

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## TURNING with EARTH

**A**s the New Year noise-makers \*POP\* and unfurl at midnight on Dec. 31 and cacophonous fireworks explode all around us, a rare and profound inner stillness may also be beckoning. If we wait and listen, we may discover that the stillness is pregnant with its own nascent energy. In the sacred silence of our hearts, we may detect a faint whisper—a longing of sorts—for newness, an aching desire for the metamorphosis of our precious, precarious world. Straining to hear the insistent whisper, we may intuit the promise of hope and new life on the horizon, as well as a feeling of haunting urgency.

A team of international climate scientists issued a planetary SOS this past year. If greenhouse gas emissions continue their current climb, worsening food shortages, raging wildfires, mass die-off of coral reefs, rampant deforestation, inundation of coastlines, intensifying droughts and global poverty will besiege us as soon as 2040, with marked environmental catastrophes along the way. The far-reaching effects of planetary disease suggest an “ecological conversion” is required (Pope Francis, *Laudato Si'*, 2016). The word *conversion* comes from the Latin *con* (with, together or around) and *vertere* (to turn). So we might think of *conversion* as both a *turning around*—a change away from something destructive—and as a *turning with* what is healthful for our beautiful home.

Perhaps we must learn to turn with Earth, resolving to live justly and sustainably, in harmony with the web of life that is our home.

We are indeed living in a time of Earth, the

*Ecozoic Era*, as eco-logian Thomas Berry called it. We are being transformed from destructive ways of seeing and being, replete with exclusive hierarchies and misguided anthropocentrism, and inducted into one, inter-dependent, global community. We must give up thinking of Earth as discontinuous with ourselves, an enormous repository of disposable “products” that exists primarily for human consumption. The eco-pandemics spawned by industrial waste, toxic soil, contaminated water, polluted air and decimated eco-systems are not hundreds of years away, but decades. “Avoiding the damage requires transforming the world economy at a speed and scale that has no documented historic precedent” (United Nations Intergovernmental Panel on Climate Change, *Global Warming of 1.5 Degrees Celcius*, June 2018).

For many, the message is clear: We need transformation, and indeed we are undergoing transformation. The elder stories that held meaning and grounded our perceptions of self and world are falling apart as the world itself dissembles. There is a New Story emerging in this muddle. *Spirituality in the 21<sup>st</sup> Century* co-facilitator Charles Eisenstein says, “I will call it the Story

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One of the annual celebrations I truly enjoy here at Prairiewoods is the harvest potluck, when volunteers who worked the long growing season in our gardens gather to celebrate the harvest and the end of their labors for another year. We express our gratitude for the work of many hands and the plentiful bounty of flowers, herbs, vegetables and fruit. Invariably, there is talk of putting the garden to bed: of cutting back, cleaning up, protecting and preparing the earth for winter. The garden is put to rest and left fallow, or unplanted, to restore its fertility.

*Like the earth, we humans also have a need for periods of rest and recharging.* In human terms, a fallow period is one in which we are purposely less productive, less active, in order to allow undeveloped but potentially important or useful ideas, reflections, rejuvenations to grow in our depths, below the surface. Winter, after the rush and bustle of the holidays, is often a perfect time to engage in a little biomimicry—to intentionally mimic the earth's fallow season.

My own plan is to use the Examination of Consciousness included on page 4 of this issue. I hope to allow the questions to seep into the soil of my consciousness, and then wrap myself in a cozy blanket with a hot cup of tea or cider. Like a good gardener, I'll put myself "to bed" and find out what grows out of my own fallow season. I invite you to join me in giving yourself permission to allow winter's peace and rest to restore your soul!

*Of course, you are invited to Prairiewoods to enjoy the quiet and regeneration of winter as well!* This issue of the newsletter includes our annual Retreat Brochure for 2019. We'll be offering retreats all year long, including several winter experiences: our Four-Week Sabbatical Program for Spiritual Pioneers in the first two months of the year; a one-night Friday/Saturday retreat in Jan. called Even the Stones: Transformation, Balance and Creativity; and a full weekend in Feb. for the Cricket on the Hearth Retreat celebrating reading as spiritual enrichment. Each of these experiences will include plenty of time to learn from the winter land as well as to sink into the warmth and peace that is Prairiewoods in this season!

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)

of Inter-being, the Age of Reunion, the ecological age, the world of the gift. It offers an entirely different set of answers to the defining questions of life." Rapid dissolution of socio-cultural institutions signal a desire and need for composting what we have held sacrosanct. We are consciously and conscientiously turning the soil to preserve the life-giving nutrients of our elder traditions, with our sense of wonder—exquisite awe and love of creation—ever intact. We are also dancing our way into the new story of inter-being where new life is emerging, letting go of what holds us back, the imbedded dualisms that have suppressed and excluded, maimed and dismembered much of creation. The future for the biosphere will be determined by a shift in our communal ecological consciousness and our response to Earth's outcry now. As eco-philosopher Joanna Macy says of this time of the Great Turning, "Active Hope is not wishful thinking ... the web of life is calling us forth at this time. We've come a long way and are here to play our part. With Active Hope we realize there are adventures in store, strengths to discover, and comrades to link arms with" (*Active Hope: How to Face the Mess We're In Without Going Crazy*).

*Our New Year commission is to "turn with Earth." If we remain silent, even the stones will cry out! We must trust Earth's rhythms, learn Earth's lessons.* Take no more than we need, recycle and replenish, share all vital resources with deliberate equity. Nourish the mycelial networks and strengthen all that lives beneath the surface. The web of life is completely inter-connected, a complex and infinitely diverse planetary community "excluding nothing and no one" (*Laudato Si'*, 92). All are one. Living into this story with active hope is our call!

It is the dawn of a new era when contemplatives-in-action are already taking the first fierce steps into the new story of inter-being. The process of conversion begins with stillness, with listening for the insistent whisper. "Times are urgent. Let's slow down," philosopher-poet Bayo Akomolafe is fond of saying. Let us come together, take time to examine our consciousness, and see what grows when we turn with Earth. Perhaps we will "harness for God the energies of Love," as Pierre Teilhard de Chardin so famously foreshadowed, and "for the second time in the history of the world (we) will have discovered Fire." After all, we are planetary pilgrims, are we not? If we travel in the circles that are Earth's concentric pathways, we must turn, turn, turn with Earth. We must embody what Ubuntu philosophy articulates as the meaning of life: "I am because we are." *Let us turn with Earth, that we may turn as one.*

## Turning of the World

written by Ruth Pelham

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

by Laura Weber

## examination of consciousness

In his book *The Mystic Heart*, Wayne Teasdale writes that consciousness is the basis of our human identity, and that when we change our consciousness—our awareness—we are shifting our assumptions about ourselves, the meaning of our lives, our societal beliefs and the world.

Growth in consciousness means growth in the capacity to love, to become more compassionate and to take responsibility for our world. The wonder is that our individual dreams, our desires, our hopes and work affect the wider community of life. “What we as human beings envision, what we dream and desire, what we hope for and work toward—all of it affects the universe, all of it has an impact on Earth and every single creature that is” (Judy Cannato, *Radical Amazement*, p. 57).

Today we invite you to slip into a time of quiet rest to come home to that place in your own soul where your dreams and desires and hopes rest. *How do you wish to grow? We suggest exploring these four basic relationships as a place to start.*

### *The Source of All Being:*

- Do I stay rooted in the Revelation that is creation, and in awareness that Source of All Being/God/Spirit speaks to me in my everyday life?
- Am I aware of welcoming God into my day, perhaps with a daily time of quiet prayer and reflection?
- Am I willing to update my theology and my spirituality regarding who or what God is as new understandings evolve from other conscious thinkers?
- Do I allow myself to have a conscious awareness that Spirit abides with me continuously—not just when I engage in formal prayer time?
- When I look around me, do I see God’s love smiling at me from another person, a tree or a squirrel running across my path?

### *Earth:*

- Am I conscious of reality, that everything in existence is sacred and revelatory of the Divine?
- Does the beauty of the natural world speak to my soul, bringing a sense of intimacy and love?
- Can I look at any animal, plant, tree, stone, river, mountain, moon or star—no matter how small or large—and know that this is a revelation of God?
- When I “turn with” Mother Earth, am I filled with gratitude and awe for the astonishing array of life that is present?
- Am I open to exploring the mystery of the cosmos?

### *Self:*

- Do I take time to become more aware of who I am, perhaps with breath work, yoga, engaging in Centering Prayer, journaling, doing dream work, etc.?
- Am I willing to open myself to a greater sense of consciousness, willing to cooperate with creative Spirit to become more than I ever dreamed I could be?
- Do I enter into life with creativity and zest, aware that God is in me and has given me great powers of healing for myself, others and Earth?
- Do I honor the work I do, whatever that might be, including relationships I nourish with others?

### *Others:*

- Do I honor others by listening to them with openness to truly hearing?
- Do I offer my authentic self in my interactions with others?
- Do I participate with others in exploring my faith and my spiritual journey?
- Am I willing to offer the special gifts that are mine for the good of the whole, recognizing my union with all other beings?
- Am I willing to share my beliefs with others and work with them, even though consciously aware that there may be many issues that divide us?
- Am I open to radical inclusion and opportunities to widen my circles?
- Do I try not to use more than I need so that others can meet their basic needs?

by Betty Daugherty, FSPA

The following are some upcoming programs. (See the Retreat Brochure insert for information on all 2019 retreats.) For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Wednesday Women

**Wednesdays, Jan. 2–Feb. 27,  
10–11:30 a.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. In Jan., reflect on Marcia Ford's *The Sacred Art of Forgiveness*, a holistic approach to forgiveness and its impact on spiritual, emotional and physical well-being. Beginning in Feb., reflect on how love liberates you on your spiritual journey with Nan Merrin's *Journey into Love: From Fear to Freedom*. Registration is not necessary.

**Fee:** \$10 per session (but please come even if you cannot afford to pay)

*Offered in Partnership with Cedar Memorial*

## Mindfulness-Based Stress Reduction

**Information Sessions:** Tuesdays, Jan. 8 & 15, 12:30–1:30 p.m.

**Eight-Week Series:** Tuesdays, Jan. 22–March 12, 12:30–3 p.m.

**Extended Class:** Saturday, Feb. 23, 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)

## Qigong for Heart Health

**Tuesdays, Jan. 8–29, 5:30–6:45 p.m.**

**Facilitator:** Gerry Hopkins

Qigong is a gentle exercise involving whole body movement, deep breathing and mental focus. The purpose of Qigong is to cultivate energy, or *qi*, in order to improve health and enhance overall well-being. Dr. Aihan Kuhn, a Chinese medical doctor trained in both Western and Traditional Chinese Medicine, has selected certain Qigong movements and combined them into a series she believes benefits the heart. In this four-week series, learn how to perform this special Qigong set. Facilitator Gerry Hopkins has been practicing martial arts for more than 30 years and studying Tai Chi and Qigong for more than 20. He has taught Tai Chi and Qigong for 15 years and has studied with Dr. Kuhn since 2013.

**Fee:** \$50 for four-week series

*Back by popular demand!*

**Y.O.L.O. (Your Other Lunch Option!) at Prairiewoods**  
**Wednesdays, Jan. 16 & Feb. 13,  
11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)**

**Facilitators:** 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:

- **Jan. 16:** New Year, Healthy New You!
- **Feb. 13:** Venetian Carnival

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

**Fee:** \$12 per session



*Offered in Partnership with Unity Point Hospice*

## Soul Care: Creative Arts Grief Support Group

**Wednesdays, Jan. 16 & Feb. 20,  
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. On the third Wednesday of each month, explore a different creative medium. On Jan. 16, bring an item and learn to tie dye it. On Feb. 20, paint with Sharpies and alcohol ink. Registration is required by the previous Friday.

**Fee:** Free includes all art supplies

## Woman to Women: Stories of Transformation

**Friday, Jan. 18, 12–3 p.m.**

**Facilitator:** Prairiewoods staff

Gather together in the sacred space of Prairiewoods to share women's wisdom, rooted in sisterhood, story and connection.

Together, we will lift up the voices of women amidst all that is happening in our lives and our communities. This event, held the day before the Women's March, offers an opportunity to prepare our hearts, to stand united with women and as an additional option for those who cannot attend the March. All are welcome to attend for part or all of the afternoon as we pray, reflect, meditate, walk through the winter woods, listen to the voice of the land and create Saint Brigid's crosses. As Joanna Macy describes the circle of transformation, we will gather in gratitude, honor our pain, see with new eyes and go forth in connection. Registration is requested by noon on Thursday, Jan. 17.

**Fee:** Free-will offering





**Day of Self Renewal**  
**Mondays, Jan. 21 & Feb. 25,**  
**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, yoga or chair 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

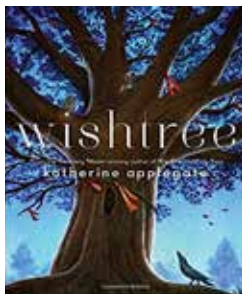
**Women in Interfaith Dialogue**  
**Saturday, Jan. 26, 10 a.m.–3 p.m.**  
**Facilitators:** Dr. Paula Sanchini,  
 Virginia Melroy & Angie Pierce Jennings

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The Jan. topic will focus on experiencing another culture as a connecting, spiritual experience. Presenters will share about their experiences in Croatia, Swaziland, Africa and local forests. You are invited to bring a reading or prayer to share with the group. Registration and dietary restrictions are required by Jan. 23.  
**Fee:** \$15 includes lunch

*Offered in Partnership with  
 Inter-Religious Council of  
 Linn County*

**Wishtree Reading Event for All Ages**  
**Sunday, Feb. 3, 2–4 p.m.**  
**Facilitator:** Angie Pierce Jennings

*Wishtree* by Katherine Applegate is the story of Red, a 216-year-old oak tree who has been a home to many and who has seen and welcomed people of all faiths and cultures over the decades. Children, families, neighbors and friends are welcome to share the afternoon together at Prairiewoods to celebrate this heartwarming story! Read aloud from *Wishtree*, walk through the woods, learn to identify oak trees of various ages, make your own wish ribbon crafts and enjoy snacks together. The first 20 families or individuals to register receive a free copy of the book *Wishtree!* Please register by the previous Thursday.  
**Fee:** Free



**Rock Mandala Painting for the Whole Family**  
**Friday, Feb. 8,**  
**6:30–8 p.m.**  
**Facilitator:** Andi Lewis

Spend a Friday evening creating art with your favorite people! Make this a fun date night or bring the whole family to learn the art of rock painting with mandalas, which are sacred works of art in the form of a circle. Use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas! 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 as a secret gift for a stranger to find! No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. Registration and payment are required by Feb. 6.  
**Fee:** \$13 per person includes rocks and art supplies

**Qigong for Diabetes & Digestive Issues**  
**Tuesdays, Feb. 5–26, 5:30–6:30 p.m.**  
**Facilitator:** Gerry Hopkins

Qigong is a gentle exercise involving whole body movement, deep breathing and mental focus. The purpose of Qigong is to cultivate energy, or *qi*, in order to improve health and enhance overall well-being. Dr. Aihan Kuhn Kuhn, a Chinese medical doctor trained in both Western and Traditional Chinese Medicine, has selected certain Qigong movements and combined them into a series she believes benefits people with diabetes, weight issues and digestive issues. In this four-week series, learn to perform this special Qigong set. Facilitator Gerry Hopkins has been practicing martial arts for more than 30 years and studying Tai Chi and Qigong for more than 20. He has taught Tai Chi and Qigong for 15 years and has studied with Dr. Kuhn since 2013.  
**Fee:** \$50 for four-week series

**Soul Stage**  
**Tuesday, Feb. 12, 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

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

- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; Jan. 3, Jan. 17, Feb. 7 & Feb. 21; 6:30–8 p.m.)
- **Drumming for Healing** with Sheri Mealhouse (Hawkwoman) (Mondays, Jan. 14 & Feb. 11, 6–7 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; Jan. 8, Jan. 22, Feb. 12 & Feb. 26; 5:30–7 p.m.)
- **Flute Circle** (Wednesdays, Jan. 9 & Feb. 13, 6–7:30 p.m.)
- **Going Inward with Sounds & Vibrations** with Kathy Broghammer (Wednesdays; Jan. 2, Jan. 16, Feb. 6 & Feb. 20, 6–7 p.m.)
- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; Jan. 7–Feb. 28; 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; Jan. 10, Jan. 24, Feb. 14 & Feb. 28; 7–8:30 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, Jan. 8 & Feb. 12, 9:30–11 a.m.; & Wednesdays, Jan. 23 & Feb. 27, 6:30–8:30 p.m.)
- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, Jan. 8–Feb. 26, 10 a.m.–12 p.m.)
- **Singing Bowl Prayer** with Kathy Broghammer (Mondays, Jan. 21 & Feb. 25, 12:45–1:30 p.m.)
- **Sweat Lodge Ceremony** with Kerry Batteau (Saturdays, Jan. 5 & Feb. 9, 4–8 p.m.)

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

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*May joy and peace  
be yours this Christmas!*

“For you shall go  
out with joy, and be led out with  
peace; the mountains and the hills shall  
break forth into singing before you, and all  
the trees of the field shall clap their hands.”  
—Isaiah 55:12



March/April 2019

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## TURNING with EARTH Part 2



For Part 1 of this series, please read Prairiewoods' Jan./Feb. 2019 Newsletter, which is available at [www.Prairiewoods.org/Newsletter](http://www.Prairiewoods.org/Newsletter).

*Earthrise, the iconic photo taken 50 years ago by Bill Anders on Apollo 8.*

**Turn! Turn! Turn!**  
by Pete Seeger (based on Ecclesiastes 3:1-8)

To Everything (turn, turn, turn)  
There is a season (turn, turn, turn)  
And a time to every purpose, under Heaven

A time to be born, a time to die  
A time to plant, a time to reap  
A time to kill, a time to heal  
A time to laugh, a time to weep

A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones, a time to gather stones together

A time of love, a time of hate  
A time of war, a time of peace  
A time you may embrace, a time to refrain from embracing

A time to gain, a time to lose  
A time to rend, a time to sew  
A time for love, a time for hate  
A time for peace, I swear it's not too late

“To everything, turn, turn, turn! There is a season, turn, turn, turn!” The serendipitous turning of Apollo 8 allowed astronaut Bill Anders to capture this stunning image of Earth rising over the moon. Our perspective of Earth from the moon’s vantage point forever shifted our understanding of life on the planet. When we are “turning with Earth,” our consciousness shifts to the vast and complex inter-connection that permeates all life. Charles Eisenstein, author of *The More Beautiful World Our Hearts Know is Possible*, said: “Love is the felt experience of connection to another being. An economist says, ‘More for you is less for me.’ But the lover knows that more for you is more for me too. If you love somebody, their happiness is your happiness. Their pain is your pain. Your sense of self expands to include other beings. This shift of consciousness is universal in everybody.”

*(continued on p. 4)*

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**C**limate news since mid-2018 has made it crystal clear: we are all experiencing the effects of climate change. If the reports issued by our government are too dry to feel urgent, we have only to look around. From the forest fires that decimated whole communities in California last fall to the sad news in January that penguins in Antarctica are disappearing with the sea ice, we are aware that in every region of this Earth the real and devastating impacts of climate change are felt.

Recently, I happened upon an article about ecological grief, and it struck a chord deep in my heart. *Ecological grief is "the grief that's felt in response to experienced or anticipated ecological loss"* ("It's Time to Talk about Ecological Grief" by Michaela Cavanagh from *Undark*). Our Earth family is experiencing this grief in huge numbers—although like other consequences of climate change it may be felt most keenly by our most vulnerable populations. Unlike other kinds of grief, though, we have no way to talk about ecological grief—no language for it yet, no rituals to help us process it.

The article goes on to say: "Grief can either paralyze you or galvanize you ... By beginning to pay attention to these intangible losses, we can expand the narrative of climate change and find ways to support one another, encourage action, and create healthy communities."

The desire to do just that has led Prairiewoods to focus the first two 2019 issues of our newsletter on turning with Earth. We hope to link arms with you in acknowledging our grief while also fostering *active hope—hope that allows us to move through our shared grief into action and resilience*. In this issue, we offer ideas for direct action, such as attending our upcoming program Earth Day: Eco-Grief & Earth Healing on April 22. (See page 9.) We invite you to think of Prairiewoods as a place where you can bring your grief: to feel it, to articulate it, even to transform it.

Finally, I invite you to jump start this transformation by joining us for *Spirituality in the 21<sup>st</sup> Century Living in the Mangle: Coming to Life in a World Alive*, facilitated by Charles Eisenstein and Bayo Akomolafe. Just as my heart immediately understood the concept of ecological grief, it also intrinsically sang with recognition upon reading Charles' book *The More Beautiful World Our Hearts Know is Possible*. We know, as a favorite song lyric says, "Underneath what's detectable with eyes/Every particle's vibrating with the one life" (*One* by Birdtalker). So, yes, even in our grief, our hearts know something more is possible.

