



Calendar of Events

JANUARY-JUNE

2024

## Letter from The Prairie Acting Director



Dear Friends of Our Lady of the Prairie Retreat,

Welcoming a new year with all its hidden surprises brings to mind the often-quoted words of the prophet, Isaiah, "See I am doing something new. Now it springs forth, do you not perceive it?" (Is 43:19)

At Our Lady of the Prairie Retreat something new is springing forth; we listen to God's Spirit, trying to not only see it, but to welcome and understand it. Throughout the past year prayer, study, work and time have been dedicated to development of a new strategic plan. This effort on the part of staff, Advisory Committee, volunteers, friends, sisters and associates of the Congregation of the Humility of Mary, and the Board of Directors has come to fruition.

The mission of Our Lady of the Prairie Retreat is to foster harmony with creation and enrich lives by providing hospitality, programs and experiences for individuals and groups in a sacred place of peace and beauty.

Building on past history and current emerging reality, the strategic plan expresses five priorities for moving into the future:

1. Establishing and strengthening relationships
2. Increasing the diversity of individuals and groups involved
3. Respecting and sustaining the web of life
4. Sharing The Prairie environment and encouraging harmony with creation
5. Optimizing advisory committee resources

Ten goals describe how these priorities can be brought to life through the respective action steps associated with each one.

We invite you to share in this ministry as you feel called and able to do so. Journey with us by coming to The Prairie, participating in the programs and experiences offered and bringing your own passion to the vision.

Blessings,

*Sister Johanna Rickl*

Sister Johanna Rickl, CHM  
Acting Director

## What others are saying about the Prairie

"Thank you for allowing me to experience this beautiful gift from God – you all made me feel so welcome and so comfortable. The grounds and property are pristine and so loved and cared for. And last but certainly not least, the food was amazing and comforting!"

*"It was so beautiful having intentional time to slow down and appreciate nature."*

"The facility exceeds our needs - everything is so clean and well cared for and loved. We appreciate all that goes into caring for The Prairie."

"I loved being away from my normal routine, enjoying God's world. LOVE being able to be outside!"

"Everything was lovely! The food, the accommodations, the grounds -all of it so enjoyable! "

*"Facility and grounds were beautiful and conducive to reflection and comfort."*

"Every person I encountered here was so helpful and accommodating."

*"I felt so connected to the earth and the Divine."*

## More you need to know

### Fees

We believe that every person needs opportunities for stillness in their life. Fees at The Prairie are designed to be affordable to all. Scholarships are available for all sponsored and private retreats. Please contact 563-374-1092 or [olpretreat@chmiowa.org](mailto:olpretreat@chmiowa.org) for more information regarding fees and scholarships.

### Registration Deadline

Most retreats close registration 24 hours prior to the start time of the retreat. Exceptions to this are outlined in the detailed retreat listings found on our website, [www.theprairieretreat.org](http://www.theprairieretreat.org).

### Accessibility

The Prairie Heights first floor is accessible to all for daytime programs. Second floor and garden levels are accessible by stairs or stair lift.

### Congregation of the Humility of Mary

CHM is a contemporary religious community of women based in Davenport, Iowa. Like the woman in the gospel who lights a lamp to search for lost treasure, the sisters seek the will of the Spirit in the signs of the times. Motivated by compassion and justice, they give themselves wholeheartedly wherever the needs are greatest.

### Contact Information

Phone: 563-374-1092

Online: [theprairieretreat.org](http://theprairieretreat.org)

Email: [olpretreat@chmiowa.org](mailto:olpretreat@chmiowa.org)

Mail: OLPR Retreats, 2664 145th Ave.,  
Wheatland, IA 52777

### Reservations

To arrange private time at The Prairie, or to book facilities of The Prairie for a group event, call 563-374-1092 or email [olpretreat@chmiowa.org](mailto:olpretreat@chmiowa.org).

The Prairie Retreat is a Ministry of the Congregation of the Humility of Mary.



To register for a retreat or to make a donation to OLPR, scan this code to visit our website.

# Plan Your Own Retreat



## Individuals

Perhaps you would like a day to pray, write, read, hike, study nature, walk the labyrinth or simply relax in solitude. Individuals are welcome to spend a day or several days with comfortable and quiet overnight lodging available for a reasonable cost.

Additionally, there are a variety of Prairie-sponsored programs offered throughout the year.

