

2018  
Retreat Brochure  
inside!

January/February 2018

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## Hosting Hope ONENESS

In his poem "A little hope," French poet Charles Peguy speaks of the three virtues of faith, hope and charity. *Faith* he describes as a great tree, an oak rooted in the heart of France; *Charity* is the virtue that shelters all the distress of the world. But of *hope* he writes, "My little hope is only that little promise of a bud which shows itself at the very beginning of April."

*This image of hope as only the promise of a bud appearing in a long-awaited spring is perhaps a good way to image the movement toward oneness that we find emerging in our world.* We know that oneness is innate within the universe; interconnectedness is woven into the fabric of creation itself. We are one at the deepest level of existence. Yet we live under the illusion that we are separate from other people, from the natural world with its great variety of life, possibly from our own deepest self and from God.

In this context, any hope of the human community embracing a realization of oneness seems far distant, since the world we live in each day is a constant scene of brokenness, division and violence against "the other." *Yet there is also a movement awakening us to the unity we share with one another and with all beings on this planet.* We may see only the promise of a bud, but it is there.

It is there, if we listen, in the voices rising stronger each day, reminding us that in the long sweep of evolution, we have reached a new juncture, a crucial crossroad in our journey, a time when humanity must come home. Coming home is to realize who we are as members of a global community and home to the conscious role we each need to play in all our relationships.

That tiny bud of hope is with us when we take into ourselves more deeply the knowledge that *oneness lives in the heart of God where we and all creation are held and loved.* This Mystery that we call God not only holds all things in existence, but is at work in the universe as a dynamic power enabling change, always drawing us into something new. Pope Francis reminds us of this in his encyclical, *Laudato Si'*: "The Spirit, infinite bond of love, is intimately present at the very heart of the universe, inspiring and bringing new pathways" (238).

These new pathways are open to us as we are faithful to our contemplation practices, through which we are drawn to a new degree of consciousness. That consciousness, sometimes described as *nondual*, eliminates the barriers that keep us apart. It destroys the dualisms, the either/ors that dominate so

much of our thinking. This level of consciousness, sometimes spoken of by the mystics, has more recently come to be known through quantum mechanics, which tells us that *everything is related to everything, everywhere, at every moment.*

The wholeness that we seek is already present. This Spirit is within each of us, urging us at this time when we are becoming more aware of the oneness of all, of our need to open ourselves to listen, not just to our own hearts, but to "the other."

Noted Franciscan theologian Ilia Delio, OSF, refers to Pierre Teilhard de Chardin's works *Human Energy* and *Christianity and Evolution* to show how love is the energy that moves everything in the universe toward union. According to Teilhard, *"Love is the most universal, the most tremendous, and the most mysterious of the cosmic forces.* The physical structure of the universe is love." Because love is the fundamental energy of life, he developed a doctrine of "love-energy" that underlined his philosophy and metaphysics of the future. Love-energy is the history of the universe, present from the Big Bang onward, though indistinguishable from molecular forces. "But even among the molecules," he wrote, "love was the building power that worked against entropy, and under its attraction, the elements groped their way towards union." Love draws together and unites; in uniting, it differentiates. Love is the core energy of evolution (Delio in *Teilhard de Chardin on Love: Evolving Human Relationships*).

The mission statement of Prairiewoods speaks to these relationships, welcoming all who come here 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. *This is a universe that is still evolving; God is not finished with this creation.* For instance, Pope Francis in *Laudato Si'* challenges to us to protect our common home, our Earth, assuring us that, "God does not abandon us; he never forsakes his loving plan or repents of having created us. Humanity still has the ability to work together in guiding our common home" (14).

This image of oneness as the distant promise of a small bud appearing after a long winter may help us enter into this conversation around how we can possibly be hosting hope in oneness. For us, humans living in a world of daily chaos and division, the entire concept of oneness stretches us. *Belief in the possibility of someday living as one is not a matter of belief so much as it is a matter of practice.*

by Betty Daugherty, FSPA

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Since I wrote my last Director's Corner, I had the great good fortune to participate in the Franciscan Leadership Pilgrimage to Italy. Our pilgrimage group spent three days in Rome, then seven in Assisi, learning about the life, spirituality and theology of Saints Francis and Clare. It was an incredible experience!

The morning we left Rome for Assisi, we took a slight detour to Greccio. Perched on a spur of the Monti Sabini overlooking the fertile Rieti Valley sits the Santuario Francese del Presepio. The sanctuary is a magical place of stunning natural beauty.

Surrounded by and immersed in this beauty, it is easy to understand St. Francis's canticles, in which he praises God's presence in all of creation.

With the rest of our group, I entered the lovely but simple sanctuary chapel. Arranged at the back of the chapel and around the walls are a variety of nativity scenes. Greccio, it turns out, is where St. Francis popularized the Christmas crèche by staging a live manger scene in 1224. Francis desired to imbue the Christmas celebration with a direct yet profound experience of incarnation—of the Word made flesh—hence a dynamic, living nativity!

St. Francis didn't stop celebrating incarnation when the Christmas holiday was over. Often, he is depicted as preaching to the birds (and in Assisi we saw the famous Giotto fresco depicting such a sermon!). To St. Francis, the birds were relatives, as deserving of the Good News as the human residents of Assisi. As Jack Wintz, OFM explains it:

*"The more Saint Francis grew in wisdom and in his understanding that God's love goes out to all creatures, the more he began to see that all creatures make up one family ... In his mind ... The Divine Word not only became human. The Word of God became flesh, entering not only the family of humanity but the whole family of creation, becoming one in a sense with the very dust out of which all things were made."*

—www.FranciscanMedia.org/Saint-Francis-and-the-Birds

I believe our Franciscan heritage and our mission at Prairiewoods call us to celebrate our participation in this family of Creation every day. As the silence of winter blankets our woods and prairies, we welcome our brothers and sisters: the deer who visit late in the afternoons; the creatures whose prints we see wandering off into the distance on fresh morning snow; the owls that softly hoot a greeting as evening descends. And now, as in all seasons, we invite you to join us in the ongoing celebration of God's presence among us. Merry Christmas!

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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# Communal Examen of Consciousness

To encourage us to practice our becoming more fully one, Prairiewoods invites us into deeper awareness of our unity through a Communal Examen of Consciousness for 2018. We will consider the following questions together, to allow the "love-energy" to rise among us.

God

Earth

Self

Others

## Energy

- How and where do the energies of creative love draw and hold us in our daily lives?
- If we put our personal energy use on a pie chart, what would be the biggest slice, and what does this reveal about our relationship to others, ourselves and creation?
- Which people, places or activities give us energy, and which take away energy?
- What energies from Earth's natural beauty, sounds, tastes, aromas, rhythms and mysteries do we tap into each day? Which ones do we miss or neglect each day?
- How can we work to preserve Earth's fragile ecosystems and renewing Earth's energies?

## Relationships

- Who are the people we choose to spend time with most frequently, and are they helping us to become more inclusive?
- Are we both affirmed and challenged in our circles to reach out with wider vision for the good of Earth and all Earth's inhabitants?
- When talking with others, do we allow ourselves to be vulnerable and share from the heart?
- Are our circles places of trust, companionship and renewal?
- Do we regularly stretch to widen our circles to include others on the edges?
- Do we uphold the dignity of those whose differences and values challenge us?

## Time

- Do we spend our time in ways that reflect our values? Are we giving time to the people, causes and work that are important to us?
- Do we play, rest and rejuvenate in balance with our physical, intellectual and emotional work?
- Are we spending appropriate time nurturing relationships with those who need our presence?
- Do we spend appropriate time alone to devote to our prayer, contemplative practice or spiritual exercise each day?
- Does our free time free us? Is much of it spent shopping, consuming or being entertained?
- What activities throughout the day energize our hearts and spirits and give us hope? What activities make us feel drained or hopeless?
- Do our extracurricular activities protect and nurture the Earth and all Earth's inhabitants?

## Creation

- How do we recognize, celebrate and show gratitude for the beauty of creation? How do we model this reverence for children?
- When we are outside, how are we in relationship with the trees, plants, air and water? What are we giving, and what are we receiving?
- When is the last time we felt "at one" with or in awe of creation? What does this reveal?
- What do we have in common with a tree or water or a dandelion growing through a crack in the cement?
- Do we work to preserve the wild places, to ensure there are habitats for creatures on the verge of extinction, and to make the beauty of creation accessible to all people?

## Vocation

- Does our occupation define us?
- How does our calling reflect our deeply held values? Do our work and play reflect them?
- Do those with whom we partner day-to-day both inspire and challenge us to broaden our calling?
- Are there others on the edges who might help us sharpen, nuance or even redefine our vocation for the good of Earth? How do we expand our vocational circles?

The following are some upcoming programs. (See the Retreat Brochure insert for information on all 2018 retreats.) For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Seeing IS Believing: Visio Divina Tuesdays, Jan. 2–Feb. 27, 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. In Jan. and Feb., this group is focusing on art based on various Scripture passages about banishing fear and anxiety. Join them in their study of the *be not afraid* Scriptures through the works of professional and local artists (including Bob Naujoks, who created the art at right). 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, Jan. 3–Feb. 28,  
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!

Jan. 3–31, continue reading and discussing *Personal Transformation and a New Creation: The Spiritual Revolution of Beatrice Bruteau*, edited by Iliia Delio, OSF. Sister Iliia writes, "The essays in this volume serve as an introduction to Bruteau's life and thought." Various authors introduce Bruteau as a philosopher, theologian, teacher, mentor and friend. (The book is available for \$26 in Prairiewoods' office, and weekly reading assignments are available at [www.Prairiewoods.org](http://www.Prairiewoods.org).)

Feb. 7, Andi Lewis will teach you about Peaceful Patterns, detailed black-

and-white drawings created by repeating simple patterns. She will guide you to create your own pattern drawing meditation.



Beginning Feb. 14, watch and discuss the *Bible's Wisdom Literature* DVD series with Barbara Leonhard, OSF, who has a master's degree in Biblical Studies and a doctorate in Christian Spirituality. (Suggested weekly reading assignments in the Bible are available at [www.Prairiewoods.org](http://www.Prairiewoods.org).)

**Fee:** \$10 per session

## Going Inward With Sounds & Vibrations

**Wednesdays; Jan. 3, Jan. 17, Feb. 7 & Feb. 21, 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

## Bridges to Contemplative Living with Thomas Merton

**Thursdays; Jan. 4, Jan. 18, Feb. 1 & Feb. 15; 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

**Back by Popular Demand!  
Y.O.L.O. (Your Other Lunch  
Option!) at Prairiewoods  
Fridays, Jan. 5 & Feb. 2,  
11:30 a.m.–1:30 p.m. (buffet line opens  
at 12 p.m.)**

**Facilitators:** Chefs Tara King & Laurie Erlacher

Need a change of scenery for lunch? Want 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:

- Jan 5: *New Year, Healthy New You*
- Feb. 2: *Food is the Language of Love!*

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

**Fee:** \$12



## Sweat Lodge (Inipi) Ceremony Saturdays, Jan. 6 & Feb. 10, 3:30–8 p.m.

**Facilitator:** Kerry Batteau

Participate in an ancient 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

## Day of Self Renewal

**Mondays, Jan. 8 & Feb. 12,  
8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

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

**Fee:** \$95 includes guided meditation, two holistic services, room and lunch

## Hatha Way Yoga

**Mondays & Thursdays; Jan. 8–Feb. 26;  
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!

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

## Singing Bowl Prayer

**Mondays, Jan. 8 & Feb. 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

## Drumming for Healing

**Mondays; Jan. 8, Jan. 22, Feb. 12 &  
Feb. 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. 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 outside or in the Art Room.

**Fee:** Free-will offering to facilitator



*Offered in Partnership with  
Cedar Memorial*

## Mindfulness-Based Stress Reduction

**Information Session:** Tuesday, Jan. 9,  
12:30–1:30 p.m.

**Eight-Week Series:** Tuesdays,  
Jan. 16–March 6, 12:30–3 p.m.

**Extended Class:** Saturday, March 3,  
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)

## Rohr Discussion Circle

**Tuesdays, Jan. 9 & Feb. 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

## Evening Centering Prayer

**Tuesdays; Jan. 9, Jan. 23, Feb. 13 &  
Feb. 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. This group meets in the Guest House, and you may join at any time.

**Fee:** Free-will offering

## Prairiewoods Knitters & Stitchers

**Tuesdays, Jan. 9 & Feb. 13, 9:30–11  
a.m.; & Wednesdays, Jan. 24 & Feb.  
28, 6:30–8:30 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; Jan. 10, Jan. 24, Feb. 14**  
**& Feb. 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

**Men Exploring Faith**  
**Thursdays; Jan. 11, Jan. 25, Feb. 8 &**  
**Feb. 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

**Beginning Tai Chi & Qigong**  
**Wednesdays, Jan. 24–Feb. 28,**  
**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 for six-week series

**Women in Interfaith Dialogue**  
**Saturday, Jan. 27, 10 a.m.–3 p.m.**  
**Facilitators:** Dr. Paula Sanchini, Mary Beth Siemann, Virginia Melroy & Angie Pierce Jennings

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The topic for the winter session is new beginnings. As you enter the new year, what challenges and transitions are present in your life, and what spiritual resources are you relying on to meet the new year? Registration is required by Jan. 23. (Please include any dietary restrictions at registration.)  
**Fee:** \$15 includes lunch

**Minimalism, Simplicity & Holistic Living**  
**Sunday, Jan. 28, 1:30–3 p.m.; &**  
**Thursdays, Feb. 8 & Feb. 22,**  
**6:30–8 p.m.**

**Facilitator:** Susan Stork  
 With the start of the new year, you may choose to take the first steps toward change—whether working on developing healthy habits, expanding experiential horizons or simply seeking a new approach to an overwhelmed life. Minimizing stuff and simplifying physical and psychic space may be the changes you most desire—yet it can be overwhelming to begin! Join professional organizer Susan Stork of Simplicity Services to take a look at both why and how minimizing and simplifying can help you effect important changes and live more holistically. Learn tips and strategies, including the recently popular Mins Game. If you take the challenge to dedicate one month to engaging in changing your life, you are invited to return to Prairiewoods in Feb. for support, encouragement, and sharing of challenges and successes! (Feb. group support sessions will be facilitated by Prairiewoods staff.)  
**Fee:** \$15 for Jan. 28, \$5 for Feb. 8 & 22

**Back by Popular Demand!**  
**Ceramic Finger Labyrinth Class**  
**Sunday, Feb. 11, 1–3 p.m.**  
**Facilitator:** Joyce St. Clair Voltz, Marion Patterson & Teri Petrzalek

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, followed by instruction 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 Iowa Ceramics Center. This will be a great chance to create a beautiful handmade meditation piece. No experience is necessary—simply bring a creative spirit! This class will be limited to 15 participants, and registration and payment are required by Feb. 7.

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



**Living Laudato Si'**  
**Mondays, Feb. 12–**  
**March 19, 9:30–11 a.m.**

**Facilitators:** Betty Daugherty, FSPA, & Angie Pierce Jennings

Gather at Prairiewoods to read, discuss and contemplate *Laudato Si': On Care for Our Common Home*, eloquently written by Pope Francis. This encyclical inspires and invites people of all faiths to enter a "new dialogue about how we are shaping the future of our planet." Pope Francis writes, "All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." Join us for this six-week series beginning the first week of Lent. The group will discuss all six chapters of the encyclical (one chapter each week), and identify action items and ways of living *Laudato Si'* in your own life and in your community. You are encouraged to read the introduction and chapter 1 in preparation for the first meeting.

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

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 John & Leigh Jones  
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*In memory of Dale Seylar*  
 Marj English, OSF  
*In memory of Ederlina Sison*  
 Gina & Lyndon Sison  
*In memory of Dennis Van Slyke*  
 Marj English, OSF

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Hiawatha IA 52233

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- Please send your mailings electronically to \_\_\_\_\_.
- Please take us off your mailing list.
- Please note the address change.
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Are you on social media? Find "Prairiewoods FSC" on:



Lord, make me an  
instrument of your peace.  
Where there is hatred,  
let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
And where there is sadness, joy.  
—St. Francis of Assisi

Merry Christmas  
from PRAIRIEWOODS

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## Praising God for Creation's Wholeness

The Cosmic Walk at Prairiewoods takes us on an incredible journey from the Great Unfolding of the Universe to the present time, a trip through thirteen billion years. Thirteen signs along the trail note the most significant events: the formation of galaxies, the eventual appearance of a small planet now known as Earth, and the miracle of life arising and continuing in countless species of plant and animal life. Creation is still unfolding.

The last of these signs reads simply “consciousness changing.” This is where we are today in the fascinating love story God has been telling through the ages. We are being called at this moment of history to higher levels of consciousness both individually and collectively. *The movement in consciousness that is now emerging is typically characterized by connectedness, cooperation and a greater sense of the whole.*

*Wholeness lies in the universe itself.* Miriam Therese Winter, our speaker for *Spirituality in the 21<sup>st</sup> Century* April 27–28, draws on insights from spirituality, theology and quantum theory when she writes in her book *Paradoxology* of the unfolding and expansion of cosmic energy, that mysterious energy that permeates the universe. This is the energy of love that draws

everything toward greater life and union. Quantum energy draws together, even seeming “opposites,” which is undoubtedly a cause for praise in a world we see filled with polarization.

*Paradoxology* is about a viable spirituality in the 21<sup>st</sup> century. Miriam Therese writes that “A quantum universe is telling us that we are all connected, that the God of one is the God of all” (p. 9). And that “Every act of kindness,

every gesture of compassion, the tiniest touch of tenderness is fractal of the one Great Love from whom all love spills over and to whom all love returns” (p. 180).

As we find ourselves at this crucial crossroads in the history of the universe, *our hope lies in each person who, through openness to the Spirit, is subtly awakened and transformed.* As Jungian scholar Marie-Louise von Franz teaches, whenever we faithfully tend to our own attempts at transformation,

we have an imperceptible impact on the psyches of other people.

Most certainly our hope for a future filled with greater wholeness lies in the Word made flesh, called by Paul in Colossians I to be “the firstborn of all creation” and “He himself is before all things, and in him all things hold together.” For Christians, Jesus is our model for drawing all into wholeness. He brought together the outcasts of society, the poor, the unwanted, the suffering and the rejected into a community of love. Isn’t this the heart of Jesus’ message when he assures us that the love of God is extravagant? It is this love that continues to bring the world into being.

If Christ holds all things together, then all of creation—the entire story of our evolutionary journey—is a sacred story, and we are a part of its ongoing and mysterious movement into oneness, into wholeness, into the reign of Love. *This is certainly a cause for praise, as creation speaks to us so intimately of the power of God.*

by Betty Daugherty, FSPA, & Laura Weber

“Every act of kindness, every gesture of compassion, the tiniest touch of tenderness is fractal of the one Great Love from whom all love spills over and to whom all love returns.”

—Miriam Therese Winter,  
*Paradoxology* p. 180

*Cosmic Walk* painting by Joni Reed Cooley (See p. 3 for complete details about her art reception at Prairiewoods March 1.)



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**E**arly winter brought frigid temperatures, snow and ice to Prairiewoods. It also brought a new resident: a young red-tailed hawk. We became acquainted with our new friend as he perched on a branch outside the Art Room to eat his (very fresh) lunch. He was unfazed as we piled out the door to take photos and videos of him, though he was clearly aware of our human presence quite nearby. In the intervening weeks, we've spotted him at the Hermitages, on the Cosmic Walk and near the Green Prairie Garden. He is watchful but bold, showing no fear of us despite our ongoing fascination with all he does.

*To be honest, the staff and regular visitors to Prairiewoods are divided in our response to the hawk:* some of us adore him, while others curse his presence. In some ways, the split depends on whether one identifies with the hawk (his fierce independence, his strength, his ability to soar) or with the squirrels who are his prey (their cuddly sweetness, playfulness and pet-like friendliness).