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

## Living in the Mangle

April 12–13

Coming to Life in a World Alive

**S**pirituality in the 21<sup>st</sup> Century (SP21C) will be all about delving into the heart of the mangle. We will be leaning into the chaotic and mysterious uncertainty of living in between two stories, the elder one replete with separateness, hierarchies and imbedded dualisms, and the new one which celebrates 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 serve as our courageous navigators as we set sail in turbulent waters, and musician-of-the-earth Sara Thomsen will help us rock the boat! We look at this not so much as a conference but as a retreat in the best sense, where we celebrate and set aside a liminal space for reflection, connection and embodiment of an emergent spirituality. All aboard for an odyssey of spiritual depth and renewal!

**Bayo Akomolafe** is a self-described poet, philosopher, psychologist and professor who is “passionate about the preposterous.” He is an internationally-known speaker and author of *These Wilds Beyond our Fences: Letters to my Daughter on Humanity’s Search for Home*. Bayo is also the executive director and coordinating curator for The Emergence Network.

**Charles Eisenstein** is a philosopher who resides in the mangle and the author of five books, including *The More Beautiful World Our Hearts Know is Possible*, *The Ascent of Humanity* and, most recently, *Climate: A New Story*. In his writing, Charles explores the new story of inter-being, highlighting the necessity for a shift from a geochemical worldview to a living planet worldview.

**Sara Thomsen** is an artist of the melody whose music enlivens the spirit 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.

**Commuter Fee:** \$75 (\$80 after March 29) includes Saturday lunch (\$25 for Friday only or \$60 for Saturday only)

Register today at [www.Prairiewoods.org](http://www.Prairiewoods.org).



with facilitators  
**Bayo Akomolafe &  
Charles Eisenstein**  
& musician Sara Thomsen

Friday, April 12  
7–9 p.m.

& Saturday, April 13  
9 a.m.–3:30 p.m.

**St. Ludmila’s Catholic Church**  
211 21<sup>st</sup> Ave Southwest in Cedar Rapids

Special  
pre-SP21C  
retreat!

**The Grace of Decomposition Pre-SP21C Retreat**  
Tuesday, April 9, 8 a.m.–Wednesday, April 10, 5 p.m.

This is an opportunity for wading through the deep waters with Bayo and Charles! The retreat is a safe place for exploring awkward questions, offering bold new insights and claiming our dis-illusions, con-fusions and gradual awakenings.

Join Charles and Bayo for a retreat about living authentically between stories. The days will feature a hot breakfast; gentle tai chi movement; topics such as “The Call of the Compost,” “Making Sanctuary” and “Inter-Being”; a delicious Prairiewoods lunch; an afternoon Tea and Garden Crawl and a “De-Composition Circle” in which everyone has the grace of sacred space to listen and reflect back on the fullness of the day. Come wade in the waters!

**Fee for Pre-SP21C Retreat:** \$250 includes sessions, Tuesday night lodging, all Tuesday meals, and Wednesday breakfast and lunch

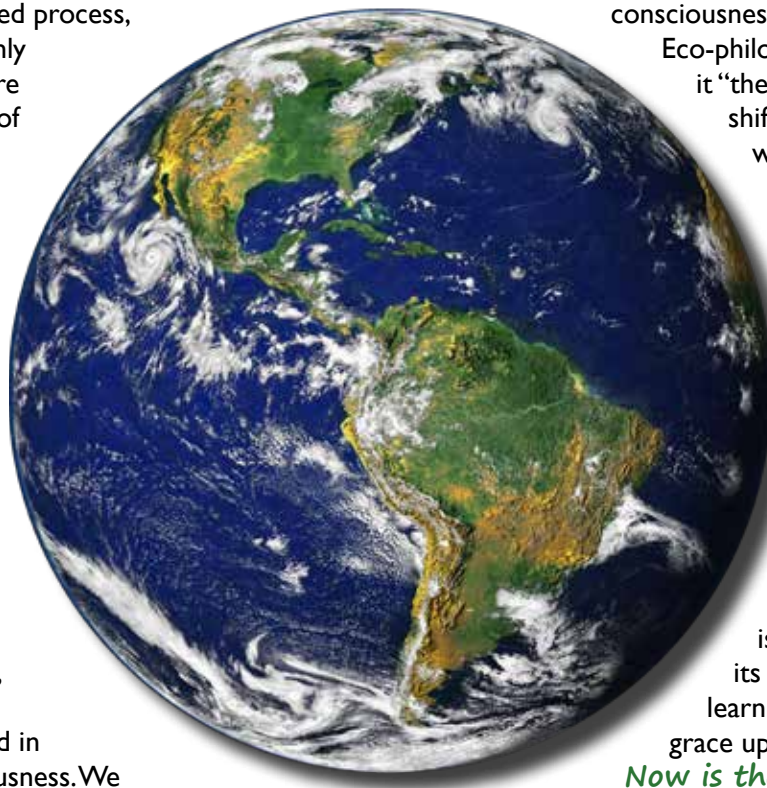
**Commuter Fee for Pre-SP21C Retreat:** \$200 includes sessions and daily breakfast and lunch (or \$100 for one day only)

# Re-Turning with Earth

(continued from p. 1)

*A communal shift in consciousness, in which the story of inter-being supplants the narrative of separation and domination, is what keeps us turning with Earth.* We are returning to an ancient mythos, a 13.7 billion-year journey, in which humanity is positioned within the web of life, not above it. Bio-being is a dynamic and thoroughly inter-connected process, one which humans are only learning now how to more fully engage as members of the whole. Our notion of WE is expanding exponentially.

In between the First and Second World Wars, mystic and paleontologist Pierre Teilhard de Chardin noted the slow march of progress toward the “noosphere,” or collective human consciousness. As humanity relates in more complex social networks, the noosphere grows in heightened awareness and in greater depth of consciousness. We are even becoming aware that our own active and intentional collective consciousness is creating reality. We co-create “morphogenic fields,” as author Judy Cannato said. These are fields of conscious intentionality that have the capacity to change the whole. Teilhard insisted that “cosmogogenesis,” in which creation is in the constant, dynamic state of re-creation, depends upon our active awareness and cooperation with that process. *We are essentially engaged in mid-wifing emergent life.* Eco-logian Thomas Berry has said this is our “great work” in the Ecozoic Era. We must listen to the wisdom of the slow-growth forests. We must make the oceans inhabitable once again for whales and dolphins, coral reefs and whole submarine ecosystems. *It is our great work to join together to hear the cries of creation, and to compost the deep wisdom of Earth’s regenerative seasons of living, dying and living again.*



Stock-piling and wasting must give way to composting and cultivating. It is our great work to purify the air, remove toxins from the soil, and make it possible for the bio-sphere to survive and thrive for future generations of human and other-than-human kin. And we must do it together.

So many inter-disciplinary voices are speaking with conviction about the momentous shift in consciousness that is arising in our time.

Eco-philosopher Joanna Macy has called it “the Great Turning,” when we have shifted our consciousness to the whole. Ken Wilber, exponent of an “integral model” of human development, says of this new consciousness that it represents a momentous leap for humanity. Cumulative and progressive learning integrates previous phases of awareness, wisdom and development, and creates something entirely new. Like codas in an exquisite symphony in which the chorus is repeated again and again until its melody is heart-sung, we are learning by sheer repetition—and grace upon grace—to turn, turn, turn.

*Now is the season.*

The essential shift prerequisite for the Great Turning, for co-creating a new phase of global being, is gaining momentum. Otto Scharmer, systems-thinker and co-creator of Theory U, has emphasized that the shift from *me* to *we*, or from *ego-* to *eco-awareness* is the primary paradigm shift that catalyzes whole-system revitalization. If we act in isolation from our other-than-human kin and Earth as a whole, the whole planet suffers. For this reason, Pope Francis has advocated an *integral ecology*, insisting that we address global crises with an integral approach, one that is essentially a reflection of the inter-connection of all life (*Laudato Si'*). Barbara Marx Hubbard, co-founder of the Foundation for Conscious Evolution, has called us *co-creators of our own future*. If we are indeed co-creators, we are a much bigger “we” than we have imagined, co-creating new life in the cosmic compost of the universe, turning and turning and turning. *Now is the season.*

by Laura Weber

“ Like codas in an exquisite symphony in which the chorus is repeated again and again until its melody is heart-sung, we are learning by sheer repetition—and grace upon grace—to turn, turn, turn. Now is the season. ”

**P**roject Drawdown ([www.Drawdown.org](http://www.Drawdown.org)) is a comprehensive plan to reverse global warming. The term *drawdown* refers to the point at which the concentration of greenhouse gases in the atmosphere begins to decline annually. Project Drawdown gathered an international group of researchers to identify, research and model the most substantive existing solutions to address climate change. The research suggests that humanity already has the means to rollback greenhouse gases. The project identified the 100 most substantive existing solutions. From their project report, here are the top 10:

## Solutions by Rank

1. Refrigerant management
2. Wind turbines (onshore)
3. Reduced food waste
4. Plant-rich diet
5. Tropical forests
6. Educating girls
7. Family planning
8. Solar farms
9. Silvopasture
10. Rooftop solar

**4. Plant-rich diet:** Cattle as a whole are the third-largest emitter of greenhouse gases. Diets that are heavy in meat are responsible for one-fifth of our global emissions. Eating more plants and plant-based proteins—including fruits, vegetables and grains—is an easy way to reduce emissions.

**10. Rooftop solar:** Check out I-Renew (the Iowa Renewable Energy Association) at [www.IRenew.org](http://www.IRenew.org). Not only does I-Renew offer resources for solar systems and installation, they also are seeking new members to serve on their nonprofit board! Globally, check out Vote Solar ([www.VoteSolar.org](http://www.VoteSolar.org)), a nonprofit that works to lower solar costs, expand access to solar, and advocate for state policies needed to repower the electric grid with clean energy.

### 1. Refrigerant management:

Appliances like refrigerators and air conditioners contain cooling agents called refrigerants. Two kinds of refrigerants, chlorofluorocarbons (CFCs) and hydrochlorofluorocarbons (HCFCs), contributed to the huge hole in Earth's ozone layer. Thankfully these were replaced by new HFCs that do not deplete the ozone, but they do significantly warm the atmosphere. To reduce the current climate impacts of refrigerants, properly dispose of old refrigerators, air conditioners and aerosol cans. (Contact your local municipality for proper disposal instructions.) Purchase products that have natural refrigerants, such as propane or ammonium. Share about proper disposal and natural refrigerants with friends, family, coworkers and elected officials.

**6. Educating girls:** Get involved in mentoring students. In Cedar Rapids, you can:

- serve students of color through a group like The Academy for Scholastic and Personal Success ([www.TheAcademySPS.com](http://www.TheAcademySPS.com))
- help kids in the foster care system through Foundation 2's Achieving Maximum Potential group ([www.Foundation2.org/Services/Youth/](http://www.Foundation2.org/Services/Youth/))
- mentor a student in grades K–12 with the Jane Boyd Achievement Academy ([www.JaneBoyd.org/Programs/Achievement-Academy](http://www.JaneBoyd.org/Programs/Achievement-Academy))

**3. Reduced food waste:** In developed countries, much food waste happens at the end of the food chain. This is because we expect that food looks perfect, or we buy more than we can eat. Practice mindfulness when purchasing food to help you buy less and make a habit of eating leftovers. If you do need to waste food, put it in compost rather than a landfill (where it can't break down). In Cedar Rapids, put all food scraps in your Yardy Bin and they will be composted for you! (The background image is of Prairiewoods' fertile compost bin.)

**9. Silvopasture:** Silvopasture is the intentional combination of trees, forage plants and livestock as an integrated, intensively-managed system. According to the Drawdown report, silvopasture both averts and sequesters emissions, while also protecting against climate changes that are already taking place. Peer-to-peer education has proven most effective for spreading these agriculture practices. Learn more at Trees Forever ([www.TreesForever.org/](http://www.TreesForever.org/) Agroforestry) and support local efforts to encourage sustainable agriculture, including joining a Community Supported Agriculture (CSA) program with a local farm. On a larger scale, support candidates and policies that encourage sustainable agricultural practices.

The following are some upcoming programs. (See the Retreat Brochure insert for information on all 2019 retreats.) For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Do You Know? Moving from Trance-formation to Transformation Friday, March 15, 6:30 p.m.–Sunday, March 17, 1 p.m.

**Facilitator:** Tom Roberts

*Do You Know*

*That things are as they should be?*

*Will you include yourself?*

*Trance-formation or transformation?* The wisdom teachers throughout the ages have implored us to wake up! To arise out of our half-conscious state of pervasive mindlessness, transform to fully embrace the core of our divine reality. In this retreat, we will continue our work of expanding the imposed (self and other) limitations that too often restrict our personal and spiritual progress. We will look closely, with care and compassion, at our limitations (those hard edges), transforming them into expansive permissions of authenticity and spiritual enrichment that will be absorbed into more and more areas of our lives.

*To be wise enough to know yourself*

*Loving enough to be your true self*

*Wild enough to grow yourself*

*While staying altogether true?*

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



## Transforming Ourselves Through Sound & Movement Saturday, March 16, 8 a.m.–6 p.m.

**Facilitator:** Conie Borchartd

Within us are the seeds of our becoming, the core characteristics of who we are and the dreams and plans of what our life is about. Through nourishing vocal and body practices, we will activate and recalibrate our cells. While noticing mindfully, we will practice gentle compassion with ourselves and others. With empowering songs and dances, we will nourish and encourage ourselves for the personal and collective work we are here to do.

Conie Borchartd of Points of Light Music is interested in spiritual embodiment. She has certificates in spiritual direction, Dances of Universal Peace and the Full Voice coaching Framework™, is a frequent presenter for Music that Makes Community, and often finds herself at Interplay groups, Feldenkrais classes and making snow labyrinths.

**Commuter Fee:** \$100 includes sessions and all Saturday meals (or add \$50 for optional overnight stay including Sunday breakfast)



## Saturday Soul-Stretch for Lovers of Embodied Spirituality

**Saturday, March 16, 8 a.m.–1 p.m.**

**Facilitators:** Laura Weber & Prairiewoods collaborators

Prairiewoods' monthly Saturday Soul-Stretch will help you de-stress, reconnect and sink deeply into the present moment! Learn all about it at [www.Prairiewoods.org](http://www.Prairiewoods.org).

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



## Hatha Way Yoga Mondays & Thursdays; March 4–April 29; 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

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

**Information Sessions:** Tuesdays, March 5 & 12, 5:30–6:30 p.m.

**Eight-Week Series:** Tuesdays, March 26–May 14, 5:30–8 p.m.

**Extended Class:** Saturday, April 27, 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)

**Seeing IS Believing: Visio Divina**  
**Tuesdays, March 5–April 30,**  
**10–11:45 a.m.**

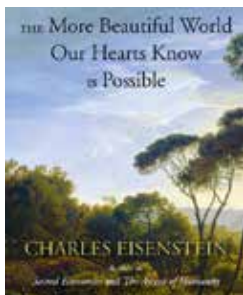
**Facilitator:** Lois Ocenosak

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, March 6–April 24,**  
**10–11:30 a.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 come whenever you can! Topics arise from within the hearts and minds of those gathered. This spring, explore *The More Beautiful World Our Hearts Know is Possible* by Charles Eisenstein, Prairiewoods' 2019 *Spirituality in the 21<sup>st</sup> Century* speaker. Reflecting with chapters covering "separation, despair, hope, pain, pleasure, consciousness, and many more, we will be invited to let the old Story of Separation fall away" so that we can stand firmly in a new Story of Being. Deep reflection, learning, lively conversation, laughter, storytelling and inquiry all generate incredible energy and spiritual stimulation! View TED Talks, converse, reflect, support and challenge one another to personal growth no matter what stage of life. Registration is not necessary. **Fee:** \$10 per session (but please come even if you cannot afford to pay)

**Going Inward with Sounds and Vibrations**  
**Wednesdays, March 6, March 20,**  
**April 3 & April 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



**Bridges to Contemplative Living with Thomas Merton**

**Thursdays; March 7, March 21,**  
**April 4 & April 18; 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

**Praying Together: Universal Lenten Series**

**Fridays, March 8–April 5,**  
**12:15–12:45 p.m.**

**Facilitator:** Emelia Sautter

Praying together is a sacred, communal practice that creates a positive field of healing energy for the whole of Creation. Join us over the lunch



hour for group prayer and meditation on the first five Fridays during Lent. Our time together will include an opening reading on a weekly theme (below), silent prayer or meditation, and a closing:

- **March 8:** Wildness & the Desert Within
- **March 15:** Stardust & Compost
- **March 22:** Creation & Chaos
- **March 29:** Exile: From Me to We
- **April 5:** Returning to Love: Radical Inclusion

You are welcome to bring a lunch to eat after our time of prayer.

**Fee:** Suggested donation of \$5 per session

**Sweat Lodge Ceremony**  
**Saturdays; March 9, March 23,**  
**April 6 & April 27; 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 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

**Drumming for Healing**  
**Mondays; March 11, March 25,**  
**April 8 & April 22; 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, March 12 & April 9, 9:30–11 a.m.; & Wednesdays, March 27 & April 24, 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; March 12, March 26, April 9 & April 23; 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!)

**Wednesdays, March 13 & April 24, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)**

**Facilitators:** 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:

- **March 13:** Pi Day Eve!
- **April 24:** World Book Day

Registration is required at least two days in advance, and each lunch is limited to 35 people.  
**Fee:** \$12 per session



## Flute Circle

**Wednesdays, March 13 & April 10, 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

## Men Exploring Faith

**Thursdays; March 14, March 28, April 11 & April 25; 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



## Spring Break Day

**Monday, March 18, 10 a.m.–2 p.m.**

**Facilitators:** Emelia Sautter, Angie Pierce Jennings & Andi Lewis

Calling all kids and families! Spend your first day of spring break enjoying nature and being creative at Prairiewoods. Bring the whole family for a fun-filled day that will help you connect with each other and with the land! The day will include a creative session of painting rocks to look like bugs, a delicious lunch, a seed starting project to take home and a guided nature walk.

All ages are welcome. Registration and payment are required by March 14.

**Fee:** \$25 per person (or \$20 per person when families register together) includes lunch

## It's Never Too Late to Discover Your Creativity

**Tuesdays, March 19–June 4 (except April 9), 1–2:30 p.m.**

**Facilitator:** Joni Reed Cooley

Find meaning through creative expression, connection, faith and joy. Joni Reed Cooley, who began painting in her fifties, will lead this series using Julia Cameron's book *It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*, which guides retirees to cultivate their creative self in the second half of life. This series is appropriate for both Artist's Way alumni and those new to the Artist's Way. Registration is required by March 13.

**Fee:** \$165 for eleven-week series, plus cost of book

*Offered in Partnership with Unity Point Hospice*

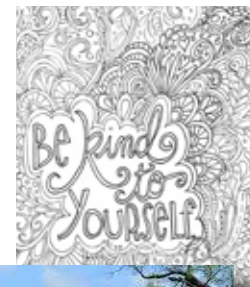
## Soul Care: Creative Arts Grief Support Group

**Wednesdays, March 20 & April 17, 5:30–7 p.m.**

**Facilitator:** Shalyn Gerlach, MSW

Take time to be with others in grief and engage your creative spark. Shalyn Gerlach from 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 March 20, choose an inspirational coloring page and practice being in the present moment through adult coloring. On April 17, make wildflower seed balls to help the monarch population grow. Registration is required by the previous Friday.

**Fee:** Free includes all art supplies



## Rock Mandala Painting for the Whole Family

Friday, March 22, 2-4 or 6-8 p.m.

Facilitator: Andi Lewis

Spend the last afternoon of Spring Break creating art with the whole family, or make it a fun date night Friday evening! Either way, everyone will enjoy learning the art of rock painting with mandalas, which are sacred works of art in the form of a circle. Use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas! 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 as a secret gift for a stranger to find! No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. Registration and payment are required by March 20.

**Fee:** \$13 per person includes rocks and art supplies



## Day of Self Renewal

Monday, March 25, 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, yoga or chair 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

Monday, March 25, 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

## Women in Interfaith Dialogue

Saturday, March 30, 10 a.m.-3 p.m.

Facilitators: Dr. Paula Sanchini, Virginia Melroy & Angie Pierce Jennings

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The topic for March 30 is cooperation and symbiotic relationships. You are invited to bring a reading or prayer to share with the group. Registration and dietary restrictions are required by March 27.

**Fee:** \$15 includes lunch

## Writers' Sharing Circle (formerly called Soul Stage)

Tuesday, April 16, 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

## EcoFest 2019

Saturday, April 20, 10 a.m.-4 p.m.

Don't miss the Earth Day fun at NewBo City Market! Visit [www.Facebook.com/EcoFestCR](http://www.Facebook.com/EcoFestCR) for details.



## Earth Day: Eco-Grief & Earth Healing

Monday, April 22, 6:30-8 p.m.

Facilitators: Laura Weber & Emelia Sautter

Join us in honoring this special day for Earth. The grief we experience as humans and the grief for Earth

are linked. We feel her pain and she feels ours. Let's explore this topic of eco-grief as well as spend time together outdoors giving and receiving healing energy. We are all one Earthly family! Registration is required by April 22 at noon.

