

Prairiewoods

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

Spirituality in the 21st Century

Conference looks at the “new story”

Christian spirituality is currently being influenced by radical shifts in scientific data, says Michael Morwood, this year's speaker of the *2010 Spirituality in the 21st Century Conference*.

“How we understand God and then come to know Jesus...are challenging and significant insights that help us reconsider our own place within an expanding universe,” Morwood says.



This “new story,” is the topic of Morwood's talk during the conference which will be held Friday, March 26 and

Saturday, March 27 at Mercy Medical Center's Hallagan Education Center in Cedar Rapids.

During “God, Jesus, Prayer and Ritual in the New Universe Story,” Morwood will look at the mystery we call “God,” and our own relationship to that mystery.

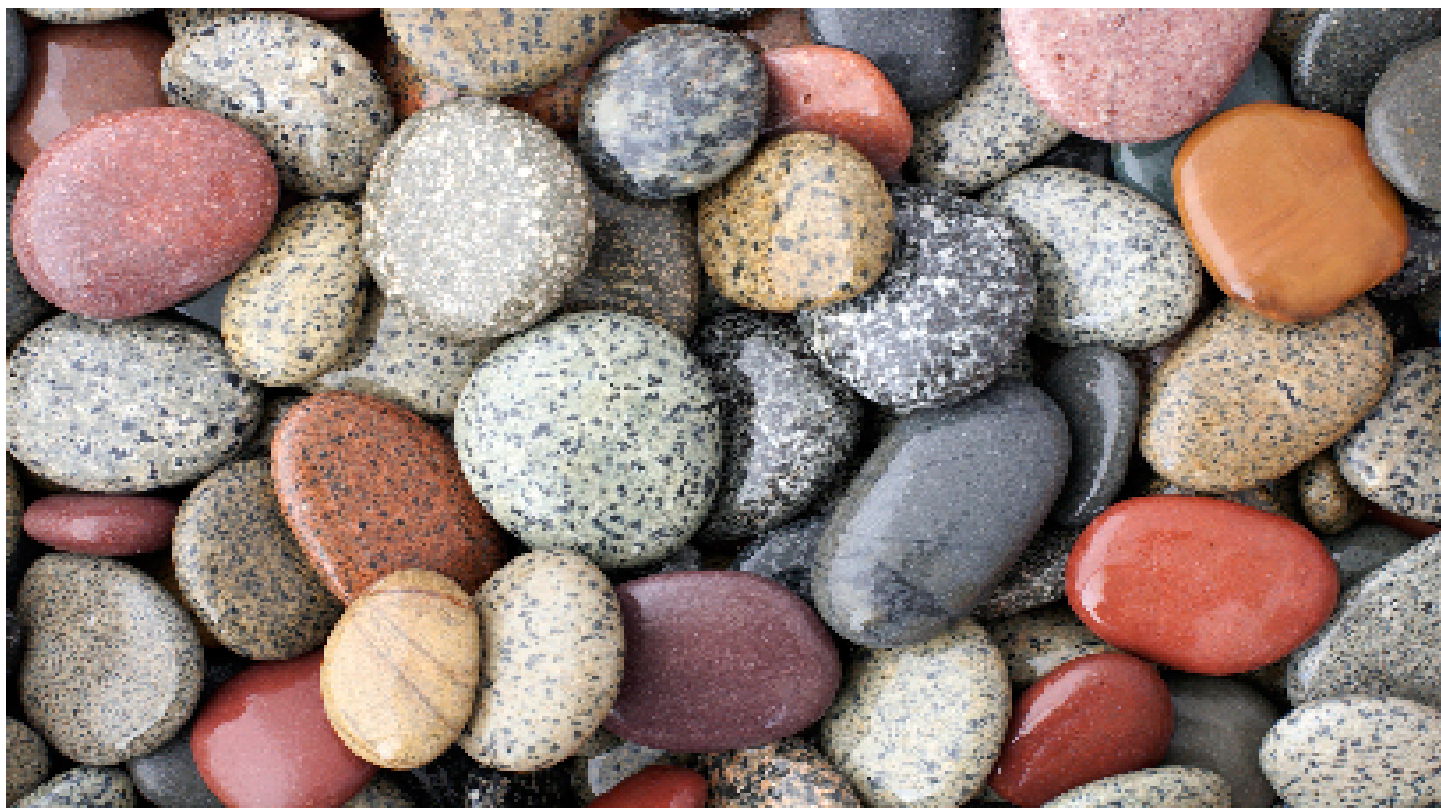
“When we speak of the mystery we call God...we are including all of creation and so, all human beings. Jesus intended that his message be shared with the entire world, with all of God's people. His story tells us of our own capacity as human beings to give expression to God's Spirit,” Morwood says.

Our expanded image of God, always present and everywhere active in

an unfolding universe, draws us into new ways of praying, Morwood says. We no longer address a God who is elsewhere or ask God to intervene and change the way things are. Instead we search for evocative ways to express our enriched beliefs about God living in us and our living in God — images, words and action that lead us to reflect on the wonder of God coming to expression in and among us.

Morwood will also look at some of the implications of these shifts for our personal prayer, for our ritual and liturgical prayer, and for our action in service of the world today.

Morwood's conference is open to the public. Reservations are required. To learn more, turn to page 3.



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DIRECTOR'S CORNER

Out of nothingness can come a richness, a fullness of life. That was the insight a staff member shared as she recalled her experience of returning home from Phoenix in mid-December. After missing four flights, she landed in Moline, Illinois where roads were impassable for her to go any further. She spent two days in a hotel--with no luggage, with nothing. With a very accepting mindset, she spent the days resting, reflecting, discerning, and turning to the Divine within her. Without the usual distractions of life (she didn't even turn on the TV), she was in deep communion with her deepest being. This woman found profound inner peace, a richness in her being, and a fullness that came from her being present to the moment.

As we move into spring, nature reflects a similar phenomenon. The seed lying hidden in the ground is away from the winds, the sun, and the activities of creatures. Yet it is able to take in from the seemingly nothingness around it. In that quiet restful space, the hidden life of the seed breaks forth and the richness of the seed's potential gradually evolves into the fullness of a green plant.

So, too, in our lives. Our deep inner life is masked by the busyness of our daily activities. We lose touch with what is at the core of our hearts. We need to take time to empty our lives so that the fullness of who we are can come to greater fruition. We need to make space and dip into our being to let our Creator into our lives.

As spring moves into summer, we invite you to make space in your life where you can enter into a place of nothingness that will yield a deeper richness in your being. May you thus be in touch with your heart and your God each day. And know that you are always welcome to come to Prairiewoods to seek the nothingness that leads to fullness of life.



*Helen Elsbernd FSPA
Prairiewoods Director*

Prairiewoods Franciscan Spirituality Center

A sacred space where people explore and integrate their relationships with God, Earth, Self and Others. Operating out of a Catholic tradition, Prairiewoods is open to people of all faiths and cultures.

Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin

Content focuses on happenings and opinions that support Prairiewoods mission and vision.

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Presenter: speaker, author Michael Morwood

Michael Morwood, who has more than 30 years experience in retreat, education, parish and youth ministries in Australia, will speak at the *2010 Spirituality in the 21st Century Conference* sponsored by Prairiewoods.

The conference begins Friday, March 26 from 7-9 p.m. and continues with a Saturday session, March 27 from 9 a.m. to 3:30 p.m. Morwood's topic is "God, Jesus, Prayer and Ritual in the New Universe Story."

Friday evening Morwood will examine contemporary images that challenge us to expand our notions of God beyond the foundational theological paradigm we have experienced.

During Saturday's presentation, Morwood will deepen our understanding of Jesus within this new theological paradigm and empower us to explore the implications of this shift for our prayer, ritual and action in service to the world.

Morwood is now the associate director of Adult Spiritual Renewal and Empowerment, Inc. in South Bend, Indiana.

Since 1990, he has worked in adult faith formation in almost every diocese in Australia. Morwood's interests include helping Christians examine what they believe and why they believe it, what they imagine and why they imagine what they do. He is also interested in helping Christians articulate faith in Jesus in ways that resonate with contemporary understanding of our place in the universe.

Morwood has written several books including *Tomorrow's Catholic, Is Jesus God? Finding Our Faith, God is Near: Trusting Our Faith, Praying a New Story* and *From Sand to Solid Ground*.

Location: Mercy Medical Center, Hallagan Education Center, 701 10th St. SE, Cedar Rapids

Conference Dates:

Friday only, March 26, 7-9 p.m.

\$15 preregistered \$20 at door

Saturday only, March 27, 9 a.m. to 3:30 p.m.

\$40 preregistered \$50 at door

Full event, March 26 & March 27

\$50 early bird fee (postmarked on/before March 15), includes conferences, Saturday lunch.

\$65 conference fee (postmarked March 16 or later) includes conferences, Saturday lunch.

Each event stands alone. You may attend Friday evening or Saturday, or both.

Optional Prairiewoods lodging is additional fee: \$50 single/night or \$35/double/night.

To register, contact Prairiewoods for a registration form, or visit our website and download a PDF of the registration form.

Prairiewoods' website: www.prairiewoods.org

Program teaches how to start a healing ministry in church setting

An upcoming Prairiewoods program will teach people how to establish a healing ministry in a church setting. Representatives from St. John in the Wilderness Episcopal Church, White Bear Lake, Minn., will offer the program, "Dancing with the Spirit: Establishing a Parish Healing Ministry," Saturday, April 10 from 10 a.m. to 3 p.m. at Prairiewoods.

The presentation will include the steps (and missteps) taken by the presenters as they undertook the process of adding a healing ministry at their church.

Included in this presentation will be the important step of preparing the parish for this ministry — discerning the church's readiness and educating the parish on the importance of healing. Presenters Cathryn Bashore and Sherri Afryl, members of the Healing Team from St. John's, will talk about how to model publicly the practice of seeking healing — a highly powerful act as lay ministers



step into the healing ministry role. They will facilitate exercises designed to promote thought and decision in establishing a healing ministry. In addition, the program will look at the establishment of twin ministries — healing and befriending, as well as the ongoing work to sustain both ministries and support the ministers.

This will be an interactive program with participant experience and group sharing. Fee is \$35 and includes lunch. Scholarships are available. To register, call Prairiewoods at 395-6700.

Local farmer and CSA food fair

Join us for the first Local Farmer and CSA Fair and meet some of the producers behind Iowa's CSA's (Community Supported Agriculture) on Sunday, March 28 from 1 to 4 p.m. at Prairiewoods.

A CSA is a way for consumers and farmers to join together to support local agriculture. Members purchase a share of the harvest in advance of the growing season. In return you receive a weekly supply of high-quality, locally grown fresh vegetables and herbs throughout the growing season.

Various food-growing farmers will have information at this fair about how to add fresh vegetables and herbs to your diet throughout the Iowa growing season. The fair will also include tours of Prairiewoods and refreshments. The fair is sponsored by Local Foods Connection, IVRC&D (Iowa Valley Resource and Development) and Prairiewoods. No fee.

Green Start program to offer eco-education

Many communities are expressing an interest in becoming more sustainable through their businesses, homes and schools. Surprisingly, the typical roadblock to starting these initiatives is not dollars and cents. The missing link is usually a lack of sufficient education and awareness of how to get started effectively and efficiently.

The Iowa Green Team and Prairiewoods have joined forces to build an exciting new program called Green Start that delivers this message to key audiences, such as businesses, students and homeowners in a convenient and affordable manner. We like to think we're all in this together and there is no better time than now to start building a sustainable foundation of knowledge and awareness into your environment.

The Green Start mission is to provide Iowa businesses, students and homeowners with a solid foundation of education and awareness principles required for developing environmentally friendly practices and solutions for work, home and school.



Programs for businesses provide both employees and key decision makers with a solid foundation of tools required to begin developing a green business and sustainable workplace, along with an insight into the benefits received.

In an educational setting, our evolving green culture will be an integral part of our students' adult lives, and recent studies have clearly shown environmentalism as a priority in their lifestyle and career decision making. Helping students understand evolving green practices both locally and globally prepares them with the knowledge and developmental tools required to become part of a new generation that readily accepts the role of environmental stewards.

In our own homes, it's good to remember business workers are also homeowners (and renters) who have a related but somewhat unique set of green practices that can be adopted outside the workplace. Targeting key areas specific to homeowners and renters will equip them with the knowledge and tools that can be used to integrate green practices into their homes.

— Jeff Carey

Area groups host Earth Day's 40th anniversary

Join Prairiewoods and many other local organizations in celebrating Earth Day and its 40th anniversary on Saturday, April 24 from 10 a.m. to 4 p.m. at Teamsters Hall, 5000 J St. SW in Cedar Rapids.

The celebration will include live music, demonstrations, presentations, door prizes and lots of fun.



Local organizations will be present with fun, hands-on activities for children and information for adults. Check us out on the web — at www.corridorearthproject.com. This is a free event.

Turn Iowa Green program focuses on business

Turn Iowa Green is offering a Green Start program at Prairiewoods on Thursday, March 25, from 8:30 a.m. to 5 p.m. Sustainability Leadership for Your Business is a daylong program offered through Turn Iowa Green (see above).

This program is designed to help business owners, managers and employees successfully implement sustainability programs that reduce environmental footprints and improve financial performance.

Experts Jeff Carey and Mike Demuth, along with Prairiewoods staff members Emy Sautter and Mary Ellen Dunford, will provide program participants with a solid foundation of knowledge and

tools that allow you to develop a sustainability program for your organization and to achieve measurable results that positively affect your new triple bottom line.

Presentations will focus on issues encountered by varying sizes of businesses. Topics will include: pollution prevention and employee wellness, energy usage, waste and recycling, water usage, office equipment and computing, green supply chain and products and service design.

This course is "101" in a series of future courses that will provide in-depth information and processes for turning your business green and save

you money.

Please pre-register to reserve a spot in this workshop.

Fee is \$195 for the workshop or \$95 for persons registering from the same organization.

Contact Prairiewoods at 319-395-6700 to register.

RETREATS

Presence Retreat

Friday, Feb. 26, 6:30 p.m. to Sunday, Feb. 28, 1 p.m.

Facilitator: Ann Jackson PBVM

Are you in search of a language and place in which to imagine and talk about a different way of being in the world? So often today so many people feel “stuck” in old patterns of seeing and acting. This retreat will focus on learning to see anew through presencing — connecting to our deepest Source from which our future evolves. We will explore core capabilities that underlie our ability to see, sense and be new possibilities — in ourselves, our families, our workplaces and organizations. We will use four gentle movements throughout this retreat — Learning to See, Into the Silence, Becoming a Force of Nature and Meeting Our Future — all based on the book, *Presence: An Exploration of Profound Change in People, Organizations and Society* by Peter Senge.

Ann Jackson PBVM designs and coordinates retreats and also provides spiritual direction and facilitates retreats at Prairiewoods.

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

Commuter Fee: \$175 includes presentations and meals.

Spirituality and Social Media Retreat

6:30 p.m. Friday, Feb. 26 to 4 p.m. Saturday, Feb. 27

Facilitator: Lori Erickson

If Jesus lived today, would he have a blog? Between Facebook, Twitter, blogs and other social media, more and more of our lives are lived online. While going digital can isolate us, it can also be a vehicle for deepening our spirituality and connecting with like-minded seekers. And for faith communities, these online tools can be a way to reach new audiences and strengthen bonds of connection between members.



This workshop will explore the ways in which our inner lives can be enriched and broadened by online resources, particularly social media. You'll learn how to launch your own blog (or one for your church) and how blogging can be a spiritual discipline. We'll explore online religious resources and reflect on how we can remain grounded and centered, despite spending hours at a keyboard.

Lori Erickson has been a freelance writer for 20 years and is the author of books that include *The Joy of Pilgrimage*. Her articles and essays have appeared in many national publications, including *Family Circle*, *Woman's Day*, *House Beautiful*, *National Geographic Traveler*, *Beliefnet* and *Sojourners*. She is also ordained as a deacon in the Episcopal church and serves at Trinity Episcopal Church in Iowa City. Her blog, The Holy Rover at: <http://holyrover.wordpress.com>, covers topics relating to spirituality and travel.

Fee: \$150 includes presentations, Friday lodging and Saturday breakfast and lunch.

Commuter Fee: \$100 includes presentations and Saturday lunch.

Enlightenment Retreat Teleconferences

Led by Theresa O'Connor

1st Tuesday of the Month, February - June:

Feb. 2, March 2, April 6, May 4, June 1, 6:30-8 p.m.

These teleconferences are offered prior to the Your Life, Your Light: Enlightenment Retreat by retreat facilitator Theresa O'Connor. Cost: \$20/session or \$85 for five sessions.

Teleclass #1 — February 2— What is the Mind-Body Connection?

This informative teleclass will review the evolving field of mind-body teamwork, and will include learning methods for dialoguing with one's body, regulating and reducing the experience of pain and sending loving, healing energies to yourself and others.

Teleclass #2 — March 2 — What is Enlightenment?

This teleclass will make available to you pictures and photographs of the light emitted from our physical bodies, as a result of our core life energy Light within. You will learn methods to quiet yourself, focus your mind, breathe with awareness, experience your core Light and expand it out into your work and world.

Teleclass #3 — April 6 — What is Spiritual Intelligence (SQ)?

Unlike intelligence quotient, which computers have, and emotional intelligence, which exists in mammals, spiritual intelligence is uniquely human. SQ is needed for mindfulness and moral-compassion, compassion and courage. In this teleclass, you will learn how to synchronize your energetic, neuronal and chemical connections to grow your SQ.

Teleclass #4 — May 4 — What is a Mystic?

A mystic is a person who lives with regularity on the border between this material world and the “other side.” This class will look at what it is like to live with a foot in both worlds and how does it change the person and the world?

Teleclass #5 — June 1 — What Makes a Corporate Mystic?

In the past two decades, business books and leadership trainings have begun promoting spirited, mind-body integrated, life-work balanced companies and organizations. In this teleclass, we will look at the partnering of business and spiritual concepts and how they can be a win for a company's bottom line.

About Theresa O'Connor: Theresa was one of the pioneers of the field of mind-body medicine with her research at Yale in the early 1980s. Her work showed how directing the mind to communicate with the body significantly reduces chronic pain and depression and increases feelings of well being.

For information about these teleconferences, call Ann Jackson at 319-395-6700 ext. 203.

RETREATS/PROGRAMS

Rest and Retreat for Parents of Children with Special Needs

10 a.m. Saturday, March 20 to noon, Sunday, March 21
Facilitators: Dawn Hysler and Ann Jackson, PBVM

Parents of children with special needs often feel alone and overwhelmed with the demands that caring for their child brings to their lives. This retreat is designed to provide parents a brief rest from the continual demands of caring for their child. In addition to gifting parents with this time to just be, this retreat will also offer ideas about self-care, the value of networking with other parents and agencies, as well as resources and services that will help them cope, and care for the family as a unit.

Come rest, find resources and build a support network. Fee: \$50 includes Saturday evening lodging, Saturday lunch and dinner and Sunday brunch. **Scholarships are available. Respite care for children with special needs is available** this weekend through ARC.