Of course, if we pull back from identification with one or the other, we can see a bigger picture; our perspective shifts toward the interconnectedness of all of creation. In her book *Paradoxology*, Miriam Therese Winter (see *Spirituality in the 21<sup>st</sup> Century* on p. 4-5) tells us that "by situating spirituality within a quantum universe, we are forced to look at the bigger picture and reconsider everything, from the microcosmic subatomic world ... to the macrocosmic universe." She continues by posing two questions: "Who is God for me in a world that is different from the one where we first met," and "What does God require of me in the world that is emerging?" (*Paradoxology*, p. 9)

We invite you to ponder these important questions with us here at Prairiewoods. To that end, we're offering a diverse slate of retreats and programs throughout 2018, including these new offerings:

- **Saturday Soul-Stretch for Lovers of Embodied Spirituality:** Offered one Saturday a month for nine months, come for one or all! Mornings include Tai Chi, sitting meditation and more, with the option to stay for the whole day or overnight! (See p. 6.)
- **Prairiewoods' Artist in Residence Program:** Applications are currently being accepted for the next two-year cycle (with an optional third year). (See p. 3.)
- **Spring Break Day at Prairiewoods:** Spend time with your family outside and creating together! (See p. 9.)

As always, Prairiewoods welcomes you, wherever you are on your spiritual path (even if you wouldn't describe yourself as on a path), whichever questions you are currently pondering and, of course, regardless of whether you identify with the hawk or the squirrel!  
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





## Painting Prairiewoods

*The Art of Joni Reed Cooley*

*Art Reception: Thursday, March 1, 5–6:30 p.m.*

**P**astel painter *Joni Reed Cooley* has been the Artist in Residence at Prairiewoods for the past three years. During those years, she “resided” in our Guest House for one week at a time, three times a year. While she was in residence here, she focused on creating art, spent time in nature and also met with a spiritual director. As a result, she has created a large body of artwork, which will be on exhibit at Prairiewoods beginning in March. All are invited to attend her art reception on Thursday, March 1, from 5–6:30 p.m., to see her beautiful art, to hear stories of her spiritual and artistic growth, and to learn more about our Artist in Residence program.

Joni first came to Prairiewoods a decade ago, when her quilters’ guild had a weekend retreat here. She soon began participating in Prairiewoods programs, including a series led by Betty Daugherty, FSPA, that focused on the book *The Artist’s Way: A Spiritual Path to Higher Creativity* by Julia Cameron. *The Artist’s Way* series, which explored creativity as a spiritual experience, was pivotal for Joni. As the author of the book writes, “Creativity is God’s gift to us. Using our creativity is our gift back to God.”



*One of Joni’s goals as an artist is to be with people and serve people through art.* As such, she is giving Prairiewoods nine pastel paintings for our permanent art collection. Joni says: “I want the person looking at it (her art) to somehow feel better. Spirit has a lot to do with that. I asked God to put his spirit in everything I do. I hope that it’s there and that it can touch others too.”

Joni’s art reception is open to the public, and all are welcome. Light refreshments will be served. The reception also is an opportunity to support arts programming at Prairiewoods, including the Artist in Residence. Donations will be accepted at the door. Please plan to join us for this fun appreciation of art and sacred nature at Prairiewoods!

*Quiet Pause* painting by Joni Reed Cooley, which will soon be part of Prairiewoods’ art collection



# Cosmic Spirit Planetary Spirituality for All

April 27–28, 2018

[www.Prairiewoods.org](http://www.Prairiewoods.org)

Embrace loving unity  
with all of creation!

with facilitators  
**Miriam Therese Winter**  
& musician **Sara Thomsen**

**Friday, April 27**  
7–9 p.m.

**& Saturday, April 28**  
9 a.m.–3:30 p.m.

**St. Ludmila's Catholic Church**  
211 21<sup>st</sup> Ave Southwest  
Cedar Rapids, Iowa 52404

**S**pirituality in the 21<sup>st</sup> Century welcomes theologian Miriam Therese (M.T.) Winter and musician-of-the-earth Sara Thomsen to the center of the fray of emergent consciousness. What does a planetary spirituality look like today? M.T. notes:

*“The signs of the times are challenging those of us within established faith traditions and the many who self-identify as seekers to wrestle with contemporary issues in a whole new way: from the perspective of an emerging cosmology that is affecting life on planet Earth more than we realize. During our time together we will explore how transformative energies are redefining our approach to the Sacred, encouraging us to move beyond established separations and to open ourselves to new approaches to living life meaningfully in these tumultuous times.”*

—M.T. Winter

M.T.'s book *Paradoxology: Spirituality in a Quantum Universe* will provide the framework for exploring a newly emerging global consciousness and more authentic ways of living faithfully in a constantly evolving universe. And Sara's inspired accompaniment will offer music for the soul to hold us all in rhapsodic orbit. Come join us for an epic two-day journey into the heart of planetary spirituality!



*Miriam Therese Winter, MMS, PhD*, describes herself as a metaphorical theologian with a doctorate from Princeton Theological Seminary. She is on the faculty of Hartford Seminary in Connecticut and is the director of the Women's Leadership Institute and the master's program in transformative leadership and spirituality. Committed to celebrating the liturgy of life, she promotes an awareness

of the Divine rooted in the quantum reality permeating the world in which we live.

“Right up there with our longing to belong and our yearning to be loved is our need to be connected ... It is a genetic predisposition born of our interconnectedness within the web of life. The impetus to connect is humanity's reenactment of the ways of the universe.”

—Miriam Therese Winter, *Paradoxology* p. 95

PARADOXOLOGY  
SPIRITUALITY IN A QUANTUM UNIVERSE

MIRIAM THERESE WINTER

## Conference Registration

The cost of the two-day conference is \$75 and includes Saturday lunch. (After April 1, the cost is \$80.) Friday only is \$25, and Saturday only is \$50, including lunch.

Lodging is full at Prairiewoods. Lodging is limited at area hotels this weekend due to a sporting event. However, some rooms may be available at Comfort Inn & Suites (319-378-8888) or Country Inn & Suites in Cedar Rapids (319-294-8700.) Please call early to inquire about a room.

“By breath, by blood, by body, by spirit—we are all ONE!”

—Sara Thomsen, *By Breath*

*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. Visit Sara's website at [www.SaraThomsen.com](http://www.SaraThomsen.com).

“The gift the universe gives is a perspective on relationship. It sings to us of kinship with a life-giving energy extending the length and breadth of space that has no limitations and is welcoming of all. The universe is trying to tell us that we need to replicate this spirit in relationships of our own.”

—Miriam Therese Winter, *Paradoxology* p. 165

Somewhere  
to Begin  
sara thomsen



The following are some upcoming retreats and programs. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Saturday Soul-Stretch for Lovers of Embodied Spirituality

Saturdays, March 17 & April 14, 8 a.m.–1 p.m. (or later)

**Facilitators:** Laura Weber, Prairiewoods staff & collaborators



*Come for just the morning, stay for the day or make a night of it!*

### For the Early Birds (8 a.m.–1 p.m.)

Wake up! Wake up! The weekend is here. Saturday Soul-Stretch will get you out of bed and back into your full-spectrum humanity! Come to Prairiewoods once a month to de-stress, reconnect, and reach deep down, way around and inside-out. Morph into your fuller self, and discover the astonishing light of your being.

- 8 a.m. Breakfast
- 9 a.m. Tai Chi and sitting meditation
- 10 a.m. Chai tea with a different spiritual modality each month (such as prayer/meditation, art, movement, music or journaling)
- 11 a.m. Nature Mindfulness Walk
- 12 p.m. Lunch

**Fee:** \$50 includes sessions, breakfast and lunch

### For the OWLs (8 a.m.–6:30 p.m.)

Prairiewoods' OWLs (Open-minded Wisdom Lovers) can enjoy the Saturday Soul-Stretch and remain the day to play, pray and while away the afternoon, with the option for an overnight stay. You may even add a massage or healing touch to treat your body to some healing energy work. Holistic services cost \$65 per hour, must be requested at least a week in advance and depend on the availability of our service providers.

- After lunch: OWLs continue from morning
- 1 p.m. Focus on spiritual modality of choice (such as mandala, movement, centering, poetry, photography, gardening, singing or mindfulness)
- 4 p.m. OWLs' Wisdom Circle (either free-flowing spiritual conversation or focused reading/viewing and conversation)
- 5:30 p.m. Dinner

**Fee:** \$75 includes full day with three meals

### For the Night OWLs (Saturday 8 a.m.–Sunday 11 a.m.)

Night OWLs have the option to extend your stay overnight, with breakfast included on Sunday for \$100 total. That's the whole package: Saturday morning through Sunday breakfast. Where else could you find so much depth and so much spiritual renewal? And it's a great gift idea for someone you love!

- After dinner: Night OWLs stay overnight Saturday
- 8 a.m. Breakfast
- Sunday morning: Extend your sabbath rest
- 11 a.m. Checkout

**Fee:** \$100 includes full day Saturday, overnight stay and Sunday breakfast

Pay up front or pay as you go—either way, register today! Reservations are required by the previous Tuesday at noon. Call or check our website for details.

## Art as Meditation for Earth and Self-Healing

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

**Facilitator:** Mary Plaster

Art as sacred activism is generating fields of transformative energy all around the globe. Enter into the heart of creation with authentic wonder and love! In this weekend retreat with renowned mixed-media artist Mary Plaster, create collage sculptures made of found objects as a meditation for healing our hearts and our environment. Bring a collection of interesting small items with you to use and/or share—whether “natural,” like stone, wood, shells and seeds, or “upcycled,” such as small plastic, ceramic or glass beads, shapes or figures, and even paper or fabric odds ‘n’ ends. Please also bring poetry, prose and music that inspire you to sink into prayerful presence in a chaotic world. Weaving together collections of meaning-filled objects can help us visualize and reconnect to what energizes us. Then we are prepared to reenter our sacred activism. As Mary says, “Everyone is an artist, prophet and mystic.” Activate your artist's soul!

Mary Plaster, M.A., D. Min., is a Minnesota-based, world-traveled, mixed-media artist and creative facilitator. She is founder/artistic director of Duluth All Souls Night (since 2008) and has collaborated nationally over a decade in The Cosmic Mass of Rev. Dr. Matthew Fox with her giant depictions of Ancestors, Elements and Animals. Check out Mary's amazing artistic creations at [www.MaryPlaster.Life](http://www.MaryPlaster.Life).

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

### Commuter Fee:

\$180 includes sessions, Saturday lunch and dinner, and Sunday lunch



## The Great Conversation: Nature & the Care of the Soul

Friday, March 16, 6:30 p.m.—Sunday, March 18, 1 p.m.

**Facilitator:** Belden C. Lane

Thomas Berry lamented that we as humans have dropped out of the Great Conversation with the natural world—a dialogue that, for centuries, was vitally alive in the history of the saints. In this retreat, we'll be looking at archetypal teachers in nature and the saints (or sages) who have sought them out as spiritual guides: Hildegard of Bingen and trees, Catherine of Siena and fire, Teresa of Avila and water, Ignatius Loyola and caves. Belden Lane will relate each of these to developmental life stages on the spiritual journey, drawing on what he's learned from his own spiritual mentor, a cottonwood tree near his home. The retreat aims at picking up our human end of the dialogue through storytelling, visual images, ritual, contemplative prayer and time spent in nature.

Author, storyteller and wilderness backpacker, Belden C. Lane is Professor Emeritus of Theological Studies at Saint Louis University—a Presbyterian minister teaching with the Jesuits for many years. His books include *Backpacking with the Saints: Wilderness Hiking as Spiritual Practice* and *The Solace of Fierce Landscapes: Exploring Desert and Mountain Spirituality*.

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

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

special guest  
facilitator!

## Here's what is being said about Belden's book, *Backpacking with the Saints*:

"Belden C. Lane has written a lovely book that seamlessly brings together two rich genres: travel narrative and spiritual memoir. The notion of a spiritual journey, of course, is central to almost every religious tradition, but the author enlivens that tradition as he shares personal and heartfelt stories about his own peregrinations and muses on topics as varied as solitude, ecology, backpacking, beauty, and prayer; and on people as varied as St. Thérèse of Lisieux, Dag Hammarskjöld, John Muir, and Bruce Springsteen. A thoroughly delightful book."

—James Martin, SJ, author of *Jesus: A Pilgrimage*

"If the earlier centuries of Christianity had been as honest, emotionally descriptive, and spiritually helpful as Belden Lane is here, we would have a very different notion of religion today. Such wisdom as this will literally 'save the soul' of many a spiritual seeker."

—Fr. Richard Rohr, OFM, Founder, Center for Action and Contemplation, Albuquerque, New Mexico

"The only problem with this remarkable book is that it cannot be read rightly from a comfortable chair. As Lane and the rest of the saints in these pages insist, what the soul most needs is not found in safe places but in wild ones, where the dangers are as real as the courage they call forth. So find a high rock, a far hill, or a patch of desert that scares you a little and let this book persuade you that you are exactly where you need to be."

—Barbara Brown Taylor, author of *Learning to Walk in the Dark*



## Lenten Series

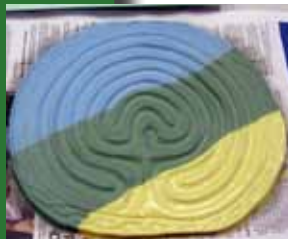
### Living Laudato Si' Mondays,

through March 19, 9:30–11 a.m.

**Facilitators:** Betty Daugherty, FSPA, & Angie Pierce Jennings

Gather at Prairiewoods to read, discuss and contemplate *Laudato Si': On Care for Our Common Home*, eloquently written by Pope Francis. This eco-encyclical inspires and invites people of all faiths to enter a "new dialogue about how we are shaping the future of our planet." Join us for this six-week series beginning the first week of Lent (Feb. 12). The group will discuss one chapter of the encyclical each week, identifying action items and ways of living *Laudato Si'* in your own life and community. The sessions stand alone, so you may attend one or all.

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



### Back by Popular Demand!

### Ceramic Finger Labyrinth Class

Sunday, Feb. 25, 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! This class will begin with a labyrinth presentation, followed by instruction 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 Iowa Ceramics Center and Glass Studio. No experience is necessary—simply bring a creative spirit! This class will be limited to 15 participants, and registration and payment are required by Feb. 22. Fired pieces must be picked up within a month. **Fee:** \$25 includes instruction, patterns, clay, kiln firing and glaze

### Mindfulness-Based Stress Reduction

**Information Session:** Tuesday, Feb. 27, 12:30–1:30 p.m., or Tuesday, March 6, 5:30–6:30 p.m.

**Eight-Week Series:** Tuesdays, March 20–May 8, 12:30–3 p.m. or 5:30–8 p.m.

**Extended Class:** Saturday, April 21, 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 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 mindfulness 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)

## Painting Prairiewoods: The Art of Joni Reed Cooley

Thursday, March 1, 5–6:30 p.m.

(See p. 3 for complete details.)

## Archetypes for Insight

Friday, March 2, 6 p.m.–Saturday,

March 3, 8 p.m.

**Facilitators:** Mary Kirkpatrick & Roxanne Mitten

Have you noticed 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. On this overnight workshop, explore archetypes based on the work of Carolyn Myss, a pioneer in this subject. Identify your personal archetypes through fun, experiential activities. Knowing your archetypes can help you refine how you approach and prioritize aspects of your life!

**Fee:** \$169 (\$159 for double occupancy) includes sessions, lodging and all three Saturday meals

**Commuter Fee:** \$99 includes sessions and all three Saturday meals

## Renewable Energy Open House with I-Renew

Saturdays, March 3 & April 7, 9 a.m.–12 p.m.

**Facilitator:** I-Renew

The Iowa Renewable Energy Association (I-Renew) is having monthly Renewable Energy Open Houses in the Jordan Solar Center on the grounds of Prairiewoods! Come tour the various renewable energy systems, learn about renewable energy in your community and explore volunteer opportunities. Plus learn about free

home energy assessments with Green Iowa

AmeriCorps.

**Fee:** Free



## Wednesday Women

Wednesdays, March 7–April 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!

In March, continue viewing and discussing the *Bible's Wisdom Literature* DVD series with Barbara Leonhard, OSF. (Suggested weekly reading assignments in the Bible are available at [www.Prairiewoods.org](http://www.Prairiewoods.org).)

In April, read and discuss *Paradoxology: Spirituality in a Quantum Universe* by Miriam Therese Winter, who will be our presenter at *Spirituality in the 21<sup>st</sup> Century* April 27–28. This book is a readable, relatable meld of science and spirituality. (The book is available for \$20 in Prairiewoods' office, and weekly reading assignments are available at [www.Prairiewoods.org](http://www.Prairiewoods.org).)

**Fee:** \$10 per session

## Y.O.L.O. (Your Other Lunch Option!) at Prairiewoods

Wednesdays, March 7 & April 11, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)

**Facilitators:** Chefs Tara King & Laurie Erlacher

Need a change of scenery for lunch? Want 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:

- **March 7: Luck of the Irish**
- **April 11: Poetry of Food—Celebrating National Poetry Month**

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

**Fee:** \$12



Find ongoing support in these programs that take place every month:

- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; March 1–April 30 (except March 5 & 8); 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.)
- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; March 1, March 15, April 5 & April 19; 6:30–8 p.m.)
- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, March 6–April 24, 10 a.m.–12 p.m.)
- **Going Inward with Sounds & Vibrations** with Kathy Broghammer (Wednesdays; March 7, March 21, April 4 & April 18; 6–7 p.m.)
- **Men Exploring Faith** with Bob Davis (Thursdays; March 8, March 22, April 12 & April 26; 7–8:30 p.m.)
- **Sweat Lodge (Inipi) Ceremony** with Kerry Batteau (Saturday, March 10, 4:30–8:30 p.m.; Sunday, March 25, 5–9 p.m.; or Saturdays, April 7 & April 21, 5–9 p.m.)
- **Day of Self Renewal** with Angie Pierce Jennings (Mondays, March 12 & April 9, 8:30 a.m.–4:30 p.m.)
- **Singing Bowl Prayer** with Kathy Broghammer (Mondays, March 12 & April 9, 12:45–1:30 p.m.)
- **Drumming for Healing** with Sheri Mealhouse (Hawkwoman) (Mondays; March 12, March 26, April 9 & April 23; 6–7 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; March 13, March 27, April 10 & April 24; 5:30–7 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, March 13 & April 10, 9:30–11 a.m.; & Wednesdays, March 28 & April 25, 6:30–8:30 p.m.)
- **Cedar Valley Flute Society** with Jonny Lipford (Wednesdays; March 14, March 28, April 11 & April 25; 6–7:30 p.m.)

For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).



## Spring Break Day at Prairiewoods Wednesday, March 14, 9 a.m.–4 p.m.

**Facilitators:** Emelia Sautter, Jenifer Hanson, Angie Pierce Jennings, Laura Weber & Andi Lewis

What better way to spend a spring break day than exploring Prairiewoods with family and friends! Are you excited to get your hands in the early spring soil? Then join us for a fun-filled day connecting with each other, the land and our Creator. We'll begin with gentle Tai Chi and chai tea, followed by an inspiring land-care project, a delicious lunch, an afternoon creating seed balls and rock art, and a contemplative walk on our labyrinth. All ages are welcome. Registration and payment are required by March 12 at noon.

**Fee:** \$30 per person (\$25 per person when families register together) includes lunch

## Spring Break Eco-Tour & Photo Scavenger Hunt

Thursday, March 15, 2–4 p.m.