## Groups and Organizations

Churches find The Prairie useful for staff meetings, clubs, guilds and Bible study groups. Other organizations use The Prairie for personnel orientation, renewal meetings and workshops. Up to 30 people can be accommodated for group events of one day.

Reserve a date and plan your own program or request a presenter from a provided list.

**Facilities:** Our Lady of the Prairie has two main Victorian-themed buildings, air-conditioned and with private overnight accommodations for 12 persons. The spacious grounds provide room for a number of unique facilities to promote renewal and healing.

**Meals:** At Our Lady of the Prairie Retreat, we plan menus with the seasons and try to use products fresh, local, and seasonal when available. We are fortunate to have a garden that produces vegetables for our meals, and a greenhouse that offers fresh greens throughout most of the year. Knowing that meals are major contributors to the overall retreat experience, we ask that you be our guest and enjoy what we create for you.

We want you to know that all meals are prepared in the same kitchen, including use of peanuts and flour. The Prairie Retreat does not have an exclusively gluten-free or kosher kitchen. Due to our kitchen's capacity, we have limited possibility of removing allergens from our menu to accommodate individual retreatants. If you have a serious food allergy, please keep this in mind.

However, if you have a medical allergy, please make our kitchen aware for any possible accommodations we might be able to make. You might also consider bringing supplemental food on your own; a refrigerator is available for use by guests. You are welcome to contact us if you have specific questions or wish to request a possible accommodation.

**Accessibility:** Our Lady of the Prairie has golf carts available for touring the grounds. The three levels of the Prairie Heights building are accessible by stairs that feature a lift chair.



Fridays, January 5, 12, 19 and 26 | 11:00 a.m.-12:30 p.m.

### ONLINE ONLY: Deepening Our Relationship with God and Others Through Our Stories

Diane M. Millis

Discover a more promising story to tell about your life through prayer, reflection, writing and contemplative conversation with others. Fee: \$50



Monday, January 15 | 6:00-8:00 p.m.

### Pathways to the Divine - Antiochian Orthodox

Fr. Jared Johnson

Location: St. Nicholas The Wonderworker Orthodox Church, 2841 N. Brady, Davenport. ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering



Tuesdays, January 16, 23 and 30 | 6:30-8:00 p.m.

### ONLINE ONLY: Book Study: When Threads Wear Thin

Patricia Shea, Ph.D.

An opportunity to explore and discuss the reality of the aging process and to intentionally live more fully and realistically into older age.

Fee: \$25



Wednesday, January 17 | 6:00-8:00 p.m.

### ONLINE ONLY: Come Forth: How can the story of the raising of Lazarus invite us into new life

Father James Martin, SJ

Join Father James Martin as he discusses his book on the beloved story from the Gospel of John. Learn to 'Let Go' from all that keeps us unfree!

Fee: \$20



Thursday, January 18 | 6:00-8:00 p.m.

### ONLINE ONLY: Confessions: The Making of a Post-Denominational Priest

Rev. Dr. Matthew Fox

Matthew Fox's stirring autobiography, *Confessions*, reveals his personal, intellectual and spiritual journey from altar boy, to Dominican priest, to his eventual break with the Vatican.

Fee: \$20



Saturdays, January 20, 27 and February 3, and 10 | 10:00 a.m.-12:00 p.m.

### ONLINE ONLY: Speak with the Earth and It Will Teach You: A Field Guide to the Bible.

Rev. Daniel Cooperrider

Re-wild your spiritual practice and experience by way of foregrounding the elements of nature in your spiritual inquiry. This four-part book study is perfect for the 'Spiritual but not Religious.'

Fee: \$50



Friday, February 2 | 6:00-8:00 p.m.

### ONLINE ONLY: A Breath of Fresh Air: The lessons of Imbolc for the in-between times

Rev. Joseph Michael

You are invited to experience a breath of fresh air as we explore the lessons of the Imbolc tradition for navigating ambiguity in our spiritual lives.

Fee: \$20



Tuesdays, February 6, 13 and 20 | 6:30-8:00 p.m.

### ONLINE ONLY: Book Study: Black Like Me

Pastor Rogers Kirk

Join us for a greater understanding of life as an African American!

Fee: \$25



Wednesday, February 7 | 6:00-8:00 p.m.