Contact Dawn Hysler for more information: 319-395-6700 ext. 201 or dhysler@prairiewoods.org

Days of Self Renewal

Mondays, Feb. 15 and March 15, 8:30 a.m. to 4 p.m.
Facilitator: Mary Ellen Dunford

Come for a day of rest and relaxation. Experience two of our services and one group activity. The rest of the day is yours for quiet reflection. You will have your own guest room and enjoy lunch in our sunny atrium. You may select two individual services of either massage, reflexology, Healing Touch, Healing Touch Spiritual Ministry, spiritual direction, paraffin bath treatment with hand massage, foot soak with exfoliation scrub and massage or Indian head massage. You may choose one of two group activities, either guided meditation or body movement. Renew your mind, body and spirit. Please pre-register by Feb. 12 for the 15th and March 12 for the 15th and indicate your choices. Future Renewal date: April 19. Fee: \$85 includes room, lunch and services. **(Fee increases to \$90 for March Self Renewal).**



Bridges to Contemplative Living with Thomas Merton

Meets every other Thursday, 6:30-8 p.m.
Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us to respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings we use the series *Bridges to Contemplative Living* which includes excerpts from the writings of Thomas Merton and other authors. Fee: \$5 session.

The Raindrop Technique™

Thursday, February 18, 9 a.m. to 6 p.m.

Facilitator: Linda Smith, RN, MS, HNC, CHTP/I

This is an eight-hour class sponsored by the Institute of Spiritual Healing and Aromatherapy (ISHA). The Raindrop Technique is a powerful, non-invasive tool used for assisting the body in both chronic and acute inflammatory states to achieve balance by using antiviral, antibacterial and anti-inflammatory action of several key essential oils. This workshop also covers the use and safety of the oils in healing techniques.

Fee: \$254 includes workshop fee and Raindrop kit of 9 essential oils, two carrier oils and fee for lunch.

If a student has all the Raindrop oils and brings them to class, the fee is \$144.

ISHA is approved for Continuing Chaplaincy Education units by the Association of Professional Chaplains. ISHA is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider, #419980-00.

Sent to Heal and Anoint (Course CCA 301)

Friday, February 19, 6-10 p.m.

Saturday and Sunday, Feb. 20 & 21, 9 a.m. to 6 p.m.

Instructor: Linda Smith

The disciples of Jesus were sent out in ministry to heal and anoint others. Today we have the opportunity to create healing ministries using essential oils with compassionate touch. This 20-hour course introduces the healing power of oils that formed the medicine chest of the biblical times. Many of these oils will be described along with their healing properties relevant for our modern day. This course is the first class in the Certification Program in Aromatherapy. There are no pre-requisites for this class. Fee: \$418 includes lunch both days; Repeater's Fee: \$218 includes lunch both days; Full-time Student Fee: \$318 includes lunch both days. Discounts of \$25 will apply for each of the following: early bird discount if you register 3 weeks in advance with a \$50 deposit and for seniors 65 and older.

Brain Boosters

Friday, February 19, 6-8:30 p.m.

Facilitator: Melanie Hoffner, Certified Brain-Based Trainer

Would you agree that most of us take better care of our hair and skin than we do of our brains? Yet our brains are part of EVERY aspect of our life experience. Since most of us don't have an owner's manual for our brains, learn how to increase your awareness about how your choices and actions can impact your brain's performance and health. Diverse audiences of all ages and professions have gleaned powerful skills and insights through experiencing Melanie Hoffner's energizing, positive and interactive speaking and training facilitation.

Fee: \$35

PROGRAMS

Using Your Hands to Heal, Course 103

Saturday, February 20, 9 a.m. to 6 p.m.

Sunday, February 21, 9 a.m. to 6 p.m.

Instructor: Margaret Leslie

This is a two-day course for those people who desire to do healing work from a spiritual ministry perspective. The course incorporates a variety of healing modalities that spring from the laying-on of hands found in the Christian tradition. Bio-energetic healing principles are introduced with a spiritual ministry focus. No previous HTSM courses are necessary.

Fee: \$318 includes lunches on Saturday and Sunday.

Repeater's Fee: \$168 includes lunches on Saturday and Sunday.

Full-time Student Fee: \$243 includes lunches on Saturday and Sunday. Discounts of \$25 will apply for each of the following: early bird discount if you register 3-plus weeks in advance with a \$50 deposit and for seniors 65 and older.

Bread Making Class

Saturday, Feb. 24, 6-9 p.m.

Baker Jill Jones will teach how to make streudels, puff pastries and Dutch letters. Fee: \$25

Growing Sprouts in Your Home

Saturday, February 27, 10-11:30 a.m.

Facilitator: Mary Ellen Dunford

Learn how easy it is to grow your own sprouts during the winter months for a fresh taste for your salads and sandwiches. Participants will receive a sprouting lid, a quart canning jar and a variety of organic sprouting seeds. Fee: \$15

Antimicrobial Essential Oils for Health

Saturday, February 27, 1-4 p.m.

Facilitator: Mary Ellen Dunford

Learn about various essential oils and their antimicrobial properties that can be used to enhance your health by protecting you from germs and other microorganisms. Essential oils are aromatic liquids made from flowers, trees, shrubs, bushes, roots and seeds.

They have been used by humans from the beginning of time for medicinal purposes. Participants will become familiar with eight highly ranked antimicrobial essential oils (single oils and commercial blends). Each participant

will make a blend to take home. No prior knowledge is required.

Fee: \$25



The Artist's Way

Tuesdays 1:30-3 p.m. & 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

This is a series of 10 sessions held on each Tuesday beginning March 2

All of us are artists. All of us are creative, but we do not always feel free to connect with and express the creative energy

that is part of who we are. The book, *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron leads us through a process of connecting us with the Creator's creativity within us. The readings and exercises are meant to release the imagination and inspire individual growth. During these sessions we will use the book as a basis for discussion but will include other enriching resources. Come either in the afternoon or evening.

Fee: \$10 per session. *Scholarships available.*

Workshop Series 2010

Facilitator: Dr. Freya Schafer, PhD

Restoring Inner Balance in Unbalanced Times Series

Part 1: Ascending the Emotional Scale

Friday, March 5, 6-8:30 p.m.

Do the fears and uncertainties of our current world leave you shaky, anxious or disoriented? Emotions drive our thinking and influence our actions and achievements — for good or for bad. In this workshop, Wellness Coach Freya Schafer, will share the power of the Emotional Scale, show you Energy Tools to release and transform low vibration feelings, introduce the Living Key Words Technique and show you how to regain a measure of control by moving to a better-feeling place that is aligned with your highest good.

Fee: \$40

Part 2: Staying Balanced and Focused

Friday, April 9, 6-9 p.m.

The fears and uncertainties of our current world can leave us shaky and overwhelmed. You can stay balanced and focused in challenging times — if you know how. In this workshop, Dr. Freya Schafer will show you enjoyable mind-body Energy Tools to regain balance, stay clear and free yourself from the chaos and noise around you.

Fee: \$50

Part 3: Releasing Your Stress and Anxieties

Friday, May 14, 6-9 p.m.

Are you anxious about the future? Do you feel bombarded with constant demands on your attention? Are you overwhelmed with self-sabotaging talk? We all experience anxieties and worries now and then but if fear and stress run your life it is hard to think positive and move forward with confidence. Emotional Freedom Techniques (EFT) is a highly effective, quick-working technique that provides relief from emotional blocks, fears and being "stuck" with unhelpful habits or beliefs. In this workshop, you will be introduced to the 1-minute EFT procedure and how to apply it to everyday areas of stress management, enhancing self confidence and reducing anxiety.

Fee: \$50

PROGRAMS

Prairiewoods Garden Series

Build Native Bee Nests

Monday, March 15, 6:30-8 p.m.

Facilitators: Traci Dunkel and Mary Ellen Dunford

You can encourage solitary native bees to nest in your vegetable or flower garden by constructing a simple nest out of reeds, pithy stems, canes or bamboo. Solitary native bees pollinate everything from fruit trees, vegetables and flowers. With solitary bees in decline you can bolster their habitat by creating an easy bee nest.

Fee: \$15 includes supplies.

Grow Indoor Microgreens

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

Facilitator: Mary Ellen Dunford

Learn how to grow nutritious indoor microgreens from mesclum seed mixes. Microgreens are dense with vitamins and other nutrients. They can be eaten as a snack or served on salads and sandwiches. Each participant will make a mini container garden planted with microgreens to take home.

Fee: \$15 includes supplies

Mulch Sheet Beds for Flower & Vegetable Gardens

Mondays, April 5 and 12, 5:30-7 p.m.

Facilitator: Mary Ellen Dunford

These workshops will include classroom and hands-on experience for building mulch sheet beds for soil used for gardens. Mulch sheet bedding is a permaculture technique used to enrich the soil and decrease the work of weeding. Come dressed to work outside. The sessions will not be held if there is heavy rain on the day of the workshop.

Fee: \$10

Create a Unique Trellis

Mondays, April 12 and May 10, 6-8 p.m.

Facilitators: Traci Dunkel and Mary Ellen Dunford

Learn how to build a simple natural trellis for your vegetable garden or flowering vines. Instruction and demonstration of how to build three different types is provided: bamboo tepee, bamboo trellis and branch trellis. Each participant can pick one type of trellis and take home the supplies needed to build one in your own garden.

Fee: \$20

Introduction to Permaculture Design

Saturday, April 10 & Sunday, April 11

9 a.m. to 5 p.m. each day.

Facilitators: Kyle Sieck and Avi Pogel

This introductory workshop will introduce you to the art and science of permaculture design. Permaculture is a design methodology and social movement that seeks to integrate human needs with environmental sustainability. Permaculture design is used to help homeowners, apartment dwellers, college students and persons of all ages to find ways to

learn from nature's principles so that present needs are met without compromising the needs of future generations. Topics in this workshop include: permaculture ethics, principles, social networking, landscape design, low maintenance organic gardening, water catchment, perennial food systems, micro orchards and travel/work opportunities.

Both presenters, Kyle and Avi, have permaculture design certification and are avid practitioners of sustainable living.

Fee: \$125. Scholarships are available.

Cultural Competency Training

Saturday, March 20, 9 a.m. to 4 p.m.

Presenter: LaSheila Yates

Competency training prepares individuals to work with culturally diverse populations. Training will introduce key topics such as history, culture and perspectives on various ethnic and racial groups in the United States, as well as enhance the understanding of group interactions in American society. There will be presentations as well as group activities and interactions.

Fee: \$40. Minimum of 10 must be registered to offer this class.

For an additional \$10 C.E.U.'s are available through Iowa State University. A separate check should be made out to ISU for the C.E.U.s. Register by Saturday, March 13.

Spring Equinox

Saturday, March 20, 1-2:30 p.m.

Facilitator: Emy Sautter

Come one, come all to celebrate the return of Spring!

On this day the sun is at its midway mark, halfway between midwinter and midsummer. We will celebrate this day as a gift and affirm our own new beginnings, as well as those of the Earth. Plan for a fun-filled afternoon

including poetry, ponderings and time spent outdoors.

Free-will donation.



Fruit Tree Pruning

Tuesday, March 23, 6-8 p.m.

Facilitator: Patrick O'Malley

This class will focus on the pruning and training of fruit trees to encourage a bountiful supply of fresh fruit. Topics covered in this class include tools, strategy behind pruning, which times of year to prune and train, and differences among fruit trees. We will be outside using the Prairiewoods fruit trees as live examples. Instructor Patrick O'Malley is a commercial horticulture field specialist for Iowa State University Extension.

Pre-register by March 19.

Fee: \$15

PROGRAMS

Bread Making Classes

Wednesdays, March 24 & April 21, 6-9 p.m.

Instructor: Jill Jones

March 24: Flat breads and crackers.

April 21: Sour dough bread and starter.

Fee: \$25 each class

Essential Oils for Physical Health & Well-Being (Course CCA 302)

Friday, April 30, 9 a.m. to 6 p.m.

Saturday, May 1, 9 a.m. to 6 p.m.

Sunday, May 2, 9 a.m. to 6 p.m.

Instructor: Deb Reis

This 20-hour course builds on the information presented in the Sent to Heal and Anoint class. It looks deeper into the healing qualities of certain essential oils helpful in aiding the body's natural defenses, promoting general health and improving nutrition. Students are then led in a series of heart-centered healing techniques using energetic healing and aromatherapy.

Fee: \$507, includes lunches; Repeater Fee: \$267, includes lunches; Full-time student Fee: \$357, includes lunches.

Discounts of \$25 will apply for each of the following: early bird discount if you register three weeks in advance with a \$50 deposit and for seniors 65 and older.

Introduction to Healing Ministry, Course 101

Saturday, May 1, 9 a.m. to 6 p.m.

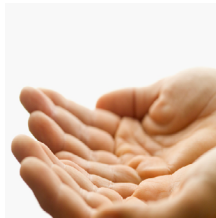
Instructor: Gayle Mohr

This one-day, eight-hour course details the history of healing in Christianity with the opportunity to experience the laying-on of hands. The roles of prayer and belief and developing a healing presence are presented along with guided meditations that make this a truly inspiring day. This course can be taken at any time in the curriculum.

Fee: \$159 includes lunch; Repeater Fee: \$88 includes lunch;

Full-time Student Fee: \$121.50, includes lunch.

A discount of \$25 for seniors. No discounts for repeaters or students. Contact Prairiewoods for lodging information.



Introduction to Judeo-Christian Anointing, Course 102

Sunday, May 2, 9 a.m. to 6 p.m.

Instructor: Gayle Mohr

This one-day, eight-hour course explores anointing in our Judeo-Christian story and how we lost it in history. Nine essential oils are introduced which have traditionally been used for spiritual and physical healing (anointing) in the Bible. Anointing is combined with the laying-on of hands and other simple healing techniques making this an enriching experience. This course can be taken any time in the curriculum.

Fee: \$159 includes lunch; Repeater Fee: \$88 includes lunch; Full-time Student Fee: \$121.50 includes lunch.

A discount of \$25 for seniors. No discounts for repeaters or students. Contact Prairiewoods for lodging information.

Rain Gardens, A Green Solution for Your Home or Business Lawn

Saturday, May 8, 1-5 p.m.

Instructor: Jason Grimm

Rain gardens are important to the environment because they help stop water that lands on roofs and concrete driveways. The water is stopped and stays in your lawn rather than running into sewers and eventually in the waterways. This conserves water in your lawn and improves the health of the water by trapping sediments and pollutants. Rain gardens can be designed to add beauty to your yard or lawn.

This workshop will include ways to locate placement and determine the size of the rain garden, as well as preparing the soil and selecting plants. Participants will assist in the construction of a small rain garden on the Prairiewoods grounds. Instructor Jason Grimm is with the Iowa Valley Resource Conservation and Development as the Local Food Project Associate. He graduated from Iowa State University with a degree in Landscape Architecture. Fee: \$25, scholarships available.

Vibrant Living

Friday, May 14, 7-9 p.m., Saturday, May 15, 9 a.m. to 7 p.m. and Sunday, May 16, 9 a.m. to 4 p.m.

Facilitators: Kristi Cooper and Mary Ellen Dunford

2010 is the year of personal integration. Spend a weekend retreat with us and explore a sampling of holistic practices to rediscover your authentic self. Invite a new level of consciousness into your everyday life and examine its effect on your values and important relationships. Participants will experience a variety of spiritual self care practices including body and energy work, mindfulness techniques, guided meditation, movement, affirmations and archetypes related to each Chakra. Each participant will receive two holistic sessions. Join seasoned holistic practitioners Kristi Cooper and Mary Ellen Dunford for a weekend of relaxation and spiritual growth.

Fee: \$250 includes Friday and Saturday lodging and meals and bodywork. \$50 deposit required; \$10 nonrefundable.

Commuter Fee: \$175, includes presentations and meals and bodywork. \$50 deposit required; \$10 nonrefundable. *Scholarships available.*

Don't let financial difficulties keep you from attending Prairiewoods' programs. Please contact Mary Ellen Dunford at 319-395-6700, ext. 202 for more information.

CONTINUING PROGRAMS

Wednesday Women

Wednesday mornings, 10-11:30 a.m.

Facilitator: Marj English OSF

This is a lively and stimulating group of women who gather every Wednesday to explore topics that inform, support and enrich their spiritual growth. The book, *A Monk in the Inner City: The ABC's of a Spiritual Journey* is being used through February 3.

Evening Centering Prayer

2nd & 4th Tuesdays of the month, 5:30-7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for those who do centering prayer. You may join the group at any time. The group meets in Room 113 of the Guest House. For information, call Ann Jackson PBVM: 319-395-6700 ext. 203

Free-will offering

NIA Classes

Mondays and Thursdays 9-10 a.m.

Facilitators: Jan Brendes and Mary Ellen Dunford

NIA is a creative physical fitness class that blends martial arts, dance and the healing arts. It is highly adaptable to people of all ages and fitness levels. Five-week punch card: \$30 or drop-in fee: \$8 per class

Women's Sacred Circle

First Wednesday of every month, 6:30-8 p.m.

This group is for women who are interested in gathering for spiritual growth. The direction and activities of the group are determined by the participants. For more information, contact Mary Ellen Dunford at 319-395-6700, ext. 202. Fee: \$5 per session.

Environmental Book Club

Third Wednesday of every month, 6:30-7:45 p.m.

Facilitator: Emy Sautter

Each month this group reads a different book on a variety of environmental topics. The group rotates meeting places between Prairiewoods and the Marion Public Library. For information, contact Emy Sautter at 319-395-6700, ext. 222.

Prairiewoods Knitters & Stitches

This group meets from 9:30 a.m. to noon on the second Tuesday of the month at Prairiewoods and from 7-9 p.m. on the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels.

Holistic Services

Massage, Healing Touch/Healing Touch Spiritual Ministry, reflexology and Raindrop services are offered by appointment. Contact Dawn Hysler at 319-395-6700 to schedule an appointment. Please allow at least 48 hours to schedule an appointment.

3-day reflexology workshop

A three-day workshop combining reflexology and meridian therapy for the hands and feet will be held June 11-13 at Prairiewoods.

Moving the Energy Class 1 will be held June 11 and 12, 9 a.m. to 5 p.m. each day. Fee is \$250. In this class you will learn the origins and pathologies of Qi and blood and practical applications of specialized techniques combining reflexology and meridian therapy.

Moving the Energy Class 2 will be held June 13, 9 a.m. to 5 p.m. Fee is \$150. In this class you will learn the flow, functions, pathology and specific points on the Ren and Du meridians, diagnosis according to the Eastern philosophy including patterns of disease. Each student will complete an in-depth client assessment form. The group will work together to formulate a treatment plan for each student.