**Fee:** \$10



## Healing Communities with the Labyrinth

Friday, April 26, 9 a.m.-4 p.m.

Facilitators: Ellen Bintz Meuch & Marion Patterson

Communities need help healing when disasters, emergencies or traumas strike. Join Ellen Bintz Meuch, founder of The Global Healing Response, as she guides us along the path of healing with a labyrinth. Labyrinths, walking paths for meditation and prayer, are found throughout the world and have been used for centuries for prayer and discernment. During this event, we will learn about the science behind unified intention; walk the labyrinth multiple times to send amplified, compassionate energy into our community; and process between walks to focus our energy. The labyrinth will help us dig deeper into discerning what our community needs for healing and how we can better facilitate that healing together. All are welcome, from labyrinth enthusiasts to first-timers. Registration is required by April 24.

**Fee:** \$45 includes lunch



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Thank you  
for all you are helping to  
**GROW**  
at Prairiewoods this spring!

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*feeling caught between  
what  
has  
been*  *what  
&  
is  
becoming?*

*Learn to lean into the new story  
at Spirituality in the 21<sup>st</sup> Century! (See page 3.)*

May/June 2019

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

coming to  
**life** in a  
*world  
alive!*

*“Jesus asked her, ‘Why are you crying? Who are you looking for?’ She thought he was the gardener.”*

*—John 20:15a-b*

**C**oming to life in a world alive invites authentic metamorphosis. It means waking up transformed, emerging from a cave of insular separation into an oasis of inter-connection. A classic Scriptural denouement in the resurrection narrative of John’s Gospel captures this essential shift as we transition from one Big Story to another. The scene of the garden appearance of the risen Jesus mirrors our own time of “living in the mangle,” i.e., the profound loss, sadness, disorientation and brokenness that feels like the finality of death. The whole experience catches the grief-stricken Mary Magdalene by surprise. She went to the garden tomb looking for a dead body to anoint and discovered new life. The idyllic garden, where it all began in the Genesis creation narratives and where death entered the fray, is somehow rejuvenated. The man and woman are in harmony once again, marked by intimate recognition, love and communion. “Mary,” he calls her. “Teacher,” she answers. *She thought he was the gardener.* And in a sense



*he was the gardener, cultivating an entirely new way of life. She had only to recognize the paradigm shift and*

*enter it whole-heartedly.*

*What is longing to be born anew in us in this season of “coming to life in a world alive?”* Where is our current shift? *Spirituality in the 21<sup>st</sup> Century* co-facilitators Bayo Akomolafe and Charles Eisenstein advocate living into the new story of inter-being, where everything in creation is tending toward union. Fading are the elder paradigms marked by entrenched hierarchy, domination, separation and dualistic thinking. Coming into focus is a new era of recognition that *we are all inter-connected*, and that we means ALL our relations, brother sun, sister moon, trees, air, water and other-than-human kin. We are a much bigger we than we ever imagined, all children of the stardust whose very atoms we share with everything that exists.

*(continued on p. 3)*

*garden photo by Jenifer Hanson*

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*"Our Lord has written the promise of resurrection,  
not in books alone, but in every leaf in springtime."  
—Martin Luther*

Spring and the celebration of Easter combine to turn our minds toward new growth, new life springing forth from both the earth and our hearts. In fact, each new season offers an opportunity to contemplate the very concept of seasons—that each quarter of the year has its own characteristics, its own activities and celebrations, its own reasons for sadness, joy, gratitude.

At this point in my own life, it feels impossible to contemplate the changing of seasons without coming to think about time itself. In Koine Greek, there are two words for time: *chronos* and *kairos*. *Chronos* denotes a period of time, while *kairos* refers to an occasion, a proper or appropriate time. The distinction is crucial for anyone who wrestles with the mystery of transformation, evident in our winter dyings and our springtime resurrections.

We each, undoubtedly, have our own concerns with chronological time and its swift passage.

At Prairiewoods, life seems to slow and coalesce. I find myself increasingly aware of *kairos*, a time in which we are appropriating a new consciousness of the interconnectedness of all being. During our annual *Spirituality in the 21<sup>st</sup> Century* event, Charles Eisenstein and Bayo Akomolafe explored with us what it means to be "living in the mangle," in this *chronos* AND in this *kairos*, as a new paradigm of inter-being is birthed. These are, truly, propitious times!

Prairiewoods invites everyone to join us in active, creative engagement with this new story. Earth Day programs will explore our deep grief—but also our call to action—for our common home. Summer retreats invite us into silence (June and July Silent Directed Retreats) and into embodied spirituality (Tai Chi and Yoga retreats). In July we go more deeply into the *kairos*, exploring spiritual regeneration during our Composting the Self: Churning the Nutrients of Change Retreat (July 16–19).

Theologian Pierre Teilhard de Chardin speaks of our response to the propitious moment, to *kairos*, when he says, "We spend our lives, all of us, waiting for the great day, the great battle, or the deed of power. But that external consummation is not given to many: nor is it necessary. So long as our being is tensed, directed with passion, towards that which is the spirit of all things, then that spirit will emerge from our own hidden, nameless effort."

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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[Ecospirit@Prairiewoods.org](mailto:Ecospirit@Prairiewoods.org)



(continued from p. 1)

*What might nourish our spirituality as we shift our focus to this new way of life? Here are five possibilities:*

- 1. Embrace the New Story.** Recognize and celebrate our profound inter-connection. Host a party for all creation! Include the trees, the bees and the seas. According to ecologist Thomas Berry, “The universe, by definition, is a single gorgeous celebratory event.” Affirm that all life finds its origins in one common Source, whether called Love, Energy, God, Big Bang, Flaring Forth or the Nameless Holy One. Living in light of the truth that we are all one is something to be cherished and celebrated.
- 2. Enter the shift with open mind, open heart, open will** (ala Otto Scharmer’s Theory U), recognizing and affirming that we must learn to love surprise. Practice letting go of dualisms (*us versus them*) and exclusivism (*we—our little in-group*). As our *we* expands, our soul magnifies the goodness of all creation. Renounce voices of fear, judgment and cynicism that lead to downloading old patterns that no longer serve the whole. Give ourselves over to the service of new life, life to the full and full life for all.
- 3. “Be a gardener. Dig and ditch ...”** suggested medieval mystic Julian of Norwich. Combat “nature deficit disorder” (the physical, psychological, emotional and spiritual effects of being alienated from nature) and “eco-grief” (grief as a response to ecological loss) with daily immersion in the beauty of creation ... and in its grittiness. Learn to love the process of composting, as what has been transforms into what is becoming. Study and mimic the life cycle of germinating, growing, thriving, dying and becoming anew.
- 4. Return to our animal senses and our pack mentality.** As eco-philosopher David Abram insists, our “becoming animal” once again is essential. Listen deeply, feel the warmth and vitality of our animal bodies, smell the aroma of pungent earth, intoxicating flowers and distant rains. Touch and knead the brown, fertile earth and float gently in the healing water of a clean river or eddying pool. Taste the delicious fruits of the earth and be mindful of every luscious texture and flavor. Bask in the fullness of our daily bread. *Corollary:* Pay attention to creature-kin, to plant-kin, to sacred breath. These are our elders and our teachers. We are not the center, nor the apex, just part of the web of life. If we return to our center as human-merely-being, compassion out-paces triumphalism. Love strengthens and expands the “we-space” for our other-than-human kin.
- 5. Act ourselves into a new way of being.** As eco-philosopher Joanna Macy suggests, embrace active hope by engaging in the work that reconnects. Invest in community. Make the phone call. Write the letter. Exercise embodied spirituality. Spend time in quiet contemplation and allow that generative energy to transform the heart. Engage in conversation rather than debate. Listen to the wisdom of the wind and the music of the howling wolf-pack. Affirm, challenge and co-create new ways of engendering life. Wake with holy desire. Rest with abundant gratitude. Expect surprise and generate expansiveness in the process. Become the *we* for whom we are desperately longing.

by Laura Weber



## A Night in the Green Prairie Garden

Support Prairiewoods at the *Garden Party* on  
*Saturday, June 8, at 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 3  
at [www.Prairiewoods.org](http://www.Prairiewoods.org) or 319-395-6700.

**O**pen the gate and come inside! This glorious destination, where sunshine and water have joined forces to bring forth a profusion of life, beckons you! Peeking out from abundant green growth are glowing colors: red tomatoes, orange nasturtium and purple plums. Beans snake their tendrils up metal trellises until they form shady alleyways, while sweet potato and pumpkin vines wind their way in tangling plenitude out of mounded piles of rich black earth. Even the compost is rich with color! In this sacred space, every bit of life contributes to nourishment of body and soul! Welcome one and all to a fabulous night of celebration in the Green Prairie Garden!

The *Prairiewoods 2019 Garden Party: A Night in the Green Prairie Garden* will transport you to our plentiful veggie garden, where every creature and plant, every drop of water and the work of every pair of hands contribute to a riot of growth and nourishment! On *Saturday, June 8*, join us in the second floor Ballroom at the DoubleTree by Hilton in downtown Cedar Rapids for a magical evening of food, fellowship and fundraising for Prairiewoods.

The Garden Party is a great way to support the wide variety of spiritual and ecological programming Prairiewoods provides throughout the year. Don't miss this chance to experience a night in the Green Prairie Garden!

### The festivities include:

- *5 p.m. Social hour* with cash bar, an impressive silent auction and Prairiewoods' own Dough for Dough game (in which you buy a delicious loaf of Prairiewoods bread for a chance to win \$300 cash!)
- *6 p.m. Delicious garden-themed 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!



# Youth Engaged in Care for Earth



"It's important to take care of the earth so the animals and birds and flowers don't die. It's important to keep it healthy because humans rely on all of those things to live and we are all connected."

—a second grader at Taylor Elementary School



"We lose our souls if we lose the experience of the forest, the butterflies, the song of birds, if we can't see the stars at night."

—Thomas Berry, geologist and lover of Earth

To take better care of Earth, we should: "Not use a lot of plastic because when you use plastic it ends up in the ocean which animals eat and can die. Switch to reusable bags for produce and buy glass jars instead of plastic."

—a second grader at Taylor Elementary School

Cultural historian and Earth-lover Thomas Berry often spoke of the great need for youth to experience nature first hand. When young people get their hands in the soil and learn about nature, they are able to lead us in creating a sustainable, thriving future. Here are just a few examples of local organizations that are engaging youth in the essential work of caring for Earth.

*Backyard Abundance*, who helped create Prairiewoods' Garden of Eat'n, engages young people in the creation and maintenance of outdoor classrooms, edible landscapes and fairy gardens, encouraging them to play and explore in nature.

*Matthew 25* created an urban farm in downtown Cedar Rapids. The farm is an education center for the neighborhood, where youth are invited to a hands-on experience with the process of growing food. The urban farm includes a natural playground, garden and green house where youth learn practical skills and cultivate hope for a sustainable future.

*Iowa Big* works with high school students, engaging them in environmental issues and other challenges to the community, opening up exciting and valuable learning possibilities.

Photos are courtesy of Prairiewoods, Backyard Abundance and Franciscan Sisters of Perpetual Adoration.



"I have had a number of parents apologize in advance that their child does not like vegetables ... I have yet to meet a kid that has grown a vegetable from seed that is not excited to take a great, big juicy bite once their veggie is ready for harvest."

—Jen Kardos, Backyard Abundance



My favorite part of nature is: "Animals, cheetah, chickens because they give us eggs, trees that give us air, bees that give us honey, cows that give us milk."

—a second grader at Taylor Elementary School



The following are retreats and programs that Prairiewoods is hosting in the next two months. 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

**Saturday, May 4, 8 a.m.–1 p.m.**

*(resuming next fall on Sept. 14)*

**Facilitators:** Laura Weber & Prairiewoods collaborators

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 sink deeply into the present moment. The day includes a hot breakfast and lunch, gentle tai chi movement, a sitting meditation to foster deep relaxation, a mindfulness walk in the beauty of Prairiewoods' 70 acres,

and to deepen your relationship with God, with yourself, with others and with Earth. Each day affords opportunity for healthy meals, lots of quiet personal reflection and an hour-long session with a spiritual director, who will help you sense and cite the movement of the Spirit in your life. An optional centering prayer session closes each day. Holistic services, such as massage, healing touch and reflexology, are available for an additional cost. Silent Directed Retreats are ideal for anyone who desires quiet time away from over-stimulation to return to one's 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 all of creation.

**Fee:** \$425 includes spiritual direction, lodging and all meals (*Lodgers only, please.*)



and exploration of a different spiritual modality each month, such as working with dreams, journaling, mandalas, labyrinths, breath-exercise, sounding, centering prayer, poetry for the soul, singing bowl meditation

or drumming. If you desire deeper relaxation, consider staying through Saturday dinner or Sunday breakfast.

**Commuter Fee:** \$50 includes breakfast and lunch (or add \$25 for an optional afternoon stay with dinner, or \$50 for an optional overnight stay with Sunday breakfast)

**June or July Silent Directed Sunday, June 9, 5 p.m.–Saturday, June 15, 1 p.m. or Sunday, July 7, 5 p.m.–Saturday, July 13, 1 p.m.**

**Facilitators:** Betty Daugherty, FSPA; Ann Jackson, PBVM; Lucille Winnike, FSPA; & Associate Spiritual Directors Kim Seward, BSN, RNT (June); & Rev. Rose Blank (July)

Invite yourself into a week of sacred space, solitude, rest, peace and prayer. Tap the love of all of creation amid the deep silence of 70 acres of prairie and woodland. Deepen your awareness of life's gifts. Regain a sense of balance. Learn to be still to live in the moment

## Hiking & Meditation

**Friday, June 21, 7 p.m.–Saturday, June 22, 6:30 p.m.**

**Facilitator:** Emelia Sautter

Your body, mind and spirit are invited to experience hiking, meditation, the summer solstice, solo time and gathering in community with others. The land welcomes you! Rest your mind and connect with Spirit in meditation. Balance and integrate with the summer solstice. Spend time walking the land at Prairiewoods (as a group and individually), meditating and sharing delicious meals together. Bring comfortable clothes for meditation and walking outdoors. Registration and payment are required by June 19.



**Fee:** \$180 includes sessions, Friday lodging and all Saturday meals (or add \$50 for an optional overnight Saturday, including Sunday breakfast)

**Commuter Fee:** \$150 includes Saturday lunch and dinner

**Transform with Toula, Be the Light Yoga & Wellness Retreat Monday, June 24, 11 a.m.–Thursday, June 27, 4 p.m.**

**Facilitators:** Carla Brems with Heather English, Andrea Parks & Raelene Newton

Sometimes taking time away from the hectic pace of life is not only desired but is actually required in order to transform yourself! *Yoga, mindfulness* and *wellness* are not just popular buzzwords, they are a way of combining ancient practices applied in modern times to gently pry yourself free of stagnant habits that block you from becoming who you are truly meant to be in this world. Join us for this opportunity to peel away the layers of yourself that no longer serve you on your journey to wholeness. Learn tools to support you as you take the steps toward a brighter, lighter self. The facilitators' passion for weaving together their extensive experience and gifts of teaching, tactile creativity, love of mother nature and leading retreats is sure to provide a transformational experience!

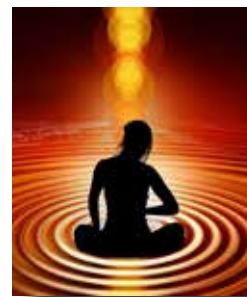
**Fee:** \$400 includes sessions, lodging and all meals (*Lodging is strongly encouraged.*)

**Commuter Fee:** \$325 includes sessions, daily lunch, and Tuesday and Wednesday dinner

**Action without Deeds: Balance & Grace through Tai Chi & Qigong Monday, June 24, 11 a.m.–Thursday, June 27, 4 p.m.**

**Facilitator:** Gerry Hopkins

Chinese martial and healing arts provide training methods for



rediscovering our original balance and inherent grace. Tai chi and qigong offer optimal ways to rest, stand, move and respond to both internal and external forces.



The goals are not accumulation but rather refinement. This involves as much unlearning as it does learning, maybe more, because as our self-awareness grows we discover the many ways we prevent ourselves from receiving and extending love. With practice and perseverance we develop composure and empower love. As Paul Linden notes, "Power without love is brutal and destructive. Love without power is weak and ineffective." We will also explore aspects of the other internal martial arts of China: the circular stepping of Bagua and the power exercises from Xingyi. Several Qigong sets, designed for improving the flow of energy through our bodies and sustaining good health, will be taught. (These exercises require adequate mobility and stamina.)

**Fee:** \$400 includes sessions, lodging and all meals (*Lodging is strongly encouraged.*)

**Commuter Fee:** \$325 includes sessions, daily lunch, and Tuesday and Wednesday dinner

**New!**

### For the Beauty of the Earth

Friday, June 28, 6:30 p.m.–

Sunday, June 30, 1 p.m.

**Facilitators:** Prairiewoods staff in partnership with the Audubon Society

This weekend retreat (which gets its name from John Rutter's famous hymn) calls to birders, butterfly-chasers and lovers of creation: Come immerse yourself in nature! If you love humming with the locust, praying with the mantis or singing with the summer breeze, this weekend will help you celebrate the beauty of Earth.



Beginning with an opening reflection to commence the process of slowing down and engaging the sluggish senses, ample opportunities for being in nature will be paired with lavish creative reflection time. Maybe you'll find yourself:

- Snapping a phenomenal photo of a frog hopping mid-air
- Peering through the binoculars and discovering the fluted feathers beneath the chirp
- Sketching the intricate pansy petal or swaying with the tremulous treeline by the gurgling creek
- Journaling under the stars or napping in the shade of Grandmother Oak
- Composing poetry while lounging in a hammock, or humming softly while floating in a sky chair

Celebrate with wine and cheese on the patio before dinner and sink into the softness of sleep in our comfortable Guest House. Surrounded by the festive dance of the prairie grasses and the gentle embrace of the welcoming woods, come and re-create yourself. Earth is calling you.

**Fee:** \$230 includes nature and reflection resources, lodging and all meals

**One Overnight Only:** \$180 includes nature and reflection resources, lodging (either Friday or Saturday night) and meals

**save the Date!** for these late summer and early fall retreats:

- **Spiritual Genealogy** with Miriam Brown, OP, Aug. 9–10
- **SoulCollage®: Accessing Ancestral Wisdom through Creativity, Imagery & Intuition** with Audrey Chowdhury, Aug. 16–18
- **Active Hope Renewed: Answering Earth's Call for Transformative Healing & Loving Action** with Kathleen Rude, Sept. 13–15
- **Spiritual Exercises in Everyday Life (S.E.E.L.) 12** with Ann Jackson, PBVM; Betty Daugherty, FSPA; & Lucille Winnike, FSPA; monthly beginning Sept. 14
- **Belonging to Our Longings in Troubled Times: A Seeker's Writing Retreat** with Karen Hering, Oct. 11–13

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

**New!**

### Composting the Self: Churning the Nutrients of Change

Tuesday, July 16, 8 a.m.–Friday, July 19, 1 p.m.

**Facilitators:** Emelia Sautter, August Stolba & Laura Weber

Composting breaks down organic matter into digestible nutrients for fruit, fiber, medicine and flowers. Our everyday lives contain habits that we repeat without reflection or intention. How often do we give ourselves the chance to be composted, allowing ourselves to redistribute our nutrients to serve a different calling or new purpose? Habitual practices can be composted, transformed to better feed our souls and the collective.

This retreat offers opportunity for purposeful breakdown. Digging deeply to remember what and who we really are—our true potential—affects the whole. This retreat will take place mostly outside, among the furrows of Prairiewoods' gardens, turning the compost, listening to the song of creation buzzing and chanting around the edges of the orchard, meandering through the labyrinth and voyaging into the deep roots of our heart's inner-knowing. Bring big life questions, small whispers of "what if," an open disposition, a pair of garden gloves and a reusable water bottle.

**Fee:** \$425 includes sessions, lodging and all meals (*Lodging is strongly encouraged.*)

**Commuter Fee:** \$350 includes sessions, daily lunch, and Tuesday and Wednesday dinner



## Wednesday Women

**Wednesdays; May 1, May 8, May 15 & June 19; 10–11:30 a.m.**

**Facilitator:** Ann Jackson, PBVM

Join women seeking spiritual enrichment, inspiration and motivation. This vibrant group of women finds spiritual growth in the supportive setting of Prairiewoods. Come any Wednesday! Topics arise from within the hearts and minds of those gathered. In May we will continue exploring *The More Beautiful World Our Hearts Know is Possible* by Charles Eisenstein, Prairiewoods' 2019 *Spirituality in the 21<sup>st</sup> Century* speaker. Deep reflection, learning, lively conversation, laughter, storytelling and inquiry all generate incredible energy and spiritual stimulation. We will also view TED Talks, converse, reflect, support and challenge one another to personal growth, no matter what stage of life. We will meet only twice this summer, June 19 and July 24, and resume weekly after Labor Day. Registration is not necessary. **Fee:** \$10 per session

## Going Inward with Sounds and Vibrations

**Wednesdays; May 1, May 15, June 5 & June 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



## Hatha Way Yoga

**Mondays & Thursdays; May 2–June 27; 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; May 2, May 16, June 6 & June 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

## Meaningful Memories: A Workshop for Parents

**Sunday, May 5, 2–4 p.m.**

**Facilitator:** Katie Tsilosani  
All parents and grandparents are invited to a special workshop facilitated by Katie Tsilosani of Purple Bloom School. Learn to better connect as a family and make mealtimes together more meaningful. You will create beautiful conversation centerpieces for the kitchen table to take home and share with your children or grandchildren at mealtimes. The day also includes a brief guided meditation and a tour of Prairiewoods' edible landscapes and Green Prairie Garden.