**ONLINE ONLY: Creating Spaces for Women in the Catholic Church – Book Discussion and Reflection**

Lisa Cathelyn, M.Div.

Hear lay Catholic women's stories, struggles and hopes; and their ideas for pathways forward.

Fee: \$20



Friday, February 9 | 5:00-9:00 p.m.

**The Power of a Praying Partnership**

Mary Potter Kenyon and Nick Portzen

Would you like to experience an extraordinary marital relationship? Join us to learn how to center your marriage more firmly on God.

Fee: \$75 includes dinner for both



Thursday, February 15 | 6:00-8:00 p.m.

**ONLINE ONLY: The Lotus & The Rose: A Conversation Between Tibetan Buddhism & Mystical Christianity**

Rev. Dr. Matthew Fox

What happens when a Tibetan Buddhist lama and a Christian clergyman sit down to talk? And not just any lama and clergyman, but a renegade Catholic priest silenced by the Church for his progressive and inclusive beliefs and an American-born secular Jew who once embraced Tibetan Buddhism.

Fee: \$20



Sunday, February 18 – 24 | 3:00-4:00 p.m.

**ONLINE ONLY: Finding God in All Things: An Introduction to the Spiritual Exercises of St Ignatius**

Meg Foreman, Spiritual Director (MA, Ministry)

Are you curious about the spiritual exercises of St Ignatius of Loyola? The days and times advertised above are the introduction and closing segments. Then Monday-Friday you will meet daily, on your agreed-upon schedule, with a spiritual director.

Fee: \$125



Monday, February 19 | 6:00-8:00 p.m.

**Pathways to the Divine -Metropolitan Community Church**

Rev. Rich Hendricks

Location: Metropolitan Community Church Quad Cities, 2930 W. Locust, Davenport.

ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering



Thursday, February 22 | 6:00-8:00 p.m.

**ONLINE ONLY: John of the Cross and Dark Night: Contemplative Promise and Possibility**

Laurie Cassidy, Ph.D.

Are you interested in how to deal with the suffering and impasse we are experiencing in the world? In this retreat, you will draw upon the teachings of John of the Cross to understand and respond to personal and social darkness.

Fee: \$20



March 1-3 | Friday, 4:00 p.m. -Sunday, 11:00 a.m.

**Lenten Retreat**

Jenny Chadima

Are you a Christian who yearns for God and desires deeper intimacy with Christ? With this retreat, your spiritual thirst will be quenched and you will experience a renewal of joy and gladness found in God's presence.

Fee: \$160 includes meals and accommodations



Friday, March 8 | 9:00 a.m.-1:00 p.m.

**Create your own basket!**

Tracy Welch

Although we will all begin with the same materials, each basket will become uniquely your own - a storage basket measuring 8" x 6" and 5" tall.

Fee: \$50 includes supplies



Saturday, March 16 | 9:00 a.m.-3:00 p.m.

**Act of Power: Let's Create and Plan yours!**

Kathleen Collins

This time spent committing yourself to yourself is truly priceless and empowering!

Fee: \$35 includes meal



Sunday, March 17 | 1:00-5:00 p.m.

**Becoming Your Authentic Self and Living the Life You Desire**

Deena Nehring

Learn valuable tools that will allow you to become your authentic self and create the life you desire and are meant to live!

Fee: \$25



Monday, March 18 | 6:00-8:00 p.m.

**Pathways to the Divine - TBD**

ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering



Wednesday, March 20 | 9:00 a.m.-4:00 p.m.

**The Way of Love**

Sr. Kathleen Saddler

Learn to focus on the depth of Christ's tremendous love for us and explore ways to be more rooted in that love. Learn how to practice love and peacemaking in your life.

Fee: \$35 includes meal



Thursday, March 21 | 6:00-8:00 p.m.

**ONLINE ONLY: Sheer Joy: Conversations with Thomas Aquinas on Creation Spirituality**

Rev. Dr. Matthew Fox

Renowned theologian Matthew Fox 'interviews' Thomas Aquinas in a provocative reevaluation of the thirteenth-century saint.

Fee: \$20



Wednesday, March 27 | 10:00 a.m.-4:00 p.m.

**Pause and Refresh - You deserve time just for yourself!**

Patricia Shea, Ph.D.

Listen to the whispers of your spirit.

Fee: \$35 includes meal



Thursday, March 28 | 6:00-9:00 p.m.