**Facilitators:** Emelia Sautter, Jenifer Hanson & Angie Pierce Jennings

Bring your family and friends, your camera and your walking shoes, and join Prairiewoods for an eco-tour of our many renewable energy features! Check out our solar photovoltaic system (which provides half of our electricity needs), learn about trombe walls, walk through our straw-bale Hermitages, and go inside our hoop house to see how radiant solar heating can help extend the growing season ... just to name a few! You'll get to explore 70 acres of prairie and woods as you learn about our eco-features, our animal friends and the land. You're invited to take photos as you find your way at Prairiewoods! All ages are welcome. Registration and payment are required by March 14 at noon.

**Fee:** \$10 per person includes snacks

## Meridian Qigong

Wednesdays, March 7–April 25,  
2–3:15 p.m.

**Facilitator:** Gerry Hopkins

Meridian Qigong combines breathing, movement and visualization to improve health, increase vitality and reduce stress. These 49 exercises were designed to open energy pathways and to encourage the strong and unimpeded flow of the life force (Qi). In addition, they help improve balance, flexibility and strength. On top of all of that, they are fun to do and leave you feeling both relaxed and energized!

**Fee:** \$85 for eight-week series

## Prayer Flags for Healing Earth Saturday, March 10, 9 a.m.–4 p.m.

**Facilitator:** Dori Patrick

Create prayer flags for healing Earth with local mixed media artist Dori Patrick! Your completed flag will be a beautiful



addition to your home or a gift for a friend. This will be a fun day of moving your hands with painting, printing, embellishing and sewing. A sewing machine, and general knowledge of how to use your machine will be required for this project. Most of the supplies will be provided for you. There will be a small list of suggested items that you might like to bring along to personalize your flags. Registration and payment are required by March 2.

**Fee:** \$100 includes sessions, materials, lunch and your prayer flag to keep

## Linn County Seed Exchange Sunday, March 11, 2–4 p.m.

**Facilitators:** Feed Iowa First, Iowa Big, Linn County Seed Exchange & Prairiewoods

*"To be of the earth is to know the restlessness of being a seed."* —John Soos

Calling all seed savers, growers and enthusiasts: join us in sowing the first seeds of the Linn County Seed

Exchange! As a participant, you will learn about seed saving and join in community with others interested in seeds. Feel free to bring seeds to share if you have them. All are welcome!

**Fee:** Free

## Women in Interfaith Dialogue Saturday, April 7, 10 a.m.–3 p.m.

**Facilitators:** Dr. Paula Sanchini, Mary Beth Siemann, Virginia Melroy, & Angie Pierce Jennings

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The topic for the spring session is Sacred Activism. You are invited to bring a reading or prayer to share with the group. Registration and any dietary restrictions that affect your health are required by April 3.

**Fee:** \$15 includes lunch

## Eco-Fest 2018

Saturday, April 21, 10 a.m.–4 p.m.

Celebrate Earth Day at Eco-Fest in our community and visit with a number of Earth-loving organizations, including Prairiewoods, at NewBo City Market. Learn more at [www.EcoFestCR.org](http://www.EcoFestCR.org).

**Fee:** Free

## Earth Day Peace Bells Class Sunday, April 22, 1:30–3 p.m.

**Facilitator:** Joyce St. Clair Voltz

Celebrate Earth Day by making a set of clay peace bells to hang on your patio or in your yard! As a participant in this class, you will make two bells that will be strung together to chime. The bells will be formed the afternoon of class and will be fired and glazed for pickup from the Iowa Ceramics Center and Glass Studio. (Please pick up your bells within one month.) This class will be limited to 15 participants, and registration and payment are required by April 18 at noon.

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



# Donors (Nov. & Dec. 2017)

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](http://www.Prairiewoods.org/Donate).

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**Rooted & Growing:** Prairiewoods wishes to extend sincere gratitude to our friends and donors for our successful Rooted & Growing fundraising campaign. The campaign began with a \$20,000 anonymous grant, challenging us to raise a 1-to-3 match by the end of 2017. In the 18 months of the campaign, many of you gave generously to secure the match, with a final total raised for Rooted & Growing of \$91,378, plus the \$20,000 matching gift, for a total of **\$111,378!** Thank you!





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Prairiewoods' annual  
*Spirituality in the  
21<sup>st</sup> Century*

event has brought you speakers  
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This April, we're bringing you  
*Miriam Therese Winter  
& Sara Thomsen.*

*Embrace loving unity  
with all of creation!*

*See pages 4-5 for complete details.*

*Cosmic Spirit  
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**April 27-28, 2018**

**[www.Prairiewoods.org](http://www.Prairiewoods.org)**

# Prairiewoods

May/June 2018

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Prairiewoods

## *A Night in Assisi* Garden Party

Support Prairiewoods at the *Garden Party* on Saturday, June 9, 5 p.m. at DoubleTree by Hilton (350 First Avenue NE, Cedar Rapids).

Tickets cost \$50 each or \$400 for a table of eight and must be reserved by June 4 at [www.Prairiewoods.org](http://www.Prairiewoods.org) or 319-395-6700.

## *Experience the Charm of Italy at Garden Party June 9*

Smell the crisp mountain air that carries scents of olives growing and bread baking. Feel the cobblestones underfoot as you walk ancient streets only wide enough for one car at a time. Catch a glimpse of sunflowers sprouting from windows of centuries-old brick buildings. And know that you are in a holy place. *You are in Assisi, the home of Saint Francis.*

Prairiewoods' annual Garden Party: *A Night in Assisi*, will transport you to the Italian countryside! On Saturday, June 9, join us at the DoubleTree by Hilton in downtown Cedar Rapids for a magical evening of food, fellowship and fundraising for Prairiewoods. The festivities include:

- *5 p.m. Social Hour* with a cash bar, an impressive silent auction, an Amazon Echo whole-home raffle package 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 Italian Dinner and Wine* with seven of your closest friends—or soon-to-be friends—and time to put in last-minute bids on your favorite auction items
- *7 p.m. Live Auction* featuring a variety of amazing items ranging from *unique vacations* to *exclusive Prairiewoods experiences, one-of-a-kind parties to incredible meals*

Attending the Garden Party is a great way to support the wide array of spiritual and ecological programming Prairiewoods provides throughout the year. *Don't miss this chance to experience A Night in Assisi!*



a view of Assisi taken from the Basilica of Saint Clare by Andi Lewis

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Henri Nouwen, the Dutch priest and theologian, wrote, "Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines."

I've been thinking a lot about Nouwen's statement since 17 students and teachers were shot and killed in Parkland, Florida (Feb. 14, 2018). This horrific event in particular, and gun violence in general, are examples of events in the news to which we, as Prairiewoods, have felt called to respond. As a staff, we have been discussing and exploring the ways we can stand for Franciscan spiritual values—such as peace, compassion and communion—while holding hospitality and space for many perspectives, many beliefs, many backgrounds. How do we hold space even for those with whom we cannot agree? The practice of radical hospitality, as discussed on p. 4–5, is vital: inviting and welcoming the "other" as neighbor, while continuing to be identified by our mission and values as Prairiewoods.

Important guidance for how to do this comes in the form of our foundational documents. In addition to our mission and vision statements, *Prairiewoods has articulated a series of value statements that flow from our Franciscan heritage.* These statements serve as guides when we find ourselves questioning what we should do or not do by way of programs, statements or engagement with difficult issues. They call us to work toward development of wisdom and compassion, to reverence the Divine Presence within all life, to celebrate the privilege of being human and to encourage dialogue. The final statement calls us to continue involvement with the broader community around sacred values. (View the complete list at [www.Prairiewoods.org/Mission](http://www.Prairiewoods.org/Mission).)

When we contemplate a response to world events, when we feel called to proactively engage with emotionally or politically fraught concerns, and/or when we are invited to partner with another organization or nonprofit, using these statements to question ourselves—our plans, our motives, our agendas—is an effective means of discerning a direction or action that is mission appropriate and uniquely Prairiewoods. More important, it keeps us grounded in compassion and active in our invitation to all our neighbors. *Truly, all are welcome here!*

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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# Spend Time in Nature at Prairiewoods

*Outdoor Family Fun:* All are welcome at Prairiewoods to explore and nurture their relationships with the Source of all being, Earth, self and others. Bring your family and enjoy a day outside! *by Angie Pierce Jennings*



Families visiting Prairiewoods over spring break connected, participated in land care projects and created sacred mandala rock art together.



Girl Scout Troop 5580 participated in an eco-tour and photo scavenger hunt. As they worked to earn energy badges, they learned about Prairiewoods' solar photovoltaic panels and other eco-features.

# Radical Hospitality

How Far Does Our Welcome Extend?

“But wishing to justify himself, he said to Jesus, ‘And who is my neighbor?’”

—from the parable of the Good Samaritan, Luke 10:29, New American Standard Bible



**A**t *Prairiewoods*, hospitality is modeled first and foremost by the generous welcome of the land. Our guests feel the beckoning energy of the trees when they drive up *Prairiewoods Lane*. The gentle grace and abundant playfulness of the creatures who peek out from among the prairie grasses and gambol among the brambles and tree limbs seem to whisper, “Come and rest a while.” The first sign seen at our entry proclaims: “All are welcome.” We often hear from our guests about how warmly they feel received and cared for while they are here for a retreat or program. It seems as though even the afternoon breezes and the evening twilight dance the hospitable refrain: “Welcome. You belong here.”

It is quite naturally and without effort that we welcome those like ourselves, or those with an easy spirit and a happy disposition. Although the trees, prairie grasses and creatures may not discriminate among people who are healthy of spirit or ill at ease in their own hearts, we human creatures are different. We tend to welcome others or recoil from them depending upon whether those we encounter seem to “fit” in our circles. In our hearts, we may feel the urge to run the other way, to ignore or remain aloof, convincing ourselves that the “other” is not of our tribe, and therefore unworthy of our attention, care and welcome. *We know how to be hospitable to those like ourselves, but what does it mean to welcome those who seem “other”?* And, as we learn more and deepen in our *Prairiewoods’* mission, what does *radical hospitality* engender?

In Luke’s parable of the Good Samaritan, a supposed villain due to his “mixed blood” status turns out to be the hero by capturing the heart of radical hospitality. He offers compassion to his neighbor. By *neighbor*, the Gospel means not just someone who lives next door, but someone in whose welfare we are invested. A neighbor is one to whom we offer shelter or protection in times of need. And we would turn to our neighbor for hospitality in our moment of crisis. This is why the Good Samaritan’s astounding view of the neighbor was a radical concept in the context of classical antiquity. First-century societal stratification in the time of the historical Jesus required certain ethical conventions for those who wished to remain ensconced in compliant socio-political and religious equanimity. One took care of one’s neighbor, meaning one’s socio-cultural peers. Those who were considered others, especially those *beneath* or *outside* of one’s own socio-political or religious location, were not only considered outside this special care, but by fact of their position in the stratified configuration, to be avoided and excluded.

Jesus of Nazareth and his followers inaugurated the reign of radical hospitality, a practice of inclusion and welcome that defied socio-political, religious, racial, gender and economic norms. *Jesus’ Way was one of radical hospitality, in which those who were considered beneath or outside the province of care, concern or welcome were offered extravagant care and extraordinary inclusion.* His radical practices are well-known: healing perceived sinners, and touching and healing the *unclean*, inviting a little child to the center of the circle as an example of discipleship, eating with tax collectors and others considered sinful or unclean, including women among his companions, even accepting public attention and affection from a woman of ill repute, associating with Gentiles and many other examples. These all served as overt challenges to established societal norms of inclusion and exclusion. *The answer to “Who is my neighbor?” was simply this: “Everyone.”* Those who were supposed to be *outside* were invited inside, as though distinctions like *master* and *slave*, *man* and *woman*, *Gentile* and *Jew* did not matter, or once they were recognized as paradigmatic examples of exclusion, should be dismantled.

So, here we are today in 2018, deeply challenged by the invitation to embody radical hospitality. A good place to start to help us locate the Gospel parable in our outrageously polarized and septic socio-political climate might be an *Examen of Consciousness* (as we offered in the Jan./Feb. Newsletter).

We are invited to ask:

- *Who is our neighbor?*
- *Could it be that we, like the Good Samaritan, are called to discover new neighbors, ones we have previously excluded?*
- *Have we been drawing lines around those who are included and those who are excluded or merely tolerated?*
- *Do we truly welcome all as do the trees, prairie grasses and magnificent creatures of Earth?*
- *Can we truly be called children of the God who causes the “sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous” (Matthew 5:45)?*

Our neighbors are calling to us—just as that forgotten man on the side of the road from Jerusalem to Jericho, suffering from the ravages of a treacherous journey, called to the Samaritan. How far does our welcome extend? And is it far enough? Radical hospitality calls us to be the Samaritan we would hope to encounter in our own time of need.

by Laura Weber

The following are some upcoming retreats and programs. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Softening the Hard Edges: Moving through Life with Ease & Grace

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

Facilitator: Tom Roberts

We all experience the bruises of life's jarring encounters. In this retreat, we will be working with the first lines of a seventh-century poem by Zen poet Sosan to help us soften the edges. As our focus for the weekend, this poem will provide the foundation for healing and moving forward:

*"The Great Way is not difficult for those who have no preferences.*

*When love and hate are both absent everything becomes clear and undisguised.*

*Make the smallest distinction, however, and heaven and earth are set infinitely apart.*

*If you wish to see the truth then hold no opinion for or against.*

*The struggle of what one likes and what one dislikes is the great unrest of the mind."*

—Sosan

The spiritual path has become crowded with numerous "methods" and practices. This retreat will be an opportunity to work deeply in a gentle and focused fashion, restoring our innate connection to the divine. We will embrace the opportunity to quiet the noise and distractions to become reacquainted with the essence of clear spiritual practice. We will work with silent meditation, creative expression and re-uniting with the creation of which we are a part.

Tom Roberts, LCSW, LMFT, is a licensed psychotherapist and clinical hypnotherapist who authored *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion*. As a retreat facilitator, Tom translates mindfulness techniques into practical strategies for healthier, happier living.



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

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

*Come for just the morning, stay for the day or make a night of it!*

## Saturday Soul-Stretch for Lovers of Embodied Spirituality

Saturday, May 5, 8 a.m.–1 p.m. (or later, resuming again in Sept.)

Facilitators: Laura Weber, Prairiewoods staff & collaborators

### For the Early Birds (8 a.m.–1 p.m.)

Wake up! Wake up! The weekend is here. Saturday Soul-Stretch will get you out of bed and back into your full-spectrum humanity! Come to Prairiewoods once a month to de-stress, reconnect, and reach deep down, way around and inside-out. Morph into your fuller self, and discover the astonishing light of your being.



- 8 a.m. Breakfast
- 9 a.m. Tai Chi and sitting meditation
- 10 a.m. Chai tea with a different spiritual modality each month (such as prayer/meditation, art, movement, music or journaling)
- 11 a.m. Nature Mindfulness Walk
- 12 p.m. Lunch

**Fee:** \$50 includes sessions, breakfast and lunch

### For the OWLs (8 a.m.–6:30 p.m.)

Prairiewoods' OWLs (Open-minded Wisdom Lovers) can enjoy the Saturday Soul-Stretch and remain the day to play, pray and while away the afternoon, with the option for an overnight stay.

- After lunch: OWLs continue from morning
- 1 p.m. Focus on spiritual modality of choice (such as mandala, movement, centering, poetry, photography, gardening, singing or mindfulness)
- 4 p.m. OWLs' Wisdom Circle (either free-flowing spiritual conversation or focused reading/viewing and conversation)
- 5:30 p.m. Dinner

**Fee:** \$75 includes full day with three meals

### For the Night OWLs (Saturday 8 a.m.–Sunday 11 a.m.)

Night OWLs have the option to extend your stay overnight, with breakfast included on Sunday for \$100 total.

- After dinner: Night OWLs stay overnight Saturday
- 8 a.m. Breakfast
- Sunday morning: Extend your sabbath rest
- 11 a.m. Checkout

**Fee:** \$100 includes full day Saturday, overnight stay and Sunday breakfast

Registration is required by May 1 at noon. Be sure to save the date for upcoming Saturday Soul-Stretches on Sept. 15, Oct. 13, Nov. 10 and Dec. 8!

**June or July Silent Directed**

**Sunday, June 10, 5:30 p.m.–Saturday, June 16, 1 p.m. or  
Sunday, July 8, 5:30 p.m.–Saturday, July 14, 1 p.m.**

**Facilitators:** Betty Daugherty, FSPA; Ann Jackson, PBVM; Laura Weber; & Lucille Winnike, FSPA

For those who desire deepening and renewal, a week-long foray into the silence may be just the balm for the soul. Silent directed retreats (offered in June and July) provide lavish time and sacred space for prayer, solitude, quiet and peace. In the solace of 70 acres



of prairie and woodland, the beauty of creation extends a sweet embrace. Each day will offer the opportunity to meet with a spiritual director who will listen with you for the movement of the Spirit within your life. A daily experience of centering prayer is available in a group setting. As you rest in silence, you may notice many of life's gifts, regain a sense of balance, and 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.

Betty Daugherty, FSPA; Ann Jackson, PBVM; Laura Weber; and Lucille Winnike, FSPA; are all on staff at Prairiewoods and delight in accompanying others on a spiritual journey. They are deeply committed to Prairiewoods' mission to host hope for inter-connection in an evolving universe. **Fee: \$425** includes sessions, lodging and all meals

*Lodgers only, please.*

**Yoga Paths to Sacred Connection**

**Monday, June 25, 8 a.m.–Friday, June 29, 1 p.m.**

**Facilitator:** Anji Kat Antkowiak

How do we find connection in a world that feels so divided? How do we embrace the seemingly disparate parts of our own being? In this week-long retreat we will be exploring the gentle power of yoga to heal our relationship to spirit, to our self and to each other and the world around us. We will be exploring a variety of meditation techniques, including partner yoga and thai yoga, and take wisdom from our kinship with nature through the principles of Ayurveda to find connection to the sacred in our everyday lives.



Anji Kat Antkowiak, MS, E-RYT has a master's degree in health promotion and wellness management and is an Experienced Registered Yoga Teacher (E-RYT 200) with more than 20 years' professional experience in the field of health and wellness. She also is an award-winning singer/songwriter and musical keynote speaker who weaves her passion for music into her retreats for a truly unique and powerful healing experience.



**Fee: \$350** includes sessions, lodging and all meals

*Lodgers only, please.*

*Save the Date!* for these upcoming retreats:

- **Meet the Rest of the Relatives** with Nancy Hoffman, FSPA; July 17–20
- **Ancestral Impressions: Exploring Your Ancestry through Creativity, Imagery & Intuition** with Audrey Chowdhury, Aug. 17–19
- **Rooted & Branching: What Our Souls Learn from Trees** with Samuel Rahberg, Aug. 17–19
- **Active Hope: The Work that Reconnects** with Kathleen Rude, Sept. 14–16
- **Saturday Soul-Stretch** with Laura Weber; resuming once-monthly Saturdays in fall: Sept. 15, Oct. 13, Nov. 10 & Dec. 8
- **Spiritual Exercises in Everyday Life (S.E.E.L.) II** with Ann Jackson, PBVM; Betty Daugherty, FSPA; & Lucille Winnike, FSPA; monthly, Sept. 15–May 4
- **Songs Like Seeds: Planting Hope Note by Note** with Sara Thomsen, Oct. 12–14
- **Silent Mindfulness Meditation** with Chris Klug, Nov. 9–11
- **In Stillness, We Wait: Three-Day Silent Directed** with Betty Daugherty, FSPA; Ann Jackson, PBVM; Laura Weber; & Lucille Winnike, FSPA; Dec. 7–9

For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

**Prairiewoods has scholarships!** Limited funds are available to assist with the registration costs for Prairiewoods-sponsored retreats and programs. If you would like to attend an event but find the cost prohibitive, please contact us at [ecospirit@prairiewoods.org](mailto:ecospirit@prairiewoods.org) for a scholarship application.