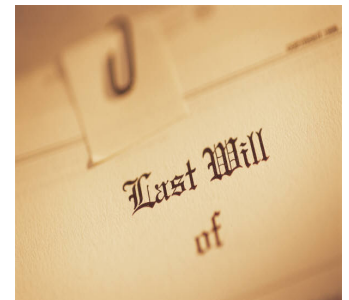
Presenter of these programs is Lilian Tibshraeny-Morten, a teacher of reflexology for the past 23 years and of meridians and elements for 14 years. Lilian started her teaching career in 1986 as the South African director for the International Institute of Reflexology. In 1998 she became the Director of Education for the IIR home office in St. Petersburg, Florida.

To register for these program, contact Prairiewoods at 319-395-6700. A deposit of \$100 is required (all but \$10 is refundable).

When is it time to change your will?

Is it time to change your will? Important changes that could affect your will include family changes, financial changes, relocation to another state, a new gift plan and changed relationships.

Let's talk about new gift planning. Since your will was written, you may have acquired more assets enabling you to consider giving to a favorite non-profit organization like Prairiewoods. Perhaps you've developed a strong relationship with Prairiewoods and now feel it is time to help perpetuate its mission. You can even honor or memorialize someone on the staff in your will. An easy way to make a change is to add an amend-



ment to your will called a codicil. For more information regarding planned giving feel free to contact Prairiewoods or check out the "ways to give" page at our website: www.fspa.org.

OUR DONORS AND VOLUNTEERS

We are grateful for the donations of cash, materials and time that we receive. If you would like to donate or volunteer, contact Prairiewoods at 319-395-6700 or e-mail us at ecospirit@prairiewoods.org.

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Iowa immigration fair to be held April 19

The Iowa Immigration Heritage Multicultural Fair will be held on Monday, April 19 at Mount Mercy College in the Betty Cherry Heritage Hall, from 3 to 7:30 p.m.

This event includes arts, crafts and music from at least 20 ethnic groups. A key-note speaker is set for 6 p.m. Topic is "Refugees." Following will be a panel of immigrants to share their story. Admission is free.

Prairiewoods' Welcoming the Stranger Committee is partnering with the Mount Mercy Campus Ministry to organize this event. The committee also sponsors an immigration traveling display to area churches and organizations. The display combines photos and information on the history and status of immigration in our nation and in the state of Iowa.

In addition, the Welcoming the Stranger Committee offers a Speaker's



Bureau available to your church or group on the topic of immigration.

To host the display at your site or to arrange for a speaker, contact Sr. Marj English OSF at 319-395-6700 ext 216 or e-mail her at: menglish@prairiewoods.org.

Let Marj know the dates and time you want the display or speaker, as well as the contact person's name, phone number and e-mail address.

Prairiewoods

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

Enjoy a sabbatical for the soul

In today's busy world, people have forgotten their ability to live an enlightened life.

Theresa O'Connor hopes to change that during the weeklong retreat she will lead at Prairiewoods. The "Your Life, Your Light: Enlightenment" retreat offered, July 4 to July 10 at Prairiewoods, will guide people to the experience of enlightenment.

"These programs are always very different, but they teach people that enlightenment is a lot like the infinity symbol. We have one foot in the material world and the other on the other side. At any one time, we have the ability to be in either world. Enlightenment, in my understanding, is consciously understanding the



Theresa O'Connor

essence of the light that is in us always, but we're too distracted to be aware of it," says O'Connor from her office in Philadelphia.

O'Connor has spent a career that spans three decades in the fields of transpersonal and energy psychology, as well as mind-body and vibrational medicine. When she graduated from Yale University in 1981, physician Bernie Siegel

"...we are moving from the information age into the age of intuition..."

Theresa O'Connor

was breaking new ground in the field of healing. O'Connor was involved in the initial group that worked with Siegel and cancer patients using visualization techniques.

"The work they were doing was cutting edge 30 years ago," she says. "It's taken all that time to get it into the mainstream."

O'Connor says as we enter the second decade of the 21st century, we are being told by experts in many fields that we are moving from the information age into the age of intuition, where information and higher knowing are accessed.

"I see more interest in intuitive thinking, particularly at the coaching level where I'll meet with someone on a once-a-week or monthly basis," she explains. "It's not so much teaching intuition. It's allowing people to come to the experience of what is shifting in themselves, giving them pointers or sharing my own experiences that this is how I understand

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DIRECTOR'S CORNER

When a woman was describing a beautiful scenic view on her recent vacation, she said she realized that sightless people would never be able to enjoy that wonder of God's creation. This woman's comments have awakened in me a new awareness of how much I take in through my bodily senses. And by imagining what my life would be without one or more of my senses, I am becoming more conscious of what I often take for granted.

So as spring moves into summer, I am becoming more aware of the many daily sensory gifts I enjoy, such as:

- the many shades of greens while driving in the country,
- the smells of the flowers in blossom, the bread baking in the kitchen and the rain hanging in the air,
- the crispness of the morning air, followed by the warmth of the mid-day sun, the songs of the birds and the croaking of the frogs in the ponds,
- the tartness of the fresh rhubarb cobbler and the delicious taste of new asparagus.

As I reflected on the wonder of our physical senses, I became more conscious of the many inner senses that you and I may take for granted. Have you thought about your ability to see with your inner eye the goodness and interior beauty of another person? Or can you hear the compassion in another's voice? Feel the love in a handshake or hug? Or have your heart touched by someone's kindness? Do you hear the promptings of your inner voice and of the Spirit within you?

What are the ways the wonders of God's creation come to you through your senses — your bodily senses and your inner sense? Pause, take a deep breath and ponder the beauty around and within you. And know that you are always welcome to surround yourself with the quiet, reflective space of Prairiewoods as you strive to grow in consciousness and awareness of your outer and inner world.



*Helen Elsbernd FSPA
Prairiewoods Director*

Prairiewoods Franciscan Spirituality Center

A sacred space where people explore and integrate their relationships with God, Earth, Self and Others. Operating out of a Catholic tradition, Prairiewoods is open to people of all faiths and cultures.

Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin

Content focuses on happenings and opinions that support Prairiewoods mission and vision.

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If you would like to receive your newsletter electronically, please send us your e-mail address at: sdsmith@prairiewoods.org. Thank you!

Relax, recharge with a yoga retreat

My first yoga retreat was a weekend in February. I had practiced weekly for years but had never devoted a block of time to just yoga. With some trepidation, I signed up for the yoga weekend and by the end of the retreat was glad I had.

A yoga retreat enables people to take time out from their everyday routine and spend some quality time to reconnect with the mind, body and spirit.

Before committing to a yoga retreat, ask yourself what do you hope to get out of it? Are you looking for an intensive experience or a period of time to unwind, have fun or deepen your yoga practice?

What else should you look for in a yoga retreat? Check out the teacher and the style of yoga you will be practicing. Also, make sure the level of yoga (beginner, intermediate, advanced) meets your-



needs. At my yoga weekend, there were beginners, as well as advanced practitioners. We were encouraged to explore at our own level and most of us saw progress.

It's also worth noting that you don't spend every hour of a retreat in prac-

tice. In between a morning and afternoon session, you'll have time for other activities or to relax and chill out. Some retreats incorporate meditation and times of silence.

Most of the people who go on a yoga retreat go by themselves. I knew a few people at my weekend retreat, but I knew a lot more people after spending two-and-a-half days with them. It's amazing what a shared experience like yoga will do to create connections.

Prairiewoods Summer Yoga Retreat will be held July 11-17 featuring instructor Mary Morrow, who holds the designation Anusara-Inspired teacher. The Anusara style of yoga incorporates a heart-opening and playful attitude along with Universal Principles of Alignment. To learn more about the retreat, go to page 7.

— Sue Davis Smith

Sweat lodge used for purification ceremonies

If you have walked Prairiewoods' trails you may have noticed a dome-shaped structure tucked back into the woods. The "dome" is a Native American sweat lodge, which is used during ceremonies for spiritual and physical purification.

While every tribal group has its own traditions, Prairiewoods' sweat lodge leader, Wha'la, is a First Nations Cree, and was trained in the traditions native to that culture. He shares with Prairiewoods' readers information about sweat lodges.

"The sweat lodge is used for purification and to offer voices to creation (not just the two-legged creatures but for all of Mother Earth) of all good things and to spend some time in sacrifice — not in suffering, but sacrifice," Wha'la says. "We do songs, offer medicines and water on behalf of people and we offer voices on behalf of those who need prayers, and always keep in mind that we also need prayers for ourselves."

There are some elements common to most sweat lodge ceremonies. At Prairiewoods, the lodge was crafted out of young willow and covered with canvas.



Wha'la says whatever is used to cover the lodge, it must be breathable.

Participants are asked to follow certain protocols. Women should wear long cotton dresses or a flannel nightgown to cover themselves. Men may wear shorts. People usually bring loose tobacco or colored broadcloth as offerings. Many sweats start with the participants fasting or avoiding caffeine, alcohol and other unhealthy substances. At Prairiewoods, Wha'la prefers people abstain from alcohol or drugs four days prior to the sweat.

As Wha'la prepares for a sweat, he lights sage to purify the area. He prepares the fire and altar. As the stones are brought into the lodge, they are arranged in certain directions. Women sit to the south, men to the north.

A sweat is typically four sessions called rounds. During each round, water is poured and people will

sing or make petitions. Each round, Wha'la explains, is symbolic.

"The first round represents new beginnings and asking help for our good minds. The second round represents the female aspect of life. We pour water 13 times in this round representing the 13 moon times of a life giver.

"The third round is for help with physical ailments and healings," he says. "We'll offer seven water pours representing the seven generations that have passed.

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2 new groups forming at Prairiewoods

Spiritual Journey Group

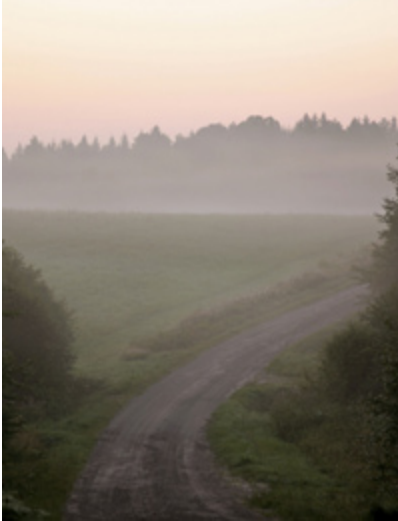
Prairiewoods is looking for eight to 12 people interested in moving forward on a spiritual journey. With the guidance and facilitation of Sr. Marj English, OSF, the group will utilize the book, *Footprints of the Soul: A Creative Guide for Spiritual Journey Groups and Individuals* by Elizabeth Wood Willey.

The group will meet every other Tuesday from 6-7:30 p.m. beginning September 14 through November 9. A retreat day for the group is scheduled for Saturday, December 4 from 9 a.m. to 3 p.m. The group will resume meeting every other Tuesday from January 11 through May 17.

The purpose of the spiritual journey group is to grow the individual's sense of creating a life in cooperation with God by offering a wide range of experiences that can help each person develop spiritual practices. Another important focus is to form a sacred community that shares the common vision of deepening a journey with the Divine.

As a participant, you will experience various ways to pray and process your prayer, deepening your connection to the Divine and one another. You will develop the ability to quiet the mind and body to more clearly listen to God. You will learn to be a soul friend, one who listens prayerfully in a loving nonjudgmental way to the spiritual experiences of others.

Cost for this group is \$15 per session, \$40 for the retreat day plus \$26 for the cost of the book (which includes a CD) and shipping.



Ministry Reflection Group

A reflection group designed for people in ministry will start at Prairiewoods in August, 2010. The group, led by Sr. Marj English, OSF, is designed to give people in ministry an opportunity to reflect with their peers on their experiences in a safe, confidential setting that allows for personal and professional growth and insight. This group is meant for pastors, pastoral associates, directors of religious education, chaplains, youth ministers, counselors, spiritual directors or anyone in a caring profession.

The group process will include elements of theological reflection and peer super-

vision. It is designed to help individuals become more conscious of and intentional about the issues and invitations present in the lived experience of ministry. The structured format is contemplative in nature including prayerful reflections and sharing.

The group requires a time commitment of consistent participation to build rapport and trust. The group will meet on the third Tuesday of each month from 3-5 p.m. from August through May, 2011. Cost is \$20 per session.

To register for these groups, call Prairiewoods at 319-395-6700 by September 1 for the Spiritual Journey Group and by August 1 for the Ministry Reflection Group. .

Business world looks for new ways of decision making

continued from page 1
the place you're in."

O'Connor has found work within the business world with executives and entrepreneurs who want to integrate their own spirituality and values into their businesses and decisions to make an impact on the world.

"Dynamic, determined leaders are learning new ways of decision making, in balanced living and in giving back," she says. "The development of inner intuition and insight, with an integration of mind, body and spirit is now sought in conscious workplaces."

Her retreats on enlightenment began at the Franciscan Spirituality Center, the Christine Center in Willard, Wisconsin. They've grown from a "basics" course on enlightenment to offering more advanced work. The Prairiewoods retreat will offer some silence, as well as being "experiential."

"I expect by the time people leave there will be a difference in them. We know from research that we can forget knowledge quickly. Unless there has been a cellular experiential



spiritual shift...it isn't transformative. My goal (for this retreat) is for it to be transformative. I want people to leave remembering the light that is in their essence and that, in many ways, we've forgotten."
— Sue Davis Smith

Reduce, reuse, recycle - motto to live by

Reduce, reuse, recycle is a slogan we are all familiar with and it's a great motto to live by. It's also im-

portant to remember the order: Reduce first; reuse or repurpose as much as possible; and try to recycle what cannot be eliminated or reused. In striving to do these things, we lessen our impact on Mother Earth by reducing our consumption and our waste. It can also be quite fun, creative and rewarding!

Today, I want to concentrate on recycling options because there is a lot of confusion on this topic. Let's start with the basics — curbside recycling. Most companies accept metal food cans, glass, paper, plastics (#1-7), newspaper and cardboard. Check with your recycling company if you are unsure about any of these items.

If you don't have curbside recycling, there are other options. In the Cedar Rapids/Eastern Iowa area, you can use the Cedar Rapids/Linn County Solid Waste Agency or City Carton Recycling. They usually have more options than curbside pick-up. Most everything is free for residents and all you have to do is drop off your items.

But what about all those other items that you don't think of as recyclable, such as plastic bags, home electronics, appliances and plastic lawn furniture? Plastic bags, for example, can be recycled at your local grocery store. Look for the recycling containers usually located at the front entrance. You may also recycle plastic shopping bags, bread bags, plastic wrap, dry cleaning bags, plastic produce bags and many other plastic bags in these containers. Drop-off locations include Hy-Vee and Wal-Mart stores, the Solid Waste Agency and City Carton. Outside this area, check with your local grocery store or recycling business.

Recycling appliances is another option, as well. Locally, the Solid Waste Agency accepts many types of appliances for recycling. If the old appliance still works, contact Alliant Energy. You may receive \$50 for it, or give it away to someone in need. You can also check the website www.freecycle.org.

There are many options for recycling home electronics — some that are free and some that charge a small fee. Again, the Solid Waste Agency is a great outlet for recycling your electronics, as is Midwest Electronic Recovery. Or you can donate old working electronics (including computers) to Goodwill.

It's also important that we expand our idea of home electronics to include not only computers and televisions, but remote

controls, hand-held video games, extension cords, portable phones, cell phones, clock radios and Christmas lights. Best Buy accepts televisions, 32-inch or smaller for recycling. It costs \$10 but you receive a \$10 gift certificate in return. If your electronic item is something like a vacuum cleaner, consider having it repaired rather than throwing it away, as there are no good outlets for recycling those items at this time.

All in all, if you are unsure about an item, take the time to make a call. It is the best thing you can do for Mother Earth, plus you can become the local recycling guru in your neighborhood. If you live in Eastern Iowa, the Linn County Solid Waste Agency is a wonderful resource for all of your recycling needs or questions. You can call them for a copy of the Home and Business Recycling Companion or you may download the



information from their website (see below). The agency provides information on recycling everything from batteries and CD's to light bulbs, tires and one-pound propane tanks!

Plastic lawn furniture, children's outdoor plastic slides and sleds, plastic sand boxes and little tikes toys are just a few more examples of items that can be recycled at the agency for free.

They also have a pollution prevention center for proper disposal of household chemicals and a wood disposal program where wood products such as construction materials, landscape debris and old furniture can be converted into biomass for energy.

Styrofoam is a product that we should avoid at all costs. It's usually not recyclable, even when a recycling symbol is present. However, a recycling program is in the works and the Solid Waste Agency will have more details this fall.

Finally, remember when you are recycling, clean items are best. Follow sorting directions and if you don't know, just ask or call the Solid Waste Agency.

— Emy Sautter



Resources:

- Cedar Rapids/Linn County Solid Waste Agency: 319-377-5290
www.solidwasteagency.org
- City Carton Recycling: 1-800-369-6112, www.citycarton.com
- Midwest Electronic Recovery: 319-845-2001, www.ewasterecycle.com
- Your local Goodwill Store
- www.freecycle.org and www.craigslist.org

Prairiwoods receives alternative energy award

Prairiwoods won an alternative energy use award at the first Environmental & Energy Leadership Symposium held April 16 in Coralville.

Sponsored by the Corridor Business Journal, the symposium included speakers, presentation of awards and a panel discussion in which Sr. Helen Elsbernd, Prairiwoods' director, participated. The event was designed to give business and community leaders more information about ways to incorporate green, energy-efficient practices.

Prairiwoods was nominated by board member Katie Mills Giorgio for our use of solar energy. Other winners included Trees Forever and the Indian Creek Nature Center for its green marketing campaign to promote rain barrels.

In other good news, Prairiwoods received a \$72,938 grant from the Iowa Office of Energy Independence to add 60 photovoltaic modules. The new solar panels and our existing solar panels together will generate 22,750 kilowatt hours of electricity

Check out these new books in our gift shop

The Tao of Liberation: Exploring the Ecology of Transformation, by Mark Hathaway and Leonardo Boff, \$35.

Today, humanity stands at an historic crossroads. Deepening poverty and accelerating ecological destruction challenge us to act with wisdom and maturity: How can we move toward a future where meaning, hope, and beauty can truly flourish? Drawing on insights from economics, psychology, science, and spirituality, *The Tao of Liberation* seeks wisdom leading to authentic liberation a path toward ever-greater communion, diversity, and creativity for the Earth community. It describes this wisdom using the Chinese word Tao as both a way leading to harmony and the unfolding process of the cosmos itself.

Uncommon Gratitude by Joan Chittister & Rowan Williams, \$16.95

What does it mean to be a Christian? In *Uncommon Gratitude*, two persons formed by monastic prayer practices (and respected theologians) reach across denominational lines to form a common understanding of a 'life of alleluia.' Without sentimentality or triviality, Chittister and Williams show how one can realistically offer praise and wonder in the face of the often uncertain or discouraging circumstances of ordinary life. These reflections are rooted in the conviction that God is good, and all of life--including doubt, death, conflict, wealth--is life-giving. Suffering, for example, calls us to a new way of being, is the ground of compassion, and moves us beyond our smaller, less developed selves. Darkness reveals that all growth does not take place in the sunlight, and that God works in our vulnerability and lack of control.



per year or about 45 percent of the electricity for our main center and 20-room guesthouse. Installation of the new panels will take place in June.