**Fee:** \$10 per family (1–4 parents and/or grandparents who register together)

## Rock Mandala Painting for the Whole Family

**Monday, May 6, 6–8 p.m.; Friday, May 10, 6–8 p.m. or Saturday, May 11, 2–4 p.m.**

**Facilitator:** Andi Lewis

During the week leading up to Mother's Day, bring mom to Prairiewoods for a fun, creative project the whole family will enjoy! Spend time together as

you learn the art of rock painting with mandalas, which are sacred works of art in the form of a circle. Use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas! 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 as a secret gift for a stranger to find! No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. (It is ideal for ages 10 and over.) Registration and payment are required at least two days in advance, and this class always sells out, so register today! **Fee:** \$13 per person includes rocks and art supplies



## Seeing IS Believing: Visio Divina

**Tuesdays, May 7–June 25, 10–11:30 a.m.**

**Facilitator:** Lois Ocenosak

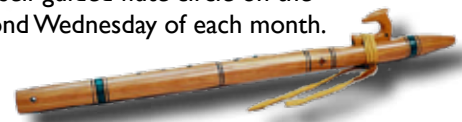
Come together in a circle of trust to integrate imagination, learning and prayer through the practice of *Visio Divina*, or holy seeing, on Tuesday mornings. A contemplative practice of praying the Scriptures while viewing visual art, *Visio Divina* involves listening to the word of God, viewing art, 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

## Flute Circle

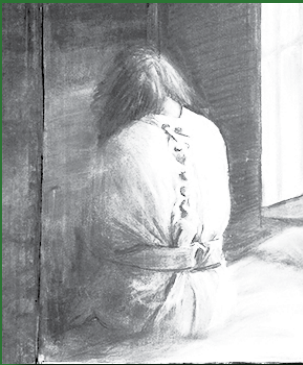
**Wednesdays, May 8 & June 12, 6–7:30 p.m.**

**Facilitators:** participants

Are you inspired by the Sweetgrass Flute & Nature Festival held at Prairiewoods each 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 Wednesday of each month.



*In Honor of Mental Health Month*  
**“My Name is Frances” Artist’s Reception & Display**  
**Wednesday, May 8, 4–6 p.m.**  
**Facilitator:** Kathy Schumacher



May is mental health awareness month, a time for fostering conversation and action around mental health issues and offering opportunities for holistic healing.

Prairiewoods is honored to present the compelling visual narrative of an Iowa woman whose story went untold until her granddaughter’s moving images brought it into the light. “My Name is Frances,” by local artist and Prairiewoods’ friend Kathy Schumacher, will be on display in the Prairiewoods Center during the month of May. Join Kathy for an Artist’s Reception on May 8, beginning with an artist’s presentation at 4:30 p.m. Kathy will explain how, in 11 large charcoal images, she has recreated the devastating journey of her grandmother through the Iowa Asylum for the Insane in Independence in the 1940s. Kathy’s research of her grandmother’s medical records uncovered statements such as “they left me alone for hours” and “she had 21 electric shock treatments with no improvement.” These entries helped the artist connect deeply with her grandmother’s pain and have spoken powerfully to many who have viewed the collection in recent years and suffered the effect of mental health illness in their own families. Her art will help heal and catalyze us on the way toward greater compassion and action. Subject matter is appropriate for high school or college students, mental health professionals, pastoral counselors, book clubs, art enthusiasts and anyone interested in issues of mental health.  
**Fee:** Suggested donation of \$5 to help Prairiewoods continue to offer spiritual and educational programs for holistic health and healing

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; May 9, May 23, June 13 & June 27; 7–8:30 p.m.**

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

**Drumming for Healing**  
**Mondays; May 13, June 3 & June 24; 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**  
**Tuesday, May 14, 9:30–11 a.m., & Wednesday, May 22, 6:30–8:30 p.m.**  
**Facilitators:** participants

Practice your hobby in the company of new friends! If you enjoy knitting or crocheting, 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. *On Tuesday morning, June 11, and Wednesday evening, June 26, this group will meet off-site. Call Prairiewoods for a location.*  
**Fee:** Free

**Evening Centering Prayer**  
**Tuesdays; May 14, May 28, June 11 & June 25; 5:30–7 p.m.**  
**Facilitator:** Judith Edwards

Centering prayer is a form of meditation focused on praying in silence. Relax, clear your mind and find God’s presence within you during this time of silence and centering prayer. This group meets in the Guest House, and you may join at any time.  
**Fee:** Free-will offering

**Y.O.L.O. (Your Other Lunch Option!)**  
**Wednesday, May 15, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)**  
**Facilitators:** 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. The theme for May is National Chocolate Chip Day, so bring your sweet tooth! Registration is required at least two days in advance, and each lunch is limited to 35 people. This is the last Y.O.L.O. until November, so register today!  
**Fee:** \$12



## Offered in Partnership with Unity Point Hospice

### Soul Care: Creative Arts Grief Support Group

Wednesdays, May 15 & June 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 from 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 May 15, create sand art using colored sand and glass containers. On June 19, write emotions on broken pieces of a bowl, and then reconstruct the bowl from its pieces. Registration is required by the previous Friday.

Fee: Free includes all art supplies

### Sweat Lodge (Inipi) Ceremony Saturdays; May 18, June 1 & June 22; 6:30–10 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 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

### Day of Self Renewal Mondays, May 20 & June 17, 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, yoga, chair yoga or guided nature experience.) 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 20 & June 17, 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

### Community Singing Tuesday, May 21, 6–8 p.m.

Facilitator: Carol Tyx

Come together with people of all ages and lift your voices with purpose, passion and joy! Carol Tyx, Prairiewoods' artist in residence, will guide you to sing simple layer songs, rounds, spirituals and various 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 learn how singing can create community in various situations, such as moments of transition and celebration.

Fee: Free-will offering

### Prairiewoods 2019 Garden Party: A Night in the Green Prairie Garden

Saturday, June 8, 5–8 p.m.

See p. 4 for complete details.

### Writers' Sharing Circle Tuesday, June 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

### Women in Interfaith Dialogue Saturday, June 29, 10 a.m.–3 p.m.

Facilitators: Dr. Paula Sanchini, Virginia Melroy & Angie Pierce Jennings

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. The topic for June 29 is beauty and joy. You are invited to bring a reading or prayer and an object that is representative of your faith tradition or the topic to share with the group. The day will include Dances of Universal Peace. Registration and dietary restrictions are required by June 26.

Fee: \$15 includes lunch

## Clarification from Our Last Issue

Many thanks to Alan Kessler, former board chair and refrigeration expert, for contacting us with the following clarification on the article "Practical Solutions for Climate Change" from our March/April Newsletter:

"The recommendation under 1) Refrigerant Management to 'Purchase products that have natural refrigerants such as propane or ammonium [sic]' is a serious safety concern. These natural materials are highly flammable and also toxic in the case of Ammonia. There are no product safety standards for using these natural materials as refrigerants in conventional household products such as refrigerators or air conditioners. Further, it is illegal to use these natural flammable refrigerants as replacements in products designed for other materials."

Please visit Project Drawdown's website ([www.Drawdown.org](http://www.Drawdown.org)) for the specific citation of methodologies they recommend.

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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*In honor of Betty Daugherty,*  
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Thank you  
for planting the seeds of

HOPE

at Prairiewoods  
this summer!



120 E Boyson Rd  
Hiawatha IA 52233

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



Prairiewoods 2019 Garden Party  
*A Night*  
in the  
*Green Prairie*  
*Garden*

Saturday,  
**June 8,**  
at 5 p.m.

**See p. 4 for  
complete details!**

July/August 2019

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

Make  
space  
for *Hope!*

**O**n a recent afternoon, I ventured outside for a quiet break in the Healing Garden at Prairiewoods. The sun was warm in the deep

azure sky, but it felt good on my arms after the air-conditioned coolness of my office. As I sat on the garden bench, the branches of a bush cherry brushing against my back in the breeze, I was happily surprised to see a small ruby-throated hummingbird hovering at the feeder that hangs above the statue of St. Francis.

After fluttering there for a long moment, the tiny bird landed and dipped its long beak into the waiting nectar. Suddenly, I heard an angry buzzing and a rufous hummingbird, green-hued and larger than the delicate ruby-throated, swooped in and attacked. After a brief mid-air skirmish, the smaller bird flew off and the larger continued to hover near the feeder. The rufous hummingbird did not drink, it just buzzed protectively around the feeder like a guard at a bank vault, preventing the other hummingbird's access.

At first, I identified with the tiny ruby-throated bird: minding its own business, simply attempting to meet its daily needs but being blindsided and beset by brute forces outside itself. In identifying the ruby-throated bird (and by extension, myself) as the "good guy," I automatically cast the jewel-toned green hummingbird as "the bad guy." As I watched this backyard drama continue, the smaller bird repeatedly rebuffed in its attempts to drink at the fount of sweet water, *I couldn't help thinking of this ordinary scene as a microcosmic illustration of the world in which we are living.* Shifting my perspective, I saw that in the larger story of our world, most of us are actually more similar to the rufous hummingbird—protective of what we think of as ours, responding to others in need as threats to meeting our own needs, actively engaging in a hierarchy of being that makes it our right to exert power over other human beings—moreso, over all the rest of creation.

*(continued on p. 3)*



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*"Our relationship with the earth involves something more than pragmatic use, academic understanding, or aesthetic appreciation. A truly human intimacy with the earth and with the entire natural world is needed."*

—Thomas Berry, *The Dream of the Earth*, p. 13

**P**rairiewoods Franciscan Spirituality Center opened its doors in July of 1996 as a ministry of Franciscan Sisters of Perpetual Adoration (FSPA) of La Crosse, Wisconsin, on land that had been purchased years earlier by the FSPA

community.

The foundational vision for this center, with its 70 acres of woodlands and prairie, 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 at Prairiewoods 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.

In the 23 years since our founding, Prairiewoods has continued to take seriously our role as stewards of this land and all of the lives—human and otherwise—nurtured here. As we've evolved and grown, the foundresses, whose vision first established Prairiewoods, felt the time had come to propose an important next step in the care and protection of the land, water and biodiversity on these 70 acres. *At the FSPA community convocation in June of 2018, the FSPA voted "yes" to a proposal to place Prairiewoods into a conservation easement with the Iowa Natural Heritage Foundation!*

The purpose of the conservation easement is to continue to provide a safe habitat for diverse species by protecting the land at Prairiewoods from further development. The easement ensures that, even if Prairiewoods or the FSPA for any reason cease operations and/or no longer own the land, its status as protected remains intact.

*We plan to celebrate the finalizing of the conservation easement on Oct. 4, St. Francis Day, here at Prairiewoods!* The exact plans are not quite ready, but we hope you will save time that day to join us—either at the formal celebrations or by visiting the land itself. Watch our Facebook page and the next newsletter for the specifics of the celebration!

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)

In his work, Charles Eisenstein calls this the story of separation. The premise of this story, Eisenstein says, is that each of us is a separate individual in a universe that is, in turn, separate from us. *Human nature in this story is to protect ourselves against a hostile universe of competing forces by exerting as much control as possible.* We feel isolated and powerless to change the story in which we are caught. Eisenstein calls us to co-author a new story of interbeing. In this new story: “Every act we take ripples out to affect the whole world, and eventually comes back to affect ourselves as well. Rupert Sheldrake articulates the same understanding as the principle of morphic resonance: a change that happens in one place generates a field of change that causes similar changes to happen everywhere ... The principle of interbeing or morphic resonance coincides with our felt experience of significance when we engage the people and land around us with love, courage, and compassion” (Charles Eisenstein, *Scaling Down*, [www.charleseisenstein.org/essays/scale-in-the-story-of-interbeing](http://www.charleseisenstein.org/essays/scale-in-the-story-of-interbeing)). *In the paradigm of interbeing, no act of compassion, love, activism or hope is ever wasted because it adds to the global field of compassion, love, hope.*

Interbeing, though arising as a concept from Buddhism, resonates across many spiritual paths. Theologian Paul Knitter, in discussing the concept of interbeing as applied to Christianity, says: “If we Christians really affirm that ‘God is love’ and that Trinity means relationality, then I think the symbol Buddhists use for *Sunyata* (*InterBeing*) is entirely fitting for our God. God is the field—the dynamic energy field of InterBeing—within which, as we read in the New Testament (but perhaps never really heard), ‘we live and move and have our being’ (Acts 17:28). Or, from the divine perspective, there is ‘one God above all things, through all things, and in all things’ (Eph. 4:6). This presence ‘above, through, and in’ can fittingly and engagingly be imaged as an energy field which pervades and influences us all, calling us to relationships of knowing and loving each other, energizing us when such relationships get rough, filling us with the deepest of happiness when we are emptying ourselves and finding ourselves in others” (Paul F. Knitter, *Without Buddha I Could Not Be a Christian*, Oneworld Publications: 2009).

Interbeing tells us we are not merely individuals seeking our own nourishment at the bird feeder, heedless of a larger context. Instead, *we are participants in the community of creation, called to a new vision—a cloud of hummingbirds, each one participating in a dance of community nourishment.* “Whether we know it or not, whether we like it or not, we are embedded in community,” says

Parker Palmer in his essay *Thirteen Ways of Looking at Community*. “Whether we think of ourselves as biological creatures or spiritual beings or both, the truth remains: we were created in and for a complex ecology of relatedness, and without it we wither and die. This simple fact has critical implications: *community is not a goal to be achieved but a gift to be received* ... Long before community can be made manifest in outward relationships, it must be present in the individual as a ‘capacity for connectedness.’”

Living into our capacity for connectedness requires courage. It asks us to venture into territory we may have actively avoided in the past, where our compassion is ignited and extended outward and our definitions of things like violence, mercy, forgiveness, healing are radically altered to bring them in close, rather than continue to hold them at arm’s length. When we fully enter into community as a gift and interbeing as our deepest story, our *me* becomes *we*, leaving us deeply vulnerable. However, when we hurt or encounter suffering, the experience becomes a gateway to hope. As Palmer describes it, *suffering transforms from something that merely breaks us into experience that breaks our hearts open, wide enough to hold new possibilities and visionary solutions.* Learning to embrace the resilience born of interbeing and interconnection will help us find the courage as a community to live into and through what feels like an era of chaos and painful disruption, to co-author the world held in Prairiewoods’ vision statement of “people everywhere, awakened in consciousness and energized by the loving, creative Spirit of the Universe into a community, moving together into wisdom, compassion and the fullness of life.”

In her recent address *Loving a Vanishing World* (2019 Chrysalis Symposium at OSU’s Spring Creek Project), Emily Johnston suggests that we are living in the time that offers the greatest possibility for affecting the future of our Earth in a positive way—greater than any future time, anyway. She says, “Our gift, and our task, is far more powerful ... because we still have the chance to make the space for hope—to act in such a way that hope might exist for others who come after us.” Each of us has our own unique set of opportunities, talents, gifts and energies to contribute. Alone, we might feel what we offer to our hurting world is insignificant. Interbeing reminds us that we are part of a vast web, a community linked by our shared creation with all life. *Interbeing reminds us that we are capable of adding in significant ways to the global field of compassion and love. And yes, even to the field of hope.*

by Jenifer Hanson

# Green Prairie Garden Partnership

“Produce is a very healthy addition to anyone’s diet, but especially helpful for lower-income community residents, who likely have other barriers to good health.”

—Christine Kirpes,  
Metro Catholic Outreach

“I have come to know many of the volunteers that come out each week and it has become a small community of people for me. After being away from the garden during the winter I look forward to seeing everyone again in the spring!”

—Ginny Fleming, volunteer

**E**ggplants, delecta squash, carrots and an array of lettuces! Several dozen different kinds of produce grow in abundance in the Green Prairie Garden to delight the honeybees, Prairiewoods guests and people throughout the Cedar Rapids community.

For the last four years, Prairiewoods and Metro Catholic Outreach (MCO) have partnered to cultivate the Green Prairie Garden, a huge sustainably-grown produce garden encompassing 1,400 square feet on the grounds at Prairiewoods.

Thanks to a huge team of volunteers from MCO and Prairiewoods, this garden grows about 2,000 pounds of produce each year! One-third of that bountiful harvest is used to make 8,000 meals for Prairiewoods guests. The remaining two-thirds—a whopping 1,300 pounds of produce—goes to people in need in our community through the MCO food pantry. This provides high-quality, fresh produce to hundreds of families in the greater Cedar Rapids community who deal with food scarcity every day. So in addition to canned and boxed goods, families in need are getting potatoes and carrots, tomatoes and apples, plums and peppers.

We at Prairiewoods are so grateful for this amazing partnership with Metro Catholic Outreach, as it has reinforced for us lessons about symbiotic relationships, shared workloads, the importance of fresh foods, and adopting a mindset of abundance instead of scarcity.

## GREEN PRAIRIE GARDEN

“The Prairiewoods environment is natural, energizing, and peaceful. Volunteers get more out of it than we put in, and the sense of community grown while serving our larger community is very positive.”

—Christine Kirpes,  
Metro Catholic Outreach



# Green Prairie Garden Partnership



“I love knowing that any food I cannot use in the Prairiewoods kitchen is feeding other families. I love the fact that we are helping people who need food—and not just any food, but healthy vegetables that we all put our love into growing.”

—Tara King, Prairiewoods



“As I volunteer at the garden I try to remember to say a prayer for those who will be receiving the vegetables.”

—Ginny Fleming, volunteer



We need even more volunteers to help with this amazing garden! This is a great way to be a part of a team and work with the land on your own schedule. If you'd like to get involved, please contact Emelia Sautter at [esautter@prairiewoods.org](mailto:esautter@prairiewoods.org).



“Everyone is impressed at the synergy of the garden. Effort goes into planting, growing, and harvesting, but the resulting growth and amounts harvested seem to be more than the effort going into it. (I suspect ‘Nun Energy!’)”

—Christine Kirpes, Metro Catholic Outreach



The following are retreats and programs that Prairiewoods is hosting in the next two months. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## July Silent Directed

**Sunday, July 7, 5 p.m.–Saturday, July 13, 1 p.m.**

**Facilitators:** Betty Daugherty, FSPA; Ann Jackson, PBVM; Lucille Winnike, FSPA; & Associate Spiritual Director Rev. Rose Blank

Invite yourself into a week of sacred space, solitude, rest, peace and prayer! We will tap the love of all of creation amid the deep silence of 70 acres of prairie and woodland. We will deepen our awareness of life's gifts. We hope to regain a sense of balance. We will learn to be still to live in the moment and to deepen relationships with God, ourselves, others and Earth. Each day will afford us opportunity for healthy meals, lots of quiet personal reflection and an hour-long session with a spiritual director, who will help us sense and cite the movement of the Spirit in our lives. An optional centering prayer session closes each day. A Silent Directed Retreat is ideal for any of us who desire quiet time away from over-stimulation to return to our 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 all of creation.

**Fee:** \$425 includes spiritual direction, lodging and all meals (*Lodgers only, please.*)



## Composting the Self: Churning the Nutrients of Change

**Tuesday, July 16, 8 a.m.–Friday, July 19, 1 p.m.**

**Facilitators:** Emelia Sautter, August Stolba & Laura Weber

Composting breaks down organic matter into digestible nutrients for fruit, fiber, medicine and flowers. Our everyday lives contain habits that we repeat without reflection or intention. How often do we give ourselves the chance to be composted, allowing ourselves to redistribute our nutrients to serve a different calling or new purpose? Habitual practices can be composted, transformed to better feed our souls and the collective. This retreat offers opportunity for purposeful breakdown. Digging deeply to remember what and who we really are—our true potential—affects the whole. This retreat will take place mostly outside, among the furrows of Prairiewoods' gardens, turning the compost, listening to the song of creation buzzing and chanting around the edges of the orchard, meandering through the labyrinth and voyaging into the deep roots of our heart's inner-knowing.

**Fee:** \$425 includes sessions, lodging and all meals (*Lodging is strongly encouraged.*)

**Commuter Fee:** \$350 includes sessions, daily lunch, and Tuesday and Wednesday dinner



## Spiritual Genealogy

**Friday, Aug. 9, 6:30 p.m.–Saturday, Aug. 10, 6:30 p.m.**

**Facilitator:** Miriam Brown, OP

Sometimes we ponder the Gospel genealogies of Mary and Joseph. These were carefully composed to give a sense of, in today's idiom, "where Jesus was coming from." His family tree gives clues to his possible personality-bent and gifts, his faith groundings and values, some ancestral wrong-headedness to set right, visions to tweak and carry forward, hopes to be fulfilled. Exploring where we come from helps us recognize and appreciate who we are:

the cosmic and human-family stories of our beginnings; our enveloping yet evolving faith, social culture, worldviews and values; some humor, foibles, passions, sorrows, unfinished business from prior generations; and our own spirituality and desires that run deep. We come to explore the holy people we come from—both situational and chosen. This is how the Mystery of Life and Love works in our lives and pours forth into the future. As we put our genealogies together, it will be an invigorating and holy celebration.