## The Artist's Way Series

**Tuesdays, May 1–July 3, 1–2:30 p.m.**

**Facilitator:** Joni Reed Cooley

Ten years ago, Joni Reed Cooley participated in *The Artist's Way* Series at Prairiewoods. As a result, she began painting with pastels, created a wide body of art and became our Artist in Residence. Join Joni as she leads you on your own creative journey through Julia Cameron's book *The Artist's Way: A Spiritual Path to Higher Creativity*. Participate in group discussions, creative experiences, guided reflections and rituals meant to release the imagination and inspire spiritual and artistic growth. Your creative side will rejoice!

**Fee:** \$150 for ten-week series, plus cost of book (available in Prairiewoods' Gift Shop)



## Wednesday Women

**Wednesdays, May 2–30,**

**10–11:30 a.m., & Wednesday, June 20, 11:30 a.m.–1:30 p.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! This group meets weekly through the school year and monthly June–Aug.

May 2 and 9, continue to read and discuss *Paradoxology: Spirituality in a Quantum Universe* by Miriam Therese Winter, our presenter at *Spirituality in the 21<sup>st</sup> Century* April 27–28. (Weekly reading assignments are available at [www.Prairiewoods.org](http://www.Prairiewoods.org))

On May 16, view and discuss Valarie Kaur's TED Talk: *3 lessons of revolutionary love in a time of rage*. Valerie is a Sikh American innovator, mother, lawyer, activist, filmmaker and founder of the Revolutionary Love Project.

On May 23 and 30, view and discuss TED Talks by Brené Brown about her research on connection, shame and vulnerability. Learn what it means to be a "whole-hearted" person who possesses a

deep sense of self-worth.

On June 20, meet at 11:30 a.m. for the annual summer pitch-in picnic. Bring your favorite appetizer, salad, bread, dessert or wine to share. This will be Sister Marj's last gathering with the group, so don't miss the fun!

**Fee:** \$10 per session

## Going Inward with Sounds & Vibrations

**Wednesdays; May 2, May 16, June 6 & June 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

## Renewable Energy Open House with I-Renew

**Saturdays, May 5 & June 2, 9 a.m.–12 p.m.**

**Facilitator:** I-Renew

The Iowa Renewable Energy Association (I-Renew) is having monthly Renewable Energy Open Houses in the Jordan Solar Center on the grounds of Prairiewoods! Come tour the various renewable energy systems, learn about renewable energy in your community and explore volunteer opportunities. Plus learn about free home energy assessments with Green Iowa AmeriCorps.

**Fee:** Free



## Dare to Be Wild Film

**Tuesday, May 8, 6–8 p.m.**

**Facilitator:** Angie Pierce Jennings

Join us for a special screening of *Dare to Be Wild*, a film based on the life of Irish garden and landscape designer Mary Reynolds. She is the youngest woman to win a gold medal at the prestigious Chelsea Flower Show. Mary will inspire you to work in partnership with the land and bring the energy of wild places back to your garden! Snacks will be provided. (If you are really inspired by Mary's story, you might want to pick up the book about her life, *The Garden Awakening: Designs to*

*Nurture Our Land and Ourselves*, which is available for purchase in Prairiewoods' Gift Shop.)

**Fee:** Free—will offering



## Day of Self Renewal

**Mondays, May 14 & June 18, 8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

Find rest and relaxation for your mind, body and spirit! This tranquil day features two 40-minute holistic services of your choice, group guided meditation, a

private guest room, access to walking trails and all that Prairiewoods has to offer; a fresh lunch and hours of free time. (Choose from massage, head and shoulder massage, reflexology, healing touch, spiritual direction, dream processing or yoga.) Registration, a non-refundable deposit of \$25 and your

top three services choices are required five days in advance.

**Fee:** \$95 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch



## **Singing Bowl Prayer** **Mondays, May 14 & June 18,** **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



## **Drumming for Healing** **Mondays, May 14, June 11 & June 25,** **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 outside or in the Art Room. *Drumming will not meet May 28 in honor of Memorial Day.*

**Fee:** Free-will offering to facilitator

*Offered in Partnership with  
Cedar Memorial*

## **Mindfulness-Based Stress Reduction**

**Information Sessions:** Tuesdays,  
May 15 & 29, 5:30–6:30 p.m.

**Eight-Week Series:** Tuesdays,  
June 5–July 24, 5:30–8 p.m.

**Extended Class:** Saturday, July 7,  
9 a.m.–3:30 p.m.

**Facilitator:** Chris Klug

Mindfulness is the power of mind to be deeply aware of what's happening—without judgement, commentary or interference. Research reveals numerous benefits to the nervous system, emotions and general sense of well-being. In this

eight-week series, cultivate the skill of mindfulness through formal meditation practices and informal integrative practices. Chris Klug, a grief counselor, has been an instructor in the mindfulness 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)

*New Monthly Support Group  
Offered in Partnership with  
Unity Point Hospice*

## **Soul Care: Creative Arts Grief Support Group** **Wednesdays, May 16 & June 20,** **5:30–7 p.m.**

**Facilitator:** Jamie Siela, LISW, CT

Take time to be with others in grief and engage your creative spark! Jamie Siela, a bereavement coordinator from Unity Point Hospice, will facilitate this new monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, explore a different creative medium. On May 16, explore clay pot reconstruction when you break clay pots and then reconstruct them. On June 20, play with acrylic paint pouring on canvas. Registration is required by the previous Friday.

**Fee:** Free, includes all art supplies

## **Sweat Lodge (Inipi) Ceremony** **Saturdays, May 19, June 2 & June 16;** **5:30–9:30 p.m.**

**Facilitator:** Kerry Batteau

Participate in an ancient 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

## *Back by Popular Demand!* **Ceramic Finger Labyrinth Class** **Sundays, May 20, 1:30–4 p.m., &** **June 24, 10 a.m.–12:30 p.m.**

**Facilitators:** Marion Patterson, Angie Pierce Jennings & Joyce St. Clair Voltz

Create your very own ceramic finger labyrinth made specifically to fit your fingers! This



class begins with a labyrinth presentation, followed by instruction and individual creation of a clay, lap-sized labyrinth. The labyrinth will be formed during class and will be fired and glazed for later pickup from the Iowa Ceramics Center and Glass Studio. (Fired pieces must be picked up within a month.) No experience is necessary—simply bring a creative spirit! Each class will be limited to 15 participants. Registration and payment are required by the previous Thursday at noon.

**Fee:** \$30 includes instruction, patterns, clay, kiln firing and glaze

## **Tai Chi & Qigong** **Wednesdays, May 23–June 13,** **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 four-week series, you will be introduced to foundational principles of both Tai Chi and Qigong, along with some basic movements. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 20 years.

**Fee:** \$45 for four-week series

## Glass Meditation Stones

**Sunday, June 3, 1–2:30 p.m.**

**Facilitator:** Teresa Childers

Stones have been used for millennia as an aid to wellness. Meditation stones have smooth surfaces that can be rubbed during times of stress and anxiety, making them versatile aids for self-calming and meditation. In this class, make your own meditation stones out of layers of glass, which will be put in a kiln and fused together. Personalize your stones with your favorite colors or inspiring words. You will be able to make two stones that are about two-inch squares with five layers of glass. Registration and payment are required by June 1 at noon. **Fee:** \$25



## Prairiewoods Garden Party

**Saturday, June 9, 5–8 p.m.**

See p. 1 for complete details.

## Rock Mandala Painting for the Whole Family

**Friday, June 22, 1–2:30 p.m.**

**Facilitator:** Andi Lewis

Spend a summer afternoon creating art with your favorite people! The whole family is welcome to learn



the art of rock painting with mandalas, which are sacred works of art in the form of a circle. Come learn this simple but beautiful practice. You will leave with several painted rocks to adorn your desk or gussy up your garden! Facilitator Andi Lewis will guide you in this fun, relaxing process that can be done by anyone, regardless of age. No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. **Fee:** \$10 includes rocks and art supplies

## Offered in Partnership with Backyard Abundance

### Foraging Urban Wild Edibles

**Sunday, June 24, 2–4 p.m.**

**Facilitators:** Jen Kardos & Fred Meyer

Come meander and munch with us! Learn to identify the most common wild edibles found in urban backyards, as well as cultivated herbs and berries integrated into Prairiewoods' Garden of Eat'n. Create and sample easy, delicious snacks and drinks by blending your foraged bounty with familiar vegetables and herbs. Recipes, informational handouts and book recommendations will be provided. Planned dishes include a detoxing greens drink, foraged pesto and a Juneberry crisp. Please come dressed for hands-on, outdoor learning. The class will cover a lot of ground, so please let us know at registration if you have mobility needs. Registration and payment are required by June 22.

**Fee:** \$10

## Summer Fun Eco-Tour & Photo Scavenger Hunt

**Thursday, June 28, 2–4 p.m.**

**Facilitators:** Emelia Sautter & Angie

Pierce Jennings

Bring your family and friends, your camera and your walking shoes, and join Prairiewoods for an eco-tour of our many renewable energy features! Check out our solar photovoltaic system (which provides half of our electricity needs), learn about trombe walls, walk through our straw-bale Hermitages, and go inside our hoop house to see how radiant solar heating can help extend the growing season ... just to name a few! You'll get to explore 70 acres of prairie and woods as you learn about our eco-features, our animal friends and the land. You're invited to take photos as you find your way at Prairiewoods! All ages are welcome. Registration and payment are required by June 27 at noon.

**Fee:** \$5 per person includes snacks



Find ongoing support in these programs that take place every month:

- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, May 1–June 26, 10 a.m.–12 p.m.)
- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; May 3–June 28; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.)
- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; May 3, May 17, June 7 & June 21; 6:30–8 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, May 8 & June 12, 9:30–11 a.m.; & Wednesdays, May 23 & June 27, 6:30–8:30 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; May 8, May 22, June 12 & June 26; 5:30–7 p.m.)
- **Cedar Valley Flute Society** with Jonny Lipford (Wednesdays; May 9, May 23, June 13 & June 27; 6–7:30 p.m.)
- **Men Exploring Faith** with Bob Davis (Thursdays; May 10, May 24, June 14 & June 28; 7–8:30 p.m.)

For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

Earn continuing education credits through these hosted programs by the Institute of Spiritual Healing & Aromatherapy (ISHA):

- **Essential Oils for Spiritual & Emotional Clearing, ISHA Course 303** with Kate Petree (Friday, June 1–Sunday, June 3)
- **Introduction to Healing Ministry, ISHA Course 101** with Gayle Mohr (Saturday, June 2)
- **Introduction to Judeo-Christian Anointing, ISHA Course 102** with Gayle Mohr (Sunday, June 3)

For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org). To register, visit [www.ISHAhealing.com](http://www.ISHAhealing.com).

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](http://www.Prairiewoods.org/Donate).

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## MEMORIALS

*In memory of Mark Broghammer*  
Marj English, OSF  
Joann Gehling, FSPA  
Carol & Joe Hartman  
Andi & Steve Lewis  
Don & Mary Thompson  
*In memory of Ann Duder*  
Beth Duder  
Marj English, OSF  
*In memory of Paul Fisher*  
Phyllis Fisher Family  
*In memory of Julia Graettinger*  
Marlys Graettinger  
*In memory of Stephen Lewis I*  
Marj English, OSF  
Joann Gehling, FSPA  
Andi & Steve Lewis  
*In memory of Mary Tyner*  
Joann Gehling, FSPA  
*In memory of Teddy Wagner*  
Carole Ann Sayer

## HONORARIA

*In honor of the Franciscan Sisters of Perpetual Adoration Community* Patricia Mougel  
*In honor of Joann Gehling, FSPA* Connie Disney  
*In honor of Nancy Hoffman, FSPA, & Ann Jackson, PBVM* Anonymous  
*In honor of Mother Earth* Paulette Montague  
*In honor of Prairiewoods Staff* ML Folkedahl-Meehleder

## VOLUNTEER SERVICE

Jan Aiels  
Martha Barry

Mary Ann Barry  
Tammy Bayer  
Doug Beadle  
Arlene Blazek  
Rosie Bowers  
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Georgia Christensen, FSPA  
Debbie Crane  
Donna Davis  
Jo Dillon  
Alice Doyle  
Norine Drahazol  
Judith Edwards  
Lorrie Erusha  
John Frankhouse  
Jolene Frankhouse  
Pat Frasher  
Donna Gelski  
Green Iowa AmeriCorps  
Green Iowa AmeriCorps Land & Water Stewards  
Christine Gust  
Catrina Havumaki  
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Karen Kappell, FSPA  
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Eileen Kozman  
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Barb Lebsock  
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Diane Lynch  
Linda Martin  
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Mark McCright  
Ed Meissner  
Norma Mikkola  
Mary Mockler  
Mary Moore



Mike Morman  
Bev Mumm  
Pat Myers  
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Bette Niccolls  
Lois Ocenosak  
Vince O'Connor  
Diane Olsen  
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Mary O'Malley  
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Conti Roberts  
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Jenny Rupp  
Paula Sanchini  
Ellie Spielbauer  
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Tom Takes  
Mary Taylor  
Donna Venteicher, FSPA  
Dorothy Voelkers  
Gloria Waltke  
Cera Wilkins  
Lisa Wilson

## Need Windows or DIY Cold Frames?

Prairiewoods recently replaced windows in the Center. Amazingly, the old windows make perfect cold frames for seed starting! They would also work well for window replacement in a shed or for art projects. Our goal is to repurpose or recycle the windows to keep them out of the landfill. If you are interested in either the small square windows or larger rectangular ones, please contact Emelia Sautter at 319-395-6700, ext. 222. They're free to a good home!





120 E Boyson Rd  
Hiawatha IA 52233

You may send this by mail, email [ecospirit@prairiewoods.org](mailto:ecospirit@prairiewoods.org) or call **319-395-6700**. If mailed, please include this address label.

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

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



Prairiewoods' annual  
*Spirituality in the  
21<sup>st</sup> Century*

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

Now we're bringing you  
*Miriam Therese Winter  
& Sara Thomsen.*

*Embrace loving unity  
with all of creation!*

*Last chance to register!*

*Cosmic Spirit*

**Planetary Spirituality for All**

*April 27-28*

with

**Theologian M.T. Winter  
& Musician Sara Thomsen**

[www.Prairiewoods.org](http://www.Prairiewoods.org)

July/August 2018

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

from **BROKEN  
HEART-  
EDNESS** to becoming  
*One in  
LOVE*



**W**hat breaks your heart? What pulls you out of bed in the morning? What amazes you with joy and gratitude?

As Father Pedro Arrupe suggests, all of this, the whole bundle of joy and sorrow that makes up our lives, is somehow different when we are in love. *It is the powerful energy of love that changes us, transforms who we are and then flows out into our broken world.* Can this potent energy heal our own broken hearts and the heart of the world? Can we fall in love with the God who is the effulgent, capital "E" Energy of love that infuses the vibrant universe with abundant life and inexhaustible mystery?

When we look at our world with all of its chaos and countless crises, we understand that radical change is needed, and we look for those prophets of hope who might be among us. *Is there a way to walk through and transform the chaos around us, keep our hope burning*

*brightly, and find a path to wholeness?*

In his book *The More Beautiful World Our Hearts Know is Possible*, Charles Eisenstein suggests that in a time of social and ecological crisis, our hope may lie in bringing our authentic selves into the fray each day.

When we act out of our deepest essence and translate our core values into our daily choices, we can co-create a world in which everyone is cared for, where all thrive. We must let go of our perceived separations, entrenched dualisms and imbedded hierarchies. By disposing our own hearts toward radical inclusion and communion, we can make the necessary transition from global discord and disintegration toward profound unity and wholeness. Though the path of genuine collaboration will be precarious, we have many resources at our disposal, none more important than our own heart's desires, which can be composted into new ways of relating, new ways of being.

*(continued on p. 3)*

## Falling In Love

Nothing is more practical than finding God, that is, than falling in Love in a quite absolute, final way.

What you are in love with, what seizes your imagination, will affect everything.

It will decide what will get you out of bed in the morning, what you do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude.

Fall in Love, stay in love, and it will decide everything.

—attributed to Father Pedro Arrupe, SJ

## PRAIRIEWOODS OPERATING BOARD

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Sisters of Perpetual Adoration (FSPA)  
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**Lisa Wilson, Vice Chair**  
Administrator, Grant Wood Area  
Education Agency  
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**Leslie Wright**  
Vice President, United Way of East  
Central Iowa  
Cedar Rapids, Iowa



*"But there are at least two ways to understand what it means to have our hearts broken. One is to imagine the heart broken into shards and scattered about...The other is to imagine the heart broken open into new capacity..."*

—Parker Palmer, from *A Hidden Wholeness*

When I meet new people and tell them that I work at Prairiewoods, there are two predominant reactions: either they have seen Prairiewoods out on Boyson Road but have never known what it is (a nursing home? a church?) or they love Prairiewoods and are eager to share the story of their connection with us.

While I am always happy to introduce new folks to Prairiewoods and invite them to visit our beautiful and sacred space, it is the stories of connection that truly move me. I've heard stories of illness, poverty, loneliness—a myriad of challenges big and small—that have left people feeling lost, unsure or broken-hearted. I've been told of people feeling adrift, not in pain but not quite anchored in their lives. What these widely divergent personal stories have in common is the discovery that Prairiewoods is a place where they are welcome—whole or broken; a place where there are resources and space and quiet enough to find the inner peace they cherish or to develop the new capacities their lives are calling forth.

Here at Prairiewoods, we love the image of the caterpillar weaving its chrysalis, and then remaining in the deep interior of that beautiful green space until ready to emerge as the monarch butterfly. It is the perfect image of what Parker Palmer means when he says our hearts can be broken open—we begin as one person, enter a period of challenge or brokenness, and then emerge with new perspectives and a greater sense of wholeness.

It is the humbling privilege of the staff at Prairiewoods to walk with you through this very human process of becoming. Whether you are drawn to one of our summer or fall weekend retreats, are curious about Ignatian spirituality (which we will explore deeply in S.E.E.L. beginning Sept. 15) or are interested in embodied spirituality (Saturday Soul Stretch, yoga, walking the labyrinth)—or if you are simply seeking the space to be in nature and breathe—there is a place for you at Prairiewoods. We hope you will connect with us and join our vision of a community, energized by the loving creative Spirit, moving together into wisdom, compassion and the fullness of life!

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.

Please address all correspondence to:  
Prairiewoods  
120 E Boyson Rd  
Hiawatha, IA 52233  
319-395-6700  
[www.Prairiewoods.org](http://www.Prairiewoods.org)  
[Ecospirit@Prairiewoods.org](mailto:Ecospirit@Prairiewoods.org)



(continued from p. 1)

Eisenstein lists the sources that will bring about transformation. The healing will come from the margins, from those whose ideas contradict the dominant paradigms, from those whose skills have been suppressed in our present system. It will come through what we often neglect in our own lives, by simply slowing down, allowing for play and spontaneity. *In other words, transformation happens when we are ready to fall in love.*

Visionary-for-Earth Father Thomas Berry sees possibilities for transformation—our own and for our world—flowing from the way in which the universe itself operates. In its almost 14 billion years of unfolding, there have been frequent times of great transformation, which he calls *moments of grace*. In *The Great Work*, he writes: “There are cosmological and historical moments of grace as well as religious moments of grace. The present is one of those moments of transformation.” *We are co-creators in the process of transforming the world in these epochs of grace, imagining and creating viable alternatives to the entropy, collapse and disintegration all around us.* Berry says, “The present is not a time for desperation but for

hopeful activity.” Included in his vision is the belief that “it is out of the wild depths of the universe and of our own being that the greatest visions must come.” We are up for the challenge if we become what we love, if we become one in love.