Also a 'thank you' to Rockwell and its Green Community Grant Program. Prairiwoods received \$2,000 for prairie restoration and safety equipment.

Day of Caring volunteers tackle service projects

Thirty-five employees from Rockwell and five students from Coe College worked at Prairiwoods on May 12 as part of the United Way of East Central Iowa's Day of Caring. The group worked in the Prairiwoods garden, cleaned the guesthouse and center and cleared trails and mulched trees. Thank you!



RETREATS

June Silent Directed Retreat

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

5:30 p.m. Sunday, June 20 to 1 p.m. Saturday, June 26

July Silent Directed Retreat

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

5:30 p.m. Sunday, July 18 to 1 p.m. Saturday, July 24

These retreats provide extended time for prayer, solitude and quiet. According to each individual's preference, a daily one-to-one meeting with a spiritual director is provided to help reflect on one's spiritual journey. An optional quiet period of communal centering prayer will take place each evening before dinner. In the beauty of the 70 acres of prairie and woods, individuals find quiet time and space to experience more deeply the God within oneself, within personal relationships and in all of creation.

Fee: \$375 includes lodging, meals and spiritual direction.

Choose Life: Living Love, Abundance and Gratitude Retreat

5:30 p.m. Sunday, June 20 to 1 p.m. Saturday, June 26

Facilitator: Lucy Slinger FSPA



Nature invites our wholeness and mutuality in relationship. This retreat is an invitation to open your mind, heart, body and soul in deeper ways to the Divine Mystery in all of creation; contemplate the sacredness of the cosmos, ponder authentic living, consider new ways of being at home in the universe and nourish renewed

hope by living out the call to love, abundance and gratitude. Each day will include time for input, communal prayer, quiet reflection and group discussion. We will celebrate the Earth via daily ritual/prayer, scripture and multimedia. Come, simply be.

Fee: \$375 includes lodging, meals and retreat experiences.

Commuter Fee: \$275 includes daily lunch and retreat experiences.

Reading, Spirituality and Cultural Politics Retreat

5:30 p.m. Friday, June 18 to 1 p.m. Sunday, June 20

Facilitator: Daniel Coleman



Is reading an important part of your spiritual practice? Do certain reading experiences mark significant turning points in your life? If so, have you wondered why? When people want to pray, to worship, to marry or bury, why do they reach for a

book? What is it about reading that feels like a spiritual posture? What kinds of reading go beyond being private entertainment to produce personal and social change?

Join Daniel Coleman for a weekend on the wonder and power of reading. Through group discussion and private reflec-

tion, we will consider how reading enables solitude and community, how we take a step back from the busyness and noise of the world when we read. Daniel Coleman's most recent book, *In Bed with the Word: Reading, Spirituality and Cultural Politics*, looks at the importance of reading as a spiritual practice in a culture of increasing speed and distraction. Coleman is a professor of Canadian Literature at McMaster University in Hamilton, Ontario. Fee: \$225 includes lodging, meals and retreat experiences. Commuter Fee: \$175 includes daily lunch and retreat experiences.

Your Life, Your Light: Enlightenment Retreat

6:30 p.m. Friday, July 4 to 1 p.m. Saturday, July 10

Facilitator: Theresa O'Connor, Enlightenment Coach



Enjoy a sabbatical for your soul during a life-renewing week, blending science and spirituality, east and west, reflection and ritual, consciousness and community, experience and expansion. We will ponder the questions: How is it that you are here on Earth at this particular time? Is your soul fully energized and engaged in your life?

What is your own inner voice longing to tell you? When is the last time you quietly sat by your own inner fire and nurtured yourself?

What is enlightenment? Enlightenment is unique to each of us, yet it can be defined as the remembering of and reconnection with our Divine Spark, enabling us to serve the world from this inner vital vibrancy. Connecting with your own vital vibrancy and learning the skills to live from this higher energy is the focus of this retreat.

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

No commuter fee is possible for this type of retreat.

Yoga Retreat

6:30 p.m. Sunday, July 11 - 1 p.m. Friday, July 16

Facilitator: Mary Morrow

During this week long retreat, we will participate in Anusara Yoga, a style of yoga which combines Universal principles of alignment with a life-affirming philosophy. Learning how to align our bodies improves chronic conditions, such as tension in the neck, back and shoulders. Proper breathing and relaxation minimize the effects of aging and stress



and meditation practice guides us to our creative source. We will use chant, meditation and guided visualization to further align with the flow of health and wholeness. Whether you have experience in these disciplines or wish to explore them for the first time, you can participate in this time of personal refreshment and rejuvenation.

more on the next page

RETREATS

Instructor Mary Morrow is the founder of Laughing Cobra Yoga in 1997. She has more than 3,000 hours of experience instructing yoga. She is certified in Phoenix Rising Yoga Therapy. During this retreat, Mary is available to schedule private yoga instruction or yoga therapy.

Fee: \$400 includes lodging, meals and yoga sessions.

Commuter Fee: \$300 includes yoga and daily lunch.

St. Joseph Icon Retreat/Workshop

5:30 p.m. Sunday, July 18 to 1 p.m. Saturday, July 24

Facilitator: Maryam Gossling FSPA



During this retreat/workshop participants will paint an icon of St. Joseph, carpenter, husband of Mary and the human father of Jesus. Retreatants will be introduced to the history of iconography and the use of the icon as a focus for prayer and contemplation. Each step in the process of painting an

icon of St. Joseph will be demonstrated and followed by time to practice the painting techniques. All materials will be supplied, including the board, paint, brushes and gold leaf. You may bring an apron or an old shirt to protect your clothing. A small desk lamp may be beneficial.

Fee: \$475 includes presentations, supplies, lodging and meals.

Commuter Fee: \$275 includes supplies, Sunday opening dinner and daily lunch. Commuters may arrange payments for additional meals.

Watch It, Be With It, Trust It Meditation Retreat

5:30 p.m. Friday, Aug. 13 to 1 p.m., Sunday Aug. 15

Facilitators: Judith Edwards, Nancy Hoffman, FSPA, Ann Jackson, PBVM, Zuiko Redding

This retreat is for those contemplatives who are familiar with and/or have established a practice of meditation and desire to enhance it. The intensity of thoughts may be the single biggest problem for those who “practice” meditation. When we become quiet in prayer, the first thing we are likely to notice is how full the mind remains. Ideas, observations, memories and resistance persistently compete for our attention. While this is a normal response and while many may find this overwhelming, all the spiritual gurus throughout the ages recommend simply “sitting with what you are going through, watching it, listening to it, noting where it arises within our body, trusting it” to tell us how to arrive at its wisdom.

This weekend will include indoor and outdoor presentations and practices of: Zen meditation, mindfulness meditation, chanting, sounding and centering prayer. Activities such as journal-



ing in nature, mindfulness in the woods and campfires will create an atmosphere for us to watch, be and trust.

Judith Edwards has facilitated Prairiewoods' Centering Prayer group for 10 years. Zuiko Redding is the resident teacher at the Cedar Rapids Zen Center. Nancy Hoffman, FSPA, and Ann Jackson, PBVM, are on staff at Prairiewoods.

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

Commuter Fee: \$175 includes presentations, Saturday lunch and dinner. Optional holistic energy work and spiritual direction are also available for an additional cost.

Choosing to Love the World: Thomas Merton and Contemplative Living Retreat

6:30 p.m. Friday, Sept. 17 to Sunday, Sept. 19

Facilitator: Jonathon Montaldo



Based on the new book of Thomas

Merton selections, entitled *Choosing to Love the World: Thomas Merton Contemplation*, this retreat examines Merton's teaching that we must be fully responsible for our own lives and that of our neighbors — engaged with and for the “world” we are co-producing

with everyone else — before we can say that we are truly living for God. Our faith in God and one another requires us to become contemplatives in a world of action.

Jonathan Montaldo, Resident Director of Bethany Spring, the Merton Institute Retreat Center, is the former director of the Thomas Merton Center at Bellarmine University and a past president of the International Thomas Merton Society. Some of his editions of Thomas Merton's writing include *Entering the Silence*, *Private Journals Volume 2*, *The Intimate Merton* with Patrick Hart, and *A Year with Thomas Merton*. Montaldo has produced audio books of his reading of *The Intimate Merton*, *No Man Is An Island* and *Contemplative Prayer: Praying with Thomas Merton*.

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

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

Spiritual direction, private retreats and

private directed retreats are available throughout the year. To arrange for spiritual direction or a retreat, contact Marj English, OSF at 319-395-6700 ext. 216 or menglish@prairiewoods.org.

PROGRAMS

Bridges to Contemplative Living with Thomas Merton

Meets every other Thursday, 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us to respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings we use the series *Bridges to Contemplative Living* which includes excerpts from the writings of Thomas Merton and other authors. You may join the group at any time. The next sessions will be held on June 10 and 24, July 8 and 22.

Fee: \$5 session.

Solar Energy Workshop

Thursday, June 10 & Friday, June 11, 9 a.m. to 4 p.m.

Facilitator: Dennis Pottratz of GoSolar



This workshop will provide information and experience in installing solar panels to generate electricity. The workshop will consist of classroom instruction and demonstrations of a 10.5 kw grid-tie solar system that is being installed. Class time will cover the basic principles of photovoltaics. Other topics include: solar module characteristics;

inverters; racks; system design; safety; required permits. Demonstrations will cover how to assemble pole-mounted solar racks, installing solar modules and wiring of the entire system.

Dennis Pottratz is Iowa's first nationally certified photovoltaic installer (NABCEP). His company, GoSolar, has been in business in Decorah since 1996. He has designed and installed more than 100 working systems and is a workshop presenter with I-RENEW.

Fee: \$150 and includes lunch each day. Lodging is available at \$50/night.

Would you like an E-newsletter?

Prairiewoods now offers a paperless version of the newsletter in addition to our print version. The electronic newsletter has shortened articles, as well as a listing of all of our retreats, programs and services.

If you currently receive a print newsletter, but would like to switch to an electronic version, please e-mail Sue Davis Smith at sdsmith@prairiewoods.org with your e-mail address. We will be happy to send you our news electronically AND reduce paper. Thank you!

Moving the Energy Reflexology Class 1 and 2

June 11-13, 9 a.m. to 5 p.m. each day

Facilitator: Lilian Tibshraeny-Morten



Moving the Energy Class I will be held June 11 and 12, 9 a.m. to 5 p.m. each day. Fee is \$250. In this class you will learn the origins and pathologies of Qi and blood and practical applications of specialized techniques combining reflexology and meridian therapy.

Moving the Energy Class 2 will be held June 13, 9 a.m. to 5 p.m. Fee is \$150. In this class you will learn the flow, functions, pathology and specific points on the Ren and Du meridians, diagnosis according to the Eastern philosophy including patterns of disease. Each student will complete an in-depth client assessment form. The group will work together to formulate a treatment plan for each student.

Presenter of these programs is Lilian Tibshraeny-Morten, a teacher of reflexology for the past 23 years and of meridians and elements for 14 years. Lilian started her teaching career in 1986 as the South African director for the International Institute of Reflexology. In 1998 she became the Director of Education for the IIR home office in St. Petersburg, Florida.

A deposit of \$100 is required for these classes (all but \$10 is refundable).

Magnificent Memory

Saturday, June 12, 1-3:30 p.m.

Facilitator: Melanie Hoffner, Certified Brain Trainer

Our ability to remember and recall information is key to our survival as well as our enjoyment of life. Join Melanie to explore four different memory pathways, practice strategies to actively encode new information for easier recall and learn the impact of your lifestyle choices on your memory.

Fee: \$35

Essential Oils for First Aid

Monday, June 14, 6-8:30 p.m.

Facilitator: Mary Ellen Dunford

Learn how essential oils can be used for first aid and emergency situations. Essential oils are aromatic liquids made from flowers, trees, shrubs, bushes, roots and seeds. They have been used by humans from the beginning of time for physical and emotional needs. In this class, participants will create a first aid kit consisting of six therapeutic grade essential oils that can be used as an insect repellent, for minor injuries and antiseptic purposes. Each participant will leave with five 2 ml. bottles of essential oils, a carrying case, a unique roll-on blend and understanding of how to use them. No prior knowledge is needed.

Fee: \$45 includes costs of oils and carrying case.

PROGRAMS

Create Space for Miracles - Unclutter from the Inside Out

June 18, 6-9 p.m.

Facilitator: Freya Schafer

Clutter clogs our lives. Whether it is a messy closet or a messy mind, clutter of any kind creates discomfort, inefficiency and low self-esteem. Physical clutter junks up our desk and reduces productivity. In this workshop, life coach Freya Schafer will provide you with more than a dozen proven techniques, tips and tools to help you get rid of the physical clutter in your life.

Fee:\$50

Summer Solstice

Monday, June 21, 6:30-8 p.m.

Facilitator: Emy Sautter

Let us celebrate the changing of the seasons and our deep connections within the web of life. Join us in welcoming the summer with outdoor activities (weather permitting) followed by a summer potluck. Please bring a seasonal dish to share. Free-will offering.

Sweat Lodge Ceremonies

July 9 & August 21, 9 a.m. to noon

Facilitator: Wha'la

Join Wha'la, a First Nations Cree and friend of Prairiewoods, for a ceremonial sweat on either of these dates. Sweat ceremonies help to purify the mind, heart, body and spirit and can help us get through difficult times. Setting intentions are also part of traditional sweat ceremonies. These can be personal intentions or larger group intentions. Please call ahead for proper protocols and pre-registration is appreciated at least one day prior to the sweat. Please bring loose tobacco and yellow and purple cloth for prayer ties. Free-will offering.

The Five Essential Keys to Attracting Abundance into Your Life

August 14, 1-5 p.m.

Facilitator: Freya Schafer

You've heard about the Law of Attraction: Whatever you put your attention on grows stronger in your life. In this workshop we will explore the five essential keys to attract abundance, how to release doubts that keep abundance away and how to become clear on what you really want to attract.

Fee: \$65

Earth Art Workshop Series

Sept. 10 and Oct. 22, 6:30-8:30 p.m.

Facilitators: Jan Brendes and Nancy Hoffman, FSPA

Save these dates for this workshop series, which includes environmental art, movement and meditation. More to come in the next edition of the Prairiewoods newsletter.

Women's Outdoor Weekend-Save the Date!

Sept. 24-26

Facilitators: Prairiewoods Staff and friends

Are you interested in the outdoors? Are there outdoor activities that you have always wanted to try or learn but never have? Perhaps you already love the outdoors and just want a great weekend full of outdoor fun! Join us for a weekend designed just for women with activities such as camping, yoga, outdoor cooking and hiking. Make your own bug repellent using essential oils, get creative with outdoor arts, take part in a traditional sweat lodge ceremony and have fun around the campfire. Most activities are optional, so you can pick and choose exactly what you want to do. Bring a friend or meet new ones!

Lodges have a womb-like feel representing mother earth

Continued from page 3

The fourth round is a thanksgiving for our spirits or putting things to rest. The seven pours represent the seven generations to come."

Most participants maintain their places in the lodge until the end of the fourth round. In some cultures, people may emerge between rounds and plunge into a pool or stream.

It is not an accident that many sweat lodges are round, dark and have a womb-like feel. The lodge represents the sacred mother earth, Wha'la says, and in some cultures the sweat essentially translates to returning to the womb.

"In my tradition a sweat lodge is female. If you were to look from above in a plane it looks like a pregnant female," he explains.

If you attend one of Prairiewoods' sweats (look above on this page for the next scheduled sweats), please feel free to ask questions about the protocols. The sweats are for both men and women. You may want to bring a towel or a change of clothing.



During a sweat lodge, water is poured onto hot rocks in "rounds." Each round is symbolic and intentions are made. This sweat lodge is located on the grounds of Prairiewoods.

CONTINUING PROGRAMS

Wednesday Women Summer Schedule

During the summer, Wednesday Women meet once a month and resume meeting weekly on September 8. Currently the group is viewing and discussing the DVD series "Beyond Theology," which explores the evolution of consciousness. If you miss upcoming sessions, you can find the transcripts at www.beyondtheology.tv/ktwu.org.

Summer Session Schedule

June 9: Session 4 "American Pluralism"
July 7: Session 5 "Science & Spirituality"
August 4: Session 6 "Evolving with the Bible"

Fall Session Starts Week of September 8

Sept. 8: Session 7 "A Spirituality of Co-Creation"
Sept. 15: Session 8 "Spirituality & Religion"
Sept. 22: Session 9 "Mysticism and the Perennial Philosophy"
Sept. 29: Session 10 "A Congress of the World's Religions"

Evening Centering Prayer

2nd & 4th Tuesdays of the month, 5:30-7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for those who do centering prayer. You may join the group at any time. The group meets in Room 113 of the Guest House. For information, call Ann Jackson PBVM: 319-395-6700 ext. 203. Free-will offering

Women's Sacred Circle

First Wednesday of every month, 6:30-8 p.m.

This group is for women who are interested in gathering for spiritual growth. The direction and activities of the group are determined by the participants. For more information, contact Mary Ellen Dunford at 319-395-6700, ext. 202. Fee: \$5 per session.

More continuing programs on page 12

OUR DONORS AND VOLUNTEERS

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Debbie Crane
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Planned Giving.....

Estate planning is the process of acquiring assets, conserving them during life, and then distributing those assets to people and organizations you wish to benefit after your life. Consider taking these four steps: Identify your beneficiaries; list all your assets and how they are owned; determine a plan for your property; seek proper legal advice.

If you wish to remember Prairiewoods in your estate planning, the bequest should be made to the "Franciscan Sisters of Perpetual Adoration, Inc., 912 Market St., La Crosse, WI 54601 for its ministry at Prairiewoods Franciscan Spirituality Center." Thank you!

HONORARIUMS/ MEMORIALS

In memory of Carl Heires

Bob & Norine Drahozal
Marj English, OSF
Vernon & Theresa
Politowicy Heires
Meaghan Heires
Emily Heires
Kevin & Mary Kay Mahoney
Jan Monk
Cindy Politowicy
Greg & Carolyn Sieman
Barb & Mike Slattery

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Ann & Wayne Scott

In memory of George J. Gehling

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Ann Fox
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Kathy Symonette
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Elaine Young

In memory of John Sexton

Anna Mae Duder

In memory of Michelle Kerwin

Twilla Hoffman

Maris Kerwin, FSPA

In memory of Victor Wendl

Twilla Hoffman

In memory of Bill & Camellia

Daugherty

Bill Daugherty

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Emy Sautter 222
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Clifford Schueler 211
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Sue Davis Smith 206
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Lucille Winnike FSPA 221
lwinnike@prairiewoods.org

Eco-tours available at Prairiewoods

Would your group or business like a tour of Prairiewoods and its many ecological features? During one of our eco-tours, you can learn about our new solar panels, get a tour of our straw bale hermitages, check out our garden and root cellar and

much more. Perhaps you would like to have lunch included in your tour. Walking and armchair tours are available.

