7 p.m.

Facilitator: Prairiewoods staff & participants

Do you enjoy having your conscience pricked or your mind ruffled? Do you seek practical applications of spiritual teachings in your daily life? Come for a monthly viewing of a topical presentation by Father Richard Rohr, OFM, followed by a discussion. Rohr is a Franciscan priest, the founder of the Center for Action and Contemplation, and an internationally recognized ecumenical teacher. He focuses on contemplation and radical compassion, especially for the marginalized, from a Franciscan perspective. Feel free to bring your dinner.

Fee: \$10 per session

Climate Change Community Readers Group

Wednesdays, May 17 & June 7, 2–4 p.m.

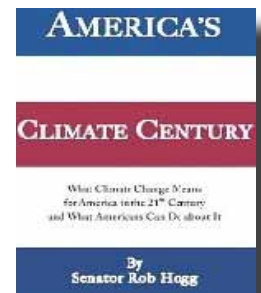
Facilitator: Max Lieberman

Meet with other environmentally-minded community members to read current books about climate change. Seek to

deepen your understanding of the causes and consequences of climate change and look at possible responses. This is a great opportunity to connect with others who care about the planet and be inspired to act for a more environmentally-sound future! Please come prepared to discuss:

- *America's Climate Century* by Iowa Senator Rob Hogg, who will be present for the discussion! (May 17)
- *Earth Democracy* by activist and scientist Vandana Shiva (June 7 at Matthew 25)

Fee: Free-will offering



Joyful Gardening Series

Joyful Community Gardening Days

Wednesday, May 17, noon–Friday, May 19, 1:30 p.m.

See page 3 for complete details.

Tai Chi & Qigong Wednesdays, May 24–June 28, 2–3:15 p.m.

Facilitator: Gerry Hopkins

Tai Chi is a martial art often practiced as a gentle form of exercise and mindful meditation.

Qigong consists of a variety of Chinese therapeutic

exercises that have been around for at least 2,500 years. Tai Chi and Qigong are excellent exercises because anyone can do them, they can be done anywhere standing or seated, and they require no special equipment. These meditative exercises can help control stress and improve your sense of well-being; there is compelling evidence that they can improve balance, support your immune system, improve cardiovascular health, and increase strength and flexibility. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 19 years.

Fee: \$60 for six-week series



Offered in Partnership with Cedar Memorial

Mindfulness-Based Stress Reduction (MBSR)

Information Sessions: Tuesday, May 30, 8:30–9:30 a.m., or Thursday, June 1, 5:30–6:30 p.m.

Eight-Week Series: Tuesdays, June 6–July 25 (except July 5 instead of July 4), 8:30–11 a.m., or Thursdays, June 8–July 27, 5:30–8 p.m.

Combined Retreat Day: Saturday, July 8, 9 a.m.–3:30 p.m.

Facilitator: Chris Klug

Mindfulness is the quality and power of mind that is deeply aware of what's happening—without judgement, commentary or interference. In this eight-week Mindfulness-Based Stress Reduction (MBSR) series, cultivate mindfulness through formal and informal meditation practices. Chris Klug, a grief counselor, has been an instructor in the MBSR program at the University of Iowa Hospitals and

Clinics since 2001. (You will not receive confirmation of registration until you have a personal conversation with Chris.)

Fee: Free for information session, \$400 for eight-week series (partial scholarships available through Cedar Memorial)

Prairiewoods Garden Party Saturday, June 3, 5–8 p.m.

See page 1 for complete details.

Emerging Summer Concert Thursday, June 22, 7–9 p.m.

Facilitator: Jonny Lipford

Come to Prairiewoods to breathe into this summer equinox with the soothing sounds of Jonny Lipford on the Native American–style flute. Feel free to bring your own lawn chair and refreshments to this coffee-house style concert, which will be moved indoors in inclement weather. To learn more, visit www.JonnyLipford.com.

Fee: Free-will offering

Joyful Gardening Series Herb Walk & Tincture Making Saturday, June 24, 9–11 a.m.

Facilitator: Dr. Nancy Hayes

Herbal plants have wonderful healing properties, and many are readily available or can be grown in your yard!

Come discuss the medicinal properties of plants common to this region, go on an herb collecting walk and enjoy hand-picked tea while learning how to make an herbal tincture to take home.

Registration and payment are required by June 20.

Fee: \$20



Outdoor Art Installation: Creating in Nature

Tuesday, June 27, 6:30–8:30 p.m.

Facilitator: Kathryn Baczeski

Get creative with clay on the beautiful land at Prairiewoods! Join The Ceramics Center resident artist Kathryn Baczeski to transform clay and natural materials from the environment into an ephemeral work of outdoor art! You will be invited to create a clay piece (either a collection of small pieces or one sculpture), record it via camera or cell phone images, and then dismantle the piece, leaving no trace behind.

This style of art exemplifies the transitory essence of nature and invites you to

create for the pure joy of creating. Class will begin with a slide presentation and will be held outside, so please dress for the weather. Registration and payment are required by June 23.

Fee: \$25



WISH LIST

Prairiewoods would love to have the following items—new or used—to help us better serve as a place of peace and transformation. Can you help us fulfill our wish list?

1. **Golf Cart** (to help staff and guests get around our 70 acres)
2. **Wine Glasses** (matching sets or individual glasses)
3. **Serving Trays** (for displaying desserts, breads, etc.)
4. **More Volunteers!**

Experience the freedom, playfulness & learning that only summer camp can provide!

Do you long for the relaxation, outdoor adventures, creative outlets and friendship building possible in the long, lazy days of summer? Feel the excitement of re-energizing and engaging life in the midst of the beautiful woodlands and prairies of Prairiewoods!

This year's **Adult Summer Camp: Creative Energy** will take place **Friday, July 21, to Monday, July 24**. From 8 a.m. to 8 p.m. each day, embrace creativity as you:

- play with clay
- draw Peaceful Patterns, a meditation that is as simple as doodling
- explore the flow of personal energy
- write poetry
- arrange flowers

- drum
- dance
- learn Tai Chi, a gentle exercise used for wellness and stress reduction
- try essential oils
- learn about Native American spirituality
- walk through the woods
- learn about the benefits of SAGE, a system for managing stress and building resilience
- relax with the music of guitars and flutes

Each day, enjoy amazing meals, creative projects, relaxation, energizers, activities on the deck and S'mores over an open fire. You will have down time to explore all Prairiewoods has to offer, including walking the trails, experiencing

the Cosmic Walk, picking flowers, finding a good book in the Media Center, relaxing on the pond deck, meditating on the outdoor labyrinth, and napping in a tree swing or hammock.

Come for a few days (or receive a discount when you register for all four days) and make it the ultimate summer camp experience by choosing to stay overnight in the Guest House.

Fee: \$120 per day includes activities, materials, the previous night's lodging and all meals (or register for all four days, Thursday afternoon–Monday evening, for \$395)

Commuter Fee: \$70 per day includes activities, materials and all meals (or register for all four days as a commuter for \$225)

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

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

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



Last chance to register!

Prairiewoods' annual *Spirituality in the 21st Century*

event has brought you speakers like Marcus Borg, Joyce Rupp, Michael Morwood, Walter Brueggemann & Peter Block.

This May, we're bringing you

*Ilia Delio, OSF
& Sara Thomsen.*

Come find hope
for emerging wholeness!

Consciousness & Christogenesis:

Mind, Matter & Emerging Wholeness

May
5-6,
2017

www.Prairiewoods.org

Prairiewoods

July/August 2017

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Hosting Hope for Emerging Wholeness

Prairiewoods is whole-heartedly dedicated to hosting hope. What we want is to discover what hope is, to kindle its fire in ourselves, to listen deeply to where it might be calling us to the many co-creative inter-connections where life emerges in all its dynamism and newness. We want to join others in finding signs of its presence and together opening to its promise of wholeness.

How do we understand the meaning of hope?

Eco-philosopher Joanna Macy speaks of what she calls *Active Hope*, describing it as “not wishful thinking,” and “not waiting to be rescued by the Lone Ranger or some other savior.” She claims that it is hope that causes us to reach deep within to discover our own strengths and share them with those who companion us at this time in history. For her, hope is “a readiness to discover the size and strength of our hearts, our steadiness of purpose, our love for life, and none of these can be discovered in an armchair or without risk” (*Active Hope*, p. 35).

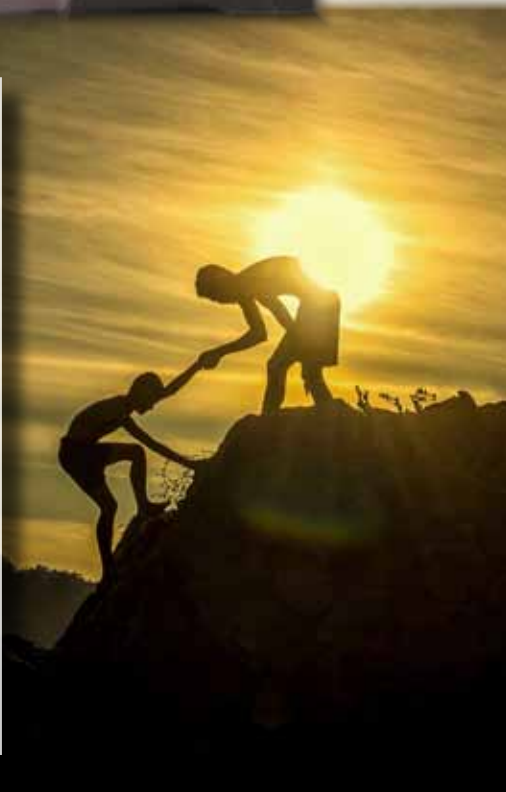
Looking around our world, we see problems of such size and complexity that solutions—let alone hope—seem simply unattainable. But getting out of our armchairs, discovering our own strength and becoming engaged with others is a good step forward. We need a web of connections, alliances and grassroots movements to create the changes that will bring hope.

And it is amazing to see that this is happening, to see how the energy of thousands of people across many nations is creating such connections. Each day we are given heart, seeing a growth in the awareness that we are *one world, one Earth, one humanity*. And beyond that, it is more than humanity, it is everything: the bees, the prairie flowers, the microbes in the soil, the polar bear adrift on a melting ice cap. This is the web of life. The energy of the galaxies permeates all. Hope is emerging as our consciousness of the community of life expands.

It had to be hope that impelled 200,000 people to take part in the People’s Climate March on Washington, D.C., in April, as well as those who joined in many sister marches across the world. Each step along these

(continued on p. 3)

How do we replace fear and pain with hope and compassion? At our *Spirituality in the 21st Century* event, we learned that each of us holds one piece of the puzzle. Slowly, over the course of the weekend, we replaced part of the current societal picture (represented by Omran Daqneesh, the haunting boy from Aleppo) with one of hope and good will (represented by one person helping another up the side of a proverbial mountain). What piece of the puzzle do you hold?



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In early May, Prairiewoods held our annual *Spirituality in the 21st Century* event. As we began, we unveiled an iconic photograph—little Omran Daqneesh, caught in the fall of Aleppo—which represented the state of anxiety, fear and hopelessness that many experience in our world today. Over the course of the event, participants put together a puzzle, the pieces of which eventually replaced the image of Omran with the image of one climber reaching to help another to the top of their climb.

This second image is one of hope, reminding us that we are inextricably bound to one another as we try to make sense of this great evolving mystery of Creation. For those present, I believe that Ilia Delio, OSF, and Sara Thomsen, our facilitators, were able to move us forward in our knowledge as well as provoke important questions for us to continue exploring.

One such question is about hope: How do we experience and nurture it in our own lives AND hold it for the world as well? Vaclav Havel has said that: "Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out." We turn to hope precisely because we never know in advance how things will turn out. But we remain certain—another way of saying we have faith—that the universe makes sense.