As eco-philosopher Joanna Macy says, we must embody *active hope*. *Active hope dances in us when we draw near to the heart of creation and join in its exuberant revelry.* Hope surges when we welcome all sources of wisdom, especially from those edges that have been historically forgotten or dismissed. For Berry it is crucial for the world’s future that wherever pivotal decisions are being made, we welcome the wisdom of the indigenous peoples, the wisdom of women and the wisdom available through science. Active hope inspires *radical inclusion*. It also requires us to be contemplatives-in-action, dropping down into the still, peaceful center of our conscious awareness, resonating with our heart’s deepest joys as well as our mangled brokenness, and touching into what makes us all holy—the desire for union that is so familiar to anyone in love. *“Fall in love, stay in love, and it will decide everything.”*

by Betty Daugherty, FSPA, & Laura Weber



# Fall in Love at with Self



Meditation Room



Labyrinth



Media Center



Day Stays



Holistic Services



Guest House



Hermitages

*Prairiewoods offers sacred space so you can relax, rejuvenate and reconnect. Here are just a few ways you can fall in love with yourself, those around you, Creation and the Creator!*

# with Earth



Trails



Animals



Cosmic Walk



Tree Swings



Grandmother Tree



Renewable Energy



Green Prairie Garden

# Prairiewoods ...

## with Others



Shared Meals



Meeting Spaces



Singing Bowls



Yoga



Programs



Volunteerism



Nature Exploration

## with Spirit



Spiritual Direction



Art Room



Healing Garden



Group Retreats



Private Retreats



Creation



Sacred Space

by Emelia Sautter &  
Angie Pierce Jennings

# Spirituality in the 21<sup>st</sup> Century



**C**haos, Consciousness, Connection, All-in-All: four marks of spirituality in a quantum universe! The journey of our evolving universe has much to teach us about our own spiritual journey. In the kaleidoscope of perception, our shifting perspectives allow us to co-create life's meaning and significance with greater awareness of the whole and evolving spiritual activity. Self-described "metaphorical theologian" M.T. Winter and musician-of-the-Earth Sara Thomsen welcomed almost two hundred guests to Prairiewoods' annual *Spirituality in the 21<sup>st</sup> Century* event with probing reflections, challenging ideas, lots of laughter, and soulful music to console and inspire us. The colors of hundreds of hand-painted mandala stones created by volunteers; enlarged, moving kaleidoscope images; and the rousing choruses of Sara's captivating songs filled our guests with inspiration and food for thought. Abundant *energy* flowed through it all, making the experience truly transformative and unforgettable. Here is an excerpt from the opening reflection from M.T.'s book *Paradoxology*, which was recited by seven Prairiewoods friends to the resplendent accompaniment of Kathy Broghammer's singing bowls:

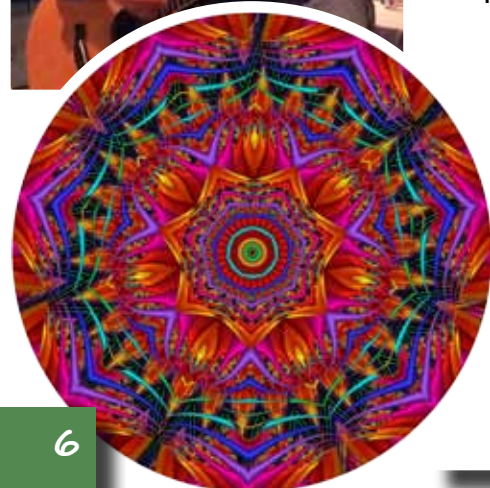
**Save the Date!** for  
*Spirituality in the 21<sup>st</sup> Century*  
**April 12-13, 2019**, with  
**Charles Eisenstein** (author of *The More Beautiful World Our Hearts Know Is Possible* and gift economy advocate) and **Bayo Akomolafe** (author of *These Wilds Beyond Our Fences* and radical paradigm shift activist).

*In the beginning,*  
 Whenever that was:  
 A flaring forth,  
 Whatever that means:  
 Out of the depths and into light  
 ENERGY  
 Erupting  
 Exploding  
 Expelling  
 ENERGY

Expanding, emerging, evolving  
 As cosmic entities evolved  
 As everything on planet Earth has evolved  
 As you and I even now are evolving  
 ENERGY

Permeating, penetrating, predicating  
 The Divine Milieu  
 DIVINITY  
 Spilling over into  
 Visibility and viability

Photons of light  
 Particle and wave  
 Eternally becoming  
 Whatever was, is, will be  
 Matrix of reality  
 In Whom we live  
 In Whom we move  
 In Whom we have our being



The following are some upcoming retreats and programs. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

Two Summer Retreats for Nature Lovers!

**Meet the Rest of the Relatives**  
Tuesday, July 17, 11 a.m.–Friday, July 20, 1 p.m.

**Facilitator:** Nancy Hoffman, FSPA  
*Birds & bees!*

*Flowers and trees! The moon up above!* Engage with nature in a fresh and childlike manner. Share with our natural family as they reveal their astonishing information about God's marvelous plan. Sing and sound with the frogs, trees and wind. Experience profound energy doing simple Tai Chi Chuh® movements on soil, sand and water. Feel, touch, see, smell and taste in enhanced ways. Take relaxed time for private and communal prayer. Experience much more! All that is required is a willingness and ability to do a minimal amount of labor outdoors. Come with a huge capacity to be renewed! Nancy Hoffman, FSPA, is one of the founders of Prairiewoods, a holistic energy practitioner by training and an outdoors shepherdess by heart! Sister Nancy describes herself as "simply one of the family!"  
**Fee:** \$200 (*Lodgers only, please.*)



### Rooted and Branching: What Our Souls Learn from Trees

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

**Facilitator:** Sam Rahberg

*"Listen to the trees as they sway in the wind. Their leaves are telling secrets."* —Vera Nazarian

Whether we are wandering through lush forests, burned out woods, or groves of ancients gnarled by wind and snow, human beings cannot escape the allure and mystery of trees. Trees stand deeply rooted in rich soils, or they cling bravely to rocky ledges and branch upward and outward as best they can, modeling the courage and stability any soul would admire. The more we learn about the nature of trees, the more we see the wisdom of God they communicate through their growth and decay, strength and vulnerability, as well as their solitude and reliance on others. Join Sam Rahberg, a tree farmer and spiritual director, to explore hands-on what insights for the spiritual life you might harvest from the woods. Bring hiking boots and rain gear, because such prayer and reflection cannot be kept indoors! Samuel Rahberg is the director of the Benedictine Center of St. Paul's Monastery, author of *Enduring Ministry* and owner of River Place Tree Farm in southeast Minnesota.

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

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



**Ancestral Impressions: Exploring Your Ancestry through Creativity, Imagery & Intuition**  
Friday, Aug. 17, 6:30 p.m.–Sunday, Aug. 19, 1 p.m.

**Facilitator:** Audrey Chowdhury

Your ancestors would love to tell you more about themselves, and they love to speak through creative processes. Tap into your creative imagination using guided imagery, SoulCollage®, mandala creating and intuitive writing. You will learn about the four realms of ancestral memory and explore your heritage through these portals. Bring copies of any photos of your ancestors (but don't worry if you don't have any). All art materials will be furnished. Audrey Chowdhury, MS, is a board certified art therapist. She is an ordained Minister of Walking Prayer, having studied and traveled with the International Council of the Thirteen Indigenous Grandmothers. She is a SoulCollage facilitator who has led workshops and facilitator trainings in the United States and Canada. Her newly published book is an interactive workbook



called *Ancestral Impressions, Exploring Your Ancestry through Creativity, Imagery and Intuition*.  
**Fee:** \$230 includes sessions, lodging and all meals  
**Commuter Fee:** \$180 includes sessions, Saturday lunch and dinner, and Sunday lunch



*Save the Date!* for these upcoming retreats:

- **Active Hope: The Work that Reconnects** with Kathleen Rude, Sept. 14–16
- **Saturday Soul-Stretch** with Laura Weber; resuming once-monthly Saturdays in fall: Sept. 15, Oct. 13, Nov. 10 & Dec. 8
- **Spiritual Exercises in Everyday Life (S.E.E.L.)** 11 with Ann Jackson, PBVM; Betty Daugherty, FSPA; & Lucille Winnike, FSPA; monthly, Sept. 15–May 4
- **Songs Like Seeds: Planting Hope Note by Note** with Sara Thomsen, Oct. 12–14
- **Silent Mindfulness Meditation** with Chris Klug, Nov. 9–11
- **In Stillness, We Wait: Three-Day Silent Directed Retreat** with Betty Daugherty, FSPA; Ann Jackson, PBVM; Laura Weber; & Lucille Winnike, FSPA; Dec. 7–9

For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

And a Retreat for Art Lovers!

## Renewable Energy Open House with I-Renew

**Saturdays, July 7 & Aug. 4, 9 a.m.–12 p.m.**

**Facilitator:** I-Renew

The Iowa Renewable Energy Association (I-Renew) hosts monthly Renewable Energy Open Houses in the Jordan Solar Center on the grounds of Prairiewoods. Come tour the various renewable energy systems, learn about renewable energy in your community and explore volunteer opportunities. Plus learn about free home energy assessments with Green Iowa AmeriCorps.

**Fee:** Free

## Summer Fun Eco-Tour & Photo Scavenger Hunt

**Saturday, July 14, 1:30–3:30 p.m.; & Tuesday, Aug. 7, 2–4 p.m.**

**Facilitators:** Emelia Sautter & Angie Pierce Jennings

Bring your family and friends, your camera and your walking shoes, and join Prairiewoods for an eco-tour of our many renewable energy features! Check out our solar photovoltaic system (which provides half of our electricity), learn about trombe walls, walk through our straw-bale Hermitages, and go inside our hoop house to see how radiant solar heating can help extend the growing season ... just to name a few! You'll get to explore 70 acres of prairie and woods as you learn about our eco-features, our animal friends and the land. You're invited to take photos as you find your way at Prairiewoods! All ages are welcome, and registration and payment are required by the previous day at noon.

**Fee:** \$5 includes snacks

## Sweat Lodge (Inipi) Ceremony

**Saturdays; July 14, July 28, Aug. 4 & Aug. 25; 6–10 p.m.**

**Facilitator:** Kerry Batteau

Participate in an ancient 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:** Donation of \$10 to Prairiewoods for materials



## Day of Self Renewal

**Mondays, July 16 & Aug. 13, 8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

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

**Fee:** \$95 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch

## Singing Bowl Prayer

**Mondays, July 16 & Aug. 13, 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



## Wednesday Women

**Wednesdays, July 18 & Aug. 15, 10–11:30 a.m.**

**Facilitators:** Andi Lewis & Jenifer Hanson

If spending the morning with a lively group of women being spiritually enriched, inspired and challenged appeals to you, join Wednesday Women for two summer dates. (This group meets weekly through the school year and monthly in the summer.)

On July 18, watch and discuss a short video narrated by Charles Eisenstein, one of the facilitators for Prairiewoods' 2019 *Spirituality in the 21<sup>st</sup> Century* event. The video is an introduction to the concepts in Eisenstein's book *The More Beautiful World Our Hearts Know Is Possible*.

On Aug. 15, use paint and natural objects to express your unique creative spirit through rock mandala painting. This is a fun, relaxing process that everyone can do—no art experience is necessary!

**Fee:** \$10 per session

## Monthly Support Group Offered in Partnership with Unity Point Hospice

### Soul Care: Creative Arts Grief Support Group

**Wednesdays, July 18 & Aug. 15, 5:30–7 p.m.**

**Facilitator:** Jamie Siela, LISW, CT

Take time to be with others in grief and engage your creative spark!

Jamie Siela, Unity Point Hospice's

bereavement coordinator, facilitates this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, explore a different creative medium. On July 18, work with sand trays as you feel the texture of sand and small rocks or objects. On Aug. 15, make a bracelet in memory of your loved one or use the time to explore another creation of your choice. Registration is required by the previous Friday.

**Fee:** Free includes all art supplies



## Going Inward with Sounds & Vibrations

**Wednesdays; July 18, Aug. 1 & Aug. 15; 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. *This group will not meet July 4 in honor of the holiday.*

**Fee:** \$10 per session

## Story Series: *The Education of Little Tree* & *Island of the Blue Dolphins*

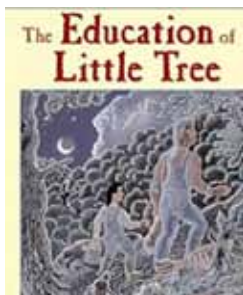
**Fridays, July 20 & Aug. 10, 1:30–3:30 p.m.**

**Facilitator:** Angie Pierce Jennings

Spend the afternoon at Prairiewoods with family and friends of all ages as we contemplate classic nature and spirituality stories together. The group will read favorite chapters and passages aloud, discuss the story and spend time outside on the land. On July 20, discuss *The Education of Little Tree* by Forrest Carter. On Aug.

10, explore *Island of the Blue Dolphins* by Scott O'Dell. All ages are welcome, and books are available in Prairiewoods' Gift Shop.

**Fee:** \$5



## Women in Interfaith Dialogue

**Saturday, July 21, 10 a.m.–3 p.m.**

**Facilitators:** Dr. Paula Sanchini, Virginia Melroy, Angie Pierce Jennings & Mary Beth Siemann

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The topic for the summer session is Sacred Growth and Development. How

have you grown on your path of service to others? What spiritual practices have helped you along the way? You are invited to bring a reading or prayer to share with the group. Registration and any dietary restrictions that affect your health are required by July 18.

**Fee:** \$15 includes lunch

## Rock Mandala Painting for the Whole Family

**Sunday, Aug. 5, 1:30–3:30 p.m.**

**Facilitator:** Andi Lewis

Spend a summer afternoon creating art with your favorite people! The whole family is welcome to learn the art of rock painting with mandalas, which are sacred works of art in the form of a circle. Come learn this simple but beautiful practice! Facilitator Andi Lewis will guide you in this fun, relaxing process that can be done by anyone, regardless of age. You will have time to paint several rocks and will be encouraged to take one rock home and leave one on the grounds as a secret gift for another guest to find! No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult.

**Fee:** \$10 includes rocks and art supplies



## The Universe Story Calendar

**Thursday, Aug. 23, 6:30–8:30 p.m.**

**Facilitator:** Thomas Spiritbringer

Learn about Thomas Spiritbringer's *The Universe Story Calendar*, which celebrates the story of the unfolding universe and unites the human family with tales of plants, animals, the sun, Earth and the Milky Way! Our current Gregorian Calendar reflects a worldview in which Earth was the center of the Universe, which we now know is not the case. *The Universe Story Calendar* updates the Gregorian calendar for present and future generations! Copies of the calendar and accompanying handbook will be available for purchase.

**Fee:** Free-will offering

## Offered in Partnership with Trees Forever

### A Day of Shinrin Yoku (Forest Immersion)

**Friday, Aug. 24, 9 a.m.–4 p.m.**

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

Spend the day exploring the ancient mindfulness practice of *shinrin yoku*, or forest immersion, with Dr. Suzanne Bartlett Hackenmiller, a practitioner of integrative medicine. Learn about evidence supporting the healing benefits of *shinrin yoku* and then experience an extended gentle, contemplative, guided walk across the Prairiewoods land. Use your senses to enhance your well-being in the healing embrace of nature. Breathe, relax, wander, touch, smell, taste, see, listen, share and engage!

**Fee:** \$45 includes \$9 for lunch



## Green Fire: Aldo Leopold & a Land Ethic for Our Time

**Saturday, Aug. 25, 10 a.m.–3 p.m.**

**Facilitator:** Thomas Dean

*"The land ethic simply enlarges the boundaries of the community to include soils, waters, plants and animals, or collectively: the land."*

—Aldo Leopold, *Green Fire*

Spend a day with the land! Watch *Green Fire*, a documentary about low-born conservationist Aldo Leopold, and then explore and connect with the land. There will be time for reflection, sharing and journaling to help you contemplate your own relationship with the land community and how you can best live the land ethic. How can you keep the green fire burning in your own spirit and in the natural world that is your home? Facilitator Thomas Dean, who is trained as a Land Ethic Leader through the Aldo Leopold Foundation, will lead the day. As you will see in the movie, Aldo Leopold says, "We reached the old wolf in time to watch a fierce green fire dying in her eyes. I realized then, and have known

Find ongoing support in these programs that take place every month:

- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; July 2–Aug. 30; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.)
- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, July 3–Aug. 28, 10 a.m.–12 p.m.)
- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; July 5, July 19, Aug. 2 & Aug. 16; 6:30–8 p.m.)
- **Drumming for Healing** with Sheri Mealhouse (Hawkwoman) (Mondays; July 9, July 23, Aug. 13 & Aug. 27; 6–7 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; July 10, July 24, Aug. 14 & Aug. 28; 5:30–7 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, July 10 & Aug. 14, 9:30–11 a.m.; & Wednesdays, July 25 & Aug. 22, 6:30–8:30 p.m.)
- **Flute Circle** (Wednesdays; July 11, July 25, Aug. 8 & Aug. 22; 6–7:30 p.m.)
- **Men Exploring Faith** with Bob Davis (Thursdays; July 12, July 26, Aug. 9 & Aug. 23; 7–8:30 p.m.)

For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

Earn continuing education credits through these hosted programs by the Institute of Spiritual Healing & Aromatherapy (ISHA):

- **Certified Aromatherapist, Level I ISHA Course** with Kate Petree (Friday, Aug. 10, 8:30 a.m.–Sunday, Aug. 12, 6 p.m.)
- **Using Your Hands to Heal, ISHA Course 103** with Gayle Mohr (Saturday, Aug. 11–Sunday, Aug. 12)

For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org). To register, visit [www.ISHAhealing.com](http://www.ISHAhealing.com).

ever since, that there was something new to me in those eyes—something known only to her and to the mountain.”

Come learn what the old wolf, the mountain, the woods and the prairie have to teach you! Registration is required by Aug. 24 at noon.

**Fee:** \$35 includes lunch



### Digging Deeper with Your Personal Labyrinth

**Sunday, Aug. 26, 1–3:30 p.m.**

**Facilitator:** Marion Patterson

Each personal labyrinth is unique, just like the person who created it! Come together to learn more about labyrinths and their uses. Explore ways that your personal labyrinth can inspire and instruct you. Share your labyrinth creation story. There will be time for personal reflection, group sharing and a blessing of your labyrinth as the group walks the outdoor labyrinth together. Participation in this class requires that you have created a personal labyrinth of your own, such as the ones made in our Ceramic Finger Labyrinth classes. Please bring your labyrinth with you.

Registration and payment are required by Aug. 24 at noon.

**Fee:** \$35



**Prairiewoods has scholarships!** Limited funds are available to assist with the registration costs for Prairiewoods-sponsored retreats and programs. If you would like to attend an event but find the cost prohibitive, please contact us at [ecospirit@prairiewoods.org](mailto:ecospirit@prairiewoods.org) for a scholarship application.

### Good-bye and Good Luck!



**T**he words to an old children's song—"Make new friends, but keep the old; one is silver and the other gold"—seem especially

appropriate as we bid farewell to Marj English, OSF. Many Prairiewoods friends and staff have known Sister Marj for the entire eleven years she's been the Spiritual Services Coordinator here. Others of us have known her for shorter periods of time. But for all of us, regardless of the length of time we've been acquainted, Marj has been a precious gift! Her care and compassion for each person she comes into contact with are immediately notable, as is her sensitive and loving presence in spiritual direction and group facilitation.

Marj will be returning to Oldenburg, Indiana, where her Franciscan order has its home. A well-deserved sabbatical is first on Marj's post-Prairiewoods agenda. Afterward, she will look for ways to continue to use her considerable gifts in service to others—hopefully on a less-demanding schedule!

Please join us in wishing Marj safe travels, a restful sabbatical and the perfect next step on her journey!