To make arrangements, call Emy Sautter at 319-395-6700 for additional details.



continued from page 11

Environmental Book Club **Third Wednesday of every month, 6:30-7:45 p.m.** **Facilitator: Emy Sautter**

Join us in a small group setting for book and film discussion on a variety of environmental topics. Learn what others are doing to be more eco-focused and what's going on in the community. Join at any time. This group rotates meeting at Prairiewoods and the Marion Public Library. For information, contact Emy Sautter at 319-395-6700, ext. 222. Free-will offering.

Prairiewoods Knitters & Stitchers

This group meets from 9:30 a.m. to noon on the second Tuesday of the month at Prairiewoods and from 7-9 p.m. on the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels.

Holistic Services

Massage, Healing Touch/Healing Touch Spiritual Ministry, reflexology and Raindrop services are offered by appointment. Call 319-395-6700 to schedule an appointment. Please allow at least 48 hours to schedule an appointment.

Prairiewoods

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

Thomas Merton continues to inspire *Merton a mentor to retreat facilitator Jonathan Montaldo*

Forty years after his death, writer and monk Thomas Merton, has a fan page on Facebook and his autobiography, *The Seven Storey Mountain*, is still a bestseller. Some followers of Thomas Merton may idolize the Trappist monk, but Jonathan Montaldo is not one of them. Montaldo, who was the former director of the Thomas Merton Center and past president of the International Thomas Merton Society, admits to a lifelong interest in Merton. But after reading and studying the man for nearly 50 years, he sees Merton as a man, not a god.

"There are people who idolize Merton and I'm not a person who does that. For me Merton's appeal has always been his voice (as a writer). He's accompanied me as a mentor...and he's a mirror for me, in that in seeing his experiences communicated as he does so personally, I see my face in the mirror of his experience," says Montaldo, who will lead a retreat on Thomas Merton at Prairiewoods September 17-19.



Jonathan Montaldo

Montaldo studied theology and literature but following a brief stint as a Jesuit made a life in the business world. He kept reading Merton until he had a chance to professionalize his interest in Merton in the mid-80s.

"I took a sabbatical from my business and spent a year transcribing four Merton books for the Merton Center at Bellarmine University," he says. Montaldo was then asked to edit 29 years of Merton's journals, which encompassed his life from graduate school until his death in 1968.

"When I completed that (project)... I began to receive invitations to speak and become more involved in the Merton society," Montaldo says.

As a retreat presenter, Montaldo says he does not treat Merton in a scholarly way. "Merton was a monk and if you were going to be a monk you had to be in a monastery. Merton has taught me that is not possible for most of us, but that we are all called to discover through our own experiences God's providence."

Merton believed all people could be contemplative. His own contemplative life was one of relationships, between himself, his neighbors and nature, Montaldo says. "Merton believed pursuing the contemplative life was our birthright and by fact we're contemplative naturally. He thought self knowledge could be expansive."

While Merton was not a theologian, Montaldo says he was an intellect. "When we read Merton we are reading the mothers and fathers of the church: John of the Cross, Hildegard of Bingen, the desert mothers and fathers and Julian of Norwich. He's a chorus of



The works of Trappist monk, Thomas Merton, are the topic of the weekend retreat, *Choosing to Love the World: Thomas Merton and Contemplative Living*, September 17-19 at Prairiewoods.

intellects who help us discover what it is we have to do to make our own lives contemplative."

Praised for his writing ((he wrote more than 70 books), Merton was also criticized for telling too much, Montaldo says. "He wanted to convey who he was and not who we wanted him to be. He was not a saint, but someone who experienced God and struggled like everyone else... who saw his broken humanity and found hope. Some of his critics couldn't forgive the love affair," Montaldo acknowledges. "They wanted their heroes. But we expect people to be perfect and he was far from it. He told us who he was and many people are attracted to him because he was so human and they can identify with him."

— Sue Davis Smith

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DIRECTOR'S CORNER

"Come into God's presence with songs of joy! ...

Give thanks and bless God's name." (Psalm 100)

As I am about to transition into a new phase of my life, I am prompted to see a larger panoramic view of life that looks beyond the phoning, reporting, reviewing, responding and a myriad of everyday tasks. In doing so, I realize how much I take for granted and how blessed I have been. During the recent Fourth of July celebration, I became more conscious of the freedoms and plenitude we enjoy in this country. While we struggle with the economy and Gulf oil spill, we should also be mindful of the richness of our natural and societal resources, the beauty of the landscapes across the country, and the many rights and freedoms we enjoy as U.S. citizens. The gifts of the arts and culture, the many avenues for spiritual and intellectual growth, and the abundance of material goods, are blessings for which we can sing songs of joy and thanksgiving.

We may also do well to reflect on our blessings as individuals: the values and faith we received as children, the families and friends with whom we shared love and a sense of belonging and the educational opportunities which have empowered us for life. Looking at the big picture of our homes and workplaces may also reveal many wonderful, life-giving features that can easily get lost in the smaller annoyances of our everyday activities. And how often have we taken for granted God's love and presence in our lives?

As I write this, my last reflection as the director of Prairiewoods, I am especially grateful for the gift of having been called to serve here at Prairiewoods for the past seven-and-a-half years. Seeing our mission be alive as guests grow in their understandings and relationships to God, Earth, themselves and one another is indeed a blessing. For all this, my heart is filled with a song of praise and thanks to God, along with many thanks to all of you who have been a part of Prairiewoods and my life over these years. Peace and blessings to each of you.



*Helen Elsbernd FSPA
Prairiewoods Director*

Prairiewoods Franciscan Spirituality Center

A sacred space where people explore and integrate their relationships with God, Earth, Self and Others. Operating out of a Catholic tradition, Prairiewoods is open to people of all faiths and cultures.

Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin

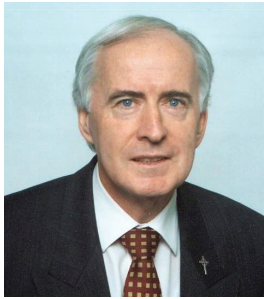
Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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If you would like to receive your newsletter electronically, please send us your e-mail address at: sdsmith@prairiewoods.org. Thank you!

Prairiewoods welcomes a new director



Brother Barry Donaghue

Brother Barry Donaghue, CFC, has been named the new director of Prairiewoods

Franciscan Spirituality Center. He will begin the position in early September, following the retirement of current director, Helen Elsbernd, FSPA.

Brother Barry is a member of the Oceania Province of the (Irish) Christian Brothers. Originally from Australia, he has been the Director of Providence Center, a spirituality and hospitality center at Saint Mary-of-the-Woods, Indiana for the past 12 years.

Much of Brother Barry's background has been in education and retreat work. He is a spiritual director and a member of Spiritual Directors International. As a retreat director,

Brother Barry has worked with young people from elementary school age through college level and has led parish missions. He is a founding board member of the Center for the Study of Health, Science and Religion based at Indiana State University and has been involved with creating spirituality training courses for nurses, doctors, medical students and other health care professionals.

As director of Prairiewoods, Brother Barry will provide overall leadership, planning and administration.

An open house to welcome Brother Barry and to say goodbye to Sr. Helen will be held on September 26 from 2-4 p.m. at Prairiewoods.

Power Fund grants will promote local foods, build solar array roof

Awards from the Iowa Power Fund Community Grants Program will promote local foods and build a solar array roof on a building located on the Prairiewoods campus.

Prairiewoods was awarded \$5,250 for a program to reduce energy consumption by encouraging the purchase and cultivation of locally grown foods.

Mary Ellen Dunford and Emy Sautter will promote locally grown foods through classes this fall and provide educational materials at farmers' markets this summer.

A larger grant of \$50,000 was awarded to I-RENEW, to construct a building featuring a solar array roof and solar thermal water heater for training and certification of renewable energy professionals.

The new building will offer hands-on solar installation workshops where people can learn about solar photovoltaics and solar hot water.

Both of these awards are from the Iowa Power Fund Community Grants Program through the Office of Energy Independence.



We have a new Facebook page

If you are a friend of Prairiewoods on Facebook, you will soon find out that we have deactivated our original personal Facebook account and have set up a business page.

The reason for the move is to better promote our events and to encourage more discussion among our friends.

A business page also has the "wall," which is an open forum where people can leave comments, thoughts and ideas about Prairiewoods. Now some interesting facts about Facebook:

- The social media site has more than 400 million active users.
- 50% of active users log onto Facebook on any given day.
- The average user has 130 friends.
- If Facebook were a country, it would be the fifth largest in the world after China, India, US and Indonesia.
- Think Facebook is just for kids? The older age group 35-54 is the fastest growing demographic.

— From Facebook



FALL GARDEN SERIES

The following programs are funded by a grant from the Iowa Power Fund Board and the Iowa Office of Energy Independence. Scholarships are available.

GROWING YOUR OWN FOOD SERIES

Season Extension

Monday, August 16, 6-8 p.m.

If you grow vegetables or flowers, learn ways to extend the growing season in Iowa. Instructor Jason Grimm will explain and demonstrate low hoops, cold boxes and hoop houses. There will be hands-on experience with low hoops.

Fee: \$10

Make Compost Tea for Your Garden

Wednesday, August 25, 6-7 p.m.

This make-it-and-take-it workshop provides you with a recipe and the knowledge to make a nutritious compost tea to fertilize your garden. Bring a one-gallon milk jug with a screw lid for the compost tea you will take home. Instructor: Mary Ellen Dunford

Fee: \$5

Build Your Own Rain Barrel

Tuesday, Sept. 14, 6-8 p.m.

Rain barrels are a great way to collect and save rain water for your garden. Participants will make a rain barrel to take home from a food-grade plastic barrel. Instructors: Jason Grimm and Kevin Somerville.

Fee: \$55

Companion Planting and Organic Pest and Disease Control for Vegetable Gardening

Thursday, September 16, 6-8 p.m.

Companion planting is a technique used in gardening that groups beneficial plants together so that they naturally support each other. The workshop will include a variety of tried and true ideas for the vegetable garden. In addition learn organic methods to protect your vegetable and flower gardens from unwanted insects and common diseases. Methods will include information about organic sprays and powders, techniques for protective planting and ways to attract beneficial insects. Come and share your ideas and success stories. Instructor: Master Gardener Ellen Skripsky.

No fee.

Soil Fertility

Tuesday, Oct. 5, 6-8 p.m.

Join Soilmates garden educator Scott Koepke in a walk through the fundamentals of maximizing soil fertility, nutrients and balance with essential biodiversity that enhances natural plant immunities. You will review key components of vegetable garden health: composting, vermiculture, green manure/cover crops, rotations, no-till methods, mapping, seed selection, organic/biological controls, proper hydration and weed management.

Fee: \$15

Local Food Community Forum for the Iowa Corridor Food and Agriculture

Monday, Nov. 1, 9 a.m. to 5 p.m.

Join us for a day of presentations and discussion led by area local food experts. Sponsored by the Iowa Valley Resource and Development (IVRC&D). More details to come.

FOOD PREPARATION AND PRESERVATION SERIES

Making Pestos

Wednesday, Aug. 4, 6-7 p.m.

Instructor Jill Jones will teach you how to make three kinds of pesto with seasonal vegetables. Participants will make spinach pesto, basil pesto and kale pesto to take home or to freeze for another day. Fee: \$15

Freezing Vegetables

Wednesday, Sept. 8, 6-7:30 p.m.

Learn quick and easy ways to freeze seasonal vegetables like peppers, squash and carrots (vegetables may vary). Participants will take home a package of each vegetable included in the workshop. Instructor: Jill Jones. Fee: \$15

Pickle and Canning Beets

Monday, Sept. 13, 6-7 p.m.

Instructor Jill Jones will teach you how to pickle and can beets so you can enjoy them during the winter months. Participants will take home a jar of pickled beets. Fee: \$15

Make Applesauce and Apple Butter

Thursday, Oct. 21, 6-7:30 p.m.

Learn how to make applesauce and apple butter out of tasty fall apples. Instructor is Jill Jones. Fee: \$15.

THE GREEN PAGE

Save the date for the Environmental Film Fest



The award-winning Cedar Rapids Environmental Film Festival is in its fourth year and this year's event is just around the corner.

In the past, the festival took place throughout the month of October at various locations in the Cedar Rapids area. This year will be a little different with a weeklong event starting Sunday, November 7 and culminating with an entire day of films on Saturday, November 13.

As always, it's a free event hosted by many of the Cedar Rapids' non-profit organizations. Visit our Facebook page, watch for our poster and bookmarks, or give Emy Sautter at Prairiwoods a call for more details.

Outdoor items are needed

Our outdoor crew at Prairiwoods has put together a list of items they need for a variety of outdoor work. If you have any of the items on this list and would like to donate them to Prairiwoods, please call us at 319-395-6700. Items needed are: tractor; trailer for hauling brush; garden rakes; long handled spade shovels; wheel barrows; straw for the garden. Thank you.

Come to a green cleaning party

Did you know that many household cleaners contain toxic chemicals that have been linked to birth defects, fertility problems, asthma and more? You can wipe out unsafe chemicals by mixing your own cleaning products.

Prairiwoods is hosting a green cleaning party where you and your friends can learn about chemicals in household cleaners and how they might affect you and your family's health. You will learn how to make non-toxic cleaners from common ingredients that you have at home.

The party will be held on Thursday, October 28 from 6 to 8 p.m. at Prairiwoods. Facilitator is Emy Sautter. Fee is \$15 per person and each people will leave the party with two samples and many recipes. Pre-register by Monday, October 25.



AmeriCorps comes to the aid of Prairiwoods

Volunteers from AmeriCorps have worked outside on the Prairiwoods grounds throughout the summer. They've cleared out trails and stained all of the Prairiwoods decks, stairs and bridges.

AmeriCorps is a volunteer service agency that provides help to communities across the United States.

In Eastern Iowa, the AmeriCorps volunteers are based in Cedar Rapids helping various non-profit groups, flood victims and low-income families with weatherization projects.

Thank you to AmeriCorps!

Clarification: How to recycle plastic chairs, toys, furniture

In an article awhile back, we mentioned that plastic lawn furniture, outdoor slides, sand boxes, Little Tyke toys and similar items could be recycled at the Solid Waste Agency. That was not correct.

We did some checking and found recycled plastics can be taken to BES Industrial Service, located at 6738 Sixth St. SW in Cedar Rapids. They can recycle anything that is completely made of plastic, but it needs to be clean. Call them for more info at (319) 366-7266.

RETREATS

Watch It, Be With It, Trust It Meditation Retreat

5:30 p.m. Friday, Aug. 13 to 1 p.m., Sunday Aug. 15

Facilitators: Judith Edwards, Nancy Hoffman, FSPA, Ann Jackson, PBVM, Joe Gauthier

This retreat is for those contemplatives who are familiar with and/or have established a practice of meditation and desire to enhance it. The intensity of thoughts may be the single biggest problem for those who “practice” meditation. When we become quiet in prayer, the first thing we are likely to notice is how full the mind remains. Ideas, observations, memories and resistance persistently compete for our attention. While this is a normal response and while many may find this overwhelming, all the spiritual gurus throughout the ages recommend simply “sitting with what you are going through, watching it, listening to it, noting where it arises within our body, trusting it” to tell us how to arrive at its wisdom.



This weekend will include indoor and outdoor presentations and practices of: mindfulness meditation, chanting, sounding and centering prayer. Activities such as journaling in nature, mindfulness in the woods and campfires will create an atmosphere for us to watch, be and trust.

Judith Edwards has facilitated Prairiewoods' Centering Prayer group for 10 years. Joe Gauthier is the resident teacher at the Lamrim Kadampa Buddhist Center in Iowa City. Nancy Hoffman, FSPA, and Ann Jackson, PBVM, are on staff at Prairiewoods.

Fee: \$225 includes presentations, lodging and meals. Commuter Fee: \$175 includes presentations, Saturday lunch and dinner. Optional holistic energy work and spiritual direction are also available for an additional cost.

Choosing to Love the World: Thomas Merton and Contemplative Living Retreat

6:30 p.m. Friday, Sept. 17 to 1 p.m. Sunday, Sept. 19

Facilitator: Jonathan Montaldo

Based on the new book of Thomas Merton selections, entitled *Choosing to Love the World: Thomas Merton Contemplation*, this retreat examines Merton's teaching that we must be fully responsible for our own lives and that of our neighbors — engaged with and for the “world” we are co-producing with everyone else — before we can say that we are truly living for God. Our faith in God and one another requires us to become contemplatives in a world of action.



Jonathan Montaldo, Resident Director of Bethany Spring, the Merton Institute Retreat Center, is the former director of the Thomas Merton Center at Bellarmine University and a past president of the International Thomas Merton Society. Some of his

editions of Thomas Merton's writing include *Entering the Silence*, *Private Journals Volume 2*, *The Intimate Merton* with Patrick Hart, and *A Year with Thomas Merton*. Montaldo has produced audio books of his reading of *The Intimate Merton*, *No Man Is An Island* and *Contemplative Prayer: Praying with Thomas Merton*.

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

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

Rest Retreat for Parents of Children with Special Needs

10 a.m. Saturday, Oct. 16 to noon, Sunday, Oct. 17

Facilitators: Dawn Hysler and Ann Jackson, PBVM

This retreat is designed to provide parents with a brief rest from the continual demands of caring for a child with special needs. In addition to gifting parents with this time to just be, this retreat will also offer ideas about self-care, how to develop a support network with other parents and agencies, as well as resources and services that will help them cope and care for the family as a unit. Come, learn where to find the resources needed for your family! Build a support network! Get creative ideas about self-care! Take time for yourself!

Fee: \$50 includes Saturday night lodging, Saturday lunch, dinner and Sunday brunch.

Scholarships are available. Respite care for children with special needs is also available this weekend through the ARC or Camp Courageous. Contact Ann Jackson, PBVM for more information: 319-395-6700, ext. 203.

Thanks to the Greater Cedar Rapids Foundation for funding of this retreat.

Meditation Retreat

5:30 p.m., Friday, Nov. 5 — 1 p.m., Sunday, Nov. 7

Facilitators: Judith Edwards, Nancy Hoffman FSPA, Joe Gauthier, Zuiko Redding



Edwards



Hoffman



Gauthier



Redding

This retreat is for those just learning about meditation or those who desire to deepen their present practice of meditation and spend a weekend in prayer and silence. This weekend will include presentation and practices of: Zen meditation, mindfulness meditation, breathing meditation, chanting and sounding, and centering prayer.

Optional holistic energy work and spiritual direction are also available.

Judith Edwards, “a regular” at Prairiewoods for nine years, has facilitated Prairiewoods Centering Prayer for ten years. In her spare time, Judith enjoys her five super grandkids. Joe is a Resident Teacher of Buddhist Meditation at Lamrim Kadampa

RETREATS/PROGRAMS

Center in Iowa City. Trained and associated with the New Kadampa Tradition-International Kadampa Buddhist Union, Joe helps people utilize meditation to develop peaceful and healthful lives. Nancy Hoffman FSPA is on staff at Prairiewoods. Nancy is involved in holistic energy work, outdoor development and maintenance and spirituality. Zuiko Redding, a Zen Buddhist teacher at Cedar Rapids Zen Center, is a trained and certified Soto Zen teacher.