**Fee:** \$180 includes sessions, lodging and all Saturday meals (or add \$55 for an optional overnight Saturday, including Sunday breakfast)

**Commuter Fee:** \$150 includes sessions and all Saturday meals



## SoulCollage®: Accessing Ancestral Wisdom through Creativity, Imagery and Intuition

**Friday, Aug. 16, 6:30 p.m.–Saturday, Aug. 18, 1 p.m.**

**Facilitator:** Audrey Chowdhury

Life is a tapestry woven from the threads of ancestral lineage. Our ancestors are a tremendous resource, available for guidance and information about who we are and where we came from. They love to speak to us through creative processes. In this retreat, we will play with ways to get in touch with them. We will tap into this great well of wisdom and experience with our creative imagination, guided imagery, SoulCollage®, mandalas and intuitive writing. We will learn about ancestral memory and explore our heritage through these portals.

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

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



## Active Hope Renewed: Answering Earth's Call for Transformative Healing & Loving Action

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

**Facilitator:** Kathleen Rude

“Active Hope is not wishful thinking,” Joanna Macy writes. “Active Hope is not waiting to be rescued by some savior ... Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.” Move through the spiral of *The Work That Reconnects* with a rich exploration of our interdependence with all life. Kathleen Rude will help us invite fellow species to speak through us in the beloved ceremony, *The Council of All Beings*. We will spend time in the woods and prairie to hear what Earth is inviting us to embrace and to receive inspiration and healing for our weary, overwhelmed hearts and souls. In supportive community, we will honor our pain for the world, reconnect to active hope and find clarity around how we can play a part in the healing of our beautiful planet. This retreat includes experiential practices, mask making, movement, inspirational readings and simple rituals. It's engaging, it's invigorating and it gives us 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



## Tallgrass Conversations: In Search of the Prairie Spirit

Friday, Sept. 20, 6:30 p.m.–Saturday, Sept. 21, 6:30 p.m.

**Facilitator:** Thomas Dean

Conversation is perhaps our greatest hope, not only for healing the rifts in human understanding, but also for restoring and reinspiring our relationship with the natural world. If we think of *conversation* as encounter and interaction that creates something new—understanding, inspiration, care, healing—then conversation with our native landscape can nurture a deeper relationship with and sense of stewardship of the tallgrass prairie, one of the most altered and threatened ecosystems in the world. To be in search of the prairie spirit here in this place on Earth, then, means to engage in tallgrass conversations.

The Friday night event—which is open to the public—will consist of Thomas Dean reading and sharing photographs from his recently-released book *Tallgrass Conversations: In Search of the Prairie Spirit*, as well as discussion about how conversation can enhance our relationships with the natural world. The day-long Saturday workshop will continue the discussion but focus greatly on us encountering the prairie, generating creative expression and sharing that creative expression with one another.

**Fee:** \$195 includes sessions, lodging, all meals and a copy of *Tallgrass Conversations* (or add \$55 for an optional overnight Saturday, including Sunday breakfast)

**Commuter Fee:** \$165 includes sessions, Saturday lunch and dinner, and a copy of *Tallgrass Conversations*

**Friday-Only Book Reading Fee:** \$10



## Hatha Way Yoga

Mondays & Thursdays; July 1–Aug. 29;  
9:30–10:30 a.m., 10:45–11:45 a.m. &  
5:30–6:30 p.m.

**Facilitators:** Cindy Hathaway & Carla Brems

Join us as we link our movements with our 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. Let's see how our bodies and souls can benefit from yoga! *This group will not meet July 4 in honor of the holiday.*

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

## Seeing IS Believing: Visio Divina

Tuesdays, July 2–Aug. 27, 10–11:30 a.m.

**Facilitator:** Lois Ocenosak

Come together in a circle of trust to integrate imagination, learning and prayer through the practices 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 our hearts speak and resting with God. Various works of art are used for the sessions, including pieces from *The Saint John's Bible*, professional artists and local artists. Each session stands alone, so we invite you to attend whenever available.

**Fee:** \$5

## Going Inward with Sounds & Vibrations

Wednesdays; July 3, July 17, Aug. 7 &  
Aug. 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 us in gentle movement through the song of bowls to connect with our inner selves. Sitting or laying on yoga mats, we will listen and just be! Allowing the sound and feel of the vibrations of the bowls to go inward, our souls will rest and our selves will be recreated!

**Fee:** \$10 per session



**Sweat Lodge (Inipi) Ceremony**  
**Saturdays; July 6, July 20, Aug. 3 & Aug. 24; 6:30–10 p.m.**

**Facilitator:** Kerry Batteau

Participate in a sacred ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which we sit on the Earth around heated stones. The ceremony includes sacred songs and prayers and is followed by a communal meal. Please register. A signed release form is required.

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



**Prairiewoods Knitters & Stitchers**

**Tuesdays, July 9 (offsite) & Aug. 13, 9:30–11 a.m., & Wednesdays, July 24 & Aug. 28, 6:30–8:30 p.m.**

**Facilitators:** participants

Practice knitting and stitching in the company of new friends! This group of crafters of various skill levels create handmade goods—such as hats, mittens, blankets and baby items—for charity twice a month. New participants (even those who don't knit or stitch yet!) are always welcome.

*This group will meet off site on July 9. (Call Prairiewoods for a location.)*

**Fee:** Free



**Evening Centering Prayer**  
**Tuesdays; July 9, July 23, Aug. 13 & Aug. 27; 5:30–7 p.m.**

**Facilitator:** Judith Edwards

Centering prayer is a form of meditation focused on praying in silence. Join us as we relax, clear our minds and find God's presence within us during this time of silence and centering prayer. This group meets in the Guest House. Each

session stands alone, so we invite you to attend whenever available.

**Fee:** Free-will offering

**Flute Circle**  
**Wednesdays, July 10 & Aug. 14, 6–7:30 p.m.**

**Facilitators:** participants

Spend time developing your love of music in the company of others! This is a peer-led group of Native American–style flute players that meets the second Wednesday of each month. We welcome all skill levels—even those who don't play the flute! Let's spend time together making music and appreciating the beauty of this indigenous instrument!

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



*Save the Date!*  
**Sweetgrass Flute & Nature Festival**

**Friday, Sept. 27–Sunday, Sept. 29**

Make plans now to join us for the fifth annual Sweetgrass Flute & Nature Festival! This is a free weekend of live music, mind-body-spirit workshops and nature activities for the whole family.

**Men Exploring Faith**  
**Thursdays; July 11, July 25, Aug. 8 & Aug. 22; 7–8:30 p.m.**

**Facilitator:** Bob Davis

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

**Fee:** Free-will offering

**Drumming for Healing**  
**Mondays; July 15, July 29, Aug. 12 & Aug. 26; 6–7 p.m.**

**Facilitator:** Sheri Mealhouse (Hawkwoman)

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

feeling the Creator's rhythm inside of us—can be a deeply spiritual experience. Join us to see how it resonates with your inner spirit! No experience is necessary, and all ages are welcome. Percussion instruments are available. Depending on weather, we will meet outside or in the Art Room.

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

*Offered in Partnership with Unity Point Hospice*

**Soul Care: Creative Arts Grief Support Group**

**Wednesdays, July 17 & Aug. 21, 5:30–7 p.m.**

**Facilitator:** Shalyn Gerlach, MSW

Take time to be with others in grief and engage the creative spark. Shalyn Gerlach from Unity Point



Hospice facilitates this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, we explore a different creative medium. In July, we will create art on glass. In August, we will work with sand trays and bottles, allowing us to explore the texture and feel of sand. Please register by the previous Friday.

**Fee:** Free includes all art supplies

**Bridges to Contemplative Living with Thomas Merton**

**Thursdays; July 18, Aug. 1 & Aug. 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. Each session stands alone, so we invite you to attend whenever available. *This group will not meet July 4 in honor of the holiday.*

**Fee:** \$5 per session

## Rock Mandala Painting for the Whole Family

Friday, July 19, 2–4 p.m., or  
Saturday, July 20, 6–8 p.m.

**Facilitator:** Andi Lewis

Spend a summer afternoon creating art with the whole family on Friday, or make it a fun date night or friends outing Saturday evening! Either way, everyone will enjoy learning the art of rock painting with mandalas, which are sacred works of art in the form of a circle. We will use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas! Facilitator Andi Lewis will guide us in this fun, relaxing process that can be done by anyone, regardless of age. We will have time to paint several rocks and will be encouraged to take one rock home and leave one as a secret gift for a stranger to find. No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. (It is ideal for ages 10 and over.) Please register and pay at least two days in advance. This class always sells out, so register today!

**Fee:** \$13 per person includes rocks and art supplies



## Summer Mindfulness Meditation Retreat Day

Saturday, July 20, 9 a.m.–3 p.m.

**Facilitator:** Chris Klug

In *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, Jon Kabat-Zinn writes, “When we can be centered in ourselves, even for brief periods of time in the face of the pull of the outer world, not having to look elsewhere for something to fill us up or make us happy, we can be at home wherever we find ourselves, at peace with things as they are, moment by moment.”

Mindfulness



is the power of mind to be deeply aware of what’s happening—without commentary or interference. Research reveals numerous benefits to our nervous systems, emotions and general sense of well-being. During this silent retreat day, Chris Klug will guide us to practice mindfulness in silence through sitting meditation, walking meditation, mindful movement and mindful eating. It is open to all, so feel free to attend whether you are new to mindfulness or practice regularly. Chris, a grief counselor and mindfulness teacher, has been an instructor in the Mindfulness Based Stress Reduction program at the University of Iowa Hospitals and Clinics since 2001. Please bring your own lunch.  
**Fee:** \$25

*Save the Date!*  
**Mindfulness-Based Stress Reduction (MBSR) Information Sessions**  
Tuesdays, Sept. 10 & 17,  
5:30–6:30 p.m.

Learn about an eight-week series (Sept. 24–Nov. 12) on mindfulness during one of two information sessions in early September.

## Day of Self Renewal

Mondays, July 22 & Aug. 26,  
8:30 a.m.–4:30 p.m.

**Facilitator:** Angie Pierce Jennings

Find rest and relaxation for mind, body and spirit! During this tranquil day, we will enjoy two 40-minute holistic services, group guided meditation, singing bowl prayer, 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, yoga, chair yoga, guided nature experience or labyrinth meditation.) Please register, pay a nonrefundable deposit of \$25 and let us know your top three services choices at least 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 22 & Aug. 26,  
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. In these sessions, we let the resonant sounds of Himalayan and crystal singing bowls relax our entire bodies and create a pathway for clearer connection with the Divine. We can simply breathe and receive!

Some yoga mats and pillows are available.  
**Fee:** \$5 per session

## Labyrinth Meditation

Monday, July 22, 2:30–3:15 p.m.

**Facilitator:** Angie Pierce Jennings

A labyrinth is a powerful ancient symbol of our journey through life. It has been a part of almost every culture and religious tradition in



history. The labyrinth is not a maze; it has a single path that leads to the center of the circle and then back out. This winding path takes us on an inward pilgrimage to our own center and leads us toward the Divine. Walking the labyrinth is a spiritual, prayerful practice. Join us for a guided labyrinth meditation on our outdoor labyrinth. (In case of inclement weather, we will walk the indoor labyrinth.) Please register by the previous Friday.

**Fee:** \$5

*Save the Date!*  
**Mary Oliver Celebration**  
Tuesday, Sept. 10, 6:30–8 p.m.

Celebrate eco-poet Mary Oliver on what would have been her 84th birthday with an evening of poetry and Earth appreciation!

**Anam Cara Art Journaling**  
**Tuesdays; July 23, July 30, Aug. 6 & Aug. 13; 1–2:30 p.m.**

**Facilitator:** Angie Pierce Jennings

As John O'Donohue writes, "Anam is the Gaelic word for soul and *cara* is the word for friend. So *anam cara* in the Celtic world was the soul friend." In this four-part series, we will read and reflect on passages from O'Donohue's deeply spiritual book *Anam Cara: A Book of Celtic Wisdom*. We will use the process of art journaling as a creative way to further contemplate and explore the concepts of the book. Feel free to bring a journal or mixed media tablet, colored pencils and watercolor paints. (We will have some art supplies available.) Artists of all experience levels, including beginners, are welcome. Feel free to enjoy this as a series or individual sessions. Please register for each session by the previous Friday.

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



**Wednesday Women**  
**Wednesday, July 24, 10–11:30 a.m.**

**Facilitator:** Ann Jackson, PBVM

Join women seeking spiritual enrichment, inspiration and motivation in the supportive setting of Prairiewoods. Topics arise from within the hearts and minds of those gathered. We foster deep reflection, learning, lively conversation, laughter, storytelling and inquiry to generate incredible energy and spiritual stimulation! We view TED Talks, converse, reflect, support and challenge one another to personal growth, no matter what stage of life. We meet monthly in the summer (except August) and weekly during the school year. Registration is not necessary.

**Fee:** \$10 per session

**Dream Catcher Class**  
**Tuesdays, July 30 or Aug. 20, 6:30–8 p.m.**

**Facilitators:** Beck Wirfs & Emelia Sautter

Join us in setting intentions while building a catcher for our dreams. We will learn to create the form, weave the inner web and adorn the catcher with ribbons, beads and feathers. Let's weave and create together! All art supplies will be provided, but feel free to bring special baubles or crystals to weave in as well. Please register and pay for each session by the previous Friday.

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



**Qigong for Heart Health**  
**Mondays, Aug. 5–26, 1–2:15 p.m.**

**Facilitator:** Gerry Hopkins

Qigong is a gentle exercise involving whole body movement, deep breathing and mental focus. The purpose of qigong is to cultivate energy, or *qi*, in order to improve health and enhance overall well-being. Dr. Aihan Kuhn, a Chinese medical doctor trained in both Western and Traditional Chinese Medicine, has selected certain qigong movements and combined them into a series she believes benefits the heart. In this four-week series, we will learn how to perform this special qigong set. Facilitator Gerry Hopkins has been practicing martial arts for more than 30 years and studying tai chi and qigong for more than 20. He has taught tai chi and qigong for 15 years and has studied with Dr. Kuhn since 2013.

**Fee:** \$50 for four-week series

*Save the Date!*

**Qigong for Diabetes & Digestive Issues**  
**Mondays, Sept. 9–30, 1–2:15 p.m.**

Learn and practice a set of qigong movements designed to improve diabetes, aid digestion and control weight issues in this four-week series.

**For Children and Families**  
**Summer Family Fun Day**  
**Thursday, Aug. 8, 10 a.m.–2 p.m.**

**Facilitators:** Angie Pierce Jennings, Emelia Sautter & Andi Lewis

Calling all kids and families! Spend a summer day enjoying nature and being creative at Prairiewoods. Bring the whole family for a fun-filled day that will help us connect with each other and with the land. The day will include a creative art session, a guided tree meditation, a delicious lunch, a nature walk, learning about the labyrinth, a scavenger hunt and free time outside. All ages are welcome. Please register and pay by Aug. 6.



**Fee:** \$25 per person (or \$20 per person when families register together) includes lunch

**Guided Nature Experience:**  
**Tree Wisdom**

**Monday, Aug. 26, 2:30–3:30 p.m.**

**Facilitator:** Emelia Sautter

Trees are lovely spiritual companions. Let's sit with them and listen to their wisdom! As Mary Oliver wrote, "It's simple, they [the trees] say, 'and you too have come into the world to do this, to go easy, to be filled with light, and to shine.'" Registration is appreciated but not required. Please dress for the outdoors.

**Fee:** \$10

*Save the Date!*

**Tallgrass Conversations: In Search of the Prairie Spirit Book Reading**

**Friday, Sept. 20, 6:30–8:30 p.m.**

Join local author Thomas Dean for a book reading about the healing that can come from encountering and interacting with the tallgrass prairie, including the land at Prairiewoods. (See p. 7 for complete details about the retreat that will follow the book reading.)

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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- Please send your mailings electronically to \_\_\_\_\_.
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Are you on social media? Find "Prairiewoods FSC" on:



## Seniors in the Sun

**P**rairiewoods is excited to invite area green thumb seniors to come soak up the sun in our new *Seniors in the Sun* volunteer program! In teams of two or three, we invite you to come on a regular rotation to tend to our Guest House Flower Garden, the Green Prairie Garden for vegetables or the edible Garden of Eat'n surrounding our Center. Seniors who require wheelchairs or walkers can work in our raised garden beds or our year-round indoor Tower Garden. Prairiewoods will provide the gardening tools, and seniors can enjoy all the

health and wellness benefits of being in the garden while helping us weed, water, prune and harvest during the summer months. We also invite our guests to linger in the shade, hang out on the patio, rest on a swing, nap in a hammock and enjoy a cold beverage. Seniors in the Sun will have all the joy of gardening AND enjoy the hospitality and refreshment of Prairiewoods!

For more information or to sign up, contact Associate Director Laura Weber at 319-395-6700 or [lweber@prairiewoods.org](mailto:lweber@prairiewoods.org).

September/October 2019

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

## *Prairiewoods Land Placed in Conservation Easement*

Oct. 4 of this year will mark a significant step in the story of Prairiewoods, when most of these 70 acres of woods and prairie will be placed in a conservation easement with the Iowa Natural Heritage Foundation. Through the signing of this easement, the land will be forever protected from future development. This is a guarantee that Prairiewoods will remain as it is now, a place where woods and prairie are protected, where wildlife flourishes and where our human spirits are renewed as we experience the Divine present with us in the constantly renewed heart of creation. Even future buildings that might be needed in the next chapters of the Prairiewoods story will be permitted only within a limited area close to existing structures.

**T***he land at Prairiewoods has a story to tell.* Its story stretches back much further than we have the ability to know, since it emerged from the one far-distant, singular and spectacular event that is the source of all life in the universe.

This story has been told by thousands of actors who have taken their place on the stage over the millennia, first by very simple life forms, then through more and more complex and diversified expressions of the love forever flowing from a Creator God, the Source of All Being.

Chapter after chapter, story within story, huge chunks of time were needed to keep the narrative alive and moving. And it was not so long ago, as reflected in the great scope of evolutionary history, that peoples of the First Nations dwelt here; members of the Sauk and Fox (Meskwaki) lived in belonging and harmony with these woods and grasslands. Their spirits remain.

In 1837 the government of the United States acquired this land and opened it for settlement. A survey that followed described topography, soils, tree species and the size of streams. The team conducting this survey noted the *abundance and variety of trees, the enormous size of the oaks and the ample open space between them for ground level sedges and other plants.*

Several families owned the land before 1962, when Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin, purchased these 70 acres in an undeveloped area of Hiawatha as a possible site for administrative offices for a new province. This plan never developed and, by 1994, members of the community were ready to begin telling a new story about this land and making the choices that eventually came together as *Prairiewoods—a spirituality center based on the Franciscan concept that creation itself is the great arena of life where the voice of God can be heard.*

*(continued on p. 3)*

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*"Praise be you, my Lord, through our sister, Mother Earth, who sustains and governs us."*

—St. Francis of Assisi

**O**n Mount Subasio, just over four miles above Assisi, stands the Eremo delle Carceri, a monastery built on a site beloved by St. Francis of Assisi. When our pilgrimage group arrived there, it was still early morning and the view of Assisi and the valley below were enshrouded in mist, adding to the feeling of isolation from the greater world.

After mass in the chapel and a claustrophobia-inducing tour past the small rock grotto where St. Francis often slept on retreat, I stood in the quiet woods, listening to the birds. When Pope Francis took his name, he called Francis of Assisi "the man of poverty, the man of peace, the man who loves and protects creation." Standing in that mountain forest, I felt a part of creation—not just a random visitor to Carceri or to Earth, but a relative: just as Francis' own words describe.

In Italy, Father Andre, our pilgrimage leader, taught us about Franciscan history, theology, practice. Before my trip I thought of St. Francis as a kindly, holy soul who loved animals. Learning about Franciscan theology and Franciscanism's history within the Church was eye-opening. As Richard Rohr, OSF, says, "Throughout history, the Franciscan School has typically been a minority position inside of the Roman Catholic and larger Christian tradition, yet it has never been condemned or considered heretical—in fact, quite the opposite ... For Franciscans, the incarnation was not just about Jesus but was manifested everywhere once you learned how to see spiritually. As Francis said, 'The whole world is our cloister!'" (*Eager to Love: The Alternative Way of Francis of Assisi*).

This is what lies beneath and upholds the profound joy all of us at Prairiewoods feel as Franciscan Sisters of Perpetual Adoration (FSPA) enter the land here into a conservation easement agreement with the Iowa Natural Heritage Foundation. If Francis felt the need to go into the woods to escape the demands of civilization in a mountain village in a sparsely populated world, imagine the need today. Here in Hiawatha, FSPA is establishing a protected space where all are welcome to experience peace and space, to find themselves as part of creation. Importantly, the easement carves out space where deer and fox, groundhogs and beavers, birds and pollinators all have a safe place to call home.