### Save the Date!

Don't miss the fourth annual **Sweetgrass Flute & Nature Festival** Friday, Sept. 28–Sunday, Sept. 30! This free weekend of live music brings you the soothing sounds of world instruments, workshops focused on nature and mind-body-spirit wellness, and our beloved Blessing of the Animals Sunday at 3 p.m. For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).



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](http://www.Prairiewoods.org/Donate).

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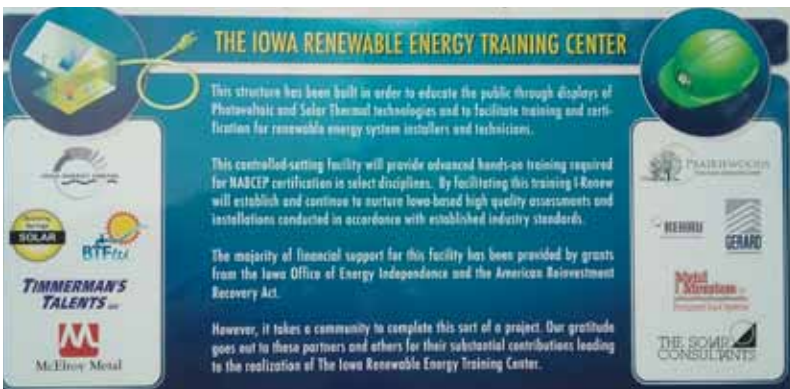
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## Celebrating Partnerships

**P**rairiewoods and the *Iowa Renewable Energy Association (I-Renew)* have been collaborating around renewable energy for years! I-Renew has a mission of making renewable energy the primary source of energy in Iowa. This fellow nonprofit is now housed at Prairiewoods in the Jordan Solar Center.

Learn more about this great organization and green energy efforts by attending a Renewable Energy Open House (See p. 8 for complete details), contacting Emelia Sautter at Prairiewoods at 319-395-6700 or visiting [IRenew.org](http://IRenew.org). I-Renew is currently looking for a variety of volunteers, including for the board of directors, volunteer recruitment, marketing, community outreach and more!



September/October 2018

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## ABUNDANCE & SCARCITY

**A**rriving on the Prairiewoods grounds on a morning in late summer is like driving into an advertisement for abundance: everywhere we look, there is growth and beauty. Stop for a moment and hear bird song and frogs, the leaves and prairie grasses rustling in a soft breeze. Take a deep breath and smell the earthiness of green and growing things. Pick a currant or a gooseberry and feel it burst on the tongue, juicy and sweet. In the Green Prairie Garden and our orchard, tomatoes, tomatillos, peaches, plums, summer squash, potatoes and beans can be picked and eaten still warm off the branch or vine. Sit, quiet and still, on a bench or a swing and the animals show themselves, too—deer, squirrels, turkeys, sometimes even a fox—frolicking in the shade provided by a variety of trees. Monarchs and Painted Ladies alight on milkweed and cone flowers, adding to the profuse palette of color. All manner of abundance is right before our eyes: an abundance of nature, of food, of beauty, of being.

Contrast this story of abundance with the following story by author and activist Lynn Twist:

*"For me, and for many of us, our first waking thought of the day is 'I didn't get enough sleep.' The next one is 'I don't have enough time.' Whether true or not, that thought of not enough occurs to us automatically before we even think to question or examine it. We spend most of the hours and the days of our lives hearing, explaining, complaining, or worrying about what we don't have*

*enough of ... Before we even sit up in bed, before our feet touch the floor, we're already inadequate, already behind, already losing, already lacking something."* —Lynn Twist, *The Soul of Money*

Both of these morning stories are familiar. Both are "true" in the sense that they recount experiences with which many of us can easily relate. However, the difference between these stories is profound, particularly when we consider extending the story across the many mornings that comprise a lifetime. And what happens if one of these stories is ascendant across time and cultures, so that our world (its trajectory, its politics, its mythologies, its economics, its interrelationships) is informed by it?

*The story of scarcity we humans have been telling on the world stage has deep consequences for all.* We know this story. It tells us that there is not enough to go around. Some will have, while others will not. Living in the story of "not enough," we fight to protect what we already have while striving to get more. And so we engender jealousy and greed and create systems with very real consequences—poverty, mass population displacement, environmental degradation, interpersonal violence. "In a universe of scarcity, only people who know the arts of competing, even of making war, will be able to survive," says Parker Palmer (*The Active Life: A Spirituality of Work, Creativity, and Caring*, 1999).

(continued on p. 3)

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*"For me, love is...about a way of living and honoring the interconnectedness of life and accepting our responsibility and our power to change the world for the better"*  
—Julia Butterfly Hill

A number of years ago when I worked in higher education, I was talked into attending an environmental symposium (offered at Prairiewoods) despite my desire to spend that Saturday relaxing at home. As it turned out, the symposium was educational, inspiring and well worth my time. Throughout the day, short videos were used to present and illustrate the content. One of the people interviewed in the videos was Julia Butterfly Hill.

For those unfamiliar with the name, Julia became well known as the environmental activist who lived in a 180-foot-tall California redwood tree for 738 days in the late 1990s. Her purpose was to prevent the tree (named Luna) from being cut down. In the videos, Julia came across as intense, serious and, to be honest, a bit intimidating.

Two years after the symposium, I had the opportunity to meet and spend the day with Julia when she came to speak on the campus where I worked. She was one of my heroes at that point, but the intensity of her presence on film had me feeling nervous about meeting her in person. Of course, she was wonderful! What I had read as intimidating turned out, in person, to be an intensity born of love. She could not speak about her love for the Earth and all its inhabitants without visible emotion.

*That intensity of love generated by the knowledge of our interconnectedness with all life is something I've become more familiar with since I came to work at Prairiewoods.* From the volunteers who work in the Green Prairie Garden or on the grounds on our Wednesday Outdoor Day, from the incomparable Belden Lane who presented The Great Conversation: Nature and the Care of the Soul retreat in March, and from the many retreatants and program attendees, I learn more almost daily about love as a means of honoring our interconnectedness.

If you are looking for an opportunity to explore this love in your own heart—or to extend it to action in our world—please join us here at Prairiewoods! In Sept., a new year of the S.E.E.L. Retreat begins, and we welcome Kathleen Rude back with the powerful Active Hope Retreat. In Oct., we are excited to bring Sara Thomsen, whose music has so enlivened our *Spirituality in the 21<sup>st</sup> Century* event the past two years, to facilitate Songs Like Seeds: Planting Hope Note by Note, a retreat about harmony (community, solidarity and compassion) expressed in song. And for those who are ready to dive more deeply, the four-week Prairiewoods Sabbatical (available either January or February 2019) may be just the thing. (Please contact Laura Weber at [lweber@prairiewoods.org](mailto:lweber@prairiewoods.org) for more information.)

Please don't be intimidated—whether you come to Prairiewoods for a day or for a month, we will welcome you with open hearts!  
Peace and all good,

Jenifer Hanson, Director



**PRAIRIEWOODS**  
A Place of Peace and Transformation

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)

*But is this the story we are meant to live? Or is it possible to choose and live into a different story?*

Many voices are saying there is another story. "But in a universe of abundance, acts of generosity and community become not only possible but fruitful as well," Palmer goes on to say. Richard Trumka, president of the AFL-CIO, recently wrote (*National Catholic Reporter*, 2016; see inset) about the differences between a vision of scarcity versus a vision of abundance. And in a recent meditation, Father Richard Rohr sites the gospel stories of multiplication as evidence that we are meant to be open to abundance. "When Jesus feeds a crowd with very little food, he's revealing the nature of spiritual reality more than just performing a miracle (see Matthew 14:15–21). Notice that the apostles advise Jesus against it: 'But how will two fish and five loaves be enough for so many?' They, like most of us, live in a worldview of scarcity. In every multiplication story, the Gospel writer emphasizes that there is always much left over, which should communicate the point: the universe always has more than enough of itself to give, if the portals of mind and heart are left open" (*Scarcity or Abundance? Daily Meditations*, July 5, 2018).

*How, then, do we set aside our habits of scarcity, keep those portals open and begin to live in abundance?*

Author Charles Eisenstein (facilitator of our *Spirituality in the 21<sup>st</sup> Century* event next April), suggests that our scarcity worldview is born of separation. We feel separate, cut off from one another, from the earth, from our non-human relatives. For Eisenstein, the way toward abundance, toward what he calls "the more beautiful world our hearts

know is possible," is through connection, interdependence, interbeing. Eisenstein calls us to "bow in service to something greater than ourselves." When we act from this place of service and from a profound understanding that all life is interconnected, our understanding of the nature of life expands and we become capable of more than we know. For example, he says, "When one is aligned with the purpose of service, acts that seem exceptionally courageous to others are a matter of course. When one experiences the world as abundant, then acts of generosity are natural, since there is no doubt about continued supply."

In our hearts, we know that a more beautiful world is possible, in part because we have dreamed it, in part because we glimpse it in the moments of abundance we encounter. Perhaps one place to begin bringing it into being is with our first thoughts as we wake each morning. Instead of thinking of all we lack, what if we begin the day with gratitude for all that we have? It seems a small change, but as *Active Hope: The Work that Reconnects* by eco-philosopher Joanna Macy puts it, "We must follow the inner compass of our deep gladness." *How might our world change if our vision, purpose and action spring from a garden of abundance and inter-connection? How might our relationships be strengthened if we allow gratitude to flow into generosity and hospitality to become the hallmark of the communal feast?* Wouldn't the richness of our days—all of our days on this beautiful, bursting-with-life planet—be enhanced if we woke each morning with our hearts attuned to abundance?

*by Jenifer Hanson*

“A vision of scarcity leads to the building of walls, the turning away of refugees, and the denial of vital services to the most vulnerable among us. A vision of scarcity leads us away from compassion and toward a bitter and impoverished society. The Bible—as well as the teachings of every faith tradition—offers a different vision, one of abundance and love. In that vision, we trust that our world is overflowing with more than enough for ourselves and all those in need.”

—Richard Trumka, President of the AFL-CIO  
(*National Catholic Reporter*, July 26, 2016)

## garden of eat'n

Edible Walk & Outdoor Classrooms

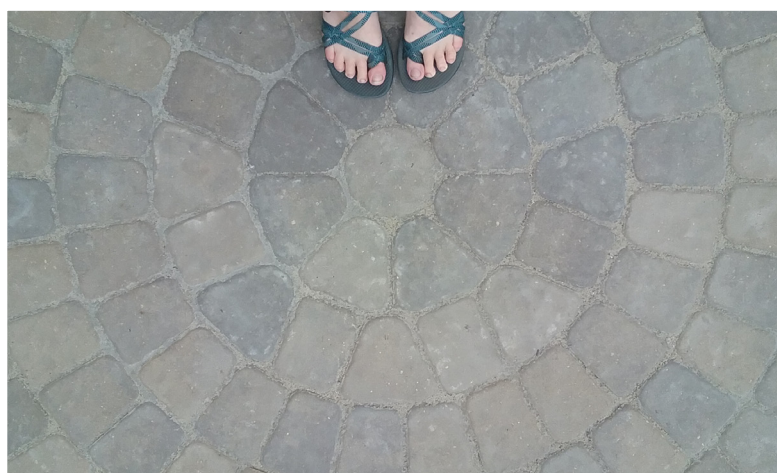
### Mother Earth Guides us Toward Abundance

**M**other Earth graciously gifts us with all that we need. She shows us that *abundance is possible even amidst chaos*. Cattails dance with the stormy winds. Leaves shiver and shake on the tree and yet remain intact. Ants, when their home is disturbed by the turning of a stone, scurry to re-make and rebuild. The rhubarb plant—with its giant leaves and glossy red stalk—keeps coming back with each harvest.

*Prairiewoods' Garden of Eat'n deliciously invites us into this abundant relationship with Earth.* We might see it in the blossoms of the blue indigo flowers and taste it in the sweetness of the serviceberries. This landscape, co-created with love and respect for all of Creation, invites us into relationship with abundance and serves as a beautiful, dynamic reminder that Source flows forth in abundance and is always with us.

The Garden of Eat'n is in its infancy. In its second growing season, this edible landscaping surrounds the Center and invites us to interact with the plants via stepping stone pathways. Stroll through the beds and pick red currants or gooseberries. Walk among the serviceberry bushes and delight in their gifts of sweetness and shade. Take a moment of silence on the bench in the Healing Garden. Observe the pollinators as they flutter from flower to flower. *The Garden of Eat'n is here for you to delight in and enjoy!* It offers opportunities for reflection and examples of how we can give and take in life. It invites us to relish in our many and varied relationships—with Earth, self, God and others. The Garden of Eat'n combines form, function and practicality, offering beauty, landscaping, food and habitat for Prairiewoods' visitors and residents. There is a patio for additional seating, small meetings and visits with all kinds of friends. Human visitors soon also will appreciate plant identification markers and signs informing us which plants are ripe. Berry bushes gifted us with much sweetness this summer, and currently oregano abounds. *Come. Help Yourself. All are Welcome. Enter in.*

by Emelia Sautter



**Volunteer Request:** We are seeking volunteers to help care for the Garden of Eat'n plants or the flowers in the Guest House Flower Garden. You are invited to help whether you are new to gardening or a seasoned veteran. We seek help weekly through the growing season on the day and time of your choice. For more information, contact Emelia Sautter at [esautter@prairiewoods.org](mailto:esautter@prairiewoods.org) or 319-395-6700.



# Sweetgrass Flute & Nature Festival



The festival features *live performances* by eight critically acclaimed musicians playing indigenous and world instruments.

## Blessing of the Animals

Sunday afternoon, bring every member of the family—two-legged and four—for Prairiewoods' popular annual Blessing of the Animals at 3 p.m.



*Workshops* will teach you everything from making dream catchers to yoga to playing didgeridoo. Come play and learn!



*Vendors* offer handmade flutes, singing bowls, local food, arts, crafts, jewelry, stones, essential oils and so much more!

## Native Music Fest Focuses on Mind, Body & Spirit

Come hear the voice of the land! The fourth annual Sweetgrass Flute & Nature Festival is coming to Prairiewoods *Sept. 28–30*. This free, family-friendly festival includes live performances by internationally renowned musicians from around the country. They will mesmerize you with the music of Native American-style flutes, world flutes and other indigenous instruments.

Unlike any other event in the Midwest, Sweetgrass offers abundant opportunities to immerse yourself in indigenous music, nature and mind-body-spirit wellness. A variety of workshops for kids and adults are scheduled throughout the festival, so the whole family can experience inner transformation, learning and fun! Be sure to save time to stroll through vendor village to find great food, singing bowls, one-of-a-kind crafts, handmade flutes, essential oils, nature-inspired jewelry and more. Kids can even get made up to look like their favorite animals with free face painting Saturday and Sunday afternoons!

*The festival culminates Sunday afternoon with Prairiewoods' popular Blessing of the Animals at 3 p.m.* 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!

Entrance to this three-day outdoor music festival is free, and food and workshops will be available for a donation or small fee. Visit [www.SweetgrassFest.com](http://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!*

## Sweetgrass Schedule

Friday, Sept. 28, 5–9 p.m.

Saturday, Sept. 29, 10 a.m.–9 p.m.

Sunday, Sept. 30, 11 a.m.–4 p.m.

(Blessing of the Animals at 3)

The following are some upcoming retreats and programs. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

*Come for just the morning, stay for the day or make a night of it!*

## Saturday Soul-Stretch for Lovers of Embodied Spirituality

**Saturdays; Sept. 15, Oct. 13, Nov. 10 & Dec. 8;  
8 a.m.–1 p.m. (or later)**

**Facilitators:** Laura Weber, Prairiewoods staff & collaborators

De-stress, reconnect and reach deep down inside yourself with a monthly Saturday Soul-Stretch! This day focused on your deepest being will help you morph into your fuller self and discover the astonishing light that is you! You are invited to come just for the morning, stay for the day or make a night of it. Each morning features breakfast, meditations, an introduction to a different spiritual modality (such as art, movement, music or journaling), a mindfulness walk through nature and lunch. If you choose, you can extend your stay through dinner or overnight with comfortable lodging. Join us each month or register for individual sessions that fit your schedule.

**Fee:** \$50 includes sessions, breakfast and lunch (\$75 to stay through dinner or \$100 to stay through Sunday morning)



## Active Hope: The Work that Reconnects

**Friday, Sept. 14, 6:30 p.m.–Sunday, Sept. 16, 3 p.m.**

**Facilitator:** Kathleen Rude

Find resilience, compassion and empowerment in troubled times. These are challenging days. How can you respond 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. It will help you transform grief, anger

and feeling overwhelmed into inspiration and empowerment. This interactive retreat is based on *The Work that Reconnects*, developed by Joanna Macy, author, eco-philosopher and activist.

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! This weekend will be engaging and invigorating and will offer tools for dealing with the challenges of living in difficult times!

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

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



## Songs Like Seeds: Planting Hope Note by Note

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

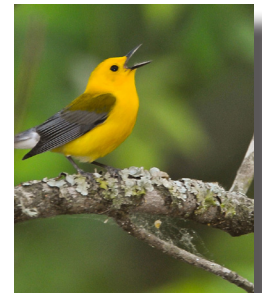
**Facilitator:** Sara Thomsen

*"I want to sing like birds sing  
Not worrying who hears or what they think."*

—Rumi

Harmony happens in community. Songs sow solidarity. Songs sung with intention, like seeds planted with care, can take root in an individual or community and flower into unexpected fruits: simple joy, healing balm, increased sensitivity, awe and wonder; a re-enchanted and revitalized spirit, a grounding and centeredness, a deepening of compassion.

The art and practice of community singing draws us outside of ourselves and at the same time deepens us within. Sara Thomsen will share ways she integrates music and the arts into community engagement and social justice work, drawing from her fifteen years as founder/director of the non-audition community choir and arts nonprofit Echoes of Peace. Participants will experience how



*Special guest  
facilitator  
Sara Thomsen!*

*Last chance to register for Prairiewoods' eleventh annual S.E.E.L. Retreat!*

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

**Saturdays, Sept. 15 & May 4, 9 a.m.–3 p.m.; and  
Saturdays; Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 16, March  
16 & April 20; 9 a.m.–1 p.m.**

**Facilitators:** Ann Jackson, PBVM; Betty Daugherty, FSPA; & Lucille Winnike, FSPA

Do you wonder how the Spirit is moving in your everyday life? The Spiritual Exercises in Everyday Life (S.E.E.L.) is a retreat experienced over the course of nine months in the very heart of your unique journey, encompassing all your joys, sorrows and holy desires for something "more" in the process. St. Ignatius of Loyola, founder of the Jesuits, offered the Spiritual Exercises

to help seekers dispose their hearts to discover the mysterious meanderings of God in their lives. S.E.E.L. includes daily prayer with readings provided each day, monthly gatherings with the S.E.E.L. group for ongoing reflection in a communal setting, meeting individually with a spiritual director once monthly and learning the art of discernment. If you want to embark on this magnificent journey, contact Laura Weber at 319-395-6700 or [lweber@prairiewoods.org](mailto:lweber@prairiewoods.org) today for an application. Come see what God can do with even the tiniest opening in your heart!

**Commuter Fee:** \$450 for nine-month retreat (payable in Sept. 2018 or in monthly installments of \$50), plus cost of monthly spiritual direction sessions paid separately (usually \$45 per hour)



song builds and bridges communities, note by note, part by part, breath by breath. In a casual atmosphere reminiscent of the age old art of singing 'round the fire, Sara will lead the singing of familiar and new songs carefully selected for their enriching themes and qualities. Songs will be taught by call and response. No previous singing or music reading experience required. Come join in singing simple and compelling songs from around the world—songs of justice and peace, songs of hope and longing, songs of celebration. Come reclaim the joy of singing as a human birthright! Depart strengthened and empowered to cultivate community in a world hungry for harmony.