**Paint Your Prayer**

Simply Inspired by Brenda Linville

Choose your favorite spiritual quote and paint!

Fee: \$60 includes art materials



Friday, March 29 | 2:00-3:30 p.m.

**Stations of the Cross**

Area Actors

Be a witness to the last day of Jesus Christ.

Fee: Free Will Offering



Wednesday, April 3 | 10:00 a.m.

**Mass on The Prairie**

Be a witness to the last day of Jesus Christ.

Fee: Free Will Offering



Monday, April 15 | 6:00-8:00 p.m.

**Pathways to the Divine - TBD**

ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering



Thursday, April 18 | 6:00-8:00 p.m.

**ONLINE ONLY: Prayer, a Radical Response to Life**

Rev. Dr. Matthew Fox

In this book, Matthew Fox undercuts the puerile notions of prayer that have persisted into maturity and establishes prayer as a radical response to life, which lies at the center of spirituality.

Fee: \$20





April 19-21 | Friday, 3:00 p.m. - Sunday, 11:00 a.m.

**Spring Weekend Writing Retreat**

Jodie Toohey

You need two full days to dedicate to writing, reading and/or reflecting with other like-minded individuals.

Fee: \$160 includes meals and accommodations

Wednesday, April 24 | 9:00 a.m.-2:00 p.m.

**Spring Flowers and Migratory Birds- Do not miss it!**

Kurt Kreiter

Come for a walk among the spring flowers and the sighting of migratory birds.

Fee: \$35 includes meal

Friday, April 26 | 10:00 a.m.-3:00 p.m.

**Mindful Methods for Staying Calm and Finding Happiness in the Midst of Chaos**

Teresa Pangan, Ph. D, RDN

Do you want to stop feeling jumpy and agitated much of the time? Do you want to feel calm and peace? Do you want to stop rushing through life, not being present to experience life? Do you want to transform your life from surviving to thriving? Then join us!

Fee: \$35 includes meal

Saturday, April 27 | 9:00-11:00 a.m.

**Chakradance: A Sacred Movement Practice for Your Soul**

Lindsay R. Bodenhofer

Embody your true essence and activate your life force.

Fee: \$20

Saturday, April 27 | 1:30-4:30 p.m.

**Pathways to Peace: 20 Visualizations to Enhance Your Yoga Practice**

Dianne Willging

Learn to integrate guided meditation and yoga to improve your overall health.

Fee: \$25



Wednesday, May 1 | 10:00 a.m.

**Mass on The Prairie**

Carrie Mahoney

Join thousands of people around the globe participating in World Labyrinth Day. This is a moving meditation for world peace and a celebration of the labyrinth experience.

Fee: \$20

May 5-10 | Sunday, 9:00 a.m. - Friday, 9:00 a.m.

**Catching the Thread of our Lives - Directed Retreat**

Marie Thompson, Spiritual Director

This opportunity will be a silent retreat with daily spiritual direction.

Fee: \$475 includes meals, accommodations and spiritual direction



Thursday, May 9 | 6:00-8:00 p.m.

**Mother's Day Event at Olathea Creek Vineyard and Winery**

Olathea Creek Vineyard and Winery, Flaherty's Irish Candy Company

Buy an experience - not another trinket! Treat your mom, your sister, your aunt and your best friend to a night out! Taste wines by Olathea Creek Vineyard and Winery, Chocolate by Flaherty's Irish Candy Company and enjoy other surprises.

Fee: \$50 includes everything

Wednesday, May 15 | 9:00 a.m.-1:00 p.m.

**These Pretzels are Making Me Thirsty!**

Tracy Singleton

Attend this retreat and walk away with a renewed sense of hope and motivation, armed with the understanding that your actions create ripple effects of change.

Fee: \$35 includes meal



Thursday, May 16 | 9:00 a.m.-4:00 p.m.

**Dare to Care: Balancing Caregiving and Self-Care**

Chris McCormick Pries ARNP

Putting a name to our experiences and emotions and having an opportunity to share with others experiencing similar challenges allows us to recognize and strengthen the skills we have to face adversity and build resilience.

Fee: \$35 includes meal

Thursday, May 16 | 6:00-8:00 p.m.