The easement signing ceremony and celebration is scheduled for Oct. 4, St. Francis Day. On behalf of FSPA and Prairiewoods, I hope that you will come home and join us for all or part of the events that day! (See p. 12 for complete details.)

Peace and all good,

Jenifer Hanson, Director



Eremo delle Carceri, Italy



Prairiewoods is a Catholic ecospirituality retreat and conference center in the Franciscan tradition. It is a nonprofit ministry sponsored by 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.

The Prairiewoods staff collaborates to publish this newsletter bimonthly. Content, except where otherwise noted, is created by our staff in consultation and with care to offer a uniquely Prairiewoods perspective.

Please address all correspondence to:

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[www.Prairiewoods.org](http://www.Prairiewoods.org)  
[Ecospirit@Prairiewoods.org](mailto:Ecospirit@Prairiewoods.org)



(continued from p. 1)

*We tell our stories through the choices we make.* This choice, to protect this space from the intrusion of future development, rests soundly on the heritage of those earliest Franciscans, Francis and Clare, both known and loved for their own expressions of joy in creation. The mystic Francis found union with God through all of creation. In his *Canticle of Creation*, he sings the praises of sun and stars, fire and water. He praises Mother Earth with all of her diverse and astounding expressions of life.

This theme is central in the writings of many Franciscan theologians. Early follower Bonaventure spoke of creation as the “speech of God.” Ilia Delio, OSF, writes that, “To stand in creation as the sacrament of God is to stand in mystery” (*Care for Creation*).

In its Mission Statement, Prairiewoods promises to offer a sacred space for those seeking greater intimacy with God, Self, Others and Earth.

### *The easement ensures that:*

- The Franciscan value of protecting the environment will remain a tangible FSPA legacy to the people of the area.
- We, as a community, take a stand for all life in an age of great environmental destruction.
- Most of these 70 acres of natural beauty and ecological assets will remain forever preserved as a habitat for wildlife.
- Even if these acres are eventually sold, the new owner is bound by all terms of the easement “in perpetuity.”

This conservation easement seems even more significant in this time when *the climate crisis we are now in threatens all of life.* Trees and the land itself are our allies as we do what we are called to do. The stakes are high.

We offer this prayer from Pope Francis, who in his encyclical, *Laudato Si': On Care for Our Common Home*, addresses our God who speaks to us through creation:

All-powerful God,  
You are present in the whole Universe  
and in the smallest of your creatures.  
You embrace with your tenderness  
all that exists.  
Pour out upon us the power of your love,  
that we may protect life and beauty.  
Touch the hearts of those who look only for gain  
at the expense of the poor and the Earth.  
Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly tied with every  
creature as we journey toward your infinite life.  
Amen.

*Help us celebrate this huge milestone on Oct. 4!  
(See p. 12 for complete details.)*





## Earth's Sensuous Eloquence

**W**hat is Earth-language? Earth's sensuous eloquence has enraptured artists, poets, musicians and mystics for millennia. Love and loss, terror and awe have been variously interpreted as brilliant sunsets molten with saturated reds and golds; morning mists rolling through ancient moors; dappled, sun-kissed prairie flowers swaying in the summer breeze; lush primeval forest streams springing forth into serene, limpid pools. *Wildly diverse and captivating natural phenomena are synced primordially with human perception and language to reveal profoundly felt experiences.* Poets especially invoke natural metaphors to summon depths of insight about life, love and loss that otherwise elude expression. Witness the metaphorical nature-language of the erotic lyrical poetry of the ancient biblical Song of Songs:

How beautiful you are, my darling,  
how beautiful you are!  
Your eyes are doves  
behind your veil.  
Your hair is like a flock of goats  
streaming down Mount Gilead.  
Your teeth are like a flock of ewes to be shorn,  
that come up from the washing,  
All of them big with twins,  
none of them barren.

Like a scarlet strand, your lips,  
and your mouth—lovely!  
Like pomegranate halves, your cheeks  
behind your veil ...  
Your breasts are like two fawns,  
twins of a gazelle  
feeding among the lilies.  
Until the day grows cool  
and the shadows flee,  
I shall go to the mountain of myrrh,  
to the hill of frankincense.

—Song of Songs 4:1–6

Many elements of our direct experience, our perception and even our language are intricately intertwined with the

scintillating energy and allure of the natural world. This is our Mother-tongue, our common

Earth-language.

Ancient indigenous peoples wove their stories, etched dramas, and danced shades of meaning through metaphors of nature. Pre-literate communities performed rituals that celebrated the language of Earth as it opened paths to the divine. Post-Enlightenment Romantic philosophers and poets had a mesmerizing effect on how we perceived and translated our relationship with Earth and other-than-human kin. (Think Thoreau and Emerson for American perspectives.) *Only in the techno-industrial age have we become desensitized and disembodied in both our perception and language.* Marketing sound bites and internet memes create a need for expedient access and excessive consumption. This world-view espouses a conception of Earth as a repository of disposable consumables, valuable or meaningful mostly as raw material. Earth is no longer perceived as our sacred, mysterious, effulgent Mother, or as a tensile web of interconnected life, but as a fetid waste-station. We cannot learn Earth-language because we cannot hear, see, touch, smell and taste her delights.

Eco-philosopher David Abram laments how “the human mind came to renounce its sensuous bearings, isolating itself from the other animals and the animate Earth” (*The Spell of the Sensuous: Perception and Language*). Abram notes how words have been employed as merely codes of abstracted thought, not an “echo of the deeply interconnected matrix of sensorial reality” (*Becoming Animal: An Earthly Cosmology*). *We have all but lost the full spectrum of our animal sensorium, and have preferred a world that is two-dimensional and digital.* Computer codes have re-written our perception and dissected language into tiny bytes, *off* or *on*, *zero* or *one*. Dichotomy reigns and nuance has faded. Our alphabet itself, in which letters stand for sounds, not pictures of elements of the natural world, further widens the chasm between our senses and our perception of meaning and the natural world. We have become communicators of transaction more than conveyors of mysterious truths enshrined in Earth's astounding diversity, energetic dynamism and timeless rhythms. We have all but lost the Mother-tongue.

What might we recover by listening to the deep breathing of Earth's forests and the “icy streams tumbling down granite slopes, by owl wings and lichens, and by the unseen, imperturbable wind?” (Abram, *Spell of the Sensuous*). *Our animal senses can re-awaken us to an ancient eloquence—Earth's own language—if we would listen, see, taste, smell, touch and learn.*

# 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 us everything from beginning stained glass to dance to playing didgeridoo. Come play and learn!



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



Sept. 27–29

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

Come hear the voice of the land! The fifth annual Sweetgrass Flute & Nature Festival is coming to Prairiewoods *Sept. 27–29*. This free, family-friendly festival includes live performances by internationally renowned musicians from around the country. We will be mesmerized by 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 ourselves in indigenous music, nature and mind-body-spirit wellness. A variety of creative workshops for kids and adults are scheduled throughout the festival, so the whole family can experience inner transformation, learning and fun! With a stroll through vendor village, we'll find great food, singing bowls, one-of-a-kind crafts, handmade flutes, essential oils, nature-inspired jewelry and more. For the first time, this year's festival will feature traditional hoop dances by Ronnie Preston on Friday and Saturday evenings.

*The festival culminates Sunday afternoon with Prairiewoods' popular Blessing of the Animals at 3 p.m.* Every member of the family—even those with fur, wings, scales and fins—are invited 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 are 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 the whole family will love!*

## Sweetgrass Flute & Nature Festival

Friday, Sept. 27, 5–9 p.m.

Saturday, Sept. 28, 10 a.m.–9 p.m.

Sunday, Sept. 29, 11 a.m.–4 p.m.

(Blessing of the Animals at 3)

The following are retreats and programs that Prairiewoods is hosting in the next two months. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Active Hope Renewed: Answering Earth's Call for Transformative Healing & Loving Action

Friday, Sept. 13, 6:30 p.m.–Sunday, Sept. 15, 3 p.m.

**Facilitator:** Kathleen Rude

“Active Hope is not wishful thinking,” Joanna Macy writes. “Active Hope is not waiting to be rescued by some savior ... Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.” In this retreat, we will move through the spiral of *The Work That Reconnects* with a rich exploration of our interdependence with all life. Kathleen Rude will help us invite fellow species to speak through us in the beloved ceremony, *The Council of All Beings*. We will spend time in the woods and prairie to hear what Earth is inviting us to embrace and to receive inspiration and healing for our weary, overwhelmed hearts and souls. In supportive community, we will honor our pain for the world, reconnect to active hope and find clarity around how we can play a part in the healing of our beautiful planet. This retreat includes experiential practices, mask making, movement, inspirational readings and simple



rituals. It's engaging, it's invigorating and it gives us 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

## Saturday Soul-Stretch for Lovers of Embodied Spirituality

Saturdays, Sept. 14 & Oct. 12, 8 a.m.–1 p.m.

**Facilitators:** Laura Weber & Prairiewoods collaborators

*“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”*

—Pierre Teilhard de Chardin

Wake up! Wake up! The weekend is here. Saturday Soul-Stretch will get us out of bed and back into our full-spectrum humanity! Come to Prairiewoods once a month to de-stress, reconnect and sink deeply into the present moment. A hot breakfast starts the day, followed by gentle tai chi movement and a sitting meditation to foster deep relaxation. Once we're relaxed and engaged, we'll sip a cup of aromatic tea and enter into a whole new realm of exploration with a different spiritual modality each month, such as working with dreams, journaling, creating mandalas, walking the labyrinth, practicing breath-exercise, sounding, centering prayer, poetry for the soul, singing bowl meditation or drumming. To cap off the morning's spiritual work-out, we'll enjoy a mindfulness walk in the beauty of Prairiewoods' seventy acres of prairie grasses, trees, streams and gardens, with only the owls, squirrels, turkeys and deer as our companion-guides. Finally, we'll return to the Center for a scrumptious lunch and leave happy and refreshed.

**Commuter Fee:** \$50 includes breakfast and lunch (or add \$25 for an optional afternoon stay with dinner, or \$50 for an optional overnight stay with Sunday breakfast)



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

**Spiritual Exercises in Everyday Life (S.E.E.L.) 12**

Saturdays, Sept. 14 & May 16, 9 a.m.–3 p.m.; and Saturdays; Oct. 12, Nov. 9, Dec. 7, Jan. 11, Feb. 8, March 7 & April 4; 9 a.m.–1 p.m.

**Facilitators:** Ann Jackson, PBVM; Betty Daugherty, FSPA; Lucille Winnike, FSPA; & Karen Skalitsky (Sept. 14 only)

*“We long to sense how God reveals God's love within and through daily activity.”*

*“We desire to establish a practice of daily prayer and to deepen prayer.”*

*“We yearn to discern the future of life as it unfolds daily.”*



Past S.E.E.L. retreatants cite these longings and learnings among the greatest gifts of the S.E.E.L. Retreat. We learn more about St. Ignatius of Loyola, founder of the Jesuit Community, who offered the Spiritual Exercises to help seekers who long to develop a disposition of the heart and the words to articulate the movement of God in daily life. During these nine-months, S.E.E.L. retreatants gather monthly at Prairiewoods to enter into the Exercises in prayer and reflection. Between monthly gatherings, each retreatant receives daily readings to spur prayer and meets monthly with a spiritual director to listen to insights that arise within prayer and to learn the art of discernment. Some retreatants find it so beneficial they participate in S.E.E.L. year after year! If you are interested in going deeper in your spiritual journey, contact Ann Jackson, PBVM, at 319-395-6700, ext. 203 for a registration form.

**Commuter Fee:** \$450 (payable in September 2019 or in monthly installments of \$50), plus the cost of monthly spiritual direction sessions paid separately (usually \$45 per hour)

## Tallgrass Conversations: In Search of the Prairie Spirit

Friday, Sept. 20, 6:30 p.m.–Saturday, Sept. 21, 6:30 p.m.

**Facilitator:** Thomas Dean

Conversation is perhaps our greatest hope, not only for healing the rifts in human understanding, but also for restoring and reinspiring our relationship with the natural world. If we think of *conversation* as encounter and interaction that creates something new—understanding, inspiration, care, healing—then conversation with our native landscape can nurture a deeper relationship with and sense of stewardship of the tallgrass prairie, one of the most altered and threatened ecosystems in the world. To be in search of the prairie spirit here in this place on Earth, then, means to engage in tallgrass conversations.



The Friday night event—which is open to the public—will consist of Thomas Dean reading and sharing photographs from his recently-released book *Tallgrass Conversations: In Search of the Prairie Spirit*, as well as discussion about how conversation can enhance our relationships with the natural world. The day-long Saturday workshop will continue the discussion but focus greatly on us encountering the prairie, generating creative expression and sharing that creative expression with one another.

**Fee:** \$195 includes sessions, lodging, all meals and a copy of *Tallgrass Conversations* (or add \$55 for an optional overnight Saturday, including Sunday breakfast)

**Commuter Fee:** \$165 includes sessions, Saturday lunch and dinner, and a copy of *Tallgrass Conversations*

**Friday-Only Book Reading Fee:** \$10

## Belonging to Our Longings in Troubled Times: A Seeker's Writing Retreat

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

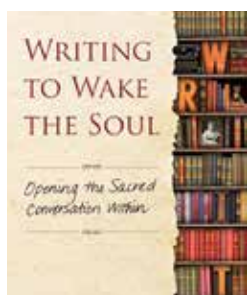
**Facilitator:** Karen Hering

What transformative power might we discover if we followed our heart's longings while opening our life to the needs crying out in the world today? Perhaps we already have and wish to be encouraged. Perhaps we have just recently heard our heart speak and are wondering how to begin. Perhaps, in the noise of our times and the busyness of our life, we find it difficult to hear our heart's soft voice at all. In this weekend retreat, we'll use guided writing, conversation, gentle movement, and activities both playful and contemplative to listen for the wisdom rising from our own lives and bodies. We will consider how the world's needs today can help us understand our own longings more deeply and clearly.

And we'll join in community, encouraging one another and discovering the transformative power of belonging to our longings in troubled times. For writers and nonwriters alike.

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

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



## Introducing the new Prayer Experience Series!

Prairiewoods is pleased to announce a new ongoing series focused on a group prayer experience that is open to all. Feel free to enjoy this as a series or as individual sessions. Registration is appreciated but not required. We will experience walking in prayer in September and contemplative prayer in October. Save the date for Tuesdays in November as this group prayer series continues!

### Prayerful Walking

Tuesdays; Sept. 3, 17 & 24; 11:30 a.m.–12 p.m.

**Facilitator:** Angie Pierce Jennings

Celebrate the goodness of creation with others as we walk the land and pray together. We will gather in prayer outside and then walk together through the woods and prairie in silence while holding the day's prayer.

**Fee:** Free-will offering

### Contemplative Experience

Tuesdays; Oct. 1, 15, 22 & 29; 11:30 a.m.–12 p.m.

**Facilitator:** Betty Daugherty, FSPA

Contemplation is both an ancient and new tradition in our search of the Holy One. In contemplation we stop our doing and learn to be; we enter into communion with the God beyond words and with our own deepest essence. We will experience the power of being in contemplation with others and sending peace and love into the brokenness of our world.

**Fee:** Free-will offering

## Field of Compassion Book Study

Mondays; Sept. 9, 16 & 23; 10–11 a.m. or 6–7 p.m.

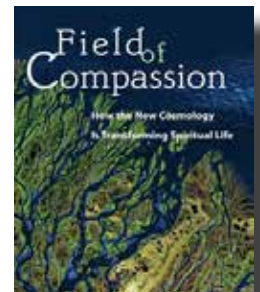
**Facilitators:** Betty Daugherty, FSPA, & Angie Pierce Jennings (*mornings only*)

In the tradition of Teilhard de Chardin and Thomas Berry, Judy Cannato invites us to consider the powerful force of human consciousness in the unfolding of the future.

Through a study of her works, with an emphasis on *The Field of Compassion*, we will examine how we, through our human

consciousness, are crucial participants in the evolution of the universe. Cannato's book is an invitation to root ourselves in the energy of love and compassion that will bring healing and hope to the community of life. Feel free to enjoy this as a series or as individual sessions. Please register for each session by the previous Friday.

**Fee:** \$5 per session



**Qigong for Diabetes & Digestive Issues**  
**Mondays, Sept. 9–30, 1–2:15 p.m.**  
**Facilitator:** Gerry Hopkins



Qigong is a gentle exercise involving whole body movement, deep breathing and mental focus. The purpose of qigong is to cultivate energy,

or *qi*, in order to improve health and enhance overall well-being. In this four-week series, we will learn and practice a set of qigong movements designed to improve diabetes, aid digestion and control weight issues. Facilitator Gerry Hopkins has been practicing martial arts for more than 30 years and studying tai chi and qigong for more than 20.

**Fee:** \$50 for four-week series

*Offered in Partnership with Cedar Memorial*

**Mindfulness-Based Stress Reduction**

**Information Sessions:** Tuesdays, Sept. 10 & 17, 5:30–6:30 p.m.

**Eight-Week Series:** Tuesdays, Sept. 24–Nov. 12, 5:30–8 p.m.

**Combined Extended Class:** Saturday, Nov. 2, 9 a.m.–3 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, we will 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)

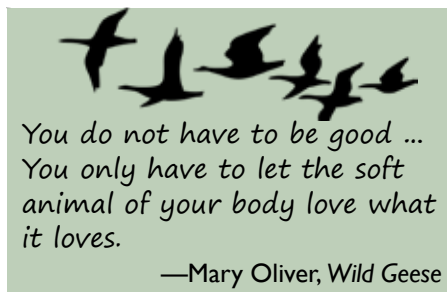


**“You Do Not Have to Be Good”:  
 A Celebration of the Life & Poetry of Mary Oliver**  
**Tuesday, Sept. 10, 6:30–8 p.m.**

**Facilitators:** Carol Tyx & Prairiewoods staff

Mary Oliver's life and words have had a profound effect on many of us—here at Prairiewoods and around the globe. To honor her life and her admonition to, “Pay attention. Be astonished. Tell about it,” we invite you to join us in a celebration of Mary's life and poetry. On Mary's birthday, Sept. 10, we invite you to bring a favorite line or stanza from a Mary Oliver poem to share. This celebratory evening will include time to contemplate Mary's poems out in nature, where she received so much of her inspiration from contemplation; a brief memorial of Mary's life offered by Carol Tyx, fellow poet and Prairiewoods' Artist in Residence; and time for sharing, concluding with a litany crafted from Mary's own poetry. Wine and other refreshments will be served. Registration is appreciated but not required.

**Fee:** \$10 includes refreshments



—Mary Oliver, *Wild Geese*

**Wednesday Women**  
**Wednesdays, Sept. 11–Oct. 30, 10–11:30 a.m.**

**Facilitator:** Ann Jackson, PBVM

Join women seeking spiritual enrichment, inspiration and motivation in the supportive setting of Prairiewoods each Wednesday. Come whenever available! Topics arise from within the hearts and minds of those gathered. We view TED Talks, converse, reflect, support and challenge one another to personal growth, no matter what stage of life.

In September and October, we will explore *The Universal Christ: How a forgotten reality can change everything we see, hope for and believe* by Richard Rohr, globally recognized Franciscan

and founder of the Center for Action and Contemplation. Together we will foster deep reflection, learning, lively conversation, laughter, storytelling and inquiry to generate incredible energy and spiritual stimulation! Registration is not necessary.

**Fee:** \$10 per session

**Rock Mandala Painting for the Whole Family**  
**Wednesday, Sept. 11, 6–8 p.m.**

**Facilitator:** Andi Lewis

Spend an evening creating art with family and friends as we learn the art of rock painting with mandalas,



which are sacred works of art in the form of a circle. We will use smooth stones, paints and fine dotting tools to make beautiful, detailed mandalas. Facilitator Andi Lewis will guide us in this fun, relaxing process that can be done by anyone, regardless of age. We will have time to paint several rocks and will be encouraged to take one rock home and leave one as a secret gift for a stranger to find. No experience or artistic skill is necessary, but kids 12 and under must be accompanied by an adult. (It is ideal for ages 10 and over.) Please register and pay by Sept. 9. This class always sells out, so register today!

**Fee:** \$13 per person includes rocks and art supplies

**Day of Self Renewal**  
**Mondays, Sept. 16 & Oct. 14, 8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

Find rest and relaxation for mind, body and spirit! This tranquil day features two 40-minute holistic services, 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, yoga, chair yoga, guided nature experience or labyrinth meditation.) Please register, pay a nonrefundable deposit of \$25 and let us know your top three services choices

at least five days in advance.

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

## Labyrinth Meditation

**Monday, Sept. 16, 2:30–3:15 p.m.**

**Facilitator:** Angie Pierce Jennings

A labyrinth is a powerful ancient symbol of our journey through life. It has been a part of almost every culture and religious tradition in history. The labyrinth is not a maze; it has a single path that leads to the center of the circle and then back out. This winding path takes us on an inward pilgrimage to our own center and leads us toward the Divine. Walking the labyrinth is a spiritual, prayerful practice. Join us for a guided

labyrinth meditation on our outdoor labyrinth.