Hope, like so many important words (*love* is another that immediately comes to mind) is both a noun and a verb—a feeling and an activity. I learn a lot about words from reading their dictionary definitions. For *hope*, a secondary definition is "a feeling of trust." For me, this was a perfect take-away from *Spirituality in the 21st Century*: we may be looking at an imperfect world that appears broken and torn apart by suffering, but what we see is an incomplete picture. When we hope, we have faith that, as the pieces of the puzzle fit into place, the emergent wholeness will be beautiful.

We invite you to join us at Prairiewoods in holding hope for this emergent wholeness.

"Christ is the model for creation so that, what happened between God and the world in Christ points to the future of the cosmos. It is a future that involves the radical transformation of created reality through the unitive power of God's love. This universe, therefore, has a destiny; the world will not be destroyed. Rather, it will be brought to the conclusion which God intends for it from the beginning, which is anticipated in the mystery of the Incarnate Word and glorified Christ."

—Ilia Delio, OSF

Peace and all good,

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

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

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(continued from p. 1)

marches marked a growing awareness of the wholeness of all life. While the reality of climate change is taking hope from our youth, the marches themselves are powerfully restoring it.

The Paris Climate Change Accord, signed in 2015 by 195 nations, including the United States, inspires hope across the world. This historic event was a major move of global responsibility and care for Earth. If upheld, the accord will seriously limit greenhouse gas emissions. The climate accord offers:

- a long-term goal of keeping the increase in global average temperature to well below 2°C above pre-industrial levels
- a directive for limiting the increase to 1.5°C, which would significantly reduce the risks and impacts of climate change

Hope springs from the words of Pope Francis, saying to the world in a recent TED Talk: "The real connections between people are the only hope for the future." He told an assembled crowd to hold on to hope, a feeling that does not mean acting "optimistically naïve or ignoring the tragedies facing humanity." He called hope a "virtue of a heart that doesn't lock itself into darkness." (Pope Francis' April 25 talk, titled "Why the Only Future Worth Building Includes Everyone," at www.TED.com.)

Ilia Delio, OSF, co-facilitator with musician Sara Thomsen at *Prairiewoods' Spirituality in the 21st Century* event, often writes of hope and its connection to love and emerging wholeness. In her book *Making All Things New: Catholicity, Cosmology, Consciousness*, she writes of how Jesus, through his resurrection, lives on in the heart of the universe in love and so "we too will live on to the extent that we live now: that is, to the extent that we focus our passion, loyalty, and care to family, friends, community, nation, to transcend ourselves in love" (p. 84). Love offers hope in that it can bring together people of different nations and religions. When we look at the world through the eyes of hope, we see a great convergence of energy and an emerging wholeness.

Many who attended *Spirituality in 21st Century* are joining circles to celebrate their desire for Hosting Hope around issues that call us together on behalf of Earth and all Earth's inhabitants. Some of the topics about which people are passionate about hosting hope include eco-spirituality, community development, education, art and creation. (See page 4 and www.Prairiewoods.org/21st-Century for more information.) We are so grateful to all who came and pledged themselves to continue to host hope in the days ahead. We appreciate you for finding *Prairiewoods* to be a place of hope, and we gladly join with you as the world is turning toward emerging wholeness. A song Sara sang at the event—"Turning of the World" by Ruth Pelham—says it all:

*"Let us sing this song for the turning of the world
That we may turn as one
With every voice, with every song,
We will move this world along
And our lives will feel the echo of our turning.*

*With every voice, with every song,
We will move this world along
And our lives will feel the echo of our turning."*

Subsequent verses replace *turning* with *loving*, *healing* and *dreaming*. We invite you to turn, love, heal and dream with us.

by Betty Daugherty, FSPA, & Laura Weber

Transforming through Recent Events



Spirituality in the 21st Century, May 5-6

What a fantastic confluence of co-creative life! Our annual Spirituality in the 21st Century event May 5-6 brought a synergistic wave of energy and hope with over 270 participants at Consciousness and Christogenesis: Mind, Matter and Emerging Wholeness. This event featured Ilia Delio, OSF, and musician Sara Thomsen. Here are a few comments from participants: "Inspired great HOPE! Thank You!" "Thank you for being the way-showers! Keep these events happening! Life-changing!" and "So many of us rely on Prairiewoods to keep us growing and thinking. Thank you!"

Ilia's presentations on evolutionary consciousness, the inter-connectivity of all life, and the growing awareness of an emergent wholeness sparked reflection, conversation and hope among those gathered. Relationship trumps ontology in the emerging universe story. Everything is connected! Space disappears in the effulgence of love. In the unfolding Universe Story, God can be discovered as "evernewness in love." Elder paradigms with their entrenched systems of hierarchy no longer serve the good of the whole, which is intimately inter-connected at the micro- and macrocosmic levels. In this emergent universe, the profound question remains, "Are we ready to become whole-makers?"

Sara's music suggests we can co-create something new and life-giving if we just "Put one foot in front of the other, and lead with love!" In her devastating song "Where Did Jesus Go?" we are reminded that Christ emerges in the faces of the outcast, the poor, the refugee, the immigrant, indeed all those on the margins who feel excluded in current systems of entrenched hierarchy. An event like this represents "Somewhere to Begin," where all of us together explore ways of being in relationship, of paying attention to our most deeply held passions and of uniting with others for the good of the whole.

In a generous response to the challenge and promise of this gathering, more than 75 participants have expressed interest in convening *Hosting Hope Circles* in Cedar Rapids (at Prairiewoods) and surrounding locations in Nebraska, Minnesota and Wisconsin, either in person or via web conferencing. Whether or not you attended *Spirituality in the 21st Century*, you are invited to host hope around the following areas:

- *Community, Dialogue & Evolutionary Consciousness*
- *Evolution & Eco-Spirituality*
- *Health Care & Education*
- *Holistic Healing*
- *Nature & Environment*
- *Peace & Restorative Justice (e.g., poverty, immigration, LGBT, housing)*
- *Storytelling, Art & Music*

Visit www.Prairiewoods.org/21st-Century for more information and to sign up for a Hosting Hope Circle!



Transforming through Recent Events



Garden Party, June 3

Once a year, Prairiewoods supporters come together to celebrate all the good work we are doing together and raise money to continue that work into the future. This celebration, which we call the *Garden Party*, is our only annual fundraising event.

More than 200 people attended this year's Garden Party on June 3 at A Touch of Class on Mount Vernon Road. The elegant venue made this year's party feel even more special!

The night consisted of a Social featuring appetizers from Natural Grocers, a fabulous dinner and drinks, both a silent and live auction, and plenty of fellowship with other Prairiewoods supporters. Together, this incredible group of spiritual seekers raised thousands of dollars for Prairiewoods!

Attending the Garden Party was a great way to support the wonderful variety of spiritual and ecological programming Prairiewoods provides through the year. If you weren't able to join us but would like to make a donation to continue this programming, please contact our office at 319-395-6700 or ecospirit@prairiewoods.org. *Thank you for your continued support of our mission!*



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

July Silent Directed Retreat

Sunday, July 9, 5:30 p.m.–Saturday, July 15, 1 p.m.

Facilitators: Betty Daugherty, FSPA; Laura Weber; Marj English, OSF; & Lucille Winnike, FSPA (*Ann Jackson, PBVM, is also pictured but is unavailable.*)

If you desire deepening and renewal, a week-long foray into the silence may be just the balm for you. Silent Directed Retreats provide lavish time and sacred space for prayer, solitude, quiet and peace. In the beauty of 70 acres of prairie and woodland, you will be held by the beauty of creation. Each day you will meet with a spiritual director who will listen with you for the movement of God within your life. A daily experience of centering prayer is available. As you rest in silence, you may notice many of life's gifts, regain a sense of balance, learn to be still and live in the moment, and deepen your relationships with God and others. Silent Directed Retreats are ideal for anyone who could use a little quiet time away from over-stimulation to return to the center, to learn the art of deep listening, to recover a sense of wonder and gratitude for life, and to fall in love again with living.

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



The Joy of Yoga

Monday, July 24, 4 p.m.–Friday, July 28, 3 p.m.

Facilitator: Cindy Hathaway

Immerse yourself in the joy of yoga, meditation and fun in this week-long retreat focusing on the deepened understanding of the healing abilities of yoga, breathing and meditation. Restore and recreate yourself by exploring, through the study of Chakras and creative activity, blocks in energy and intuition. Each day begins with yoga and meditation, incorporating a Chakra study and a related Yin Yoga for the day. In the early evening, enjoy playful activities. There will be plenty of time for enjoying the serenity of the woods and



prairie at Prairiewoods and the delicious, healthy meals. This promises to be a week to leave you refreshed, peaceful and feeling like a new person!

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

Commuter Fee: \$350 includes sessions and daily lunch and dinner

A Writer's Ecology: Reading and Writing as Transformation

Tuesday, July 25, 4 p.m.–Thursday, July 27, 1 p.m.

Facilitator: Mary Swander, Iowa's Poet Laureate

"It may be when we no longer know what we have to do, we have come to our real work, and that when we no longer know which way to go, we have begun our real journey," writes Wendell Berry. We often transform our experiences of God with and in nature into writing. In this retreat, explore how writing transforms us individually and communally: deepening our experiences—creating works of art! Read and discuss the work of such eco-writers as Mary Oliver, Wendell Berry, Derrick Jensen, Annie Dillard and Terry Tempest Williams, among others. In addition, individually and as a group, explore your experience and connection by engaging in contemplative writing, sharing, and exploring the trails and labyrinth. The goal of this retreat is to reconnect with creativity, using it to express what matters most.

Fee: \$230 includes sessions, lodging and all meals (including dinner on Tuesday)

Commuter Fee: \$180 includes sessions and daily lunch and dinner



Dreaming a New Way Into the New Story

Friday, Aug. 11, 6:30 p.m.–Sunday, Aug. 13, 1 p.m.

Facilitator: Linda Neil, CSJ

In this retreat, explore the New Story and its possibilities to birth a new vision and new energy in our journey with Earth. The New Story, the Cosmic Story, is the story that Earth tells about her beginnings. It is the story of evolution and all the mystery and beauty that story holds. Experience the universe and some of the powers throbbing through her; be challenged to reconnect with the universe as central to our way of being and behaving as humans. Be invited to moments of transformation in our relationship with Earth. This retreat weaves together the art of Marion Honors, CSJ, music, poetry, story and dance into an experience of living in a Cosmic and an



Earth-centered way.

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

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



Circling in Song

Friday, Aug. 11, 6:30 p.m.–Sunday, Aug. 13, 1 p.m.

Facilitator: Laura Caviani

“Music for me is like a spiritual journey down into the depths of my soul. And I like to think we’re all on a journey into our souls. What’s down there?” asks Bobby McFerrin. What is down deep in your soul? Laura Caviani brings her deep passion for music as a spiritual path through “Circle Songs,” developed by 10-time Grammy



Award-winner Bobby McFerrin (famous for *Don’t Worry, Be Happy*), who has been credited as sparking the current revival in a capella music. Bobby believes, “One of the simplest and most direct ways of praying and meditating is through singing, and singing in community is especially powerful. You get people together in a room and get them singing, and you instantly knock down all the walls—the creeds, the gender, age and race differences, everything. You’re all one at that point, lifting your voices.” People of all ages, walks of life and levels of ability form circles, both in large and small groups, and sing—simply and passionately—from their souls. Communal singing helps unlock the divine Spirit inside us all. No professional training is required, and all ages and levels of ability are welcome. Come join the circle and find your soul on fire with song!