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

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

Drum Wisdom, Drum Making Retreat

6:30 p.m. Friday, Oct. 15 to 1 p.m. Sunday, Oct. 17

Facilitator: Wayne Manthey

This amazing, spiritual opportunity invites retreatants to create the sacred gift of a hand drum and drum stick. You choose the size and frame of your drum by learning about different variables that impact the sound. Deepen your understanding of the sacred role of drums as creative conduits for healing, insight and spiritual connection. Retreatants will also have the opportunity to participate in drum circles in the woods, on the labyrinth and around a bonfire. If you choose to do so, bring small stone items or small stone tokens (palm-size or smaller) to work into the drum.



Drum maker and storyteller, Wayne Manthey weaves stories and spirit into the creation process. He lives out of the simple assumption that all living things vibrate at unique frequencies and that the connection between drums and people is a natural one. "People are drawn to drums for different reasons," Wayne says, "and whether that

attraction is guided by spirit, emotion, intellect or natural instinct, the effect is always the work of some deeper wisdom."

Fee: \$200 + cost of drum materials, includes presentations, lodging and meals.

Commuter Fee: \$150 + cost of drum materials, includes presentations and Saturday lunch.

Cost of drum materials: \$90 for 13-inch drum; \$115 for 16-inch drum. Capacity: 12 people.

Bridges to Contemplative Living with Thomas Merton

Meets every other Thursday, 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us to respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings we use the series *Bridges to Contemplative Living* which includes excerpts from the writings of Thomas Merton and other authors. You may join the group at any time. The next meeting dates are: Sept. 2, 16 & 30, Oct. 7 & 21. Fee: \$5 session.

Three Mini-Retreat Evenings with Michael Morwood Wednesdays, Oct. 6, 13, 20 , 6-8 p.m.

Facilitators: Prairiewoods Staff

For a few hours last March, Michael Morwood engaged participants in Prairiewoods' annual event with his thoughts on the topic of God, Jesus, Prayer and Ritual in the New Universe Story. He spoke of shifts taking place on a broad basis within Christian spirituality as we awaken to challenging new insights brought to us through scientific data. As a follow-up to these presentations, Prairiewoods will offer three retreat evenings in which we will explore the implications of the new theological paradigm presented by Morwood. We will use a variety of resources: DVDs, print, media and the collective wisdom of the group.

Fee: \$10 each session

Activity for Families with Special Needs Children 2-4 p.m. Sunday, August 8

Facilitators: Dawn Hysler and Ann Jackson, PBWD

Bring the entire family for a fun afternoon of indoor and outdoor family activities and a hotdog and marshmallow roast, a campfire and a sing-along. You'll meet other families and enjoy the interaction. Come have some FUN! Free.

For more information, contact Dawn Hysler at 319- 431-8232.

Prairiewoods is grateful to the ARC and Greater Cedar Rapids Foundation for funding this endeavor.

The 5 Essential Keys to Attracting Abundance Into Your Life

Saturday, August 14 from 1-5 p.m.

Facilitator: Dr. Freya Schafer, PhD

You've heard about the Law of Attraction: Whatever you put your attention on grows stronger in your life, and you may have tried to use affirmations to attract abundance into your life. If you'd like to go further and explore the five essential keys to attract abundance, then this workshop is for you.

Fee: \$65

Jonny Lipford Concert

Contemporary Native American Flute Music

Wednesday, August 18, 7-8 p.m.

Jonny Lipford, an enrolled Perdido Bay Tribe member, takes an age-old instrument and uses it to create not only the traditional Native American sounds, but also sounds that are new and not commonly linked to the Native American style flute — a voice all his own. Jonny's innate sense of composition and mature understanding of melody touches the soul. Whether it be a jazzy beat, spirited tune or a heartfelt ballad that you desire, you will surely be satisfied.

Jonny Lipford started his musical journey at the young age of 13 and continues to share his music with audiences across the United States and world wide. Lipford has been featured on NativeRadio.com, the world's largest collection of broadcasted Native music, as Spotlight Artist with the debut of his first release.

Fee: \$15

PROGRAMS

Earth Art Workshop Series

Sept. 10 and Oct. 22, 6:30-8:30 p.m.

Facilitators: Jan Brendes and Nancy Hoffman, FSPA

Play. Create. Meditate. Express yourself through nature art. Create and take home a personalized walking stick. Enjoy self-discovery for life's journey through simple movement. Renew and feed yourself with guided and personal meditation. Pre-registration required to provide art supplies. Dress in loose clothing. No experience required.

Fee: \$10

Reduce Stress and Reclaim Control of Your Life

Saturday, Sept. 11, 1-5 p.m.

Facilitator: Freya Schafer

Do you feel bombarded with constant demands on your attention? Are you overwhelmed by all the negative news? Worries about the future and the belief that we have to keep up with this fast-paced society controls our life. In this interactive workshop you will be introduced to powerful mind-body balancing tools that quickly help you to release stress and regain mental clarity. You will also explore how to reclaim control of your life, make better decisions, detach from negative news and release beliefs that keep you stuck and drain your energy.

Fee: \$65 *Scholarships available.*

Introduction to Healing Ministry, Course 101

Saturday, Sept. 11, 9 a.m. to 6 p.m.

Instructor: Gayle Mohr

This one-day eight-hour course details the history of healing in Christianity with the opportunity to experience the laying-on of hands. The roles of prayer and belief and developing a healing presence are presented along with guided meditations that make this a truly inspiring day. This course can be taken at any time in the curriculum.

To register for this class, contact the Institute of Spiritual Healing and Aromatherapy and register online at their website: www.ISHAhealing.com.

Contact Prairiewoods for lodging information. Single room lodging \$55 per night, double room \$80 per night (\$40 each person) Meals: breakfast are \$7; lunch \$9 per day. No dinners.

Introduction to Judeo-Christian Anointing, Course 102

Sunday, Sept. 12, 9:00 a.m. - 6:00 p.m.

Instructor: Gayle Mohr

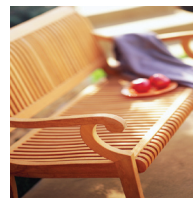
This one-day 8-hour course explores anointing in our Judeo-Christian story and how we lost it in history. Nine essential oils are introduced which have traditionally been used for spiritual and physical healing (anointing) in the Bible. Anointing is then combined with the laying-on of hands and other simple healing techniques making this an enriching experience. This course can be taken any time in the curriculum.

To register for the class contact the Institute of Spiritual Healing and Aromatherapy and register on their website at www.ISHAhealing.com. Contact Prairiewoods for lodging information: Single room lodging-\$55 per night, double room \$80 per night. Meals: breakfast - \$7 and lunch - \$9 per day. No dinners provided.

Day of Self Renewal

Monday, Sept. 20, 8:30 a.m. to 4 p.m.

Facilitator: Mary Ellen Dunford



Come for a day of rest and relaxation.

Experience two of our services and one group activity. The day will begin and end with a brief group gathering. The rest of the day is yours for quiet reflection. You may schedule two individual 30-minute sessions of either massage, reflexology, Healing

Touch, Healing Touch Spiritual Ministry, spiritual direction, paraffin bath treatment with hand massage, foot soak with exfoliation scrub and foot massage or Indian head massage. You may choose one of two group activities of either guided meditation or body movement.

Fee: \$90 includes room, lunch and choice of two individual services and one group session. Please pre-register and indicate your choices. Registration deadline: Sept. 16

Additional dates: October 18.

Fall Equinox Celebration -Change of Seasons Pipe Ceremony

Thursday, Sept. 23, 6-8 p.m.

Facilitator: Wha'la

Join Prairiewoods and First Nations friend, Wha'la, for an evening of ceremony honoring the changing of the seasons. Through the cycle of seasons, we are reminded that life is a constant flow of beginnings, endings, fruitions, harvest and quiescent times. Please bring loose tobacco and royal purple, black and forest green cloth for prayer ties.

Free-will offering.

Women's Outdoor Weekend - Save the Date!

5 p.m. Friday, Sept. 24 - noon, Sunday, Sept. 26

Facilitators: Prairiewoods staff and friends

Are you interested in the outdoors? Are there outdoor activities that you have always wanted to try or learn but never have? Perhaps you already

love the outdoors and just want a great weekend packed full of outdoor fun! Join us for an exciting weekend designed just for women.

Activities will include things like camping, yoga, Dutch oven cooking and hiking at beautiful Pali-sades-Kepler State Park. Make your own bug repellent using essential oils, get creative with outdoor arts, take part in a traditional sweat lodge ceremony and have fun around the campfire. Most activities are optional so you can pick and choose exactly what you want to do. Bring your friends and meet new ones.

Fees: \$195 includes guesthouse lodging, meals and activities.

Camping Alternative Fee: \$135 includes meals and activities. You provide the camping equipment, we provide the space.

Optional Friday afternoon two-hour canoe trip on the Wapsipinicon

River. Fee is \$20 per person. Arrive at Prairiewoods on Friday by 11:30 a.m. **Pre-register by Sept. 20. Scholarships available.**



PROGRAMS

St. Francis Day Celebration - Blessing of the Animals

Sunday, Oct. 3, 2-3:30 p.m.

Facilitators: **Prairiewoods Staff and friends**

Join us for one of Prairiewoods' oldest and most cherished celebration — the Blessing of the Animals. Bring your pets, friends and family to celebrate the life of St. Francis, patron saint of creation and animals. There will be live music and a pet blessing ceremony followed by an ice cream social. Local pet adoption agencies will be on site with adoptable pets. Free-will offering.

Schedule: 2 p.m. Live Music

2:30 Blessing and Processional

3:00 Ice cream social



Finding Your Creative Joy: It's Your Turn

Friday, Oct. 1, 7-9 p.m.

Saturday, Oct. 2, 9 a.m. to 5 p.m.

Facilitator: **Jill Badonsky**

We all are creatively and abundantly gifted and this workshop will support you in recognizing it, claiming it and living an even more joy-filled, intuitive and creative life. You will go away with tools, skills and intuitively calibrated wonder that will guide you to the fulfillment that is waiting for you. This workshop focuses on three creatively empowering areas of life: INTUITION SELF-LOVE and CREATIVITY. You will be gifted with tools that break through common blocks like low self-confidence, procrastination, perfectionism, distractions, self-sabotage and difficulty making time. You will also find experiences that cultivate your authentic creative voice.

Jill Badonsky is an award-winning author, nationally recognized workshop leader and designer of Kaizen-Muse Creativity Coaching. She wrote *The Nine Modern Day Muses (and a Bodyguard): 10 Guides to Creative Inspiration* and *The Awe-manac: A Daily Dose of Wonder*. Visit her websites at www.themuseisin.com or www.kaizenmuse.com.



Fee: \$175 includes Friday single room lodging, Saturday breakfast and lunch; Or \$155 includes Friday double room lodging, Saturday breakfast and lunch; Commuter Fee: \$120 includes lunch on Saturday.

Growing into Aging

Thursdays, Oct. 7, 14, 21, 28, 9:30-11:30 a.m.

Facilitators: **Joann Gehling, FSPA and Mary Schneider**

Our society is youth oriented, but inevitably, we all age and face biological transitions, emotional challenges, relationship changes and a new spiritual coalescence. Join us as we encourage ourselves and each other to become more aware of the journey and actively grow into this reality, acceptance and positive practices of creative aging. These sessions will include input, exploration of the myths of old age, prayer, discussion and journal-

ing. Various resources will be suggested for pondering between sessions. Attendance at all four sessions is recommended. Pre-registration is required.

Fee: \$60 for series. *Scholarships available.*

Sweat Lodge Ceremony

Saturday, August 21, 9 a.m. to noon & Saturday, Oct. 16, 6:30 to 9:30 p.m. Facilitator: **Wha'la**

Join Wha'la, First Nations Cree and a friend of Prairiewoods, for a ceremonial sweat and help us get through difficult times. . Sweat ceremonies help to purify the mind, heart, body and spirit. You may set your own intentions during the ceremony. Please call ahead for proper protocols and to pre-register, at least one day prior to the event. Please bring loose tobacco and yellow and purple ties for the August ceremony. Please bring loose tobacco and green and black cotton cloth for prayer ties for the October ceremony. **Register 1 day prior to the event.** Free-will offering.

Essential Oils for Emotional & Spiritual Clearing

Friday, Oct. 22, 9 a.m. to 6 p.m.

Saturday, Oct. 23, 9 a.m. to 6 p.m.

Sunday, Oct. 24, 9 a.m. to 6 p.m.

Instructor: **Claramae Weber**

This course begins with a look at essential oils and incorporating essential oils into a holistic healing practice. Anatomy of body systems is continued from course 302. You will examine the healing qualities of 25 essential oil blends known to be helpful for emotional and spiritual needs. A series of healing techniques continue this energetic healing and aromatherapy education from a unique spiritual perspective. To register for this class, you must have completed courses 301 and 302.

New policy for registration: To register for the class, contact the Institute of Spiritual Healing and Aromatherapy and register on their website at www.ISHAhealing.com. Contact Prairiewoods for lodging information. Single room lodging is \$55 per night, double room is \$80 per night (\$40 per person). Meals: breakfast is \$7, lunch is \$9. No dinner.

Using Your Hands to Heal, Course 103

Saturday, Oct. 23, 9 a.m. to 6 p.m.

Sunday, Oct. 24, 9 a.m. to 6 p.m.

Instructor: **Gayle Mohr**

This is a two-day course for those who want to do healing work from a spiritual ministry perspective. The course incorporates a variety of healing modalities that spring from the laying-on of hands found in the Christian heritage. You will learn energetic healing principles with a focus on spiritual ministry. Topics include healing prayer, distance healing, healing of memories, meditation, working with the human energy field and the path of the healing practitioner.

New policy for registration: To register, contact the Institute of Spiritual Healing and Aromatherapy on their website, www.ISHAhealing.com. Contact Prairiewoods for lodging information: single room rate \$55 per night; double room \$80 per night. Meals are \$7 for breakfast, \$9 for lunch. No dinner.

PROGRAMS

Green Cleaning Party!

Thursday, Oct. 28, 6-8 p.m.

For details, go to page 5.

Women in Interfaith Dialogue

Oct. 30, 10 a.m. to 3 p.m.

Women interested in discussion on religious matters from an interfaith perspective are invited to attend a gathering on the fifth Saturday of the months that have 31 days. The fee for the day is \$15, which includes lunch. If you are interested in attending or receiving more information, please call the Rev. Barbara Schlachter at Christ Episcopal Church, 319-363-2029.

Memorial Service for Friends of Prairiewoods

Monday, Nov. 8, 7-8:30 p.m.

Facilitators: Marj English, OSF and Mary Ellen Dunford

Prairiewoods staff invite you to participate in a memorial service to remember your loved ones who have died. The evening will include a prayer ritual followed by a social. No fee.

Forming a Healing Practice, Course 104

Saturday, Nov. 13, 9 a.m. to 6 p.m.

Sunday, Nov. 14, 9 a.m. to 6 p.m.

Instructor: Mary J. Frost

This two-day course builds on the work started in HTSM 103 and is designed to deepen your healing ministry practice. You will learn advanced intervention methods to help with specific healing needs including learning to take interviews, documenting client sessions, bio-energetic assessments, back techniques and balancing energy centers. Putting this all together, you will have the opportunity to manage a one-hour healing session with a partner. You will further learn about models of healing within present day church and ministry settings, and ways to integrate Healing Touch Spiritual Ministry into a church/parish healing ministry or an institutional setting such as retreat center, hospice or hospital.

New policy for registration: To register, contact the Institute of Spiritual Healing and Aromatherapy and register on their website at www.ISHAhealing.com. Contact Prairiewoods for lodging information. Single room rate is \$55 per night or \$80 per night for a double room (\$40 per person). Meals are \$7 for breakfast; \$9 for lunch. No dinner.

Creating a Vision for Your Future And Making It Come to Life!

Saturday, Nov. 13, 1-5 p.m.

Facilitator: Freya Schafer, PhD

A clear vision for your future is essential if you want to live an empowered life. The tools and guidance provided in this workshop will help you create your own ideal future and discover the practical steps of how to get there. Come explore new possibilities and discover what your fulfilled future could look like. Fee: \$65. *Scholarships available.*

CONTINUING PROGRAMS

Wednesday Women

During the summer, Wednesday Women meet once a month and resume meeting weekly on September 8. Currently the group is viewing and discussing the DVD series "Beyond Theology," which explores the evolution of consciousness. If you miss upcoming sessions, you can find the transcripts at www.beyondtheology.tv/ktwu.org.

Fall Session Starts Week of September 8

Sept. 8: Session 7 "A Spirituality of Co-Creation"

Sept. 15: Session 8 "Spirituality & Religion"

Sept. 22: Session 9 "Mysticism and the Perennial Philosophy"

Sept. 29: Session 10 "A Congress of the World's Religions"

Evening Centering Prayer

2nd & 4th Tuesdays of the month, 5:30-7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for those who do centering prayer. You may join the group at any time. The group meets in Room 113 of the Guest House. For information, call Ann Jackson PBVM: 319-395-6700 ext. 203. Free-will offering

Women's Sacred Circle

First Wednesday of every month, 6:30-8 p.m.

This group is for women who are interested in gathering for spiritual growth. The direction and activities of the group are determined by the participants. For more information, contact Mary Ellen Dunford at 319-395-6700, ext. 202. Fee: \$5 per session.

Environmental Book Club

Third Wednesday of every month, 6:30-7:45 p.m.

Facilitator: Emy Sautter

Join us in a small group setting for book and film discussion on a variety of environmental topics. Learn what others are doing to be more eco-focused and what's going on in the community. Join at any time. This group rotates meeting at Prairiewoods and the Marion Public Library. For information, contact Emy Sautter at 319-395-6700, ext. 222. Free-will offering.

Prairiewoods Knitters & Stitchers

This group meets from 9:30 a.m. to noon on the second Tuesday of the month at Prairiewoods and from 7-9 p.m. on the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels.

Holistic Services

Massage, Healing Touch/Healing Touch Spiritual Ministry, reflexology and Raindrop services are offered by appointment. Call 319-395-6700 to schedule an appointment. Please allow at least 48 hours to schedule an appointment.

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We say goodbye to one of our neighbors

On June 5 Prairiewoods lost neighbor Bill Minney, who lived on the corner of Boyson and Robins Roads since 1950. Bill moved to Hiawatha when the field across the street (Prairiewoods) was just a cornfield, says Bill's wife, Lorraine. The couple loved the area, which at the time was outside of town but "close enough to get around."

Bill spent most of his professional life as a plumbing/heating contractor working for John Gerber. He retired in 1983, a year after he married Lorraine. Many people, including the staff at Prairiewoods, knew Bill because of the huge garden he maintained alongside Boyson Road. The couple grew beans, beets, spinach, kohlrabi, squash and lettuces.