(In case of inclement weather, we will walk the indoor labyrinth.) Please register by Sept. 13.

**Fee:** \$5



*Offered in Partnership with Unity Point Hospice*

## Soul Care: Creative Arts Grief Support Group

**Wednesdays, Sept. 18, 5:30–7 p.m.; & Oct. 16, 6–7 p.m. (note changed time)**

**Facilitator:** Jamie Siela, LISW, & Julie Wehner, LMSW, M.Div, BCC

Take time to be with others in grief and engage the creative spark. Jamie Siela and Julie Wehner from Unity Point Hospice facilitate this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, we explore a different creative medium. In September, we will use watercolors and ink to explore what has changed in our lives since the death of our loved ones. In October, we will smash paint balls to create art and to experience a physical and emotional release. Please register by the previous Friday.

**Fee:** Free includes all art supplies



## Tallgrass Conversations Book Reading: In Search of the Prairie Spirit

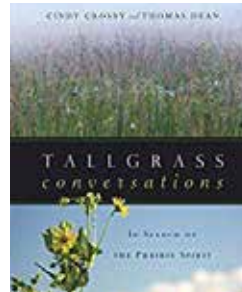
**Friday, Sept. 20, 6:30–8:30 p.m.**

**Facilitator:** Thomas Dean

Join local author Thomas Dean for a reading and sharing of photographs from his beautiful recently-released book *Tallgrass Conversations:*

*In Search of the Prairie Spirit.* We will discuss how conversation can enhance our relationships with the natural world. (For a deeper experience of entering into conversation with nature, consider attending the day-long Saturday workshop that follows this book reading. See p. 7 for complete details.) Registration by Sept. 19 is appreciated but not required.

**Fee:** \$10



## Blessing of the Animals Sunday, Sept. 29, 3–4 p.m.

See p. 5 for complete details.

## Sacred Space, Sacred Hope: Celebrating a Gift for the Future

**Friday, Oct. 4, 3–7 p.m.**

See p. 12 for complete details.

## The Wisdom of the Celts Prayer Writing Series

**Mondays; Oct. 7, 14 & 21; 10–11 a.m. or 6–7 p.m.**

**Facilitators:** Betty Daugherty, FSPA, & Angie Pierce Jennings (*mornings only*)

Both John Philip Newell and John O'Donohue share their own rootedness in the spirituality of the Celtic peoples. They help us listen to the sacredness deep within ourselves, in one another and within Earth. They share their love of poetry, nature and a deep sense of the sacredness at the heart of every moment. We will journey with them by viewing podcasts, using excerpts of their work and writing our own prayers. Be prepared to be refreshed in

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

- **Bridges to Contemplative Living with Thomas Merton** with Betty Daugherty, FSPA (Thursdays; Sept. 5, Sept. 19, Oct. 3 & Oct. 17; 6:30–8 p.m.)
- **Drumming for Healing** with Sheri Mealhouse (Hawkwoman) (Mondays; Sept. 9, Sept. 23, Oct. 14 & Oct. 28; 6–7 p.m.)
- **Evening Centering Prayer** with Judith Edwards (Tuesdays; Sept. 10, Sept. 24, Oct. 8 & Oct. 22; 5:30–7 p.m.)
- **Flute Circle** (Wednesdays, Sept. 11 & Oct. 9, 6–7:30 p.m.)
- **Going Inward with Sounds & Vibrations** with Kathy Broghammer (Wednesdays; Sept. 4, Sept. 18, Oct. 2 & Oct. 16; 6–7 p.m.)
- **Hatha Way Yoga** with Cindy Hathaway & Carla Brems (Mondays & Thursdays; Sept. 5–Oct. 31; 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. 12, Sept. 26, Oct. 10 & Oct. 24; 7–8:30 p.m.)
- **Prairiewoods Knitters & Stitchers** (Tuesdays, Sept. 10 & Oct. 8, 9:30–11 a.m.; & Wednesdays, Sept. 25 & Oct. 23, 6:30–8:30 p.m.)
- **Seeing IS Believing: Visio Divina** with Lois Ocenosak (Tuesdays, Sept. 3–Oct. 29, 10–11:30 a.m.)
- **Singing Bowl Prayer** with Kathy Broghammer (Mondays, Sept. 16 & Oct. 14, 12:45–1:30 p.m.)
- **Sweat Lodge Ceremony** with Kerry Batteau (Saturdays; Sept. 7, Sept. 28 & Oct. 19; 5–9 p.m.)

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

# Programs & Donors (May & June 2019)

spirit through this brief journey with the ancient Celts! Feel free to enjoy this as a series or as individual sessions. Please register for each session by the previous Friday.

**Fee:** \$5 per session

## Fall Root Medicine Series Root Medicine & Weed Walk Tuesday, Oct. 8, 6–8 p.m.

**Facilitator:** Trilby Sedlacek, RH (AHG)

Connect with our plant friends in the first session of our new Fall Root Medicine Series about medicinal uses for plant roots. In this session, we will learn to identify herbs around our home and community. We will learn ethical wild-crafting practices on a weed walk. It will help us feel safe using plants as medicine and will include a plant meditation.

Facilitator Trilby Sedlacek is a registered



herbalist with 30 years of experience in plant medicine. Save the date for the other classes in this series:

- **Nov. 12:** Immune System Support
- **Dec. 10:** Digging Deeper into Winter Health

Please register and pay for each session by the previous Friday.

**Fee:** \$40 per session (or \$105 for the series if paid in advance)

## Introduction to Sacred Dance: Our Sacred Bodies Free Form Dance & Movement

**Tuesday, Oct. 15, 6:30 p.m.–8:30 p.m.**

**Facilitator:** Adina Joy Levitt

Join facilitator Adina Joy Levitt for an evening introduction to sacred dance. When we hold our bodies as sacred and work on connecting with them during intentional movement, we can begin a personal



reawakening. We will come together with others who are curious to explore using movement as medicine and to surrender into the mystery of the moment. With lights dimmed and our eyes half closed to keep our focus inward, we will begin to unlock the dancer within us and feel free from our cores. No dance experience is necessary and all body types are welcome in this judgement-free space. Let's take a risk, be brave and give ourselves permission to feel joyful in our bodies! Please register by Oct. 14.

**Fee:** \$15

## Dances of Universal Peace Saturday, Oct. 19, 7–8:30 p.m.

**Facilitator:** Morgan Rivers

Join the circle for simple, meditative, joyous, multi-cultural circle dances! We will use sacred phrases, chants, music and movements from many spiritual traditions to help touch the spiritual essence within ourselves and recognize it in others. Beginners and old hands are all welcome! Please register by Oct. 17.

**Fee:** \$10

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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# SACRED *space* *hope*

*Celebrating a Gift for the Future*

*Friday, Oct. 4, 3–7 p.m.*

**O**n Oct. 4, *St. Francis Day*, Franciscan Sisters of Perpetual Adoration (Prairiewoods' founding organization) and the Iowa Natural Heritage Foundation will sign an agreement to enter the majority of the 70 acres of prairie and woodlands at Prairiewoods into a conservation easement, saving this sacred space as a natural oasis for future generations. Please join us for part or all of the day's celebration!

*The schedule includes:*

- 3–4 p.m.** Guided ecospirituality experiences and tours to connect with the land
- 4–5** Panel discussion: *Sacred Space, Sacred Hope: Perspectives on Meaning & Mission*
- 5:15–5:45** Easement signing ceremony
- 5:45–7** Reception (with heavy hors d'oeuvres)

All are welcome, however, registrations are requested so that we can plan appropriately. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org). *Come celebrate this gift for the future!*

November/December 2019

# Prairiewoods

A CATHOLIC, FRANCISCAN ECOSPIRITUALITY RETREAT AND CONFERENCE CENTER

“Here, I would like to offer Christians a few suggestions for an ecological spirituality grounded in the convictions of our faith, since the teachings of the Gospel have direct consequences for our way of thinking, feeling and living. More than in ideas or concepts as such, I am interested in how such a spirituality can motivate us to a more passionate concern for the protection of our world. A commitment this lofty cannot be sustained by doctrine alone, without a spirituality capable of inspiring us, without an ‘interior impulse which encourages, motivates, nourishes and gives meaning to our individual and communal activity’ (Apostolic Exhortation *Evangelii Gaudium*, 2013). Admittedly, Christians have not always appropriated and developed the spiritual treasures bestowed by God upon the Church, where the life of the spirit is not dissociated from the body or from nature or from worldly realities, but lived in and with them, in communion with all that surrounds us. ‘The external deserts in the world are growing, because the internal deserts have become so vast’ (Benedict XVI, Homily for the Solemn Inauguration of the Petrine Ministry, 2005). For this reason, the ecological crisis is also a summons to profound interior conversion. It must be said that some committed and prayerful Christians, with the excuse of realism and pragmatism, tend to ridicule expressions of concern for the environment. Others are passive; they choose not to change their habits and thus become inconsistent. So what they all need is an ‘ecological conversion,’ whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them.”

—Pope Francis, *Laudato Si’:  
On Care for Our Common Home*, 2015

Please see pages 4–5 for Prairiewoods’ response to climate change and Pope Francis’ call to action.



Photo taken at Prairiewoods by  
Darcy Lynn Hutchcroft

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**W**e often say that Prairiewoods is a place of peace and transformation. I regularly witness and am confided in about the ways that folks experience transformation in their time here. Lately, though, I've been reflecting more on the concept of peace and what it means, at and to Prairiewoods and our mission.

Naturalist John Muir wrote, "Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves." The peace of nature is a profound gift, and one that the woods and prairies here offer in abundance to all of us. As a staff, we work to extend that peace into the spaces we occupy at the Center, Guest House and Hermitages. I like to think the tradition our foundresses began more than twenty years ago of listening to and learning from the land continues to inform our efforts to amplify that peace.

Being a place of peace isn't always easy, nor is it simply a matter of maintaining low noise levels or silence. What makes it difficult is that we all—staff and guests—arrive at Prairiewoods as members of our human communities, carrying with us all of the noise and disquiet that comes with that. Some of what we carry is personal, while other "luggage" is shared among all who call Earth home. For each of us, the challenge is how to project peacefulness when what we may be feeling is overwhelmed or sad or angry—a quiet place filled with negative energy will not feel peaceful.

As we live into climate change and its direct impacts, our shared fear, grief and pain may make peace that much more of a gift and a value. Etty Hillesum, a Dutch woman who wrote of her spiritual awakening during World War II, spoke eloquently of inner peace as a means of healing the world. Prior to her death in 1943 at Auschwitz, she wrote, "Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will be in our troubled world."

Now that the land at Prairiewoods is protected from development, our promise is to continue our efforts to project Earth's peace into our world—beginning with these 70 acres and our own hearts. We invite you to join us in this very promising peace process.

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 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.

The Prairiewoods staff collaborates to publish this newsletter bimonthly. Content, except where otherwise noted, is created by our staff in consultation and with care to offer a uniquely Prairiewoods perspective.

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[www.Prairiewoods.org](http://www.Prairiewoods.org)  
[Ecospirit@Prairiewoods.org](mailto:Ecospirit@Prairiewoods.org)



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

Friday, May 1, 7–9 p.m.  
& Saturday, May 2, 9 a.m.–3 p.m.



with  
**Sharon Blackie  
& Sara Thomsen**



Join us in welcoming noted writer, psychologist and mythologist *Sharon Blackie* and musician-of-Earth *Sara Thomsen* for *Spirituality in the 21<sup>st</sup> Century* May 1–2, 2020. Sharon's best-selling book, *If Women Rose Rooted: A Life-Changing Journey To Authenticity and Belonging*, has been described as "a rallying cry for women to reawaken their natural power—not just for the sake of their own wellbeing, but for love of this threatened earth." In *The Enchanted Life: Unlocking the Magic of the Everyday*, Sharon "speaks to those who feel an emptiness at the heart of modern life—who long for a more authentic, harmonious and connected way of life."

Mark your calendar now and plan to join us for Prairiewoods' annual celebration of the mysterious, the hope-filled, and the life-affirming journey we all take toward authenticity and belonging in the great web of life!

This event is filling up fast, so register today at 319-395-6700 or [www.Prairiewoods.org](http://www.Prairiewoods.org). The cost is \$75 for the full event (\$80 after April 1), \$25 for Friday only or \$50 for Saturday only. 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.

## Prairiewoods Sabbatical for Spiritual Pioneers

Monday, Jan. 6, 11 a.m.–Friday, Jan. 31, 4 p.m. or Monday, Feb. 3, 11 a.m.–Friday, Feb. 28, 4 p.m.

Facilitators: Prairiewoods staff

We are spiritual pioneers, people who set sail into mysterious waters with an eye toward the infinite horizon! We're integrating where we've been, wondering where we are and don't necessarily know where we're heading—*let's sail on!* Once we'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 we can be truly courageous, compassionate and wily in the wild, unfolding universe, we need some extended time away to listen and learn, refocus and rejuvenate as we prepare to set sail on the sea of discovery. It may be time for us to come to Prairiewoods for a winter sabbatical in 2020. Four gentle weeks of quietude and rejuvenation await us in the beauty of seventy acres of woodland and prairie. We will enjoy ready access to astounding resources for exploring the macrocosm of the emerging universe and the microcosm of our soon-to-be-astonished hearts. Let's lean boldly into our

emerging future, and become a spiritual pioneer for the 21<sup>st</sup> century. Most of the time is for quiet reflection, our 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 us along the way:

- **Week 1: Seeding** Leaping into the New Universe (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'*)
  - **Week 3: Planting** Feeding the Imagination for Shifting Paradigms (Otto Scharmer, Joanna Macy and Ken Wilber)
  - **Week 4: Cultivating** Meeting in the Microcosm of our Soul Work (such as journaling, dream work, poetry, prose, music, movement, art, gardening and healing energy)
- Fee:** \$2,500 includes sessions, lodging and all meals

# Gratitude & Gift

Since our founding in 1996, Prairiewoods has identified as an ecospirituality center. The term *ecospirituality* refers to a spiritual identity that finds God within, not apart from, the Cosmos. It requires a shift in consciousness that tells us that we are part of an evolutionary, co-creative process with the Divine. Lived, it includes action on Earth's behalf.

The long history of ecospirituality can be traced back to St. Francis of Assisi, whose understanding of immanence—God's presence within creation—is reflected in the many stories of his relationships with Earth and its creatures, so beautifully expressed in his *Canticle of Brother Sun and Sister Moon*. The thread of ecospirituality runs through the words of theologians like Thomas Berry, whose work inspired Prairiewoods' foundresses, straight through to Pope Francis' encyclical, *Laudato Si'*.

As our world—as we, together—face a changing climate and an urgent call to the “ecological conversion” described by Pope Francis, ecospirituality expresses itself in action on Earth's behalf. These quotes are a few reflections from Prairiewoods' staff and volunteers on the ways they are thinking about, acting on and incorporating ecospirituality into their daily lives. We're also sharing reasons we find hope in the face of increasingly troubling times, as well as suggestions for how we can all live into the ecological conversion that is so desperately needed.

“I want to live consciously and deliberately everyday within the sacred space that God has given us. Asking myself frequently ... how do I use the blessing of my ministry to learn, exchange and pass on wisdom about how we can help Earth heal and be the gift God has given us to know God's self.”

—Nancy Hoffman, FSPA



“The denial of the climate crisis by some officials in government and industry is deeply disturbing. And yes, the Amazon is burning, the Arctic is melting and the Siberian permafrost is thawing. Where do we turn for a sense of hope? The odds seem to be totally against us. But I find reasons for hope in the promises of the Christ, who with invisible guidance leads us into greater love and unity. We can hope because of our connection to divine mercy. As Cynthia Bourgeault says in *Mystical Hope*, “Our life is connected to an innermost essence of great profundity and power, and that access to it is through what is innermost in our own selves.” Our deep spiritual connection to God's masterpiece of creation strengthens that ability to hope.”

—Betty Daugherty, FSPA



## Things That Give Us Hope

- The youth of the world, inspired by 16 year old Greta Thunberg of Sweden, turned out in immense numbers all over the globe with the message that, yes, we can rein in greenhouse gas emissions, but we need to act now.
- Ethiopia planted more than 350 million trees in 12 hours.
- Ecosia, an internet search engine, uses its profits to plant trees—more than 67 million to date!
- Two young female scientists have invented a bacterium that eats plastic and turns it into carbon dioxide and water.
- More people are moving into a new understanding of the oneness of all life through the meditation. The natural result is an increased sense of unity with all that is holy.

## Ideas for Creating Effective Change

- Pray and meditate daily to foster heart-centered action and activism.
- Connect with Mother Earth by spending time outdoors, walking barefoot, talking to the land and animals.
- Ask Mother Earth to share her wisdom and guidance around climate change.
- Gather with others in ways that feel healing and loving, and take action on behalf of Earth.
- Create a special outdoor prayer space in your yard, or find a contemplative place outdoors that speaks to you.
- Consider taking Earth Vows, like from the book *Order of the Sacred Earth*: “I promise to be the best lover and defender of the Earth that I can be.”
- Learn from Jai Dev Singh, who says, “The essential job for every person on the planet is to activate the spiritual power within them.”



“As Hiawatha, Marion and Cedar Rapids have grown together with development, this 70 acres of beautiful prairie and woodland contrasts its surroundings from a satellite view. We make space here; calm, endearing and welcoming space, and I am grateful for that.”  
—August Stolba, board member



**O**n St. Francis Day, Oct. 4, Franciscan Sisters of Perpetual Adoration (FSPA) committed the majority of the 70 acres at Prairiewoods to a conservation easement with the Iowa Natural Heritage Foundation. The easement will guarantee that Prairiewoods remains as it is now: a place where woods and prairie are protected, where wildlife flourishes and where our human spirits are renewed. This easement seems even more significant in this time when the climate crisis we are now in threatens all of life. As Thanksgiving approaches, we look with gratitude on this conservation easement, its festive celebration, and Prairiewoods’ and FSPA’s ongoing commitment to Earth care.



“I am grateful for all those who have accepted the invitation to work for the care and renewal of Creation—for their love and connections to the Earth—for their willingness to say ‘YES’ to the Creator to be companions on the way as we pray and work in relationship with one another and the world around us—for their passion to engage others in this vital ministry. Thanks be to God for each one and the gifts they bring to caring for this beautiful place we call home.”

—Rev. Rose Blank, volunteer

“I am grateful for and in awe of the young people who, through organized protests, have taken a stand on Climate Change and concrete ways to save our environment.”

—Jane Lonergan-Highley, volunteer

“I am grateful for the gift of life, for all of God’s magnificent Creation, for Prairiewoods and the commitment that is ours to care for Mother Earth.”

—Lucille Winnike, FSPA



photos on this page by studioU Photography



The following are retreats and programs that Prairiewoods is hosting in the next two months. For more information or to register, visit [www.Prairiewoods.org](http://www.Prairiewoods.org) or call 319-395-6700.

## Silent Mindfulness Meditation

**Friday, Nov. 8, 6:30 p.m.–Sunday, Nov. 10, 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

This retreat is full. Please call 319-395-6700 to be added to the wait list.

of tea ... connected to the people around us.” Scientific research shows that mindfulness can positively affect stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well-being and happiness. Join us as we cultivate mindfulness in

silence amid instruction, questioning, sitting meditation, walking meditation, mindful movement and mindful eating. All are welcome to participate, whether we are interested in beginning a formal mindfulness meditation practice or have been practicing for some time.

Chris Klug has practiced mindfulness meditation for more than 30 years, including seven silent extended mindfulness meditation retreats. He is an instructor in the Mindfulness-Based Stress Reduction (MBSR) program at Prairiewoods and at the University of Iowa Hospitals and Clinics (UIHC), where he began teaching in 2001 following participation in training by Jon Kabat-Zinn. He is a grief counselor, educator and consultant in private practice in Iowa City, and a consultant to the palliative care staff at UIHC. Chris has more than 30 years of experience facilitating retreats and workshops on mindfulness, nonviolence, creative conflict resolution, and grief and loss.