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

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

*Save these dates while sun-drenched
September awaits!*

Re-Raising Cain: Mimetic Desire & Wholeness

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

Facilitator: James Alison

How often does jealousy enter the daily drama of home, community and work-place relationships? Even our religious congregations and communities of worship are touched by the mark of Cain! This is a retreat on the art of cultivating and integrating holy desire for the good of the whole. Human desire is mimetic (imitative) and can lead any of us to jealousy, violence and scapegoating, especially when our perceived identity is threatened. In this retreat, led by internationally-recognized theologian James Alison and drawing on the work of Renee Girard, take a close look at mimetic desire and rivalry, and work toward healing and integration of our desires for the building of community.

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

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



Back by popular demand!

Finding Your Inner Compass with SoulCollage®

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

Facilitator: Audrey Chowdhury

This retreat utilizes a personal guidance system made up of powerful self-created cards that may help unlock the hidden and often potent aspects of our selves that may be blocked from our consciousness. A repeat retreat by request!

Fee: \$230 includes sessions, art supplies, lodging and all meals

Commuter Fee: \$180 includes art supplies, sessions, Saturday lunch and dinner, and Sunday lunch



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

Saturdays, Sept. 9 & May 5, 9 a.m.–3 p.m., and Saturdays, Oct. 7, Nov. 4, Dec. 9, Jan. 13, Feb. 17, March 17 & April 14, 9 a.m.–1 p.m.

Facilitators: The Prairiewoods S.E.E.L. Team

This is a nine-month retreat in the Ignatian spiritual tradition for those passionate about going deeper in their faith journey. This is a retreat experienced in everyday life, encompassing all our joys, sorrows and holy desires for “something more” in growing closer to God and others.

It involves daily readings and prayer, meeting monthly with a spiritual companion, and

once-a-month days of reflection with the whole group. For an application, contact Laura at 319-395-6700 or lweber@prairiewoods.org

Fee: \$450 for nine-month retreat (payable in Sept. 2017 or in monthly installments of \$50) plus the cost of monthly spiritual direction sessions paid separately (usually \$45 per hour)



Hatha Way Yoga

Mondays & Thursdays, July 3–Aug. 31, 9:30–10:30 a.m. & 10:45–11:45 a.m.

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's and Chair Yoga classes each Monday and Thursday. Please bring your own mat if possible. People of all fitness levels are welcome. *As of July 1, there will be no more evening classes.*

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

Going Inward with Sounds and Vibrations

Wednesdays; July 5, July 19, Aug. 2 & Aug. 16; 6–7 p.m.

Facilitator: Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan and crystal singing bowls. Kathy Broghammer will lead you in gentle movement through the song of bowls to connect with your inner self. You will be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated. The group may venture

outside with bowls for part of the evening, weather permitting.
Fee: \$10 per session



Bridges to Contemplative Living with Thomas Merton

Thursdays; July 6, July 20, Aug. 3 & Aug. 17; 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This program is based on the *Bridges to Contemplative Living* series, which includes musings 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

Joyful Gardening Series

Garden Journaling

Saturday, July 8, 8–10 a.m.

(Rain Date: Sunday, July 9)

Facilitator: Dr. Nancy Hayes

Do you enjoy spending time in the garden? Do you like to write, draw or photograph in nature? Spend the morning observing, discussing and capturing plant life through the medium that most inspires you! Bring a sketchbook, writing or drawing instruments, a camera and clothing for garden exploration. You do not need any experience, just a desire to create! Registration and payment are required by June 30.

Fee: \$20

Sweat Lodge (Inipi) Ceremony

Saturdays; July 8, July 29, Aug. 12 & Aug. 26; 5–10 p.m.

Facilitator: Kerry Batteau

Participate in an ancient Sweat Lodge Ceremony focused on prayer, purification and healing.



The lodge is a small dome-shaped structure in which you sit on the earth around heated stones. Please bring food for a simple potluck meal to follow. Registration is requested so that additional protocols and a release form can be mailed to you.

Fee: \$10 to Prairiewoods for materials

Drumming for Healing

Mondays; July 10, July 24, Aug. 14 & Aug. 28; 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. 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 all ages are welcome. Percussion instruments are available. Depending on weather, this group will meet around the fire pit south of the Center or in the Art Room.

Fee: Free-will offering to facilitator



Prairiewoods Knitters & Stitchers

Tuesdays, July 11 & Aug. 8, 9:30–11 a.m.; & Wednesdays, July 26 & Aug. 23, 7–8:30 p.m.

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, come create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. This is a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome.

Fee: Free

Evening Centering Prayer

Tuesdays; July 11, July 25, Aug. 8 & Aug. 22; 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

Cedar Valley Flute Society

Wednesdays; July 12, July 26, Aug. 9 & Aug. 23; 6–7:30 p.m.

Facilitators: Jonny Lipford & friends

Are you soothed by the sounds of the Native American-style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute circle led by award-winning instrumentalist Jonny Lipford. Surround yourself with a community of like-minded individuals of all skill levels. Everyone is welcome, even if you don't play the flute!

Fee: Free-will offering to Prairiewoods

Men Exploring Faith
Thursdays; July 13, July 27, Aug. 10
& Aug. 24; 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 and faith's response. Come get perspective on life!
Fee: Free-will offering

Wednesday Women
Wednesdays, July 19, 11:30 a.m.–
1:30 p.m.; & Aug. 16, 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! During the summer months, this group meets the third Wednesday monthly, rather than every week. On July 19, meet at 11:30 a.m. for the annual summer pitch-in picnic on the Prairiewoods patio. Bring your favorite appetizer, salad, bread, dessert or wine to share. This picnic will be moved inside if weather necessitates. On Aug. 16, bring your playful spirit for a singing bowl adventure! Enjoy the sounds of Himalayan and crystal bowls with sound healer Kathy Broghammer. Discover practical and healing ways of being with sounds and vibrations, combined with silence, movement or voice.
Fee: \$10 per session

Archetypes for Insight
Tuesdays, Aug. 8–29, 1–3 p.m.
Facilitators: Mary Kirkpatrick & Roxane Mitten

Have you noticed that there are themes in your life that seem to play out like a movie with recurring characters? Which character type fits you—rebel, teacher, activist, healer, storyteller or someone else? These are examples of archetypes, and they are closely connected to the purpose and meaning for your life. This four-week course will explore archetypes using the work of Carolyn Myss, a pioneer in this subject. This will begin with identifying your personal archetypes through fun, experiential activities. Knowing your archetypes can help you refine how

you approach and prioritize aspects of your life!
Fee: \$60 for four-week series



Tai Chi & Qigong
Wednesdays, Aug. 9–Sept. 13,
2–3:15 p.m.
Facilitator: Gerry Hopkins

Tai Chi is a martial art often practiced as a gentle form of exercise and mindful meditation. Qigong consists of a variety of Chinese therapeutic



exercises that have been around for at least 2,500 years. Tai Chi and Qigong are excellent exercises because anyone can do them, they can be done anywhere standing or seated, and they require no special equipment. These meditative exercises can help control stress and improve your sense of well-being; there is compelling evidence that they can improve balance, support your immune system, improve cardiovascular health, and increase strength and flexibility. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 19 years.
Fee: \$65 for six-week series

Day of Self Renewal
Monday, Aug. 14, 8:30 a.m.–4:30 p.m.
Facilitators: Prairiewoods staff

Find rest and relaxation for your mind, body and spirit! This tranquil day features two 40-minute holistic services of your choice, group energy work, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing

touch spiritual ministry, spiritual direction, dream processing, Swedish massage, reflexology, singing bowl body healing, head & shoulder massage, or yoga.) Registration, a non-refundable deposit of \$25 and your top three services choices are required five days in advance.

Fee: \$95 includes room, lunch, group activities and two holistic services

Singing Bowl Prayer
Monday, Aug. 14, 12:45–1:30 p.m.
Facilitator: Kathy Broghammer

Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. Let the resonant sounds of Himalayan and crystal singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Just receive and breathe! Some yoga mats and pillows will be available.

Fee: \$5

An Evening of Shinrin Yoku
(Forest Immersion)
Tuesday, Aug. 15, 6–9 p.m.
Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Explore the ancient healing path of *shinrin yoku*, or forest immersion, with Dr. Suzanne Bartlett Hackenmiller, a practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally-healing environment. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Consider: What if the land actually loves humans? What if it needs us? As our species evolved with all other species in an interdependent dance, a long ceremony of mutuality, each of us became bound by invisible threads within a vast web of interdependence. Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine! Dress to be outside

and with the land in her annual process of flourishing.
Fee: \$20



Ancient Wisdom for Modern Times, ISHA Course 301

Friday, Aug. 25, 5 p.m.–Sunday, Aug. 27, 6 p.m.

Facilitator: Debra Reis, RN, MSN, HN, CHTP, HTSM-CP/I, CCA

Just as early peoples used their hands and Earth's plants to heal one another, you too can practice this ancient healing tradition through aromatherapy and hands-on healing. In this two-and-a-half-day course from the Institute of Spiritual Healing & Aromatherapy (ISHA), explore the history of aromatics through ancient cultures, Biblical experience, healers from the Middle Ages and modern-day healers. The science of 35 aromatic oils and their vibrational frequencies will be explored. Learn how essential oils affect the body, mind and spirit and focus on integrating essential oils with heart-centered energetic healing techniques. The emphasis will be on assessment, appropriate selection of essential oils and guided experiences. For more information or to register, contact ISHA at www.ISHAhealing.com or 865-357-1541.

Fee: \$450, plus lodging and meals

Offered in Partnership with Cedar Memorial

Mindfulness-Based Stress Reduction (MBSR)

Information Sessions: Tuesday, Sept. 5, 12:30–1:30 p.m.; or Tuesday, Sept. 12, 5:30–6:30 p.m.

Eight-Week Series: Tuesdays, Sept. 19–Nov. 7, 12:30–3 p.m. or 5:30–8 p.m.

Combined Retreat Day: Saturday, Oct. 28, 9 a.m.–3:30 p.m.

Facilitator: Chris Klug

Mindfulness is the quality and power of mind that is deeply aware of what's happening—without judgement, commentary or interference. In this eight-week Mindfulness-Based Stress Reduction (MBSR) series, cultivate mindfulness through formal and informal meditation practices. Chris Klug, a grief counselor, has been an instructor in the MBSR program at the University of Iowa Hospitals and Clinics since 2001. (You will not receive confirmation of registration until you have a personal conversation with Chris.)

Fee: Free for information session, \$400 for eight-week series (partial scholarships are available through Cedar Memorial)

Save the Date! for these upcoming programs:

- **Women in Interfaith Dialogue** with Dr. Paula Sanchini, Mary Beth Seaman & Virginia Melroy (Saturday, July 29, 10 a.m.–3 p.m.)
- **Solar Power Hour** with Pete Murphy from Midwest Renewable Energy Association (Thursday, Aug. 10, 5:30–7:30 p.m.)
- **Kissed by God: Holy Women Create** with Shirley Cunningham (Tuesday, Sept. 26, 1–3 p.m.; Please bring a copy of Shirley's book, which is available in the Prairiewoods Gift Shop.)

For more information, visit www.Prairiewoods.org.

ADULT SUMMER CAMP: *Creative Energy!*

Experience the freedom, playfulness & learning that only summer camp can provide!

Do you long for the relaxation, outdoor adventures, creative outlets and friendship building possible in the long, lazy days of summer? Feel the excitement of re-energizing and engaging life in the midst of the beautiful woodlands and prairies of Prairiewoods!