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

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

### Silent Mindfulness Meditation

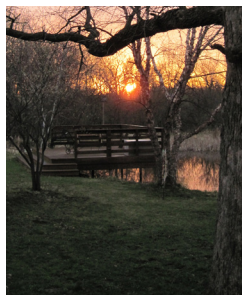
**Friday, Nov. 9, 6:30 p.m.–Sunday, Nov. 11, 1 p.m.**

**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. As Joseph Goldstein writes in *A Heart Full of Peace*, “Mindfulness is the quality and power of mind that is deeply aware of what’s happening—without commentary and without interference ...



keeping us connected to brushing our teeth or having a cup of tea ... connected to the people around us.” Research shows that mindfulness can improve stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well-being and happiness. Come cultivate mindfulness in silence amid instruction, questioning, sitting meditation, walking meditation, mindful movement and mindful eating. You are welcome to participate whether you are interested in beginning a formal mindfulness meditation practice or have been practicing for some time.

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

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

### In Stillness, We Wait: 3-Day Silent Directed

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

**Facilitators:** Betty Daugherty, FSPA; Ann Jackson, PBVM; Laura Weber; & Lucille Winnike, FSPA

Advent is a time for that sweet hush that blankets Earth with clear, starry nights and cleansing, peaceful snowfall. It calls for waiting with joyful hope, savoring the gentleness of quiet and solitude to refresh the soul, to calm the mind and to comfort weary spirits in times of sadness and affliction. New life is emerging from the depths! Come for a weekend of silence and serenity to seek out the light that is dawning. Spend the silence in any way you wish! Read or write to your heart’s content.

Prairiewoods will welcome you into the weekend’s cocooning space, where you will meet your own heart’s rhythms once again and rediscover the deep joy of simply being. Once daily you will have the opportunity to meet for conversation with a spiritual companion to share the joys and sorrows of your inner journey. Lavish time and space for reflection during the day will meet nights of restful slumber where your dreams will come alive with imagination and creative flow. At dawn, enjoy the view of the woods from the Meditation Room or nestle yourself out by Dry Creek and watch the foxes play. Take time for a labyrinth walk, and find your soul’s center-point for balance and energy. Curl up by the fire in the Lounge and nourish yourself with great poetry, or capture the winter scenery with chalk, pencil or paint in the Art Room. Feel yourself transformed by the peace beyond all knowing!

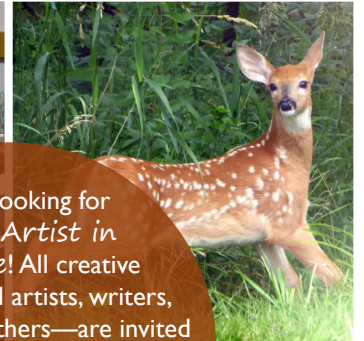


**Fee:** \$230 includes sessions, lodging and all meals

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

## Prairiewoods Artist in Residence

Calling all artists!



We are looking for our next *Artist in Residence*! All creative people—visual artists, writers, musicians and others—are invited to apply for the two-year program. The application deadline is quickly approaching, so request an application today: [Proposals@Prairiewoods.org](mailto:Proposals@Prairiewoods.org).



## Offered in Partnership with Cedar Memorial Mindfulness-Based Stress Reduction

**Information Sessions:** Tuesdays, Aug. 28 & Sept. 4, 5:30–6:30 p.m.

**Eight-Week Series:** Tuesdays, Sept. 11–Oct. 30, 5:30–8 p.m.

**Extended Class:** Saturday, Oct. 20, 9 a.m.–3:30 p.m.

**Facilitator:** Chris Klug

Mindfulness is the power of mind to be deeply aware of what's happening—without judgement, commentary or interference. Research reveals numerous benefits to the nervous system, emotions and general sense of well-being. In this eight-week series, cultivate the skill of mindfulness through formal meditation practices and informal integrative practices. Chris Klug, a grief counselor, has been an instructor in the mindfulness 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)

## Going Inward with Sounds and Vibrations

**Wednesdays; Sept. 5, Sept. 19, Oct. 3 & Oct. 17; 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. 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



## Dream of the Earth Fridays; Sept. 7, Sept. 21, Oct. 5 & Oct. 19; 1:30–3 p.m.

**Facilitators:** Betty Daugherty, FSPA, & Angie Pierce Jennings

Enjoy peaceful afternoons at Prairiewoods reflecting on June Raymond's *Meditations with Thomas Berry*. With additional material by Brian Swimme. Spend time outside in guided reflection, experiencing the labyrinth, visiting the Grandmother Tree, walking through the woods and strolling the Cosmic Walk. Sessions can be enjoyed as stand-alone events or as a series.

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

## Sweat Lodge (Inipi) Ceremony Saturdays; Sept. 8, Oct. 6 & Oct. 20; 5–9 p.m.

**Facilitator:** Kerry Batteau

Participate in an ancient 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. The ceremony includes sacred songs and prayers and is followed by a simple communal meal. Registration is required so that protocols and a release form can be mailed to you.

**Fee:** Donation of \$10 to Prairiewoods for materials

## Day of Self Renewal Mondays, Sept. 10 & Oct. 15, 8:30 a.m.–4:30 p.m.

**Facilitator:** Angie Pierce Jennings

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

days in advance.

**Fee:** \$95 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch

## Introduction to Herb Preservation Wednesday, Sept. 12, 6–8:30 p.m.

**Facilitators:** Jennifer Karma & Emelia Sautter

Herbs are wondrous plants that offer food, medicine and beauty. You may use them fresh from the garden in the summer, but what can



you do the rest of the year? Herb enthusiasts Jennifer Karma and Emelia Sautter will share ways to preserve herbs for use in other seasons. Please dress for the weather and bring containers and a small glass jar for take-home goodies. Registration is required by Sept. 11.

**Fee:** \$15

## Rise for Climate Action Saturday, Sept. 15, 10 a.m.–12 p.m.

**Facilitators:** 350.org, Prairiewoods, I-Renew & other local organizations

Join local organizations for a rally and march for climate action at Greene Square Park. Learn about renewable



energy and ways to mitigate the effects of climate change. Take part in creating prayer flags, setting intentions through a drum circle and blessing Sister Water at the Cedar River. Drone photography will capture this amazing event. Plans are still evolving, so visit [www.Facebook.com/Iowa350](http://www.Facebook.com/Iowa350) for the latest details!

**Fee:** Free

Earn continuing education credits through these hosted programs by the Institute of Spiritual Healing & Aromatherapy (ISHA):

- **Forming a Healing Practice, ISHA Course 104** with Gayle Mohr (Saturday, Sept. 8–Sunday, Sept. 9)
- **Certified Aromatherapist, Level I ISHA Course** with Kathy Petsche (Friday, Sept. 7–Sunday, Sept. 9)



For more information, visit [www.Prairiewoods.org](http://www.Prairiewoods.org). To register, visit [www.ISHAhealing.com](http://www.ISHAhealing.com).

## Dream Group

**Wednesdays; Sept. 19, Oct. 17, Nov. 28, Dec. 19, Jan. 16, Feb. 20, March 20, April 17 & May 15; 1–3 p.m.**

**Facilitator:** Joann Gehling, FSPA

Learn about your truest and deepest self through group exploration of dreams. Spend an hour of each session discussing various dream modalities (Sept.–Dec.) and a section of a chosen book (Jan.–May). The second hour 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 comparable training) and a commitment to attend all nine sessions are required. Spaces are limited. If interested, contact Joann Gehling, FSPA, at [jgehling@prairiewoods.org](mailto:jgehling@prairiewoods.org) or 319-395-6700.



**Fee:** \$180 for nine-month series (payable on Sept. 19 or \$20 per session, whether present or not), plus cost of book

## Monthly Support Group Offered in Partnership with Unity Point Hospice

**Soul Care: Creative Arts Grief Support Group**  
**Wednesdays, Sept. 19 & Oct. 17, 5:30–7 p.m.**

**Facilitators:** Shalyn Gerlach, MSW

Take time to be with others in grief and engage your creative spark! Shalyn Gerlach of Unity Point Hospice facilitates this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, explore a different creative medium. On Sept. 19, mount or frame your favorite family recipes for a unique personal display. (Please bring a copy of your recipe.) On Oct. 17, create a watercolor mandala on paper.

Registration is required by the previous Friday.

**Fee:** Free includes all art supplies



## Local Labyrinth Tour: Explore, Engage, Energize

**Saturday, Sept. 22, 9 a.m.–12 p.m.**

**Facilitator:** Marion Patterson

Celebrate fall as you balance your energy and move into autumn with a tour of some lovely local labyrinths (including the



one at Prairiewoods). Cedar Rapids is home to more than a half dozen labyrinths—both canvas and outdoor—in private and public spaces. Join Marion Patterson of Winding Pathways for a van tour of and experience with labyrinths in this time of harvest and balance of the seasons. Marion, a Veriditas Trained and Certified Labyrinth Facilitator, serves on the Veriditas Council. She regularly offers labyrinth walks at her home and in the area, and she presents at The Gathering of The Labyrinth Society. Registration is required by Sept. 21.

**Fee:** \$30 includes van transportation

## Tai Chi & Qigong

**Tuesdays, Sept. 25–Oct. 30, 5:30–6:45 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 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 foundational principles of both Tai Chi and Qigong, along with some basic movements. Gerry Hopkins has been practicing martial arts for 31 years and focusing on Chinese martial arts and Qigong for the past 20.

**Fee:** \$65 for six-week series

## Blessing of the Animals

**Sunday, Sept. 30, 3–4 p.m.**

Our traditional Blessing of the Animals is part of the Sweetgrass Flute & Nature Festival. See p. 5 for complete details!

Find ongoing support in these programs that take place every month:

- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; Sept. 6, Sept. 20, Oct. 4 & Oct. 18; 6:30–8 p.m.)
- **Drumming for Healing** with Sheri Mealhouse (Hawkwoman) (Mondays; Sept. 10, Sept. 24, Oct. 8 & Oct. 22; 6–7 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; Sept. 11, Sept. 25, Oct. 9 & Oct. 23; 5:30–7 p.m.)
- **Flute Circle** (Wednesdays; Sept. 12, Oct. 10 & Oct. 24; 6–7:30 p.m.)
- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; Sept. 6–Oct. 29; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.)
- **Men Exploring Faith** with Bob Davis (Thursdays; Sept. 13, Sept. 27, Oct. 11 & Oct. 25; 7–8:30 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, Sept. 11 & Oct. 9, 9:30–11 a.m.; & Wednesdays, Sept. 26 & Oct. 24, 6:30–8:30 p.m.)
- **Renewable Energy Open House** with I-Renew (Saturday, Sept. 29, 9 a.m.–12 p.m.)
- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, Sept. 4–Oct. 30, 10 a.m.–12 p.m.)
- **Singing Bowl Prayer** with Kathy Broghammer (Mondays, Sept. 10 & Oct. 15, 12:45–1:30 p.m.)
- **Wednesday Women** with Ann Jackson, PBVM (Wednesdays, Sept. 12–Oct. 31, 10–11:30 a.m.)

For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org).

## Soul Stage: A Compassionate Open Mic Night

Tuesday, Oct. 9, 7–9 p.m.

Facilitator: Jenifer Hanson

Do you write poetry, prose, songs, journal entries or other creative genres for spiritual growth or engagement? Have you ever wanted to share what you've created with others who actively engage with their spirituality through writing or creating? If so, this evening is for you! Bring your work to read aloud or perform in this supportive, non-critical environment.

Fee: \$5 includes snacks and beverages

## Zero Balancing I

Thursday, Oct. 18, 9 a.m.–Sunday, Oct. 21, 5 p.m.

Facilitator: Ty Romijn

Learn Zero Balancing (ZB), a holistic body therapy that helps integrate body structure and energy at the deepest levels, invoking feelings of peace and well-being. This first course introduces the art and science of ZB and provides 25 Continuing Education Units for health-care professionals. For more information or to register, visit [www.ZeroBalancing.com](http://www.ZeroBalancing.com).

Commuter Fee: \$595 plus lodging and meals (*The price increases after Aug. 18.*)

## Women in Interfaith Dialogue

Saturday, Oct. 20, 10 a.m.–3 p.m.

Facilitators: Dr. Paula Sanchini,

Virginia Melroy, Angie Pierce Jennings  
Come together with women of various faith traditions for conversations about faith and spirituality. The Oct. topic will focus on oneness and interconnectedness, while holding the opposites of chaos and order, i.e., the *chaordic*. You are invited to bring a reading or prayer to share with the group. Registration and dietary restrictions are required by Oct. 17.

Fee: \$15 includes lunch

## Dances of Universal Peace

Saturday, Oct. 20, 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, creating a sense of unity. Registration is requested by Oct. 18.

Fee: \$10

## Rock Mandala Painting for the Whole Family

Saturday, Oct. 27, 10 a.m.–12 p.m. & 1–3 p.m.

Facilitator: Andi Lewis

Spend a Saturday morning creating art with your favorite people! The whole family is welcome to learn the



art of rock painting with mandalas, which are sacred works of art in the form of a circle. For the first time, Prairiewoods will have fine dotting tools for you to use, which will make your mandalas even more detailed and beautiful! Facilitator Andi Lewis will guide you in this fun, relaxing process that can be done by anyone, regardless of age. You will have time to paint several rocks and will be encouraged to take one rock home and leave one on the grounds as a secret gift for another guest to find! No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult.

Fee: \$13 includes rocks and art supplies

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](http://www.Prairiewoods.org/Donate).

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 Mary w.d.-Turner  
 Gloria Waltke  
 Cera Wilkins  
 Lisa Wilson  
 Andrew Wixcel  
 Connie Zenisek  
 Tom Zenisek



120 E Boyson Rd  
Hiawatha IA 52233

You may send this by mail, email [ecospirit@prairiewoods.org](mailto:ecospirit@prairiewoods.org) or call **319-395-6700**. If mailed, please include this address label.

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## Abundant Partnerships

**P**rairiewoods and Backyard Abundance share in celebrating and caring for our Earth and human communities. Backyard Abundance has a mission of helping people create beautiful, environmentally-beneficial landscapes that provide healthy food and habitat. This sister educational nonprofit resides in Johnson County. They have helped us co-create an abundance of life-giving landscapes at Prairiewoods, including the Healing Garden, Garden of Eat'n and permaculture beds in Green Prairie Garden (Prairiewoods' vegetable garden). They've also helped us teach classes that help participants make similar changes to their own spaces. If you like the idea of creating abundance in your own yard, at your workplace or in your community, contact Backyard Abundance at [www.BackyardAbundance.org](http://www.BackyardAbundance.org).



# Backyard Abundance

November/December 2018

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## the **FIRE** within

**T**here is within each of us an *unquenchable fire*. We feel it as an inner hunger, a disquiet, a loneliness that we cannot escape.

This is how Father Ronald Rolheiser in his book *The Holy Longing* speaks of what he terms “the congenital all-embracing ache that lies at the center of human experience and is the ultimate force that drives everything else.” What we do with that fire, how we channel it, he says, is our spirituality.

He writes: *“What we do with our longings, both in terms of handling the pain and the hope they bring us, that is our spirituality.”*

This fire, this eros—the energy that drives us—he describes as the “principle of integration and individuation within us.” How we channel this will either lead to greater integration or disintegration within our bodies, minds and souls.

Our spirituality is clearly personal,

our own love affair with the God within, a God whose presence is described by Thomas Merton as a “pure diamond, blazing with the invisible light of heaven.” And, though we may deeply cherish our times of contemplative silence, as did Merton, the quiet whisper from the God within may be urging us to follow the passion of our hearts and lead us to unexpected places.

*For many of us, spirituality is deeply connected to ecology, so that our every act of care for Earth and creation is a spiritual act.* When we make our morning coffee, the simple act of what we do with the grounds can be spiritual. Composting our coffee grounds every morning helps

the soul, the worms, the grass, the blueberry bushes, the lilies.

Walking through nature with care can be a spiritual act. It can give us energy and feelings of renewal deep in our soul, and it can also be a way to use our fire.

*(continued on p. 3)*



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*Try to keep a simple rule in mind whenever I'm at Prairiewoods: never go outside without my camera phone!* Regardless of the weather, my mood or what else is taking place that day, there is virtually always an image worth capturing. One recent wet afternoon, when the news was bad and my mood worse, I decided to take advantage of a brief respite from the rain to step outside and breathe. I discovered a natural world that smelled fresh and looked beautifully, sparkingly clean.

This is one of the truly remarkable gifts that being at Prairiewoods offers: the consolation of nature in moments when we feel overwhelmed or disheartened or grief-stricken. Rachel Carson wrote "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." I believe the beauty Carson is referencing is something more than a lovely surface picture to appreciate. It is the beauty of connection and communion—of relationship—that is so healing. On that recent rainy afternoon, noticing individual raindrops suspended from ripe berries on the trees in front of the Center helped me realize that my bad mood was actually sadness masquerading as irritation. On that particular day, Earth was holding space for my sorrow until I was ready to acknowledge it myself.

In planning this newsletter, our staff asked the question, "*What do we do with the fire (of anger, of righteousness, of justice, of love) in our hearts while we also continue to meet the more mundane needs of the day (work, self- and family-care, housekeeping)?*" Our answers are what you see before you: going more deeply into our relationships with Earth, self, others and Spirit; sharing opportunities for spiritual growth, environmental care and holistic health; speaking our gratitude for the stewardship of Franciscan Sisters of Perpetual Adoration. If you ever wonder what we are about at Prairiewoods, our hearts are showing in plain sight on the pages of our newsletter, on our website and Facebook page, and in the land and creatures found on this 70 acres of holy ground in Hiawatha, Iowa. As the great John Muir wrote, "*The clearest way into the Universe is through a forest wilderness.*"

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)

Thomas Berry—theologian, ecologist, and author of *Dream of the Earth*—often referenced a spiritual experience he had as a child while noticing a field of lilies across the creek. The field was full of life, with bees flying, lilies and grasses dancing in the wind, images that stayed with Berry all his days and helped guide his fire in an expression of ecospirituality.

Others respond to different aspects of life in a similar way, finding themselves drawn to social movements, becoming passionately involved in working for human rights; for the rights of minorities; for gender equality; for the alleviation of poverty, homelessness or other social ills. Because of our own life experiences, we might be involved in prison ministry, peacemaking and nuclear disarmament, or any of the many places where large and strong hearts are needed.

*Wherever the longing of our spirits may lead us, however we express the fire in our hearts, God always draws us toward a*

*future filled with hope.*

Theologian, John Haught, in an article called “Teilhard de Chardin: Theology for an Unfinished Universe” in the book *From Teilhard to Omega: Co-creating an Unfinished Universe*, writes of how Teilhard found the basis for spiritual renewal in the awareness that “creation has never stopped and so the universe is still coming into being.”

This has great relevance for us. “The point is,” Haught writes, “each of us is part of an immense cosmic drama of transformation, a fact that may give new significance to our lives and works no matter how ineffectual these may sometimes seem.” He says that since we live in a universe that is open to new

possibilities, a universe where love and hope are found, what is needed is the “creative vitality” of each of us to move toward this possible better future.

The ache that Rolheiser speaks of—the ache that lies at the center of the human experience—is what moves us to find purpose for our own lives and to do all we can to create a future of hope for the people yet to come.

by Betty Daugherty, FSPA,  
& Angie Pierce Jennings

“As Christians, we believe inside of us and that this is our ineffable, non-containable. If that divine appetites inside of us too, life. There’s a divine restlessness

that we bear the image and likeness of God deepest reality ... God is fire—wild, infinite, same fire is inside us, and it is, then there are appetites that are not ever satiable in this written right in our DNA.”