"We kept expanding it each year and canned and froze what we could," Lorraine says. "The rest we would put out on the road for free." Lorraine recalls a man from New York stopping by to tell them in all his travels he had never seen anyone giving away fresh vegetables.

Bill also enjoyed mowing his property. Eventually he took over mowing the grass along Prairiewoods' western boundary. In the winter, he was out there clearing the snow. Before he died at the age of 86 (he died the day before his 87th birthday), he asked his daughter, Diane, to keep up with the mowing. We couldn't have picked a better neighbor. Thank you Mr. & Mrs. Minney.

Help Prairiewoods continue its mission

Has Prairiewoods made a difference in your life? Or has the life of a friend or family through a relationship at Prairiewoods? Do you want to see future generations able to enjoy the blessings of Prairiewoods as you or your

friend has? You can help continue the Prairiewoods mission through planned giving. Feel free to contact us if you are interested in remembering Prairiewoods in your will, with a life insurance policy or another gift. Bequests

should be made to the Franciscan Sisters of Perpetual Adoration, Inc., 912 Market St., La Crosse, WI 54601 for its ministry at Prairiewoods Franciscan Spirituality Center. Thank you!

Prairiewoods

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

MEDITATION

Just by sitting and doing nothing, you are doing a tremendous amount

Eugenia Vavra's first encounter with meditation resulted in a strong emotional reaction — she cried. The Cedar Rapids woman says she wasn't sure where all that pent up emotion came from but says, "I felt like I had finally allowed myself to slow down and just breathe."

The idea of conscious breathing — something we do on average 15 times each minute — is the foundation behind most meditation techniques. Meditation, which can help in simple relaxation or expand a sense of who you are, is a technique practiced by millions of people today. It's thought the practice may have its roots in the primitive hunter-gatherer societies by people who discovered an altered state of consciousness while staring at the flames of their fires. Over thousands of years, meditation evolved into a structured practice used by people of all faiths and denominations.

There are a wide variety of meditation techniques available, some for specific purposes and others just variations with the same ultimate purpose. At Prairiewoods, both concentrative meditation and mindfulness meditation are taught, as well as centering prayer.

Concentrative meditation focuses the attention on the breath, an image or sound to allow greater awareness and clarity. One of the first skills taught, says Joe Gauthier, the resident teacher of Buddhist meditation at Lamrim Kadampa Center in Iowa City, is a simple breathing meditation. As a meditative tool, he says, "breathing is simple, it's neutral and allows you to get familiar with developing concentration. It's one of the main skills of meditation."

In the Buddhist tradition, Gauthier



says meditation can be applied to developing compassion, love and generosity or people can meditate to improve an aspect of their life — to be more positive or to change negative traits such as jealousy and anger.

Elaine Dekovic, of Ames, attended two meditation retreats last year at Prairiewoods where she was introduced to a variety of meditation styles, including mindful meditation. Today, she spends a part of each morning practicing mindfulness.

"I get up in the morning, have my coffee, open a window and I LISTEN (to nature). Sometimes I journal but it's terribly important for me to be in touch with nature. This daily practice encourages me to be mindful, which is what meditation does."

In mindfulness meditation, a person

experiences every aspect of his/her environment without consciously thinking about it. A person sits quietly and simply witnesses whatever goes through the mind, not reacting or becoming involved with thoughts, memories worries or images. Through this practice, meditators are said to gain an intense calmness and clarity.

please turn to page 4

Our next meditation retreat

Date: Nov. 5 - Nov. 7, 2010

Facilitators: Judith Edwards, Nancy Hoffman, FSPA, Joe Gauthier, Zuiko Redding

Open to anyone new to meditation or to those who want to deepen their current practice.

For more details, turn to page 6

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DIRECTOR'S CORNER

It has been so good to finally make it to Iowa and begin my time at Prairiewoods. After twelve years with the Sisters of Providence at Saint Mary-of-the-Woods (www.spsmw.org) — a really impressive group of women — it is delightful to find myself working with another outstanding community in the Franciscan Sisters of Perpetual Adoration. I visited the Motherhouse in La Crosse, WI last week and met so many very capable people, all expressing great interest in Prairiewoods and obviously prepared to go to great lengths to support us. Prairiewoods staff, led by Sr. Helen, have been wonderfully welcoming also.

As I returned I stopped by our sign, Prairiewoods Franciscan Spirituality Center, thinking about those two inner words as well as the words of Jesus of Nazareth, "May Your will be done on earth, as it is in heaven. (Matt 6:10)." While I believe there is a pressing need to deal with the degradation of Earth, I also believe that we need to go beyond the mere natural order to a deeper spiritual understanding of why this is so necessary.

As the prophet said long ago, "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts (Is 55:8-9)." The Jesuit priest and poet, Gerard Manley Hopkins knew that, "The world is charged with the grandeur of God," and Teilhard de Chardin understood that, "Our role is the progressive phyletic spiritualization of all the forces of the world," meaning that it is so important for growth in our relationship with God to understand the ongoing genesis of the universe. Our lives are set in the richness of the community. So, maintaining biodiversity is an essential act of the human; protecting the richness of the world so that creativity may continue, fostering the ultimate power of the universe. As St. Thomas Aquinas wrote, "A mistake in our understanding of creation will necessarily cause a mistake in our understanding of God." And St. Paul, "Ever since God created the world, God's everlasting power and deity — however invisible — have been there for the mind to see in the things God has made. (Romans 1:20)"

Will our children and grandchildren, to the seventh generation, dwell in a vibrant, living world? There is our task.

— Brother Barry Donaghue

Prairiewoods Franciscan Spirituality Center

A sacred space where people explore and integrate their relationships with God, Earth, Self and Others. Operating out of a Catholic tradition, Prairiewoods is open to people of all faiths and cultures.

Prairiewoods News is published bimonthly by Prairiewoods Franciscan Spirituality Center, a nonprofit ministry sponsored by the Franciscan Sisters of Perpetual Adoration of La Crosse, Wisconsin

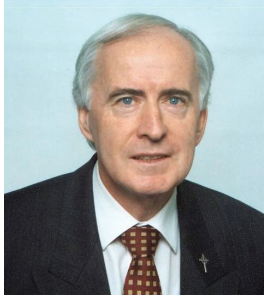
Content focuses on happenings and opinions that support Prairiewoods' mission and vision.

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If you would like to receive your newsletter electronically, please send us your e-mail address at: sdsmith@prairiewoods.org. Thank you!

Prairiewoods' new director introduces himself



Brother Barry Donaghue

fan of Richard Rohr, Thomas Berry, Brian Swimme and Joan Chittister.

Brother Barry Donaghue, CFC, stepped into the director's position at Prairiewoods in early September after spending 12 years at the Providence Center on the campus of St. Mary-of-the-Woods, Indiana. An educator, spiritual director, and administrator, Barry comes to Prairiewoods via Australia, where he was born and spent much of his career as a member of the Oceania Province of the (Irish) Christian Brothers.

Here's what you need to know about Prairiewoods' new director: He's on Facebook. He's musical (but he doesn't swear to perfect pitch) and he's a

"I was born in Toowoomba, a city in southeast Queensland" he explains. "My father was in the army and we moved as many military people do to Tasmania and South Australia."

The Christian Brothers were a strong influence in his life, providing a good education. "I saw many young people weren't getting a good education or at least as good as we were," he says of his youth. Barry went on to teach school for 21 years focusing on English and religious education.

His own doctorate is in the spiritual education of people in the groups in which they live, pray and work. He's worked with confirmation classes, as well as adults working on opening up concepts around a God of the Cosmos and of sustainable living -- again an influence from Catholic scholar Thomas Berry.

"It is wonderful to assist people to live in such a way that others might say,

'These people, see how they love one another.' It is a matter of assisting people to reveal what is already there...a heart-centered spirituality," he says.

When he isn't working, Barry rides his bicycle, exercises and loves sports on TV, especially Australian Rules football (which is only available on ESPN 3). He also enjoys music, sang as a cantor and participated in musical theatre, most recently at St. Mary-of-the-Woods in a production of "Urinetown," a satirical comedy musical on the shortage of water.

Please welcome Brother Barry to Prairiewoods.

BOOK REVIEW

Judy Cannato: Making sense of an amazing and mysterious universe

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

One of the problems in considering the immensity of our Universe with its billions of galaxies and stunning array of life is that we may feel totally lost in the enormity and majesty of it all. We wonder how we humans can make any difference in such an amazing and mysterious Universe.

This is when we might turn to the latest book by author and spiritual leader, Judy Cannato. The book is *Field of Compassion: How the New Cosmology is Transforming Spiritual Life*.

The first chapters of this book take us through connections between two stories: the Christian Story and the scientific Story of the Universe, both of which speak of the unity of all life. Cannato points to ways in which these stories intersect and offer us new theological insights. By using the science of Rupert Sheldrake and David Bohm and the theology of Karl Rahner, she states her intention to help us to "touch all that immensity (of the Universe) in a way that allows us to respond in tangible ways."

Cannato describes a field of compassion in which each of us lives. She bases this in Sheldrake's theory of morphogenic fields and believes that through these fields we have the ability to

influence the world around us. She states: "Every movement we make, every thought we generate, impacts reality in some measurable way. Our energy is intertwined with all the energy that is. That is the simple truth."

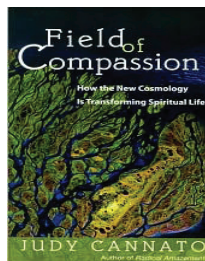
The tangible ways to effect this influence are introduced as meditation and using the power of intention. Later chapters are concerned with holons and levels of consciousness. Cannato also deals with the meaning of the Incarnation and the concept of "Kingdom of God" as Jesus taught it, a kingdom taking place in the here and now rather than the hereafter.

Can we actually help to bring about a more compassionate world, a kingdom of God on Earth?

Cannato introduces us to the writings of Lynne McTaggart and other scientists who work with adult levels of consciousness. Their experiments with energy and the human ability to influence our surroundings lend credence to the possibility of creating fields of compassion. We act not just as individuals but as part of a system of connected relationships.

This is a wonderful and encouraging book that helps us understand the benefits of a dialogue between cutting-edge science and spirituality. Though not for everyone, it encourages our capacity to join with others in bringing about a more compassionate world.

— Betty Daugherty



How to be clean *and* green

Parties promote natural alternatives to store-bought cleaners

In cities around the country, party guests gather to chat and whip up batches of eco-friendly cleaners. Green cleaning parties, where your friends and neighbors create quick, easy and cheap alternative household cleaners, are the result of the efforts of the Women's Voices for the Earth (WVE), an advocacy group based in Montana.

The party concept started in 2007 following a report called Household Hazards in which WVE examined more than 200 chemical ingredients in commercial cleaners. The report found that many of those chemicals were harmful to the environment as well as "linked with asthma, infertility, birth defects and reproductive harm."

WVE's goal is to educate the public about the harmful effects of chemicals, particularly those that affect women — thus the parties and their push to educate people about healthy alternatives. Since the parties started, WVE has reached more than 10,000 women and provided recipes for non-toxic cleaning alternatives.

Prairiewoods will host a green cleaning party on Thursday, October 28 from 6-8 p.m. at Prairiewoods. The facilitator is Emy Sautter. Fee is \$15 per person and each person will



leave the party with two samples and many recipes. Please pre-register by Monday, October 25. You may register by calling Prairiewoods at 319-395-6700 or online at: www.prairiewoods.org.

Centering prayer “resting in God’s presence”

continued from page 1

Centering prayer is also a meditative method taught at Prairiewoods. But whereas Buddhist meditation may use a point of focus such as concentration on the breath or a repetition of a mantra, centering prayer relies more on intention than attention. The catalyst of modern centering prayer is Father Tom Keating, who described the practice as “resting in God’s presence.”

“It resembles meditation because the founders gleaned from the Eastern religions some of the practices that centering does, such as sitting twice a day,” says Judith Edwards, a centering prayer facilitator at Prairiewoods. “But what you get from centering is a life that is more centered, more calm, more reflective and all the fruits of the Holy Spirit...patience, love, kindness and peace.”

Prairiewoods offers meditation retreats twice a year (a centering prayer group also meets twice a month at Prairiewoods). Sharon Salzberg, a Buddhist meditation teacher who leads retreats around the country, has said the concept of physically removing oneself from ordinary distractions has been a staple in the meditative practices for centuries.



“Meditation retreats are like full-immersion courses, where we can develop or deepen our capacity to find stillness of mind and greater awareness. These are skills that, if we keep practicing them, can affect every aspect of our lives,” she said.

Eugenia Vavra, who has been practicing meditation now for 10 months, says allowing herself time to “just sit” has given her more control over her emotions. “Before I started meditating I felt lost, out of control emotionally and stressed beyond my limit. While I still have days where stress gets the better of me, they are definitely less often. I am able to cultivate patience with myself and others. What started out as a way to reduce stress in my life is truly a way of life that has become my practice.”

— Sue Davis Smith

Words of wisdom

“It may be that when we no longer know what to do, we have come to our real work, and when we no longer know which way to go, we have begun our real journey.”

— Wendell Berry

“Sometimes life pushes us, and there is usually wisdom in it that we only see later.”

— Diane Gilman

AWARD-WINNING ENVIRONMENTAL FILM FESTIVAL

MONDAY, NOVEMBER 8

Indian Creek Nature Center
6665 Otis Road SE

The River, Africa: A Moment in Time, The Prairie and others (short film series)

7:00 PM

Host: Indian Creek Nature Center

TUESDAY, NOVEMBER 9

Peoples Church Unitarian Universalist
600 Third Ave SE

A Thousand Suns

7:00 PM

Host: UN Association: Linn County Chapter
Tom Capo, Minister Peoples Church

SATURDAY, NOVEMBER 13

Coe College • Kesler Auditorium • Hickok Hall • 1220 First Ave NE

Spirit of the Trees

10:30 AM

Host: Trees Forever
Discussions and Speaker during film

The Long March

4:30 PM

Host: Cedar Rapids Museum of Art
Recieve 1/2 off exhibit admission

In the Light of Reverence

1:30 PM

Host: Wickiup Hill Outdoor Learning Center/ Linn County Conservation

King Corn

5:30 PM

Host: Prairiewoods Franciscan Spirituality Center

Film-maker Ian Cheney - 6:30 PM

Garbage Dreams

3:00 PM

Host: Cedar Wapsie Sierra Club
Join us after the films for Q&A with your local recycling guru

Big River

7:00 PM

Host: Coe College

Film-maker Ian Cheney and Coe professor Marty St. Clair anchor a panel discussion about water quality in Iowa - 8:30 PM

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RETREATS

Drum Wisdom, Drum Making Retreat

6:30 p.m. Friday, Oct. 15 to 1 p.m. Sunday, Oct. 17

Facilitator: Wayne Manthey



This amazing, spiritual opportunity invites retreatants to create the sacred gift of a hand drum and drum stick. You choose the size and frame of your drum by learning about different variables that impact the sound. Deepen your understanding of the sacred role of drums as creative conduits for healing, insight and spiritual connection.

Retreatants will also have the opportunity to participate in drum circles in the woods, on the labyrinth and around a bonfire. If you choose to do so, bring small stone items or small stone tokens (palm-size or smaller) to work into the drum. Retreatants may also participate in a Sweat Lodge, if they choose.

Drum maker and storyteller, Wayne Manthey weaves stories and spirit into the creation process. He lives out of the simple assumption that all living things vibrate at unique frequencies and that the connection between drums and people is a natural one. Fee: \$200 + cost of drum materials, includes presentations, lodging and meals. Commuter Fee: \$150 + cost of drum materials, includes presentations and Saturday lunch.

Cost of drum materials: \$90 for 13-inch drum; \$115 for 16-inch drum. Capacity: 12 people.

Rest Retreat for Parents of Children with Special Needs

10 a.m. Saturday, Oct. 16 to noon, Sunday, Oct. 17

Facilitators: Dawn Hysler and Ann Jackson, PBVM

This retreat is designed to provide parents with a brief rest from the continual demands of caring for a child with special needs. In addition to gifting parents with this time to just be, this retreat will also offer ideas about self-care, how to develop a support network with other parents and agencies, as well as resources and services that will help them cope and care for the family as a unit. Come, learn where to find the resources needed for your family! Build a support network! Meet reps from The ARC, Camp Courageous, West Music and Linn County Mental Health. Get creative ideas about self-care! Take time for yourself!

Fee: \$50 includes Saturday night lodging, Saturday lunch, dinner and Sunday brunch.

Scholarships are available. Respite care for children with special needs is also available this weekend through the ARC or Camp Courageous. Contact Ann Jackson, PBVM for more information: 319-395-6700, ext. 203.

Thanks to the Greater Cedar Rapids Foundation for funding of this retreat.

Spiritual direction, private retreats and private directed

retreats are available throughout the year. To arrange for spiritual direction or a retreat, contact Marj English, OSF, at 319-395-6700, ext. 216 or e-mail her at: menglish@prairiewoods.org.

Meditation Retreat

5:30 p.m., Friday, Nov. 5 — 1 p.m., Sunday, Nov. 7

Facilitators: Judith Edwards, Nancy Hoffman FSPA, Joe Gauthier, Zuiko Redding



Edwards



Hoffman



Gauthier



Redding

This retreat is for those just learning about meditation or those who desire to deepen their present practice of meditation and spend a weekend in prayer and silence. This weekend will include presentation and practices of: Zen meditation, mindfulness meditation, breathing meditation, chanting and sounding, and centering prayer.

Judith Edwards, "a regular" at Prairiewoods for nine years, has facilitated Prairiewoods' Centering Prayer for ten years. In her spare time, Judith enjoys her five super grandkids. Joe is a Resident Teacher of Buddhist Meditation at Lamrim Kadampa Buddhist Center in Iowa City. Trained and associated with the Center in Iowa City. Trained and associated with the New Kadampa Tradition-International Kadampa Buddhist Union, Joe helps people utilize meditation to develop peaceful and healthful lives. Nancy Hoffman FSPA is on staff at Prairiewoods. Nancy is involved in holistic energy work, outdoor development and maintenance and spirituality. Zuiko Redding, a Zen Buddhist teacher at Cedar Rapids Zen Center, is a trained and certified Soto Zen teacher.

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

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

Sacred Waiting Advent Retreat

6:30 p.m. Friday, Dec. 3 to 4 p.m. Saturday, Dec. 4

Facilitator: Pam Harstad

People for ages have struggled in waiting — Zechariah and Elizabeth waited, Mary and Joseph were waited, Simeon and Anna waited. All experienced deep challenge and bright light! Advent invites us to wait. We are invited to get in touch with our longing for someone or something to come along and bring new meaning into our lives.

Jesus was born in ordinary surroundings, within an ordinary "wait." There was no prior publicity regarding his coming, no expensive advertising, no claim to privilege, just a silent, humble entry. Jesus' coming into any life is similar. God is found where we ordinarily wait: in our kitchens, at our tables, in our places of work, at traffic lights, in each others' faces. Christ entered into ordinary life and invites us to meet God there.