This year's *Adult Summer Camp: Creative Energy* will take place *Friday, July 21, to Monday, July 24*. From 8 a.m. to 8 p.m. each day, embrace creativity as you:

- play with clay
- draw Peaceful Patterns, a meditation that is as simple as doodling
- explore the flow of personal energy
- write poetry
- arrange flowers

- drum
- dance
- learn Tai Chi, a gentle exercise used for wellness and stress reduction
- try essential oils
- learn about Native American spirituality
- walk through the woods
- learn about the benefits of SAGE, a system for managing stress and building resilience
- relax with the music of guitars and flutes

Each day, enjoy amazing meals, creative projects, relaxation, energizers, activities on the deck and S'mores over an open fire. You will have down time to explore all Prairiewoods has to offer, including walking the trails, experiencing

the Cosmic Walk, picking flowers, finding a good book in the Media Center, relaxing on the pond deck, meditating on the outdoor labyrinth, and napping in a tree swing or hammock.

Come for a few days (or receive a discount when you register for all four days) and make it the ultimate summer camp experience by choosing to stay overnight in the Guest House.

Fee: \$120 per day includes activities, materials, the previous night's lodging and all meals (or register for all four days, Thursday afternoon–Monday evening, for \$395)

Commuter Fee: \$70 per day includes activities, materials and all meals (or register for all four days as a commuter for \$225)

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

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



Sweetgrass Flute & Nature Festival is back!

Bring the whole family *Sept. 29 - Oct. 1* for a weekend of soothing Native American-style flute music, Earth-focused vendors, tasty food and mind-body-spirit workshops. (And don't forget your favorite pet for the *Blessing of the Animals* on Sunday!)



Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

WE ARE STILL IN

Hosting Hope at Prairiewoods

Y*es, We Are Still In.* We Are In with friends and neighbors; with environmentalists and scientists; with Pope Francis, indigenous peoples and all lovers of Earth.

We Are In with the cities and states, nations and peoples of the world who know that *now is the time* to make drastic changes in the course we are on.

Prairiewoods, like all of those listed here, will honor the Paris Climate Change Accord, an effort to hold global warming to between 1.5 and 2 degrees Celsius. Beyond this point, we will not be able to reverse such effects as rising sea-levels, drought, storms and other catastrophes.

The number of entities resolving to keep the goals of the Paris Accord is growing every day. (See page 3 for more information.) There are more cities, more universities, more determined citizens and religious leaders joining together, their voices creating a litany of promise for the future, a litany of hope.

Because so many of us are so determinedly resolute that We Are Still In, hope can arise. Together we become stronger and more united. Hope is persistent, it shines bravely even in darkness. It might come through something as simple and as complex as an experience in the natural world when we learn within our hearts that we are one with all that exists.

During a recent retreat at Prairiewoods, we joyfully welcomed a number of women and men who arrived at our doors for a week of silence, prayer and rest. Although they may not have known it when they drove in, *they were in search of more.* And they found it. Sometimes it was simply hours spent on a solitary bench under a tree in the woods. Some found the more they were looking for at the center of the labyrinth, where the only entertainment was bird song. For others, there was a spot near the pond where conversations between what sounded like at least a dozen bullfrogs provided them with a whole array of fascinating music. They left us after a week of being in woods and prairie,

of sitting by the small creek that travels its way through this land. They spoke of what this meant to their souls.

Could it be that we find ourselves in this dangerous time because we have forgotten our connections to Earth and that these connections are profoundly spiritual?

Could it be that so many of the problems that seem to be swallowing up our world and the future we are leaving to those yet to come stems from our distance from nature?

In *Laudato Si'*, Pope Francis speaks of the "mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face" (233). He describes the mystical experience of being awestruck before a

(continued on p. 3)



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One beautiful summer afternoon, I took a break to wander outside to the Healing Garden, created at Prairiewoods last year. Our first "official" foray into permaculture design, the Healing Garden contains a variety of herbs, new cherry and currant bushes, a hummingbird feeder, the gorgeous wicker angel handmade for us by our dear friend Mary Kopecky and a magnificent wooden bench created by our faithful supporter Dick Lensing.

I sat on the bench, munching on warm currants I'd just plucked off the bush, and watched as a beautiful ruby-throated hummingbird hovered at the feeder. As the bird dashed away, my eye was drawn to other movements in the garden: ants busily criss-crossing the dirt, bees drifting from blossom to blossom, beetles and flies and insects of varying shapes and sizes.

I was enthralled by the profusion of life within the few small feet of land encompassed by the Healing Garden. As I concentrated, attempting to take in the sheer number and variety of living things in that tiny microcosmic environment, something strange occurred: I had a sudden vision of the garden expanding, growing ever larger, until it encompassed the woods and the prairies of our 70 acres. Then it grew even larger, expanding outward into the whole city, county, state. Without moving from my spot on the bench, I had a sudden intense vision of the whole globe teeming with uncountable, infinitely varied life.

That moment of awe and wonder is difficult to hold on to—but I'm trying! It is vitally important to remember that we are, each of us, part of this amazing, evolving creation. When we understand ourselves as part of one whole, the importance of addressing climate change becomes more than a responsibility. It becomes a shared pilgrimage. A *pilgrimage* is most commonly known as a journey to a sacred place. Its lesser-known definition—the *course of life on Earth*, according to Merriam Webster Dictionary—reinforces the idea that our lives are a sacred journey. Together, we are on a pilgrimage to reverence this Earth, and we have much work to do!

"We are called to love this created world as God loves it. We are to help transform this universe from within by seeing Christ in the heart of matter—in all peoples, creatures, elements, stars and galaxies."

—Ilia Delio

Peace and all good,

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

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

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319-395-6700
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Ecospirit@Prairiewoods.org



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mountain as an experience that cannot be separated from the experience of God. He reminds us that it is we humans who need to change, since, "We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone." Again he reminds us that "the external deserts in the world are growing, because the internal deserts have become so vast" (217).

We find this reminder of the great need we humans have to heal our souls and strengthen our connections with nature in so many places.

In his book *The More Beautiful World Our Hearts Know is Possible*, Charles Eisenstein speaks of the deep shift we as a society must make. He reminds us that—even though there are many facets and great complications in dealing with all of the systems now

causing climate change—what is totally necessary is to connect with the life around us. He writes: "We need to come into a direct, caring, sensuous relationship with *this forest, this mountain, this river, this tiny plot of land*, and protect them for their own sake rather than for an ulterior end. That is not to deny the dangers of greenhouse gases, but ultimately our salvation must come from recovering a direct relationship to what's alive in front of us."

For Prairiewoods' part, we will continue to network with organizations that recognize and address the reality that climate change is here. We welcome anyone needing a place of peace, of solitude. We welcome you to the woods and to Dry Creek, to connect with the deer, the birds, the groundhogs and the flowers in the prairie. *Welcome. Discover hope.*

by Betty Daugherty, FSPA

Hosting Hope Circles are forming this fall at Prairiewoods, and one circle is especially devoted to Nature and Environment. Celebrate your hopefulness by joining a Hosting Hope Circle with others committed to protecting and nurturing Earth, or join a circle that focuses on one of the other significant issues attached to the integral ecology promoted for a healthy Earth. (See page 6 for complete details.)

WE ARE STILL IN

We Are Still In is an open letter to the world that says individual cities, states, businesses and schools are still standing behind the Paris Climate Change Accord. As of the end of July, here is who has committed to upholding the agreement:

- **236 Cities & Counties** (including Dubuque, Des Moines, Fairfield, Iowa City, Johnson County & Linn County)
- **9 States** (none of which is in the midwest)
- **321 Places of Higher Education** (including Coe College, Iowa State University & University of Iowa)
- **1,680 Businesses & Investors** (including 215 companies with at least \$100 million in annual revenues or \$5 billion in assets under management)

For an ever-evolving list and information on how you can get involved, visit www.WeAreStillin.com.

Prairiewoods connects with a number of *local organizations* devoted to care of Earth. Among them are:

- *Backyard Abundance*
- *Iowa 350*
- *Iowa Interfaith Power & Light*
- *1-Renew*
- *Matthew 25*
- *Trees Forever*

Some of these organizations, as well as representatives from the City of Cedar Rapids and Linn County Supervisors, will speak on *Sunday, Oct. 1*, at Sweetgrass Flute & Nature Festival. (See page 5 for complete details.) Find hope in learning about a number of different initiatives happening locally to combat climate change!



garden of eat'n

Edible Walk & Outdoor Classrooms

Have you noticed the many changes happening around the Prairiewoods Center? We're working with Backyard Abundance to create new permaculture landscaping that features edible landscapes (with lots of veggies and herbs for snacking), a Healing Garden, a mushroom growing area and Outdoor Classrooms. These are all part of the *Garden of Eat'n* that began this spring.



Edible landscapes surround the Center with fruit, vegetable and herb plants. You can eat your way through the walk—look for signs that explain what you're eat'n!



A *Healing Garden* between the Center and Guest House features a sitting bench, St. Francis statue and willow angel, as well as edible herbs and fruit.



A *Mushroom Garden* just outside the kitchen is complete with inoculated logs that will soon produce shiitake and chicken of the woods mushrooms.



Outdoor Classrooms allow facilitators to lead hands-on workshops on everything from holistic gardening practices to container gardening. Come learn in this fun environment!

Sweetgrass Flute & Nature Festival



The festival features *live performances* by eight critically acclaimed musicians specializing in indigenous and world flutes.



Workshops will teach you everything from mandala painting to smudging, yoga to didgeridoo playing. Come play and learn!



Vendors offer handmade flutes, local food, organic and natural items, arts, crafts, jewelry, stones, essential oils and so much more!



Come hear the voice of the land! The third annual *Sweetgrass Flute & Nature Festival* is coming to Prairiewoods Sept. 29–Oct. 1. This free, family-friendly festival includes live performances by internationally renowned musicians specializing in the music of Native American–style flutes and world flutes.

Unlike any other event in the Midwest, Sweetgrass offers abundant opportunities to immerse yourself in indigenous music, nature and mind-body-spirit wellness. Participate in a variety of workshops for the whole family to experience inner transformation, learning and fun! Then stroll through vendor village to find great food, one-of-a-kind crafts, handmade flutes, essential oils, nature-inspired jewelry and more.

The festival culminates Sunday afternoon with Prairiewoods' popular *Blessing of the Animals*. Bring every member of the family—even those with fur, wings, scales and fins—to this annual celebration in honor of St. Francis, the patron saint of ecology. This family- and pet-friendly celebration honors our connection with animals, Earth and all of creation. Sweetgrass concerts, workshops and vendors will be available starting at 11 a.m., as well as children's activities at noon. At 3 p.m., join us for a tribute to Earth, our common home, as local organizations share positive stories about ways they are caring for Earth, followed by the Blessing of the Animals.

Visit www.SweetgrassFest.com for complete details, including schedules for concerts and workshops. This unique, nature-focused music festival is one your whole family will love!



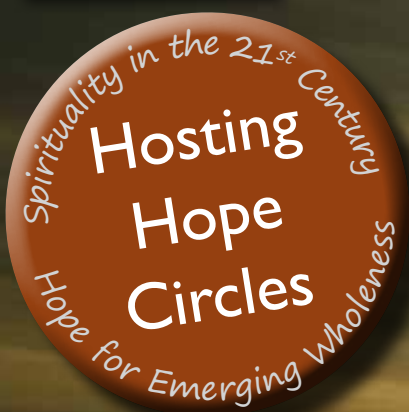
Sunday's *Blessing of the Animals* allows you to include your favorite four-legged, winged or slithering family members in the fun!

SCHEDULE

Friday, Sept. 29
5–9 p.m.

Saturday, Sept. 30
10 a.m.–9 p.m.

Sunday, Oct. 1
11 a.m.–4 p.m.
(Blessing of the
Animals at 3)



Hosting Hope Circles at Prairiewoods Begin in September!



Welcome to hosting hope!

Hosting Hope Circles are forming as an outgrowth of our communal experience at Prairiewoods' annual *Spirituality in the 21st Century* event last May. This gathering brought a synergistic wave of energy and hope with more than 270 participants who focused on *Hope for Emerging Wholeness*. How are we going to coalesce and support one another as we navigate the profound challenges for our planet and all creation in this Ecozoic Era—the Age of the Earth? When our land, forests, oceans, rivers, air and creatures are being polluted and destroyed, how will we buoy and encourage one another as care-takers of creation?