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

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

## Saturday Soul-Stretch for Lovers of Embodied Spirituality

**Saturdays, Nov. 9 & Dec. 7, 8 a.m.–1 p.m.**

**Facilitators:** Laura Weber & Prairiewoods collaborators

*“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”*

—Pierre Teilhard de Chardin

Wake up! Wake up! The weekend is here. Saturday Soul-

Stretch will get us out of bed and back into our full-spectrum humanity! We are invited to Prairiewoods once a month to de-stress, reconnect and sink deeply into the present moment. A hot breakfast starts the day, followed by gentle tai chi movement and a sitting meditation to foster deep relaxation. Once we’re relaxed and engaged, we’ll sip a cup of aromatic tea and enter into a whole new realm of exploration with a different spiritual modality each month, such as working with dreams, journaling, creating mandalas, walking the labyrinth, practicing breath-exercise, sounding, centering prayer, poetry for the soul, singing bowl meditation or drumming. To cap off the morning’s spiritual work-out, we’ll enjoy a mindfulness walk in the beauty of Prairiewoods’ seventy acres of prairie grasses, trees, streams and gardens, with only the owls, squirrels, turkeys and deer as our companion-guides. Finally, we’ll return to the Center for a scrumptious lunch and leave happy and refreshed. **Commuter Fee:** \$50 includes breakfast and lunch (or add \$25 for an optional afternoon stay with dinner, or \$50 for an optional overnight stay with Sunday breakfast)



## Weaving Light in Words: Poetry as Spiritual Practice

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

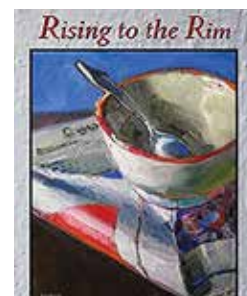
**Facilitator:** Carol Tyx

How do words help us find our way to the sacred? Poetry is one way words reveal the luminous light around and within us, connecting us more deeply to ourselves, one another and Earth. We will join with other word lovers so that we may be buoyed by the presence of poetry. We don’t need to be poetry experts; we simply need a willingness to see what poetry might open for us. Poems come in many shapes and sizes. Let’s see what fits for us, what deepens our sense of wonder and connection to all beings. We’ll take it slow, with time to be playful and reflective as we try on poetry as spiritual practice.

Carol Tyx, the current artist in residence at Prairiewoods, taught creative writing and American literature at Mt. Mercy University for twenty years. The author of two books of poetry, *The Fifty Poems* and *Rising to the Rim*, Carol has led poetry workshops in elementary schools and prisons, and has found herself saved by a poem more than once.

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

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



## Women in Interfaith Dialogue Saturday, Nov. 2, 10 a.m.–3 p.m.

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

Come together quarterly with women of various faith traditions for conversations about faith and spirituality. Our topic for Nov. 2 will be sacred places and sacred spaces. Participants are invited to bring a reading or prayer to share with the group, as well as an object that represents their faith tradition or the topic in general. Please register by Oct. 30 with your dietary restrictions.  
**Fee:** \$15 includes lunch

## Sweat Lodge (Inipi) Ceremony Saturdays, Nov. 2 & Dec. 14, 5–9 p.m.

**Facilitator:** Kerry Batteau

Participate in a sacred ceremony focused on prayer, purification and healing. The lodge is a small dome-shaped structure in which we sit on the Earth around heated stones. The ceremony includes sacred songs and prayers and is followed by a communal meal. Please register and sign a release form.

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



## Hatha Way Yoga

**Mondays & Thursdays; Nov. 4–21 & Dec. 2–19; 9:30–10:30 a.m., 10:45–11:45 a.m. & 5:30–6:30 p.m.**

**Facilitators:** Cindy Hathaway, Carla Brems & Cheryl Lindo

Join us as we link our movements with our breath and cultivate strength, flexibility and relaxation through regular yoga classes. Cindy Hathaway, Carla Brems and Cheryl Lindo offer multiple one-hour Gentle/Beginner's

and Chair Yoga classes each Monday and Thursday. Please bring a mat if possible. People of all fitness levels are welcome. Let's see how our bodies and souls can benefit from yoga! *This group will not meet Nov. 25–28 or Dec. 23–30 in honor of the holidays.*

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

## Seeing IS Believing: Visio Divina

**Tuesdays, Nov. 5–Dec. 17,  
10–11:30 a.m.**

**Facilitator:** Lois Ocenosak

We invite you into 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 our hearts speak and resting with God. Various works of art are used for the sessions, including pieces from *The Saint John's Bible*, professional artists and local artists. Feel free to enjoy this as a series or as individual sessions.

**Fee:** \$5

## Prayer Experience Series Fostering Love, Connection & Balance

**Tuesdays; Nov. 5, 19 & 26;  
11:30 a.m.–12 p.m.**

**Facilitator:** Emelia Sautter

Prayer and meditation nurture our spiritual connection and promote mental and physical well-being. It benefits each of us individually and communally. Let's learn three meditations that promote love, connection and balance for us and for our world:

- **Nov. 5:** Meditation for a Calm Heart
- **Nov. 19:** Healing Prayer with Music
- **Nov. 26:** Kirtan Kriya (a chanting prayer, *Sa Ta Na Ma*)

Registration is appreciated.

**Fee:** Free-will offering

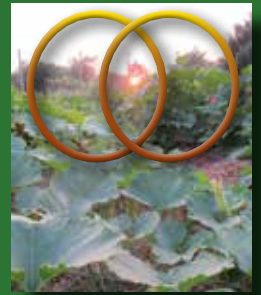


## Prairiewoods Remembrance Service: Remembering What Makes Us Whole Tuesday, Nov. 5, 6–6:30 p.m.

**Facilitators:** Prairiewoods staff

All are invited to a memorial service to celebrate and honor the memory of deceased loved ones. The remembrance prayer service will be set in the context of remembering what makes us whole, especially on the journey of grief. Please come for just the memorial prayer service or stay for The Spirit of In-Between.

**Fee:** Free



## A Two-Part Grief Series

### The Spirit of In-Between

**Tuesdays, Nov. 5 & 19, 6:30–8 p.m.**

**Facilitator:** Father Denny Juhl

We are alive in difficult times; there isn't a person who hasn't experienced some sort of turmoil or crisis. Many people describe feeling as if we are moving from crisis to crisis in our personal lives, in our communities and in the religious institutions to which we turn for guidance. This two-part series of reflection will explore what it means to be people of faith in these times. How do we sustain faith when hurt, disillusioned, alienated, grieving? How do we live in between the time when everything made sense and the time before all comes together again in a hope-filled future? Feel free to enjoy this as a series or as individual sessions.

On Nov. 5, Remembering What Makes Us Whole, we will explore how faith offers stability and hope, even when significant loss tells us life will never be the same. The depth of grief can cause us to step into the grave or nurture deep spiritual revival. We will engage powerful ways to discover life-giving, soulful ways to step—stronger and more fully alive—into the future.

On Nov. 19, Living Between the Times, we will focus on how religion, seemingly on a decline in our culture, may still offer some tools for discovery of a faith-filled community of imagination and creativity. Our true sense of tradition may help us see glimpses of how a true spirituality of religion may transform and enliven our shared concerns for community that fully lives the gospel of Christ.

**Fee:** \$15 per session

## Wednesday Women

**Wednesdays, Nov. 6–20 & Dec. 4–11, 10–11:30 a.m.; & Wednesday, Dec. 18, 11:30 a.m.–1 p.m.**

**Facilitator:** Ann Jackson, PBVM

Join women seeking spiritual enrichment, inspiration and motivation in the supportive setting of Prairiewoods each Wednesday. Come whenever available! Topics arise from within the hearts and minds of those gathered. We view TED Talks, converse, reflect, support and challenge one another to personal growth, no matter what stage of life. Together we will foster deep reflection, learning, lively conversation, laughter, storytelling and inquiry to generate incredible energy and spiritual stimulation!

Nov. 6–20, we will explore *The Wizard of Us: Transformational Lessons from Oz* by Jean Houston. Dec. 4 and 11, we will engage the spiritual meaning of the three gifts of the Magi in the time of Jesus and for today. On Dec. 18, we will meet at 11:30 for our annual Christmas luncheon. Please register for each session by the previous day.

**Fee:** \$10 per session, \$20 for Christmas luncheon

## Tower Garden: Big Food, Little Space

**Wednesday, Nov. 6, 4–5 p.m.**

**Facilitator:** Mark Woldruff



Tower Gardens represent the next generation of urban farming. Let's learn about this highly efficient aeroponic growing system that allows us to grow massive amounts of produce in a tiny amount of space—in about half the time of traditional soil-based agriculture, using a fraction of the water.

Tower Gardens have only a 36-inch footprint and state of the art LED lighting system. Let's learn how to grow food outside in season or inside all year. Mark Woldruff, who has been growing in Tower Gardens for seven years, will lead us in this hands-on seminar. Please register by Nov. 5.

**Fee:** Free

## Going Inward with Sounds & Vibrations

**Wednesdays; Nov. 6, Nov. 20, Dec. 4 & Dec. 18; 6–7 p.m.**

**Facilitator:** Kathy Broghammer

Experience sound, stillness, gentle movement, playfulness and relaxation through the enigmatic vibrations of Himalayan and crystal singing bowls. Kathy Broghammer will lead us in gentle movement through the song of bowls to connect with our inner selves. We will sit or lie on yoga mats to listen and just be. We will hear the sounds and feel the vibrations of the singing bowls going inward. Let's let our souls rest and allow ourselves to be recreated!

**Fee:** \$10 per session

## Redemption Songs

**Wednesday, Nov. 6, 6–8 p.m.**

**Facilitator:** Andy Douglas

Join Andy Douglas as he reads from and discusses his latest book, *Redemption Songs: A Year In the Life of a Community Prison Choir*, which describes his work singing in the Oakdale Prison Choir. Restorative justice and the arts in prison are highlighted in the book. Andy will also lead a few songs so we can feel the power of singing to transform lives! Please register by Nov. 4.

**Fee:** Free-will offering

## Bridges to Contemplative Living with Thomas Merton

**Thursdays; Nov. 7, Nov. 21, Dec. 5 & Dec. 19; 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 us 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. Feel free to enjoy this as a series or as individual sessions.

**Fee:** \$5 per session

## Garden Potluck & Celebration

**Friday, Nov. 8, 11 a.m.–1 p.m.**

**Facilitators:** Metro Catholic Outreach, Feed Iowa First, Mathew 25 & Prairiewoods

Celebrate a wonderful season of gardening and land care at Prairiewoods at our annual fall potluck for the Green

Prairie Garden, the vegetable garden co-tended by Prairiewoods and Metro Catholic Outreach. We will celebrate the garden, land, volunteers and all creatures—the bees, butterflies, worms, sun and rain—knowing that we all work together to co-create food and community. We will also be joined by two other local non-profits: Feed Iowa First and Mathew 25 will share even more good news in our community about the work they are doing with and around local food production. Please bring a dish to share and register by Nov. 7. All are welcome!



**Fee:** Free

## Day of Self Renewal

**Mondays, Nov. 11 & Dec. 9, 8:30 a.m.–4:30 p.m.**

**Facilitator:** Angie Pierce Jennings

Find rest and relaxation for mind, body and spirit! This tranquil day features two 40-minute holistic services, 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, yoga or chair yoga.) Please register, pay a nonrefundable/nontransferable deposit of \$25 and list your top three services choices 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. 11 & Dec. 9, 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. In these afternoon sessions, we let the resonant sounds of Himalayan and crystal singing bowls relax the entire body and create a pathway for clearer connection with the divine. We will just receive and breathe!

Some yoga mats and pillows are available. **Fee:** \$5 per session

## Guided Ecospirituality Experience Mondays, Nov. 11 & Dec. 9, 2:30–3:30 p.m.

**Facilitator:** Emelia Sautter

Let's get our "Vitamin N" fill and immerse ourselves in the natural world with our plant, animal and elemental kin! Our relatives have much wisdom to share. As St. Francis said, "Praised be You my Lord through Sister Water, so humble, precious and pure." Let's connect and make new friends! Please dress for the weather, as we will be outdoors. Registration is appreciated.

**Fee:** \$10 per session

## Drumming for Healing Mondays; Nov. 11, Nov. 25, Dec. 9 & Dec. 23; 6–7 p.m.

**Facilitator:** Sheri Mealhouse  
(Hawkwoman)

In the cosmic experience, drumming touches many people at a deep level and brings all creation together. Drumming—and feeling the Creator's rhythm inside us—resonates with a variety of people. Join us to see how it resonates with your inner spirit! No experience is necessary, and all ages are welcome. Percussion instruments are available. Depending on weather, this group may meet outside.

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

## Prairiewoods Knitters & Stitchers

**Tuesdays, Nov. 12 & Dec. 10,  
9:30–11 a.m.**

**Facilitators:** participants

Practice knitting and stitching in the company of new friends! This group of crafters of various skill levels create handmade goods—such as hats, mittens,

blankets and baby items—for charity twice a month. New participants (even those who don't knit or stitch yet!) are always welcome. *This group will not meet Nov. 27 or Dec. 25 in honor of the holidays.*

**Fee:** Free

## Celebration of Mass Tuesdays, Nov. 12 & Dec. 10, 11:30 a.m.–12 p.m.

Please join us for the celebration of Catholic Mass on the second Tuesday

of each month. Father Mark Ressler is the celebrant, and registration is not necessary.

**Fee:** Free

## Evening Centering Prayer Tuesdays; Nov. 12, Nov. 26 & Dec. 10; 5:30–7 p.m.

**Facilitator:** Judith Edwards

Centering prayer is a form of meditation focused on praying in silence. Join us as we relax, clear our minds and find God's presence within us during this time of silence and centering prayer. Feel free to enjoy this as a series or as individual sessions. *This group will not meet Dec. 24 in honor of Christmas.*

**Fee:** Free-will offering

## Fall Root Medicine Series Immune System Support Tuesday, Nov. 12, 6–8 p.m.

**Facilitator:** Trilby Sedlacek, RH (AHG)

Fall is a great time to focus on our immune system—strengthening and protecting it for the upcoming cold and flu season. The job before us is to restore and strengthen our immune system while making peace with the natural and health-supporting environment around us. We will discuss routines, habits and ideas to support better general health. We will make teas and formulas for supporting optimal wellness and functioning. We will also discuss how food is a major component of our immune function and share recipes.

Please register and pay by Nov. 8.

**Fee:** \$40

## Y.O.L.O. (Your Other Lunch Option!) Wednesdays, Nov. 13 & Dec. 4, 11:30 a.m.–1:30 p.m. (buffet line opens at 12 p.m.)

**Facilitators:** Tara King, Laurie Erlacher & Rochell Potter

Tired of the same old lunch places? It's time that we renew our bodies and refresh our spirit in a beautiful setting! Join us for Y.O.L.O. (*Your Other Lunch Option!*)—a lunch choice celebrating wholesome, fresh food made from scratch by chefs Tara King, Laurie Erlacher and Rochell Potter in Prairiewoods' no-waste kitchen. We will dine in a community setting (at small-group or communal tables) with friends we bring with us or new friends we meet over a delicious themed lunch:

- **Nov. 13:** Healing Sounds (featuring foods with healing properties)
- **Dec. 4:** Cajun Christmas

Please register at least two days in advance. Each lunch is limited to 35 people, so register early!

**Fee:** \$12 per session

## Men Exploring Faith Thursdays, Nov. 14 & Dec. 12, 7–8:30 p.m.

**Facilitator:** Bob Davis

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

**Fee:** Free-will offering

## Prairiewoods Holiday Bazaar Saturday, Nov. 16, 8 a.m.–1 p.m.

See back page for complete details.

## Mindfulness for Families Sunday, Nov. 17, 3–4:30 p.m.; & Monday, Dec. 16, 6–7:30 p.m.

**Facilitators:** Kim Seward, BSN, RN, CMI, & Ann Jackson, PBVM

We continually look for creative ways to bring awareness, compassion, kindness, peace and tranquility into our homes. These monthly opportunities are for parents and children from kindergarten through grade 12 to attend together. We will focus on simple, mindful practices to create peaceful awareness in the parent, child and home. Practicing foundational aspects of mindful awareness—noticing senses, emotions and thoughts in fun and practical ways—will cultivate awareness and a greater understanding of emotions, kindness and compassion in all relationships, especially the parent-child relationship. As parents and children attend these sessions together, we will build a comprehensive mindfulness toolkit to use for future family enjoyment. Monthly themes include:

- **Nov. 17:** Gratitude and Kindness
- **Dec. 16:** Emotions

Some activities will occur outside, so please dress accordingly. Please register by the previous Monday with your children's ages.

**Fee:** \$20 per family for each session  
(some financial assistance available)



## Offered in Partnership with Unity Point Hospice

### Soul Care: Creative Arts Grief Support Group

**Wednesdays, Nov. 20 & Dec. 18,  
5:30–7 p.m.**

**Facilitators:** Jamie Siela, LISW, and Julie Wehner, LMSW, M.Div, BCC

Take time to be with others in grief and engage the creative spark! Jamie Siela and Julie Wehner from Unity Point Hospice facilitate this monthly grief group open to anyone grieving loss through death. On the third Wednesday of each month, we explore a different creative medium. Nov. 20 we will create personal collages using pictures from magazines to express our deep inner thoughts about our grief journey. Dec. 18 we will try Fizzing Heart Art, which is a fun combination of science and art that results in unique, beautiful remembrance hearts. Please register by the previous Friday.

**Fee:** Free includes all art supplies

### Seasonal Tree Rock Painting Friday, Nov. 22, 6:30–8:30 p.m.

**Facilitator:** Andi Lewis



At different times in life and even various times within the same year, we may find ourselves in different seasons of the heart. We may be in the rush of promise, hope and possibility present in spring, or withdrawing inward during

the challenges of grief, loss or turbulence in winter. In this contemplative and creative workshop, we will read passages from various spiritual text to help us discern which season of the heart we are in. Then we will delve into that season and express our emotions through painting on smooth rocks. We will use a paint brush and fine dotting tools to create a beautiful, one-of-a-kind seasonal tree. This is a fun, relaxing process that can be done by anyone, but it may be too contemplative for young children. It is aimed at both those who have painted rock mandalas and those who are totally new to rock painting. Please register and pay by Nov. 20.

**Fee:** \$13 per person includes rocks and art supplies

### Anam Cara Art Journaling Tuesdays, Nov. 26 & Dec. 17, 1–2:30 p.m.

**Facilitator:** Angie Pierce Jennings

As John O'Donohue writes, "Anam is the Gaelic word for soul and *cara* is the word for friend. So *anam cara* in the Celtic world was the soul friend." We will read and reflect on passages from O'Donohue's deeply spiritual book *Anam Cara: A Book of Celtic Wisdom*. We will use the process of art journaling as a creative way to further contemplate and explore the concepts of the book. Feel free to bring a journal or mixed media tablet, colored pencils or watercolor paints, and Prairiewoods will have some art supplies available. Artists of all experience levels, including beginners, are welcome. *Anam Cara* is available for purchase in the Prairiewoods Gift Shop. Feel free to enjoy this as a series or as individual sessions. Please register by the previous Friday.

**Fee:** \$10 per session



### Prayer Experience Series Loving Kindness Meditation

**Tuesdays, Dec. 3 & 17,  
11:30 a.m.–12 p.m.**

**Facilitator:** Angie Pierce Jennings

Join us in December as our Prayer Experience Series continues with the practice of loving kindness meditation. In this meditation, we offer loving kindness to ourselves and to all living beings. Registration is appreciated.

**Fee:** Free-will offering

### Essential Oils from Ancient Scripture

**Wednesday, Dec. 4, 2–4 p.m.**

**Facilitator:** Mary Ellen Dunford

Learn about the historical and spiritual story of essential oils as we approach the Christmas season. There are more than a thousand references in the Bible for the use of essential oils. These oils were an important part of the Hebrew culture for disease and health. We will learn a brief synopsis on ten of the oils mentioned throughout the Bible—Aloe, Cassia, Myrrh, Cypress, Frankincense, Hyssop, Cedarwood, Myrtle, Onycha and Rose of Sharon. We'll also discuss ancient and current uses of these oils.

**Fee:** \$15

### Fall Root Medicine Series Digging Deeper into Winter Health

**Tuesday, Dec. 10, 6–8 p.m.**

**Facilitator:** Trilby Sedlacek, RH (AHG)

Maintaining positive feelings and health as the seasons change creates an opportunity to examine our individual health needs and the specific remedies that herbal medicine can provide. We will explore as a group the challenges that cold weather presents, learn plants as medicine and make some specific formulas based on the group's needs. Also important is learning how to connect with the energy of specific plants. We will learn how to meditate with a plant and how to decipher the messages the plants are giving us directly, called "the doctrine of signatures." Trilby Sedlacek is a registered herbalist with 30 years of experience in plant medicine. Please register and pay by Dec. 6.

**Fee:** \$40



Prairiewoods is excited to launch our **2020 wall calendar** featuring gorgeous photographs taken at Prairiewoods! There are only 100 copies available, and they will be sold for \$12 at the Prairiewoods Holiday Bazaar on Nov. 16. If any remain, we'll sell them in the Gift Shop until they're gone. This is the *only* way to get this beautiful local calendar, so be sure to pick one up at the Holiday Bazaar!

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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**Wish List** Have you ever wondered how you can help Prairiewoods? We'd love to have a new piano for our retreatants to enjoy. If you have a piano that you no longer play, we'd be happy to give it a loving new home! Please contact Laura at [lweber@prairiewoods.org](mailto:lweber@prairiewoods.org) or 319-395-6700.





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



## Prairiewoods Holiday Bazaar

Saturday, Nov. 16, 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 and lunch will be available for purchase.



### Prairiewoods' Gift Shop offers:

Prairiewoods Tree-shirts in beautiful purple (long-sleeve and short-sleeve)  
Books on spirituality and ecology  
Wind chimes  
Scarves  
Felted wool animals and change purses  
Prairiewoods journals, calendars and our very first harvest of *honey!*

### 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!