Pam Harstad is certified as a spiritual director through the Spiritual Direction Preparation Program in La Crosse, WI. She has also participated in Grace Institute and engaged in Healing Touch coursework. Pam enthusiastically awaits this retreat, eager

RETREATS/PROGRAMS

to introduce and practice a variety of prayer forms.
Fee: \$150 includes presentations, Saturday breakfast and lunch.
Commuter: \$100 includes presentations and Saturday lunch.

Bridges to Contemplative Living with Thomas Merton

Meets every other Thursday, 6:30-8 p.m.

Facilitator: Betty Daugherty FSPA

The practice of contemplative living helps us to respond to our everyday experiences with greater awareness of our connections with God and others. It becomes a positive force in our lives and provides direction for our journey, enabling us to embrace our truest selves. On these Thursday evenings we use the series *Bridges to Contemplative Living* which includes excerpts from the writings of Thomas Merton and other authors. You may join the group at any time. The next meeting dates are: Oct. 21, Nov. 4, Nov. 18 and then alternating Thursday evenings. Fee: \$5 session.

The Artist's Way

Meets the 2nd and 4th Tuesdays of each month, 6:30-8 p.m.

Facilitator: Betty Daugherty, FSPA

If you are interested in exploring the works of Julia Cameron and the art of creativity, you may wish to join a group which meets twice a month for discussions based on the book, *Walking in this World*. For more information, contact Sr. Betty at 395-6700. No fee.

Three Mini-Retreat Evenings with Michael Morwood

6-8 p.m. Wednesdays, Oct. 6, 13, 20

Facilitators: Betty Daugherty, FSPA, Brother Barry Donaghue, CFC and Ann Jackson, PBVM



For a few hours last March, Michael Morwood engaged participants in Prairiewoods' annual event with his thoughts on the topic of *God, Jesus, Prayer and Ritual in the New Universe Story*. He spoke of shifts taking place on a broad basis

within Christian spirituality as we awaken to challenging new insights brought to us through scientific data.

How are we shifting? As a follow-up to these presentations, Prairiewoods will offer three retreat evenings in which we will explore the implications of the new theological paradigm presented by Morwood.

Oct. 6: Shifts in our Images of God

Oct. 13: Shifts in our Understanding of Jesus

Oct. 20: How Do We Speak of God in our New Consciousness?

Each evening will offer opportunity for prayer and reflection, input and small and large group discussion. We will use a variety of resources: DVDs, print, media and the collective wisdom of the group. Come for any one session or for all three.

Fee: \$10 per session

Growing into Aging

Thursdays, Oct. 7, 14, 21, 28, 9:30-11:30 a.m.

Facilitators: Mary Schneider and Joann Gehling, FSPA

Our society is youth-oriented but, inevitably, we all age to face biological transitions, emotional challenges, relationship changes and a new spiritual coalescence. Join us as we encourage ourselves and each other to become more aware of the journey and actively grow into this reality, acceptance and positive practices of creative aging. These sessions will include input, exploration of the myths of old age, prayer, discussion and journaling. Various resources will be suggested for pondering between sessions. Attendance at all four sessions is recommended. Pre-registration is required. Scholarships available.

Fee: \$60 for series.

Sweat Lodge Ceremony

Saturday, Oct. 16, 6:30 to 9:30 p.m.

Facilitator: Wha'la

Join Wha'la, First Nations Cree and a friend of Prairiewoods, for a ceremonial sweat, which can help us get through difficult times. Sweat ceremonies help to purify the mind, heart, body and spirit. Setting intentions are also part of the traditional sweat and you may set your own intentions during the ceremony. Please call ahead for proper protocols and to pre-register, at least one day prior to the event. Please bring loose tobacco and green and black cotton cloth for prayer ties for the ceremony.

Register 1 day prior to the event. Free-will offering.

Day of Self Renewal

Monday, October 18, 8:30 a.m. to 4 p.m.

Facilitator: Mary Ellen Dunford

Come for a day of rest and relaxation. Experience two of our services and one group activity. The day will begin and end



with a brief group gathering. The rest of the day is yours for quiet reflection. You will be assigned a guest room and may schedule two individual 30-minute sessions of either massage, reflexology, Healing Touch, Healing Touch Spiritual Ministry, spiritual direction, paraffin bath treatment with hand massage, foot soak

with exfoliation scrub and foot massage or Indian head massage. You may choose one of two group activities of either guided meditation or body movement. You may create any combination of two individual services and one group service or your choice. Please pre-register by October 14.

Fee: \$90 includes room, lunch and choice of two individual services and one group session.

Future days of Self Renewal are Nov. 15 and Dec. 20

PROGRAMS

FALL GARDEN SERIES

The following programs are funded by a grant from the Iowa Power Fund Board and the Iowa Office of Energy Independence. Scholarships are available.

Local Food Community Forum for the Iowa Corridor Food and Agriculture

Monday, Nov. 18, 9 a.m. to 5 p.m.

Join us for a day of presentations and discussion led by area local food experts. This program is sponsored by the IVRC&D (Iowa Valley Resource and Development). For more details, contact Mary Ellen Dunford at 319-395-6700, ext. 202.

Food Preparation & Preservation Classes

Make Apple Sauce and Apple Butter

Monday, Oct. 21, 6-7:30 p.m.

Facilitator: Jill Jones

Learn how to make applesauce and apple butter out of those tasty fall apples. Participants will take some home to enjoy. Fee: \$10

Making Pesto

Monday, Oct. 25, 6-7 p.m.

Facilitator: Jill Jones

Learn how to make three kinds of pesto with seasonal vegetables. Participants will make spinach, basil and kale pesto to take home and enjoy or freeze for another day. Fee: \$10

Dehydrating Fruits and Vegetables

Wednesday, Oct. 27, 6-7:30 p.m.

Facilitator: Jill Jones

Learn ways to dehydrate seasonal vegetables and fruit. Participants will take home a sample of each vegetable and fruit that is included in the workshop. Fee: \$10

Make Granola

Thursday, Dec. 2, 6-7:30 p.m.

Facilitator: Jill Jones

Learn how to make your own healthy granola mix from dried fruit and grains. Participants will take home their own unique blend of granola mix.

Do you want to receive your *Prairiewoods News* by e-mail?

You will receive weekly updates on classes and programs and a bi-monthly newsletter with articles and news.

If you would like to make the switch to a digital format, please contact Sue Davis Smith at sdsmith@prairiewoods.org and we will remove you from our print mailing list.

Essential Oils for Emotional & Spiritual Clearing

Friday, Oct. 22 - Sunday, Oct. 24, 9 a.m. to 6 p.m. each day

Instructor: Claramae Weber

This course looks at the incorporation of essential oils into a holistic healing practice. Anatomy of body systems is continued from Course 302. You will examine the healing qualities of 25 essential oil blends helpful for emotional and spiritual needs. A series of healing techniques continue this energetic healing and aromatherapy education from a spiritual perspective. You must have completed courses 301 and 302.

To register for this class, contact the Institute of Spiritual Healing and Aromatherapy on their website at: www.ISHAhealing.com. Contact Prairiewoods for lodging information: single room/\$55 per night; double room/\$80 per night. Meals: breakfast is \$7 and lunch is \$9 per day. No dinners provided.

Using Your Hands to Heal, Course 103

Saturday, Oct. 23, 9 a.m. to 6 p.m.

Sunday, Oct. 24, 9 a.m. to 6 p.m.

Instructor: Gayle Mohr

This is a two-day course for those who want to do healing work from a spiritual ministry perspective. The course incorporates a variety of healing modalities that spring from the laying-on of hands found in the Christian heritage. You will learn energetic healing principles with a focus on spiritual ministry. Topics include healing prayer, distance healing, healing of memories, meditation, working with the human energy field and the path of the healing practitioner.

New policy for registration: To register, contact the Institute of Spiritual Healing and Aromatherapy on their website, www.ISHAhealing.com. Contact Prairiewoods for lodging information: single room rate \$55 per night; double room \$80 per night. Meals are \$7 for breakfast, \$9 for lunch. No dinner.

Women in Interfaith Dialogue

Saturday, Oct. 30, 10 a.m. to 3 p.m.

Women interested in discussion on religious matters from an interfaith perspective are invited to attend a gathering on the fifth Saturday of the months that have 31 days. The fee for the day is \$15, which includes lunch. If you are interested in attending or receiving more information, call the Rev. Barbara Schlachter at 319-351-4380.

Memorial Service for Friends of Prairiewoods

Monday, Nov. 8, 7-8:30 p.m.

Prairiewoods staff invite you to participate in a memorial service to remember your loved ones whom have died. The evening will include a prayer ritual followed by a social. No fee.

PROGRAMS

De-Stress for the Holiday Season

Thursdays, Nov. 4, 11 and 18, 6-8 p.m.

Facilitator: Judith Pedersen-Benn



De-stress this holiday season by giving yourself the gift of learning how to use your mind and body to bring you relaxation and well-being. This three-session workshop teaches you how to use both your mind and body to help you relax, de-stress and increase your overall health and well-being.

Each two-hour session focuses on learning a different relaxation technique and discussion about your experience with each technique. Wear comfortable clothes and bring a sense of fun and adventure.

Workshop I	Introduction to mind-body skills and learning breath work.
Workshop II	Meditation...it's not just about sitting. Learn to meditate in a variety of ways.
Workshop III	Guided imagery and self hypnosis... using the power of our imagination to help us restore and renew.

Judith Pedersen-Benn, MS, CADC, CHT, currently works as a counselor where she specializes in integrative and holistic counseling in Cedar Rapids. She is also a faculty member of the Center for Mind Body Medicine's professional training program in Washington, D.C.

Fee: \$60 for all three sessions. Please pre-register. Scholarships are available.

Movement, Exploration and Joy - NIA Class

Friday, Nov. 12, 6-8 p.m.

Instructors: Deborah Jump and Beth Pelton

In Movement, Exploration and Joy, you will be led through the Five Stages Routine, which is an integrative movement practice based on the five stages of human development: Embryonic, Creeping, Crawling, Standing and Walking. Practiced with awareness, these stages have the power to facilitate optimal alignment and improve function and comfort in the body. Using these integrative concepts and relating them to spine energy, you will be led in a fun and lively NIA routine. Please bring a mat.

Fee: \$35. Scholarships are available.



Forming a Healing Practice, Course 104

Saturday, Nov. 13 & Sunday, Nov. 14, 9 a.m. to 6 p.m. each day

Instructor: Mary Frost

This two-day course builds on the work started in HTSM 103 and is designed to help deepen your healing ministry practice. You will learn advanced intervention methods to help with specific healing needs including learning to take interviews, documenting client sessions, bio-energetic assessments, back techniques and balancing energy centers. Putting this all together, you will have the opportunity to manage a one-hour healing session with a partner.

You will further learn about models of healing within present day church and ministry settings and ways to integrate Healing Touch Spiritual Ministry into a church/parish healing ministry or an institutional setting such as retreat center, hospice or hospital.

To register for the class, contact the Institute of Spiritual Healing and Aromatherapy at their website: www.ISHAhealing.com. Contact Prairiewoods for lodging information: single room/\$55 per night; double room/\$80 per night. Meals: breakfast is \$7 and lunch is \$9 per day. No dinners provided.

Creating a Vision for Your Future - And Making It Come to Life!

Saturday, Nov. 13, 1-5 p.m.

Facilitator: Freya Schafer

A clear vision for your future is essential if you want to live an empowered life. The tools and guidance provided in this workshop will help you create your own ideal future. You'll get a clearer vision of what you want to create in your future and discover the practical steps of how to get there. In this exciting workshop, Personal Coach Dr. Freya Schafer, PhD will use coaching techniques to help you clarify your values, identify your inner critics, discover your personal vision and meet your future self. Fee: \$65. Scholarships available.

Embracing the Divine Feminine

Wednesday, Nov. 17, 6:30-8:30 p.m.

Facilitator: Cat RunningElk

The Divine Feminine Energies are needed at this time to help bring our planet, our communities and our own inner being back into balance and harmony. It is time to embrace the qualities of receptivity, compassion, grace, beauty and unconditional love, just to name a few. Please join inspirational speaker, spiritual teacher, healer, author and mother, Cat RunningElk, for this empowering class on allowing the Divine Feminine into your life. Cat travels throughout the U.S. helping to heal our emotional and spiritual lives.

Fee: \$25.

Earth Medicine

Friday, Nov. 19, 6:30-9 p.m.

Facilitator: Cat RunningElk

It is time to reconnect with our Earth Mother. It is time to come home. Each of us is a part of the natural world and in our fast-paced technologically driven lives we become disconnected from that which needs our love and attention at this time — nature. When we connect with nature we allow healing into our minds and bodies, we relax, we unwind and we find we are connected once more to a wisdom and love that permeates all beings and all things. Come learn how to reconnect. Cat RunningElk is a spiritual teacher, healer, author and mentor to many who seek to connect with the spiritual life found in nature. To learn more about Cat Running Elk, please visit her website at: www.catrunningelk.com. Fee: \$25.

PROGRAMS

Full Moon Labyrinth Walk

Sunday, Nov. 21, 7:30-8:30 p.m.

Facilitator: Mary Ellen Dunford

Join us on this evening of a full moon and experience the ancient prayer practice of walking the labyrinth. We will gather inside for an opening reflection and proceed outside in the moonlight to the labyrinth. The moonlight labyrinth walk will be followed by snacks inside by the fireplace.

Fee: \$5

Antimicrobial Essential Oils for Health

Monday, Dec. 6, 6-8 p.m.

Facilitator: Mary Ellen Dunford

Learn about various essential oils and their antimicrobial properties that can be used to enhance your health by protecting you from germs and other microorganisms. Essential oils are aromatic liquids made from flowers, trees, shrubs, bushes, roots and seeds. They have been used by humans from the beginning of time for medicinal purposes. Participants will become familiar with eight highly ranked antimicrobial essential oils. Each participant will make a blend to take home. No prior knowledge is required.

Fee: \$25

Winter Bird Feeding

Thursday, Dec. 9, 6:30-8 p.m.

Facilitator: Jim Durbin

Do you want to attract beautiful red cardinals, showy woodpeckers and bright goldfinches to your snowy winter lawn? Join local bird expert and Audubon member, Jim Durbin for an informative evening that's for the birds! Learn about the many types of birdseed and what birds they attract. He'll cover information about types of feeders and what types of birds you would expect to see during the winter season. Pre-register by Monday, Dec. 6.

Fee: \$5

Winter Solstice

Tuesday, Dec. 21, 6:30-8 p.m.

Facilitator: Staff and Friends

As humans, we often forget or ignore our intimate connection with the whole web of life. Join us in celebrating that connection at the winter solstice seasonal celebration. We will welcome the coming season with indoor and outdoor festivities, so please dress accordingly. Pre-registration one day prior to the event is appreciated but not required. Free-will offering.

Watch for these Classes in 2011

Affirm and Celebrate Your Life

Friday, Jan 7, 7 a.m. to 9 p.m.; Saturday, Jan. 8, 8 a.m. to 7 p.m.; Sunday, Jan. 9, 8 a.m. to 2 p.m.

The Raindrop Technique

Thursday, Feb. 17, 9 a.m. to 6 p.m.

Sent to Heal and Anoint (CCA Course 301)

Friday, Feb. 18, 6-10 p.m.

Saturday and Sunday, Feb. 19-20, 9 a.m. to 6 p.m. each day.

CONTINUING PROGRAMS

Wednesday Women

Wednesday mornings, 10-11:30 a.m.

Facilitator: Marj English, OSF

This is a lively and stimulating group of women who gather every Wednesday to explore topics that inform, support and enrich their spiritual growth. Various media or presenters are the springboards into conversation with one another. New members are welcome. Free-will offering of \$5-\$10 is suggested.

Evening Centering Prayer

2nd & 4th Tuesdays of the month, 5:30-7 p.m.

Facilitator: Judith Edwards

This is a prayer/support group for those who do centering prayer. You may join the group at any time. The group meets in Room 113 of the Guest House. For information, call Ann Jackson PBVM: 319-395-6700 ext. 203. Free-will offering.

Women's Sacred Circle

First Wednesday of every month, 6:30-8 p.m.

This group is for women who are interested in gathering for spiritual growth. The direction and activities of the group are determined by the participants. For more information, contact Mary Ellen Dunford at 319-395-6700, ext. 202. Fee: \$5 per session.

Environmental Book Club

Third Wednesday of every month, 6:30-7:45 p.m.

Facilitator: Emy Sautter

Join us in a small group setting for book and film discussion on a variety of environmental topics. Learn what others are doing to be more eco-focused and what's going on in the community. Join at any time. This group rotates meeting at Prairiewoods and the Marion Public Library. For information, contact Emy Sautter at 319-395-6700, ext. 222. Free-will offering.

Prairiewoods Knitters & Stitches

This group meets from 9:30 a.m. to noon on the second Tuesday of the month at Prairiewoods and from 7-9 p.m. on the second Wednesday of the month at Prairiewoods. They welcome knitters and crocheters of all skill levels.

Holistic Services

Massage, Healing Touch/Healing Touch Spiritual Ministry, reflexology and Raindrop services are offered by appointment. Call 319-395-6700 to schedule an appointment. Please allow at least 48 hours to schedule an appointment.

The Art of Listening to Spiritual Guidance (HTSM 105)

Friday-Sunday, Feb. 18-20, 9 a.m. to 6 p.m. each day

Voluntary Simplicity Discussion Group

Tuesdays, Jan. 4, 11, 18, 25 and Feb. 1

Facilitators: Jan Aiels and Emy Sautter

Join Prairiewoods and Indian Creek Nature Center for a six-week course that introduces various aspects of simplicity. Afternoon and evening groups.

OUR DONORS AND VOLUNTEERS

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Traveling immigration display available to your group, church

A display that educates people about immigration in Iowa and the United States is available to any group or church. "Iowa: A State of Immigrants" combines photos and information in a format that conveys the history and status of immigration in Iowa and the U.S.

The display is an educational piece that can stand alone or be used to enhance a presentation or just draw attention to immigration issues. Each of the four individual panels is approximately 7-feet-tall by 36-inches-wide. A Prairiewoods volunteer will deliver the display to your church or organization, set it up and then come back and dismantle it.

To reserve the display, call Marj English, OSF, at 319-395-6700, ext. 216 or menglish@prairiewoods.org.



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

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Nancy Hoffman FSPA 212

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Jill Jones 210
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Linda Koehler 209
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Emy Sautter 222
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Annual holiday bazaar set for November 20

Prairiewoods' annual Holiday Bazaar will be held Saturday, Nov. 20 from 8 a.m. to 1 p.m. The bazaar features baked goods, Fair Trade coffees and gifts, Trappistine caramels, jewelry, scarves, holiday wreaths (from our own trees) and much more. We also plan to host several vendors selling artisan-made crafts.

This is a fun event for Prairiewoods and we hope to see you there!



New building goes up on our grounds

A building owned by I-RENEW was constructed on Prairiewoods' grounds this fall. The building features a solar array roof and solar thermal water heater for training renewable energy professionals. The building was completed at the end of September in time for October classes .