As we reflect on the inter-connectivity of all life, there is a growing awareness of an emergent wholeness in all of creation. Pope Francis has encouraged us to embrace an “integral ecology” for the good of the whole, recognizing that we are intimately inter-connected at the micro- and macrocosmic levels. In this emergent universe, the profound question remains, “Are we ready to become whole-makers?”

Hosting Hope Circles bring all of us together

to explore ways of being in relationship, of paying attention to our most deeply held passions and of uniting with others for the good of the whole. We are convening Hosting Hope Circles at Prairiewoods (just north of Cedar Rapids) and surrounding locations in Nebraska, Minnesota and Wisconsin, either in person or via web conferencing.

Whether or not you attended *Spirituality in the 21st Century*, you are invited to join a group focusing on the following areas:

- *Community, Dialogue & Evolutionary Consciousness*
- *Evolution & Eco-Spirituality*
- *Health Care & Education*
- *Holistic Healing*
- *Nature & Environment*
- *Peace & Restorative Justice (e.g., poverty, immigration, LGBT, housing)*
- *Storytelling, Art & Music*

Visit www.Prairiewoods.org/21st-Century to sign up for a Hosting Hope Circle by clicking on one of the icons. We'll see you in September!



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

Autumn Offers Retreats for the Heart, Soul & World!

Re-Raising Cain: Mimetic Desire & Wholeness

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

Facilitator: James Alison

How often does jealousy enter the daily drama of home, community and workplace relationships? The mark of Cain permeates experiences when we learn to imitate the desires of those we admire and love. This is a retreat on the art of cultivating and integrating holy desire for the good of the whole! Human desire is mimetic (or imitative) and can lead anyone to jealousy, violence and scape-goating, especially when our perceived identity is threatened. This retreat, led by internationally recognized theologian James Alison, draws on the work of René Girard. During this weekend, take a close look at mimetic desire and rivalry, and work toward healing and integration of your desires for the building of community. James Alison is a Catholic theologian, priest and author whose research and writing has featured the work of René Girard, especially focusing on mimetic desire and its function in society. This retreat is a must-have experience for anyone who wants to work collaboratively in family, work or community settings!

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

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

Spiritual Exercises in Everyday Life (S.E.E.L.) 10

Saturdays, Sept. 9 & May 5, 9 a.m.–3 p.m., and Saturdays, Oct. 7, Nov. 4, Dec. 9, Jan. 13, Feb. 17, March 17 & April 14, 9 a.m.–1 p.m.

Facilitators: The Prairiewoods S.E.E.L. Team

This is the tenth anniversary of the Spiritual Exercises in Everyday Life, or S.E.E.L., retreat at Prairiewoods, and it comes highly recommended by past participants. Some alums have made the S.E.E.L. journey two and even three times because it had such a profound impact on their lives and they wanted to explore even more fully all the retreat offers. S.E.E.L. is a nine-month retreat in the Ignatian spiritual tradition for those passionate about going deeper in their faith journey. This is a retreat that encompasses all your joys, sorrows and holy desires for “something more” in growing closer to God and others. It involves daily readings on e-mail, an hour of daily prayer, meeting monthly with a spiritual companion, and once-a-month days of reflection with the whole group. The circle is coming together right now, so contact Laura Weber (lweber@prairiewoods.org or 319-395-6700) today for an application!

Commuter Fee: \$450 for nine-month retreat (payable in Sept.

Calling all photographers and artists to capture Prairiewoods Images of Hope!

Do you have an eye-catching photo or piece of art you took or created at Prairiewoods that shows inter-connection or hope? Submit your favorite photo or artwork for *Images of Hope!* The entry that we feel best captures hope and inter-connection will be featured on the cover of the 2018 Retreats Brochure! Even if your entry isn't

2017 or in monthly installments of \$50) plus the cost of monthly spiritual direction sessions paid separately (usually \$45 per hour)

Living & Writing in Threshold Times: Writing Our Way into a New Story

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

Facilitator: Karen Hering

A threshold, whether physical or emotional, is a place of great vitality, exchange and possibility, where new greets old, where outside meets inside, where stranger crosses over to become friend. This retreat is for people living through threshold times that bring significant change, chosen or unbidden. Whether you're facing a change in relationship, work, home, role, identity or ability, this weekend for writers and non-writers alike offers guided writing, conversation and contemplative reflection to support you in writing your way into a new story. Literary minister, author, consultant and facilitator Karen Hering leads retreats engaging writing as a tool for healing and social change.

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

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



Magnifying Glass to Cosmic Telescope Retreat: Honoring Our Evolving Stories

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

Facilitator: Cindy Chicoine

Stop feeling alone, coming up short and living small. Widen your personal narrative lens and find the treasure of the larger story. Then expand your view further still and experience yourself as interconnected, in communion, living in unitive consciousness.

Come ready to experience—in gentleness, joy and love—the power of story. Come with the hope of awareness, restoration and inspiration as you deepen into your personal, community and cosmic stories. You will listen and share—immersed in silence, solitude and creative expression—simple rituals, music and gentle movement, all weaving together a circle to honor and be present with every aspect of your ever-evolving story. Cindy Chicoine, ACSW, LISW, author, psychotherapist, spiritual director and retreat leader, finds inspiration in supporting others in accessing their inner wisdom through the power of story.

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

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



chosen, it may be used for future marketing efforts with credit to you as the photographer. Entries should be sent as high-resolution images to alewis@prairiewoods.org by Oct. 16.

So get creative, and capture *Images of Hope!*

Hatha Way Yoga

Mondays & Thursdays; Sept. 4–Oct. 30; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.

Facilitators: Cindy Hathaway & Anji Kat

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway and Anji Kat offer six one-hour Gentle/Beginner's and Chair Yoga classes each week. Please bring your own mat if possible. People of all fitness levels are welcome. Come see how Cindy and Anji can help you benefit from yoga!

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

Offered in Partnership with Cedar Memorial

Mindfulness-Based Stress Reduction (MBSR)

Information Sessions: Tuesday, Sept. 5, 12:30–1:30 p.m., or Tuesday, Sept. 12, 5:30–6:30 p.m.

Eight-Week Series: Tuesdays, Sept. 19–Nov. 7, 12:30–3 p.m. or 5:30–8 p.m.

Combined Extended Class: Saturday, Oct. 28, 9 a.m.–3:30 p.m.

Facilitator: Chris Klug

Mindfulness is the quality and power of mind that is deeply aware of what's happening—without judgement, commentary or interference. In this eight-week Mindfulness-Based Stress Reduction (MBSR) series, cultivate mindfulness through formal and informal meditation practices to benefit your nervous system, emotions and general sense of well-being. Chris Klug, a grief counselor, has been an instructor in the MBSR program at the University of Iowa Hospitals and Clinics since 2001.

Fee: Free for information session, \$400 for eight-week series (partial scholarships are available through Cedar Memorial)

Mind Full or Mindful?

illustration by Heidi Forbes Öste



Seeing IS Believing: Visio Divina

Tuesdays, Sept. 5, Sept. 12, Sept. 19, Sept. 26, Oct. 3, Oct. 10, Oct. 17, Oct. 24 & Oct. 31, 10 a.m.–12 p.m.

Facilitator: Lois Ocenosak

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing, on Tuesday mornings. 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. Various works of art are used for the sessions, including pieces from *The Saint John's Bible*, professional artists and local artists. The sessions stand alone, so you may attend one or all.

Fee: \$5 per session (\$9 to add lunch, if reserved by previous Friday)

Wednesday Women

Wednesdays, Sept. 6–Oct. 25, 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! During the school year, this group meets every Wednesday.

On Sept. 6, view and discuss an interview Sam Keen conducted with Benedictine monk Bede Griffiths, OSB, about his experience with the Christian Ashram Movement and the dialogue between Christianity and Hinduism.

Sept. 13–Oct. 18, continue learning about Brother Bede when you read and discuss his book *Essential Writings*. (Weekly reading assignments are available at www.Prairiewoods.org.)

On Oct. 25, view and discuss Harold S. Kushner's video *How Good Do We Have to Be?* This offers an understanding of guilt and forgiveness and a healthy approach to inherent imperfections.

Fee: \$10 per session

Going Inward with Sounds & Vibrations

Wednesdays; Sept. 6, Sept. 20, Oct. 4 & Oct. 18; 6–7 p.m.

Facilitator: Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of

Himalayan and crystal singing bowls.

Kathy Broghammer will lead you in gentle movement through the song of bowls to connect with your inner self. You will be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated.

The group may venture outside for part of the evening, weather permitting.

Fee: \$10 per session



Bridges to Contemplative Living with Thomas Merton

Thursdays; Sept. 7, Sept. 21, Oct. 5 & Oct. 19; 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

This program is based on the *Bridges to Contemplative Living* series, which includes musings 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

Sweat Lodge (Inipi) Ceremony Saturdays; Sept. 9, Sept. 23, Oct. 14 & Oct. 28; 5–10 p.m.

Facilitator: Kerry Batteau

Participate in an ancient Sweat Lodge Ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which you sit on the earth. Heated stones are placed in the center of the lodge and the leader, or water pourer, pours water over the stones to create steam. There are four rounds that include the singing of sacred songs, and after each round the lodge door is opened for more stones to be brought in. Please bring food for a simple potluck meal to follow. Registration is required so that additional protocols and a release form can be mailed to you.

Fee: \$10 to Prairiewoods for materials



Drumming for Healing

Mondays; Sept. 11, Sept. 25, Oct. 9 & Oct. 23; 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. 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 all ages are welcome. Percussion instruments are available. Depending on weather, this group will meet in the Art Room or around the fire pit south of the Center.

Fee: Free-will offering to facilitator

Prairiewoods Knitters & Stitchers

Tuesdays, Sept. 12 & Oct. 10, 9:30–11 a.m.; & Wednesdays, Sept. 27 & Oct. 25, 7–8:30 p.m.

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, come create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. This is a group of crafters of various skill levels who meet twice a month. New participants are always welcome.

Fee: Free

Rohr Discussion Circle

Tuesdays, Sept. 12 & Oct. 10, 5:30–7 p.m.

Facilitator: Prairiewoods staff & participants

Do you seek practical applications of spiritual teachings in your daily life? Come for a monthly viewing of a topical presentation by Father Richard Rohr, OFM, followed by a discussion. Rohr is a Franciscan priest, the founder of the Center for Action and Contemplation, and an internationally recognized ecumenical teacher. He focuses on contemplation and radical compassion, especially for the marginalized. Feel free to bring your dinner.

Fee: \$10 per session



Evening Centering Prayer

Tuesdays; Sept. 12, Sept. 26, Oct. 10 & Oct. 24; 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

An Evening of Shinrin Yoku (Forest Immersion)

Tuesday, Sept. 12, & Monday, Oct. 16, 6–9 p.m.

Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FABOIM

Explore the ancient healing path of *shinrin yoku*, or forest immersion, with Dr. Suzanne Bartlett Hackenmiller, a local practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally healing environment. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine! Dress to be outside and with the land in her annual process of autumnal change.

Fee: \$20



Cedar Valley Flute Society

Wednesdays; Sept. 13, Oct. 11 & Oct. 25; 6–7:30 p.m.

Facilitators: Jonny Lipford & friends

Are you soothed by the sounds of the Native American–style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute circle led by award-winning instrumentalist Jonny Lipford. Surround yourself with like-minded individuals of all skill levels. Everyone is welcome, even if you don’t play the flute! Please note that the group will not meet Sept. 27, since that is the first day of the Sweetgrass Flute School.