—Father Ronald Rolheiser

# Prairiewoods Center Updates

Prairiewoods has always been a place of peace and transformation.

This summer it was the Center that was most transformed! After 22 years of service to thousands of visitors, our main building was in need of a little extra attention. *New floors, paint and windows* are allowing our staff to focus on what we do best—offering great hospitality to guests who visit our retreat and conference center each day. If you haven't been to Prairiewoods recently, come see what you've been missing!



One of the biggest transformations took place in the *Prairiewoods Gift Shop*. With new furnishings, we're able to have more merchandise *and* more wide-open spaces for comfortable, easy shopping. Now is the time to visit the Gift Shop for unique gifts, spiritual cards, the latest books on ecology and spirituality, beautiful wind chimes and numerous fair trade items that give back to those who need it most. You also can find a variety of Prairiewoods items, including our popular *Tree-shirts*, brand new journals and greeting cards featuring our most popular critters!



This summer's updates weren't relegated to the Center alone—our grounds have been growing and changing, too! For the last two summers, we've focused on creating our *Garden of Eat'n*, edible landscaping surrounding the Center that you can actually eat your way through! In any season, the grounds at Prairiewoods offer a place to sit, sip a cup of tea, connect with old friends and commune with nature.



You won't believe the changes we've made to our meeting spaces! Check out the next page for highlights ...



# Prairiewoods Meeting Spaces

## Conference Room

The *Conference Room* (29' x 38') can accommodate 70 theater style (chairs) or 45 classroom style (chairs and tables). It is a large, open space, which makes it great for yoga and tai chi. The room can be divided in half and features an interactive whiteboard and sound system for presentations.



## Lounge

The *Lounge* (23' x 25') is a comfortable space for up to 25 people with a cozy fireplace and easy access to the Meditation Room. One wall is windows looking out on our beautiful grounds, and another features accordion doors that can be closed for privacy or open to let in lots of natural light.



## Art Room

The *Art Room* (18' x 21') is a beautiful, well-lit space for up to 20 people. Enjoy ample windows and sunlight with gorgeous views of nature right outside. A mobile media cart allows for convenient presentations, and cabinets full of art supplies make it a popular studio space for every creative outlet!



For pricing and availability, call 319-395-6700.



“Prairiewoods Franciscan Spirituality Center opened its doors in July of 1996 as a ministry of Franciscan Sisters of Perpetual Adoration (FSPA) of La Crosse, Wisconsin. The land had been purchased years earlier by the community.

The foundational vision for this center, with its 30 acres of prairie and 40 acres of woodlands, is the integration of spirituality and ecology based on the new story of the universe and the writings of Thomas Berry, Brian Swimme and similar authors.

Also at work in the development of the underlying philosophy is the Franciscan concept of the immanence of God in the created world. Francis, who valued the natural world as “a place where God is revealed,” encouraged his followers by his own unique celebration of creation.

With this basis in mind, six FSPA community members spent a year in study and discussion before creating a workable philosophy. They spent time on the land itself in order to learn from the sacred manuscript of nature. As they made practical plans for the new center, they determined that all decisions made in the development of the property would be based on environmental principles.”

—Betty Daugherty, FSPA,  
*A History of Prairiewoods*

## In Gratitude for FSPA

Reading Prairiewoods’ story (left), one thing that becomes abundantly clear is that, without Franciscan Sisters of Perpetual Adoration (FSPA), there would be no Prairiewoods. And although Prairiewoods now has a primarily lay staff, it would be incorrect to think that the connection between this sacred space of peace and transformation and FSPA is any less strong than at our founding.

Three of our FSPA foundresses (Sisters Betty Daugherty, Joann Gehling and Nancy Hoffman, FSPA) remain actively engaged in the daily life of Prairiewoods, and Sister Lucille Winnike still serves as a much-loved spiritual director. Sister Jean Ann Rausch lives on the grounds and volunteers at Prairiewoods. FSPA serve on our board, and Sister Karen Kappell serves as FSPA liaison to Prairiewoods. A number of FSPA lay affiliates are engaged in programs at Prairiewoods—both as facilitators and participants. Importantly, FSPA gives significant financial support to Prairiewoods, providing an annual subsidy, maintenance of capital property, endowment contributions and, for the next three years, a pledge to match other donations we receive dollar-for-dollar.

For each of these forms of stewardship and support, our gratitude to FSPA is as profound as it is difficult to articulate. Our greatest hope, then, is that our love and our thanks are expressed in the joy of our ongoing relationship and in our faithfulness to Prairiewoods’ mission and our Franciscan identity.

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

—John F. Kennedy



The foundresses at Prairiewoods’ ribbon cutting in 1996 (from left): Sisters Betty Daugherty, Nancy Hoffman, Therese Pedretti, Karen Flottmeier (Regional Director at the time), Maryam Gossling, Joanne Moeller and Joann Gehling.

The following are some upcoming retreats and programs. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

### Saturday Soul-Stretch for Lovers of Embodied Spirituality

**Saturdays, Nov. 10 & Dec. 8, 8 a.m.–1 p.m. (or later)**

De-stress, reconnect and reach deep down inside yourself with a monthly Saturday Soul-Stretch! Learn more at [www.Prairiewoods.org](http://www.Prairiewoods.org).

### In Stillness, We Wait: 3-Day Silent Directed

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

**Facilitators:** Prairiewoods spiritual directors

Advent is a time for that sweet hush that blankets Earth with clear, starry nights and cleansing, peaceful snowfall. It calls for waiting with joyful hope, savoring the gentleness of quiet and solitude to refresh the soul, to calm the mind and to comfort weary spirits in times of sadness and affliction. New life is emerging from the depths! Come for a weekend of silence and serenity to seek out the light that is dawning. Spend the silence in any way you wish! Read or write to your heart's content. Prairiewoods will welcome you into the weekend's cocooning space, where you will meet your own heart's rhythms once again and rediscover the deep joy of simply being. Once daily you will have the opportunity to meet for conversation with a spiritual companion. Lavish time and space for reflection during the day will meet nights of restful slumber where your dreams will come alive with imagination and creative flow. Feel yourself transformed by the peace beyond all knowing!

**Fee:** \$230 includes sessions, lodging and all meals  
**Commuter Fee:** \$180 includes sessions, Saturday lunch and dinner, and Sunday lunch



### Prairiewoods Sabbatical for Spiritual Pioneers Navigating the Emergent Universe

**Monday, Jan. 7, 10 a.m.–Friday, Feb. 1, 11 a.m. or Monday, Feb. 4, 10 a.m.–Friday, March 1, 11 a.m.**

**Facilitators:** Prairiewoods staff

Are you a spiritual pioneer, someone who sets sail into mysterious waters with an eye toward the infinite horizon? If you're integrating where you've been, wondering where you are and don't necessarily know where you're heading, *sail on!* Once you've ascended life's oceanic crest—where the rising is all about the milestones, titles and acquisitions—riding that beautiful wave now requires the wisdom, nuance and finesse of deep interior listening and focused reflection to emerge on another shore. If you would be truly courageous, compassionate and wily in the wild, unfolding universe, you need some extended time away to listen and learn, refocus and rejuvenate as you prepare to set sail on the sea of discovery. Consider coming to Prairiewoods for a winter sabbatical in 2019. Four gentle weeks of quietude and rejuvenation await you in the beauty of seventy acres of woodland and prairie. Enjoy ready access to astounding resources for exploring the macrocosm of the emerging universe and the microcosm of your soon-to-be-astonished heart. Lean boldly into your emerging future, and become a spiritual pioneer for the 21<sup>st</sup> century. Most of the time is for quiet reflection, your own sacred germinating space. Three times a week (about 1.5 hours each meeting) is for exploring the work of spiritual pioneers whose work will enlighten and challenge you along the way:

- **Week 1, Seeding:** Leaping into the new universe story (exploring the work of Pierre Teilhard de Chardin, Thomas Berry and Diarmuid O'Murchu)
- **Week 2, Grounding:** Spirituality for a new story (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 (Otto Scharmer, Joanna Macy and Ken Wilber)
- **Week 4, Cultivating:** Meeting in the microcosm of soul-work (such as journaling, dream work, poetry, prose, music, movement, art, gardening or healing energy)

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

Coming in  
2019!



## Spirituality IN THE 21<sup>ST</sup> CENTURY

Charles Eisenstein



Bayo Akomolafe



**Friday–Saturday, April 12–13, 2019**

This inspiring weekend (which begins Friday evening, 7–9 p.m., and continues Saturday, 9 a.m.–3 p.m.) is all about delving into the "mangle" of living between two stories—the elder one replete with separateness, hierarchies and imbedded dualisms, and the new one celebrating inter-connection and inter-being. The transition, as we know, is anything but simple. *Charles Eisenstein* (author of *The More Beautiful World Our Hearts Know Is Possible*) and *Bayo Akomolafe* (*These Wilds Beyond Our Fences*) will be our courageous field guides as we navigate such turbulent waters! We look at this not so much as a conference, but as a retreat in the best sense, where we celebrate and set aside space for reflection, connection and embodiment of an emergent spirituality.

This event is filling up fast, so register today at 319-395-6700 or [www.Prairiewoods.org](http://www.Prairiewoods.org) (\$75, or \$80 after March 29). We also have a few overnight rooms left. If you would like to lodge at Prairiewoods Friday night (\$55 for a single, \$80 for a double, Saturday breakfast included), call 319-395-6700 today. *Make plans now to join us in the mangle!*

## Hatha Way Yoga

**Mondays & Thursdays; Nov. 1–Dec. 20; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.**

**Facilitators:** Cindy Hathaway & Carla Brems

Link your movements with your breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway and Carla Brems 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 you can benefit from yoga!

**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. 1, Nov. 15, Dec. 6 & Dec. 20; 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

## Fall Garden Potluck & Celebration

**Friday, Nov. 2, 11 a.m.–1 p.m.**

**Facilitators:** Christine Kirpes, Emelia Sautter & Scott Koepke

Join us in celebration and gratitude for the land and the Green Prairie Garden—a partnership between Prairiewoods and Metro Catholic Outreach—and the community that we co-create with Earth, self, others and Spirit! This year's potluck will include a special presentation by Scott Koepke of Garden Bridge Outreach, who will share practical lessons about putting our beds

to rest and honoring the cycles of growth, decay and regeneration within our internal



gardens. Over a bountiful meal, discuss how we, too, can settle in for a long winter's rest. Just as the garden needs a nice blanket of mulch, we need time and space to restore our energy! Mother Nature teaches us that old can be transformed into new if we listen with humility. Soil and soul need rest after growth and harvest. Please register by Nov. 1 and bring a dish to share. All are welcome!

**Fee:** Free-will offering to Green Prairie Garden

## Renewable Energy Open House with I-Renew

**Saturday, Nov. 3, 9 a.m.–12 p.m.**

**Facilitator:** I-Renew

The Iowa Renewable Energy Association (I-Renew) hosts monthly Renewable Energy Open Houses in the Jordan Solar Center on the grounds of Prairiewoods. Come tour the various renewable energy systems, learn about renewable energy in your community and explore volunteer opportunities. Plus learn about free home energy assessments with Green Iowa AmeriCorps.

**Fee:** Free



**Sweat Lodge (Inipi) Ceremony**  
**Saturdays; Nov. 3, Dec. 1 & Dec. 15; 4:30–8:30 p.m.**

**Facilitator:** Kerry Batteau

Participate in an ancient 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. The ceremony includes sacred songs and prayers and is followed by a simple communal meal. Registration is required so that protocols and a release form can be emailed to you.

**Fee:** Donation of \$10 to Prairiewoods for materials



**Beginning Nature Drawing**  
**Mondays, Nov. 5–Dec. 3, 6–7:30 p.m.**

**Facilitator:** Rebecca Wirfs

Combine your love of nature with your creative soul when you participate in a five-week series led by local artist Rebecca Wirfs! Learn basic drawing and sketching techniques, shading and shape rendering in a nature- and spirituality-inspired class setting. Develop your artist's eye while learning meditation and visualization techniques to connect with your surroundings and the divinity of all creation. Registration is required by Nov. 2. Please bring drawing pencils, erasers and a sketch pad; a water color set is optional.

**Fee:** \$125 for five-week series

## Prairiewoods Remembrance Service

**Tuesday, Nov. 6, 6:30–8 p.m.**

**Facilitators:** Ann Jackson, PBVM, & Prairiewoods staff

Fall is a beautiful time to express gratitude for those who bless us. Prior to Thanksgiving each year, Prairiewoods honors friends and benefactors who have blessed us with their presence and gifts in life and in death. We also appreciate gifts that have been made in their memory, and we continue to honor them in our prayers. Gather with us for this special prayer service to remember, celebrate and honor your loved ones and ours who have died. Please bring a picture or symbol of your loved one(s) to be used during the service. Light refreshments will be served following the prayer. All are welcome. Reservations are requested—but not required—by Nov. 1.

**Fee:** Free



**Seeing IS Believing: Visio Divina  
Tuesdays, Nov. 6–Dec. 18,  
10–11:45 a.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

**Wednesday Women**

**Wednesdays; Nov. 7, Nov. 14,  
Nov. 28 & Dec. 5; 10–11:30 a.m.; &  
Wednesday, Dec. 12, 11 a.m.–1 p.m.**

**Facilitator:** Ann Jackson, PBVM

Are you a woman looking for spiritual enrichment, inspiration and motivation? Join this vibrant group of women that finds spiritual growth every Wednesday in the supportive setting of Prairiewoods. You are welcome to join any time and to come whenever it fits your schedule! Topics arise from within the hearts and minds of those gathered. Lively conversation, laughter, learning, storytelling and inquiry all generate incredible energy and spiritual stimulation. Read books, view TED Talks, converse, reflect, support and challenge other women to personal growth, no matter the stage of life. The group will have its annual Christmas Luncheon at 11 a.m. on Dec. 12. For more information, contact Ann Jackson, PBVM, at Prairiewoods at 319-395-6700, ext. 203. **Fee:** \$10 per session

**Going Inward with Sounds & Vibrations**

**Wednesdays; Nov. 7, Dec. 5 &  
Dec. 19; 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. 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

**Men Exploring Faith**

**Thursdays; Nov. 8 & Dec. 13;  
7–8:30 p.m.**

**Facilitator:** Bob Davis

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

**Fee:** Free-will offering

**Day of Self Renewal**

**Mondays, Nov. 12 & Dec. 10,  
8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

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

**Fee:** \$95 includes guided meditation, singing bowl prayer, two holistic services, private guest room and lunch

**Singing Bowl Prayer**

**Mondays, Nov. 12 & Dec. 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 per session

**Drumming for Healing**

**Mondays; Nov. 12, Nov. 26 & Dec. 10;  
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 outside or in the Art Room.

**Fee:** Free-will offering to facilitator

**Prairiewoods Knitters & Stitchers**

**Tuesdays, Nov. 13 & Dec. 11,  
9:30–11 a.m.; & Wednesday, Nov. 28,  
6:30–8:30 p.m.**

**Facilitators:** participants

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, come create 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; Nov. 13, Nov. 27 & Dec. 11;  
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

**Y.O.L.O. (Your Other Lunch Option!) at Prairiewoods**  
**Wednesdays, Nov. 14 & Dec. 5,**  
**11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)**

**Facilitators:** 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 chefs Tara King and Laurie Erlacher 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. 14:** French Bistro, transporting you to the streets of Paris
- **Dec. 5:** Norman Rockwell Christmas, featuring a retro family feast

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

**Fee:** \$12 per session

**Flute Circle at Prairiewoods**  
**Wednesdays; Nov. 14, Nov. 28 & Dec. 12; 6–7:30 p.m.**

**Facilitators:** participants

Were you inspired by the Sweetgrass Flute & Nature Festival at Prairiewoods earlier this fall? Are you soothed by the sounds of the Native American–style flute? Do you enjoy playing and listening to indigenous instruments? Join this self-guided flute circle on the second and fourth Wednesday of each month. 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



**Monthly Support Group Offered in Partnership with Unity Point Hospice**

**Soul Care: Creative Arts Grief Support Group**  
**Wednesdays, Nov. 14 & Dec. 19,**  
**5:30–7 p.m.**

**Facilitator:** Shalyn Gerlach, MSW

Take time to be with others in grief and engage your creative spark. Shalyn Gerlach of Unity Point Hospice facilitates this monthly grief group open to anyone grieving loss through death. One Wednesday of each month, explore a different creative medium. On Nov. 15, create your own aromatherapy stress relief dough. On Dec. 19, make honor flags in remembrance of your loved ones. Registration is required by the previous Friday.

**Fee:** Free includes all art supplies



**Prairiewoods Holiday Bazaar**  
**Saturday, Nov. 17, 8 a.m.–1 p.m.**

(See p. 12 for complete details.)

**Glass Holiday Trees**  
**Tuesday, Nov. 27, 6:30–8 p.m.**

**Facilitator:** Teresa Childers

Get in the holiday spirit when you craft a beautiful glass tree! Create a five-inch-tall tree to stand vertically in a wooden stand. Decorate your tree by adding pieces of colored glass, or add dimension with clear glass. Create a snow covered tree or add ornaments for the upcoming holiday season—let the holiday spirit carry you away! Trees will be formed the night of the class and fired at he Iowa Ceramics Center & Glass Studio, where they can be picked up two–three weeks later. Registration and payment are required by Nov. 23.

**Fee:** \$25 includes all art supplies



**Coming Home to the Holy Ground of Your Female Body**  
**Friday, Nov. 30, 4:30 p.m.–Sunday, Dec. 2, 1 p.m.**

**Facilitator:** Susana McCan

Enjoy a profound, transformational weekend in a community of wise women! The workshop will include:

- a practical, experiential approach to fully inhabiting your body, derived from Taoist Qi Gong and other wisdom traditions
- guidance through a series of simple but profound self-healing practices for the female organs that gently dissolves the split between spirituality and sexuality
- time for inner reflection, journaling, meditation and walking in nature

The deepened experience of the female body as Holy Ground will give you a powerful place to stand for your own well-being and maximum effectiveness!

**Fee:** \$290 includes lodging and all meals

**Soul Stage: A Compassionate Open Mic Night**

**Tuesday, Dec. 11, 7–9 p.m.**

**Facilitator:** Jenifer Hanson

Do you write poetry, prose, songs, journal entries or other creative genres for spiritual growth or engagement? Have you ever wanted to share what you've created with others who actively engage with their spirituality through writing? If so, this evening is for you! Bring your work to read aloud or perform in this supportive, non-critical environment.

**Fee:** \$5 includes snacks and beverages

**Introduction to Community Singing**

**Tuesday, Dec. 18, 6–8 p.m.**

**Facilitators:** Andy Douglas & Carol Tyx

Come together with people of all ages and lift your voices with purpose, passion and joy! Andy Douglas and Carol Tyx will lead this Introduction to Community Singing in which you will sing simple layer songs, rounds, spirituals and a few holiday songs, taught in the oral tradition. (Many of the songs were written by members of the Community Sing movement.) In addition to learning new songs, you'll also learn how singing can create community in various situations, such as moments of transition and celebration.

**Fee:** Free-will offering



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](http://www.Prairiewoods.org/Donate).

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*All of us at Prairiewoods are  
grateful for the gifts you bring to  
this place of peace and transformation!*



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## Prairiewoods Holiday Bazaar

Saturday, Nov. 17, 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.



### Prairiewoods' newly renovated Gift Shop offers:

- Prairiewoods Tree-shirts in beautiful royal blue
- Books on spirituality and ecology
- Wind chimes
- Scarves
- Felted wool animals and change purses
- New wood-grain journals

### Local vendors offer handcrafted items such as:

- Knitted and crocheted items
- Baked goods
- Jewelry
- Journals
- Mixed Media Art
- Pottery
- Handmade toys
- Holiday ornaments
- and much, much more!