Fee: Free-will offering to Prairiewoods

Men Exploring Faith

Thursdays; Sept. 14, Sept. 28, Oct. 12 & Oct. 26; 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 and faith’s response. Come get perspective on life!

Fee: Free-will offering

Day of Self Renewal

Monday, Sept. 18, 8:30 a.m.–4:30 p.m.

Facilitators: Prairiewoods staff

Find rest and relaxation for your mind, body and spirit! This tranquil day features two 40-minute holistic services of your choice, group energy work, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing touch spiritual ministry, spiritual direction, dream processing, Swedish massage, reflexology, singing bowl body healing, head & shoulder massage, or yoga.) Registration, a non-refundable deposit of \$25 and your top three services choices are required five days in advance.

Fee: \$95 includes room, lunch, group activities and two holistic services



Singing Bowl Prayer

Mondays, Sept. 18 & Oct. 16, 12:45–1:30 p.m.

Facilitator: Kathy Broghammer

Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. Let the resonant sounds of Himalayan and crystal singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Just receive and breathe! Some yoga mats and pillows are available.

Fee: \$5

Dream Group

Wednesdays; Sept. 20, Oct. 18, Nov. 15, Dec. 20, Jan. 17, Feb. 21, March 21, April 18, & May 16; 1–3 p.m.

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

Learn about your truest and deepest self through group exploration of dreams. Spend an hour of each session discussing one of two books by Robert A. Johnson: *Owning Your Own Shadow: Understanding the Dark Side of the Psyche* (Sept.–Jan.) and *Inner Gold: Understanding Psychological Projection* (Feb.–May). (For Sept. 20, please read pages vii–x of *Owning Your Own Shadow*.) After discussing the reading, the group will work together to process a participant's dream. A background in dream work (such as a Prairiewoods dream workshop, a dream retreat or something comparable), a commitment to attend all nine sessions and registration are required by Sept. 13. **Fee: \$180** for nine-month series (payable at registration or \$20 per session, whether present or not), plus cost of books (available through Prairiewoods' Gift Shop)

Kissed by God: Holy Women Create

Tuesday, Sept. 26, 1–3 p.m.

Facilitator: Shirley Cunningham

Come meet eleven creative holy women of scripture and Christian history! These are your sisters and mothers, ancestors in the Spirit, kissed by God. Get to know one or two of them to see how you, too, have been kissed by God and invited to sing your own unique song. This program will feature facilitator Shirley Cunningham's book *Kissed by God: Holy Women Create*.

Fee: \$15, plus cost of book (available through Prairiewoods' Gift Shop)

Tai Chi & Qigong

Wednesdays, Oct. 11–Nov. 15, 2–3:15 p.m.

Facilitator: Gerry Hopkins

Tai Chi is a Chinese martial art that is most often practiced as a gentle form of exercise and mindful meditation. Qigong consists of a variety of Chinese therapeutic exercises that have been around for at least 2,500 years. Qigong looks like Tai Chi but is generally easier to do. Tai Chi and

QiGong can help you improve balance and coordination, increase flexibility, strengthen core and lower body muscles, and control stress. There is compelling evidence that they can strengthen the immune system and improve cardiovascular health, too. In this six-week series, you will be introduced to a Qigong set, foundational Tai Chi principles and a short Yang Tai Chi form. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 20 years.

Fee: \$65

Dances of Universal Peace

Saturday, Oct. 21, 7–8:30 p.m.

Facilitator: 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. Registration is requested by Oct. 18.

Fee: \$10

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- Please send your mailings electronically to _____.
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PRAIRIEWOODS: Rooted & Growing

We are entering the final quarter of our Rooted & Growing Campaign, begun last year in honor of Prairiewoods' 20th Anniversary!

Many of you have already generously contributed to this campaign—*thank you!* Our gratitude is profound! For those of you wishing to contribute—either again or for the first time—the campaign continues through December. Donations may be made by cash, check or credit card. (Cards are accepted in person or via telephone at 319-395-6700.)

Thank you for helping us grow!



Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

COMPOSTING OURSELVES

Embracing Disintegration for Transformation

A photograph recently seen on social media showed a message spray painted on a city sidewalk that read, “*Things get worse before they get worse.*” This would seem an apt description of what a number of people connecting with Prairiewoods express: feelings of anxiety, fear and hopelessness, as cultural and spiritual touchstones they’ve relied on appear to be in turmoil or disintegration—when their own hearts feel fearful or hopeless. *How do we continue to grow spiritually, to deepen our relationship with the Source of All Being, when it feels like everything is falling apart?* At Prairiewoods, we often look to nature for hope and inspiration for the path forward.

The Green Prairie Garden at Prairiewoods is full of examples worth closer examination, including a rather large compost pile. In late summer/early fall, when fresh fruits and vegetables are in abundant use in the kitchen, fresh buckets of compost material arrive in the garden actually looking and smelling appetizing—not at all like the image of stinky garbage we generally associate with compost.

When dumped on the compost heap, these leavings

On Top

*All this new stuff goes on top
turn it over, turn it over
wait and water down
from the dark bottom
turn it inside out
let it spread through
Sift down even.
Watch it sprout.
A mind like compost.*

—Gary Snyder

become a riot of colorful shapes and splatters, as artistic as a Jackson Pollock masterpiece. We can look at this beautiful compost and think of the processes completed to get to this point: the planting, the tending, the harvesting, the processing and the consumption that have already taken place. As a result, we begin to think of these scraps as unwanted by-products and leftovers of the main event: the nourishment of our bodies.

Nourishment is a process of integration; it is central to our well-being and growth. We ingest that which has been harvested, and its micronutrients are absorbed and become part of us. If we spend time thinking about this, we can wax poetic about how our bodies model the concept of integration. However, there is another side to the process of digestion that we prefer not to think about too closely. Namely, that these natural processes also include *dis-integration*—food breaks down and disintegrates; while nutrients are absorbed and integrated, other material becomes waste and is eliminated. We do not discuss waste and its elimination in polite company. In other words, we are less enamored of this dis-integration, though it is truly no less miraculous a physical process.

(continued on p. 3)

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*"We are made wise not by the recollection of our past,
but by the responsibility for our future."*

—George Bernard Shaw

When I first came to Prairiewoods as Director, Sr. Lucille Winnike gave me two gifts. The first, a stone on which the words "It is what it is ..." were carved. (What comes after the ellipses is "Therefore, choose life!" Lucille reminds me.) The second gift, which came after several conversations about Prairiewoods' history and mission—and my concern that I might lack the necessary wisdom to serve in this capacity—a little crystal owl.

Both gifts have served me well!

Since receiving these gifts, owls have proliferated in my office. At one time there were five readily on view to anyone who entered. They appeared separately over a period of months. I didn't even notice, until a colleague walked in and asked, "What's up with all the owls?"

A group of owls is called a *parliament*, which led me to wonder what this gathering of advisors might be trying to say to me.

We've all heard of owls being connected to wisdom. As I began to read more about owl symbolism, I learned that this association may be related to the fact that owls see in the dark, a gift that humans lack. According to my reading, we notice owl imagery when we can't see the path ahead. We hope for the owl's wisdom to rub off on us, as we find our way toward understanding and insight. The big surprise is that we aren't all surrounded by owls and images of owls these days, seeing that we are living in times that have us feeling our way, as if navigating in the dark. The future often feels uncertain; our churches, our culture and our political institutions are in transition.

The New Testament book of James (1:5) tells us, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." I've taken this advice to heart, and my prayer is often for the wisdom to see rightly; the wisdom to find a path through the darkness of hatred, despair and the destruction of our home toward a hopeful future. These transitional times can feel scary, but if we ask for wisdom and stay with the things that frighten us, we may find the way forward into new understandings, new paradigms.

As I am writing this reflection, a ray of sunshine has fallen on the crystal owl Sr. Lucille gave me, spraying my office with little rainbows. I turn to look at it on my windowsill and notice that one of its ears is missing. The wise among us, I think, are not always perfect. For all of us who feel flawed, unequal to the task at hand or imperfectly wise, that is a truly hopeful thing to keep in mind!

Peace and all good,

Jenifer Hanson, Director



Prairiewoods is a Catholic 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.

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

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In a compost heap, integration and disintegration are clearly and more easily seen as parts of one continuous holistic process. Throw the new on top, turn it over to integrate the new with the old, and then give it time. The result is something new: a rich, healthy humus that offers itself as the medium for a new cycle of growth.

It seems so easy, natural and desirable when we are describing compost. However, as human beings, we struggle with the disintegration side of the equation. At the biological level, we see disintegration as the unsavory, messy, even repugnant side of life. *On a spiritual level, disintegration terrifies us.* The process of spiritual growth requires a continual integration of beliefs and lived experience, often motivated, generated or accompanied by pain or suffering. Once we've reached a level of integration or synthesis, we experience a measure of peace, having been transformed and having discovered a new way of being in relationship with self and God. We've passed through discomfort and are, once again, on spiritual terra firma, a point of stasis that feels restful. However, it is not our nature as evolutionary beings to remain static.

The process of spiritual growth can be likened to the way a caterpillar enters its chrysalis, disintegrates into imaginal cells and emerges as a monarch. We don't know if the caterpillar "fears" its transformative process. *But we do know that, as humans, we fear disintegration, even when we intellectually accept that it will lead to a desirable transformation.* We fear the necessary emotional discomfort of entering into the breaking down of the

self we currently know. This fear is an echo of our greatest fear, which is our own death. We fear the death of previously cherished beliefs and comfortable, familiar paradigms because we fear the Unknown that death represents.

Integral psychologist Ken Wilber understands this fear. Yet he posits that, in the process of spiritual growth, it is unwarranted. Death—whether of our old paradigms or our old selves—is a transformation, a transcendence from what we once were/did/believed that includes the old within the new, just as the humus resulting from composting includes the source materials (food scraps) we threw on the heap. Wilbur speaks of growth in consciousness as occurring in waves and writes, "As I would word it, each wave is 'transcend and include.' That is, each wave goes beyond (or transcends) its predecessor, and yet it includes or embraces it in its own makeup. For example, a cell transcends but includes molecules, which transcend but include atoms. To say that a molecule goes beyond an atom is not to say that molecules hate atoms, but that they love them: they embrace them in their own makeup; they include them, they don't marginalize them. Just so, each wave of existence is a fundamental ingredient of all subsequent waves, and thus each is to be cherished and embraced" (RationalSpirituality.com/Articles/Ken_Wilber_Spiral_Dynamics.htm).

Viewed in this light, the idea of composting ourselves—intentionally placing ourselves in the midst of disintegration, willingly entering into the confusion that surrounds us on the compost heap—is a generative act. At

Prairiewoods' *Spirituality in the 21st Century* event in April, theologian Ilia Delio, OSF, stated, "The key to evolution is involution," by which she means that we need to keep turning the compost within. (She suggested using solitude, cyberfasts, prayer and contemplation, and "harnessing the energies of love" as methods.)

Therefore, out of the confusion of the compost heap on which we have purposefully placed ourselves, comes *con-fusion*, a co-creative "merging-with" into the humus—the growth medium—of evolution ("con-fusion as a mingling together instead of a fall from grace," BayoAkomolafe.net/Project/Entangled-with-the-World/). *We, together, transcend what we have been to become what we will be, individually and collectively.*

by Jenifer Hanson



the compost pile at Prairiewoods, captured by Laura Weber

Harvesting

Fall is the time of harvest, of reaping what has been sown.

It is a time to delight in abundance and to be grateful for all that the Universe provides. Here at Prairiewoods, we are astonished by all that we are honored to harvest—from the hearty squash to the sweet plums to the caring relationships that are ever-evolving with Earth, Spirit, self and others.

Please allow us to share some of what is being harvested here at Prairiewoods!

We harvest the creative ideas, plans and designs of the *flower gardeners*. Using God's palette of colors, shapes and sizes, they lend their own unique talents to tend the flowering beauty that feeds our souls. Their commitment, energy, hard work and joy is a harvest of inspiration!



Weekly, we harvest a special crop with our *Wednesday Outdoor Crew*. Not only do they sweat while doing routine mowing and upkeep, they also suggest and carry out improvements that will make Prairiewoods flourish. Over years of service, they have moved from volunteers to special guardians of the land!



Over the last three years, we have been harvesting a mutually beneficial relationship with *Metro Catholic Outreach (MCO)* via our veggie garden, known as the *Green Prairie Garden*. We provide the land to grow food for our guests and for the MCO food pantry, and MCO provides many of the volunteers that tend the garden. This relationship has harvested around 2,000 pounds of produce just this year!

Relationships



A fairly new relationship that is plentiful in its harvest is our collaboration with *Backyard Abundance*, a nonprofit organization in Iowa City with a focus on edible landscapes and permaculture—a gardening style that incorporates the natural cycles of nature, making gardening a more joyful, connected experience. This harvest includes the creation of the Healing Garden, our ever-developing Garden of Eat'n and permaculture beds in the Green Prairie Garden. Jen Kardos and Fred Meyer, Backyard Abundance co-directors, love visiting Prairiewoods ... and we love learning from them!

Although a number of our *staff members* have been at Prairiewoods for its entire 21-year history, we are growing and changing. On Aug. 21 (the day of the solar eclipse), Angie Pierce Jennings joined the Prairiewoods staff in the new position of Hosted Groups & Hospitality Coordinator. Angie has always felt welcome at Prairiewoods and is very excited to offer that hospitality to all our visitors! She has a great love for music and the arts, is a people person, loves nature, and is an advocate for education and environmental sustainability. We celebrate in harvesting new relationships with a growing and changing staff!



We are grateful for the many relationships that make Prairiewoods what it is today!

In what ways are you harvesting relationships—with Earth, with our loving Creator, with yourself or with other people? Perhaps you are:

- standing up for Earth by taking action for renewable energy (with an organization like 350.org)
- improving your relationship with God and God's people by championing interfaith relations (through an organization like the Inter-Religious Council of Linn County, www.IRCLC.org)
- getting centered and grounded in who you are as a person (through participating in Prairiewoods spiritual direction or programming like yoga, Mindfulness-Based Stress Reduction, a Silent Directed Retreat or Wednesday Women)
- helping your neighbors by committing to permaculture and pesticide-free lawn care (check out www.GoodNeighborIowa.org)

Whatever you are doing to harvest relationships, we would love to hear your story! Please share it with us at www.Facebook.com/PrairiewoodsFSC.

by Nancy Hoffman, FSPA; Angie Pierce Jennings & Emelia Sautter

Announcing: The Prairiewoods Sabbatical Program—New in 2018!

Prairiewoods Sabbatical for Spiritual Pioneers Navigating the Emergent Universe

Tuesday, Jan. 2–Friday, Jan. 26, or Monday, Feb. 5–Friday, March 2

Facilitators: Prairiewoods staff

- **Week 1, Seeding:** Leaping into the new universe story (focusing on the work of ecospiritual pioneers Pierre Teilhard de Chardin, Thomas Berry and Diarmuid O'Murchu)
- **Week 2, Grounding:** Spirituality for a new story (focusing on integrating the new universe story and exploring the work of Beatrice Bruteau, Cynthia Bourgeault and Pope Francis' eco-encyclical, *Laudato Si': On Care for Our Common Home*)
- **Week 3, Planting:** Feeding the imagination for shifting paradigms (focusing on leaning into new paradigms and exploring the work of Otto Scharmer, Joanna Macy and Ken Wilber)

- **Week 4, Cultivating:** Meeting in the microcosm of soul-work (focusing on where you find your own horizon of discovery, such as in dreams, poetry, prose, music, movement, art, gardening or healing energy)

Fee: \$2,500 includes lodging and all meals

Spiritual Direction at Prairiewoods: One-on-one spiritual conversation is good for composting the soul! Spiritual direction services are available at Prairiewoods for \$45 per hour. To learn more, please contact Laura Weber at 319-395-6700 or lweber@prairiewoods.org.

New in 2018! Once monthly, we will host a **Saturday Morning Soul Stretch** for lovers of embodied spirituality, including tai chi and chai tea, various spiritual modalities, mindfulness nature walks, breakfast and lunch—all for \$50! You may choose to extend your stay through Saturday night. Look for details in the 2018 Retreats Brochure!

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

Silent Mindfulness Meditation

Friday, Nov. 3, 6:30 p.m.–Sunday, Nov. 5, 1 p.m.

Facilitator: Chris Klug

“Life unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.”

—Jon Kabat-Zinn, *Full Catastrophe Living*

Mindfulness is an open, kind, non-judging attention to what is happening in the present moment as it is happening. It shapes a wise and compassionate relationship with and response to experience as it unfolds moment by moment. Come cultivate mindfulness *in silence* amid instruction, questioning, sitting meditation, walking meditation, mindful movement and mindful eating. Beginners are welcome!

Facilitator Chris Klug is an instructor in the Mindfulness-Based Stress Reduction (MBSR) program at Prairiewoods and at the University of Iowa Hospitals and Clinics. Chris has more than 30 years of experience facilitating retreats and workshops on mindfulness, nonviolence, creative conflict resolution, and grief and loss.

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

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



Is There LIFE in There?

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

Facilitators: Ellen Bruckner; Ann Jackson, PBVM; & Laura Weber

Are you wondering where our world is headed? In this age of deep ambivalence about humanity's future, seekers find consolation in listening for signs of emergent life! Drawing on the wisdom of contemplative practice, and entering into the deep listening posture that winter engenders, spiritual explorers will host hope and generativity in the unfolding of convergent consciousness. Learning how to be fully present to others and all of creation is the key. On this weekend, seekers will learn to engage in active listening, drop down deeply into the center of shared consciousness, and awaken to what lies at the core: the very inter-connection we crave most ardently. By embracing rather than dismissing paradox and holding in tension what seems mutually exclusive, something more creative, attractive and complex is born. New life can emerge from the muddle!

Ellen Bruckner is a facilitator skilled in the “Art of Hosting” and emergent dialogue. Prairiewoods' staff members Ann Jackson, PBVM, and Laura Weber delight in co-creating retreats focused on conscious emergence.

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

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



A Morning of Shinrin Yoku (Forest Immersion)

Wednesday, Nov. 1, 9 a.m.–12 p.m.

Facilitator: Dr. Suzanne Bartlett Hackenmiller, MD, FACOG, FBOIM

Explore the ancient healing path of *shinrin yoku*, or forest immersion, with Dr. Suzanne



Bartlett Hackenmiller, a practitioner of Integrative Medicine. In an extended gentle, contemplative, guided walk across the Prairiewoods land, use your senses to enhance your well-being in this naturally-healing environment. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage. Consider: What if the land actually loves humans? What if it needs us? As our species evolved with all other species in an interdependent dance, a long ceremony of mutuality, each of us became bound by invisible threads within a vast web of interdependence. Come to the land ready to invite its gifts. Speak to it; let it know what you need. Listen; let it whisper its medicine! Dress to be outside and with the land in her annual process of preparing for winter. **Fee:** \$15

Wednesday Women

Wednesdays, Nov. 1–15 & Nov. 29–Dec. 13, 10–11:30 a.m.; & Wednesday, Dec. 20, 11:30 a.m.–1:30 p.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!

Nov. 1–Jan. 31, read and discuss *Personal Transformation and a New Creation: The Spiritual Revolution of Beatrice Bruteau*, edited by Ilia Delio, OSF. Sister Ilia writes, “The essays in this volume serve as an introduction to Bruteau’s life and thought.” Various authors introduce Bruteau as a dynamic person, philosopher, theologian, teacher, mentor and friend. (Weekly reading assignments are available at www.Prairiewoods.org.)

Dec. 20, meet at 11:30 a.m. for an annual Christmas luncheon. *Wednesday Women will not meet Nov. 22 or Dec. 27 in honor of the holidays.*

Fee: \$10 per session, plus cost of book (available for \$26 in Prairiewoods' Office)

Y.O.L.O. (Your Other Lunch Option!) at Prairiewoods Wednesdays, Nov. 1 & Dec. 6, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)

Facilitator: Chefs Tara King & Laurie Erlacher

Tired of the same old lunch places? Need to renew your body and refresh your spirit in a beautiful setting? Join us for Y.O.L.O. (*Your Other Lunch Option!*) at Prairiewoods—a lunch choice celebrating wholesome, fresh food made from scratch by our chefs in Prairiewoods’ no-waste kitchen! Dine in a community setting (at small-group or communal tables) with friends you bring with you or new friends you meet over a delicious themed lunch:

- Nov. 1: *Pumpkin Harvest*
- Dec. 6: *Holiday Hoopla*

Registration is required at least two days in advance, and each lunch will be limited to 35 people.

Fee: \$12



Going Inward with Sounds & Vibrations

Wednesdays; Nov. 1, Nov. 15, Dec. 6 & Dec. 20; 6–7 p.m.

Facilitator: Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan and crystal singing bowls. Kathy Broghammer will lead you in gentle movement through the song of bowls to connect with your inner self. You will be invited to sit or lie on a yoga mat to listen and just be. Hear the sounds and feel the vibrations of the singing bowls going inward. Let your soul rest and allow yourself to be recreated. **Fee:** \$10 per session

Hatha Way Yoga

Mondays & Thursdays; Nov. 2–16 & Nov. 27–Dec. 14; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.

Facilitators: Cindy Hathaway & Anji Kat

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway and Anji Kat offer multiple one-hour Gentle/Beginner's and Chair Yoga classes each Monday and Thursday. Please bring your own mat if possible. People of all fitness levels are welcome. Come see how Cindy and Anji can help you benefit from yoga! *Yoga will not meet Nov. 20–23 or Dec. 18–Jan. 1 in honor of the holidays.* **Fee:** \$99 for eleven-punch card or \$60 for six-punch card, one punch per session

Bridges to Contemplative Living with Thomas Merton

Thursdays; Nov. 2, Nov. 16, Dec. 7 & Dec. 21; 6:30–8 p.m.

Facilitator: Betty Daugherty, FSPA

Do you long for a more contemplative life? Do you want to respond to life's events with greater faith? Join this group that meets the first and third Thursday of each month to study the *Bridges to Contemplative Living* series, which includes musings of Thomas Merton and other spiritual writers. You are welcome any time!

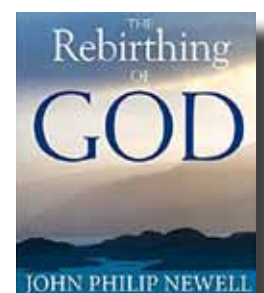
Fee: \$5 per session

The Rebirthing of God Book Study

Mondays, Nov. 6–27, 9:30–11 a.m.

Facilitator: Betty Daugherty, FSPA

The wisdom of God is deep within us, and longing for God is at the heart of our being! In his book *The Rebirthing of God: Christianity's Struggle for New Beginnings*, John Philip Newell, a Celtic poet and peacemaker, looks at what the world, especially Christianity, would look like if we truly believed in this sacredness that exists at the heart of all life. In this four-week series, Newell will guide us into his fresh vision for harmony between the great spiritual



traditions of humanity. He speaks of eight aspects of the rebirthing of Christianity that are emerging and bringing us to new beginnings. This book draws on modern prophets, such as Pierre Teilhard de Chardin, Thomas Berry, Father Bede Griffiths, Thomas Merton and Mary Oliver. Our time together will have a Celtic flavor, including prayers and poetry from a variety of sources, as well as tea and scones.

Fee: \$10 per session, plus cost of book (available for \$20 in Prairiewoods' Gift Shop)

Seeing IS Believing: Visio Divina
Tuesdays; Nov. 7–Dec. 19;
10 a.m.–12 p.m.

Facilitator: Lois Ocenosak

Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing, on Tuesday mornings. 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. Various works of art are used for the sessions, including pieces from *The Saint John's Bible*, professional artists and local artists. The sessions stand alone, so you may attend one or all.

Fee: \$5 per session (\$9 to add lunch, if reserved by previous Friday)

Cedar Valley Flute Society
Wednesdays, Nov. 8 & Dec. 13,
6–7:30 p.m.

Facilitators: Jonny Lipford & friends

Are you soothed by the sounds of the Native American–style flute? Do you enjoy playing or listening to indigenous instruments? Join this flute circle led by award-winning instrumentalist Jonny Lipford. Surround yourself with a community of like-minded individuals of all skill levels. Everyone is welcome, even if you don't play the flute! *Flute Society will not meet Nov. 22 or Dec. 27 in honor of the holidays.*

Fee: Free-will offering to Prairiewoods



Miniponics: Grow Greens All Year
Thursday, Nov. 9, 6:30–8 p.m.

Facilitator: Phil Pfister

The outdoor growing season has waned, but you can still grow lettuce, spinach and herbs!

Grow greens all year with hydroponics, the process of growing plants in a soilless, nutrient-based water solution. Are you interested in hydroponics but not sure where to start? In this hands-on workshop with Master Gardener Phil Pfister, learn growing techniques and build your own mini-hydroponics system that will fit in a two-by-two-foot area.

You can choose to observe and learn for \$5, or build your own system for \$60. The materials fee includes everything except water and light that you need to set up your system (a container for water, a container for clay pebbles, one pump, one timer, fittings, tubing, a lettuce packet and clay pebbles). Registration and payment are required by Nov. 1 at noon for those who want to build a system. (Registration is not necessary for those who just want to learn.)

Fee: \$60 for class with miniponics system, \$5 to attend class only



Men Exploring Faith
Thursdays, Nov. 9 & Dec. 14,
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 and faith's response. Come get perspective on life! *Men Exploring Faith will not meet Nov. 23 or Dec. 28 in honor of the holidays.*

Fee: Free-will offering

Women in Interfaith Dialogue
Saturday, Nov. 11, 10 a.m.–3 p.m.

Facilitators: Dr. Paula Sanchini, Mary Beth Siemann & Virginia Melroy

Come together quarterly with women of various faith traditions to explore questions of faith and spirituality. The topic for the fall session is health—spiritual, social, mental and physical well-being—and the role of women as healers. Registration is required by Nov. 2. (Please include any dietary restrictions at registration.)

Fee: \$15 includes lunch

Sweat Lodge (Inipi) Ceremony
Saturdays, Nov. 11 & Dec. 9,
4–8 p.m. (enter lodge at sunset)

Facilitator: Kerry Batteau

Participate in an ancient Sweat Lodge Ceremony focused on prayer, purification and healing. This is a traditional indigenous ceremony that involves praying, singing and the honoring of ancestors. The lodge is a small dome-shaped structure in which you sit on the earth. Heated stones are placed in the center of the lodge and the leader, or water pourer, pours water over the stones to create steam. There are four rounds that include the singing of sacred songs, and after each round the lodge door is opened for more stones to be brought in. Please bring food for a simple potluck meal to follow. Registration is required so that additional protocols and a release form can be mailed to you.

Fee: \$10 to Prairiewoods for materials

Ceramic Finger Labyrinth Class
Sunday, Nov. 12, 1–3 p.m.

Facilitators: Marion Patterson & Joyce St. Clair Voltz

Come play and create your very own ceramic finger labyrinth made specifically to fit your fingers! Labyrinths have been used for meditation and prayer for thousands of years. This class will begin with a labyrinth presentation by Certified Labyrinth Facilitator Marion Patterson, followed by instruction by Joyce St. Clair Voltz of the Iowa Ceramics Center and individual creation of a clay, lap-sized labyrinth. The labyrinth will be formed the afternoon of the class and will be fired and glazed for later pickup from the Ceramics Center.

This will be a great chance to create a beautiful handmade meditation piece for yourself or for a gift. No experience is necessary—simply bring a creative spirit! This class will be limited to 15 participants, and registration and payment are required by Nov. 8.

Fee: \$25 includes instruction, patterns, clay, use of tools, kiln firing and glaze



Day of Self Renewal Mondays, Nov. 13 & Dec. 11, 8:30 a.m.–4:30 p.m.

Facilitators: Prairiewoods staff

Find rest and relaxation for your mind, body and spirit! This tranquil day features two 40-minute holistic services of your choice, guided meditation, singing bowl prayer, a private guest room, trails for walking, fresh lunch and hours of free time. (Choose from healing touch spiritual ministry, spiritual direction, reflexology, dream processing, Swedish massage, head and shoulder massage, or yoga.) Registration, a non-refundable deposit of \$25 and your top three services choices are required five days in advance.

Fee: \$95 includes room, lunch, group activities and two holistic services

Singing Bowl Prayer Mondays, Nov. 13 & Dec. 11, 12:45–1:30 p.m.

Facilitator: Kathy Broghammer

Throughout history, singing bowls have been used around the world to foster meditation, relaxation, prayer and mind-body-spirit wellness. Let the resonant sounds of Himalayan and crystal singing bowls relax your entire body and create a pathway for your clearer connection with the divine. Just receive and breathe! Some yoga mats and pillows will be available.

Fee: \$5

Drumming for Healing Mondays; Nov. 13, Nov. 27 & Dec. 11; 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. 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 all ages are welcome. Percussion instruments are available. Depending on weather, this group will meet around the fire pit south of the Center or in the Art Room. *Drumming will not meet Dec. 25 in honor of Christmas.*

Fee: Free-will offering to facilitator

Prairiewoods Knitters & Stitches

**Tuesdays, Nov. 14 & Dec. 12,
9:30–11 a.m.**

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, come create beautiful works of art (in the form of hats, mittens, blankets and baby items) for charity. This is a group of crafters of various skill levels who create handmade goods for charity twice a month. New participants are always welcome. *Knitters & Stitches will not meet Nov. 22 or Dec. 27 in honor of the holidays.*



Fee: Free

Rohr Discussion Circle Tuesdays; Nov. 14 & Dec. 12; 5:30–7 p.m.

Facilitator: Prairiewoods staff & participants

Do you enjoy having your conscience pricked or your mind ruffled? Do you seek practical applications of spiritual teachings in your daily life? Come for a monthly viewing of a topical presentation by Father Richard Rohr, OFM, followed by a discussion. Rohr is a Franciscan priest, the founder of the Center for Action and Contemplation,

and an internationally recognized ecumenical teacher. He focuses on contemplation and radical compassion, especially for the marginalized, from a Franciscan perspective. Feel free to bring your dinner.

Fee: \$10 per session

Evening Centering Prayer Tuesdays; Nov. 14, Nov. 28 & Dec. 12; 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. *Centering Prayer will not meet Dec. 26 in honor of Christmas.*

Fee: Free-will offering

Prairiewoods Holiday Bazaar Saturday, Nov. 18, 8 a.m.–1 p.m.

(See p. 12 for complete details.)

Alternative Gift Market Saturday, Dec. 2, 9 a.m.–2 p.m.

Unity Center of Cedar Rapids will host the twentieth annual Alternative Gift Market. Learn more at www.Facebook.com/AGMCR.

Prairiewoods Remembrance Service

Tuesday, Nov. 14, 6:30–8 p.m.

Facilitator: Marj English, OSF

Thanksgiving is the perfect time to show gratitude toward those who bless us, both as individuals and as an organization. Just before Thanksgiving each year, Prairiewoods honors benefactors and friends of Prairiewoods who have blessed us in life and in death by their presence and their gifts. We invite you to join this prayer service for your loved ones and ours who have died. Please bring a picture or symbol of your loved one to be used during the service. Light refreshments will be served. All are welcome, and reservations are requested—but not required—by Nov. 7.

Fee: Free



Hosting Hope

An Advent Prayer & Community Sharing Series

“It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope.”
—Pope Benedict XVI
Thursdays, Nov. 30, Dec. 7, Dec. 14 & Dec. 21, 5 p.m.

Prairiewoods has been hosting hope for our divided world this year, and hope continues to be our touchstone as we enter the season of Advent. Advent is traditionally celebrated by Christians awaiting the Light of the World, Christ, who enters fully into our fragile humanity—dispelling darkness and kindling hope for new life. Regardless of the most recent current events, regardless of the darkness in our lives that is mirrored by the darkening days of winter, Advent *is* a season of hope—a season in which we prepare our hearts for the light we believe will come.

Every Thursday, we will join in prayer and ritual, seeking to both receive and spread light during this season of hope and spiritual preparation. Each service will conclude with time for conversation and light refreshments before we carry the light of hope out into our homes and larger community. All Advent services and A Prairiewoods Longest Night Celebration are family-friendly! Registration is requested by noon on Tuesday of each week. **Cost:** \$4 per person, \$10 per family (**Week 4:** \$7 per person, \$15 per family includes light soup supper & admission to A Prairiewoods Longest Night Celebration)

Week 1: Hope

Thursday, Nov. 30, 5–6 p.m.

Creating an Advent wreath with local artist Mary Kopecky
Prayer and conversation led by Laura Weber

Week 2: Love

Thursday, Dec. 7, 5–6 p.m.

Live music (various instruments and audience participation) with award-winning musician Jonny Lipford
Prayer and conversation led by Jenifer Hanson

Week 3: Joy

Thursday, Dec. 14, 5–6 p.m.

Anointing with oils ritual with Nancy Hoffman, FSPA
Prayer and conversation led by Jenifer Hanson

Week 4: Peace

Thursday, Dec. 21, 5–6:45 p.m.

Celebration of light with Prairiewoods staff
Prayer and conversation led by Laura Weber
The Advent series will conclude with a light soup supper at 6 p.m. Please stay for fellowship!

A Prairiewoods Longest Night Celebration

Thursday, Dec. 21, 7–8:30 p.m.

Christmas is nearly upon us, but first the winter solstice brings us the longest night of the year. Join us for a celebration intended to fill that long night with light and laughter, and to spread the warmth and cheer of community! This celebration welcomes all—young and old, individuals and families—to enjoy a stress-free evening of live music, storytelling and refreshments. There will be activities for children, including decorating an outdoor tree with edible ornaments for the Prairiewoods animals! Weather permitting, some activities may be outdoors, so bring your hats and mittens.

Cost: \$7 per person (free for children 13 and under)



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

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 Martha Barry
 Mary Ann Barry
 Bob Bauman
 Vicki Bauman
 Doug Beadle
 Duane Beaudry
 Martha Beaudry

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Thank you!



120 E Boyson Rd
Hiawatha IA 52233

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



Prairiewoods Holiday Bazaar Saturday, Nov. 18, 8 a.m.–1 p.m.

Join us for Prairiewoods' annual Holiday Bazaar to jump start your Christmas shopping and get in the spirit of the season! There is no entrance fee, and coffee, warm apple cider, breakfast items and lunch will be available for purchase. Visit the energy room for a holistic services open house!



The Prairiewoods Gift Shop offers:

- Prairiewoods Tree-shirts (long-sleeve crew-neck and short-sleeve V-neck)
- Books on spirituality and ecology
- Wind chimes
- Fair-trade scarves
- Critters beautifully carved out of tagua nuts
- Gift certificates for holistic services, programming and the Gift Shop

Local vendors offer handcrafted items such as:

- Mixed media artwork
- Baked goods
- Knitted and crocheted items
- Unique cards and notebooks
- Pottery
- Jewelry
- Handmade toys
- Holiday ornaments
- and much, much more!