**ONLINE ONLY: Natural Grace: Dialogues on Creation, Darkness and the Soul in Spirituality and Science**

Rev. Dr. Matthew Fox

In *Natural Grace*, Rupert Sheldrake and Matthew Fox show that not only is the synthesis of science and spirituality possible, but it is unavoidable when one considers the extraordinary insights they both have come upon in their work.

Fee: \$20



Friday, May 17 | Noon-5:00 p.m.

**People of Faith are Power Hungry**

Mayra Hernandez

Are you serious about creating justice in our community? This is the retreat for you!

Fee: \$35 includes meal



Saturday, May 18 | 9:00 a.m.-4:00 p.m.

**Seeing the True-Self through the practice of living in the present moment: The second stage of life**

Dennis Eastin

Join us as we look at different ways to engage the second stage of life's journey with the teachings of Father Richard Rohr and other mystic teachers throughout the ages.

Fee: \$35 includes meal



Monday, May 20 | 11:00 a.m.-Noon

**ONLINE ONLY: Facebook Live: UN World Bee Day**

Bob "The Bee Man" Roe

Tour the six hives of bees currently living at The Prairie

Fee: Free Will Offering



Monday, May 20 | 6:00-8:00 p.m.

**Pathways to the Divine – TBD**

ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering



Wednesday, May 22 | 10:00 a.m.-2:00 p.m.

**Living in Gratitude Through Qigong**

Carolyn Krafka

Learn Qigong Active Exercises and Meditations that will clear or prevent energy blocks. This is good self-care and works with physical, mental and spiritual health.

Fee: \$35 includes meal



Saturday, June 1 | 10:00 a.m.-2:00 p.m.

**Practicing the Art of Compassion and Forgiveness**

Marcia Flory

Forgiving does not mean forgetting. It is realizing that you cannot change the past, but you can choose to change how you are currently reacting or responding to life's challenges.

Fee: \$35 includes meal



Sunday, June 2 | 10:00 a.m.-4:00 p.m.

**National Cancer Survivor Day**

Group presentation

This retreat is for anyone who has been diagnosed with cancer, whether you're currently undergoing treatment or if it's in your past.

Fee: Free Will Offering

Tuesday, June 4 | 10:00 a.m.-2:00 p.m.

**Culinary Herbs: How to grow them and use them**



Deb Monroe

Get excited and inspired about your own herb garden!

Fee: \$35 includes meal

Wednesday, June 5 | 10:00 a.m.

**Mass on The Prairie**



Saturday, June 15 | 9:00 a.m.-3:00 p.m.

**The Sacred Medicine Wheel**



Kathleen Collins

You will learn the ancient and useful tool for looking at the four areas of your life, defining where any concerns may be and how to better heal them.

Fee: \$35 includes meal

Monday, June 17 | 6:00-8:00 p.m.

**Pathways to the Divine - The Episcopal Church**



Rev. Christopher Potter

Location: Trinity Episcopal Cathedral, 121 W. 12th St., Davenport.

ONLINE option available.

"All religions, all this singing, is one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall...but it's still one light." -Rumi

Fee: Free Will Offering

Friday, June 21 | 6:00-9:00 p.m.

**Summer Solstice & Sound Labyrinth Walk**



Carrie Mahoney

Take a journey around the Labyrinth to honor the summer solstice.

Fee: \$20

Wednesday, June 26 | 10:00 a.m.-4:00 p.m.

**Pause and Refresh - You deserve time just for yourself!**



Patricia Shea, Ph.D.

Listen to the whispers of your spirit.

Fee: \$35 includes meal

**Overcoming the Obstacles that Keep You from Attending a Retreat**

**1. TOO FAR:** Our Lady of the Prairie Retreat lies in rural Wheatland, Iowa, probably under an hour's drive from anywhere in eastern Iowa or the Quad Cities. Getting away from the noise and busyness of the city adds to the overall Prairie Retreat experience, making it easier for attendees to relax and unwind.

**2. I DON'T HAVE ENOUGH TIME:** Making yourself a priority is a necessity to living a healthy life. Treat yourself to a short weekend getaway. Or perhaps, consider using a personal day from work to allow yourself that much needed reset - right in the middle of the work week.

**3. COSTS TOO MUCH:** The Sisters of the Congregation of the Humility of Mary go to great lengths to keep the cost of attending a retreat affordable. Although there is a small fee to participate in much of the programming, many of the events are free. If you find yourself in need of financial support to attend an event, scholarships are available. Please contact us for details.

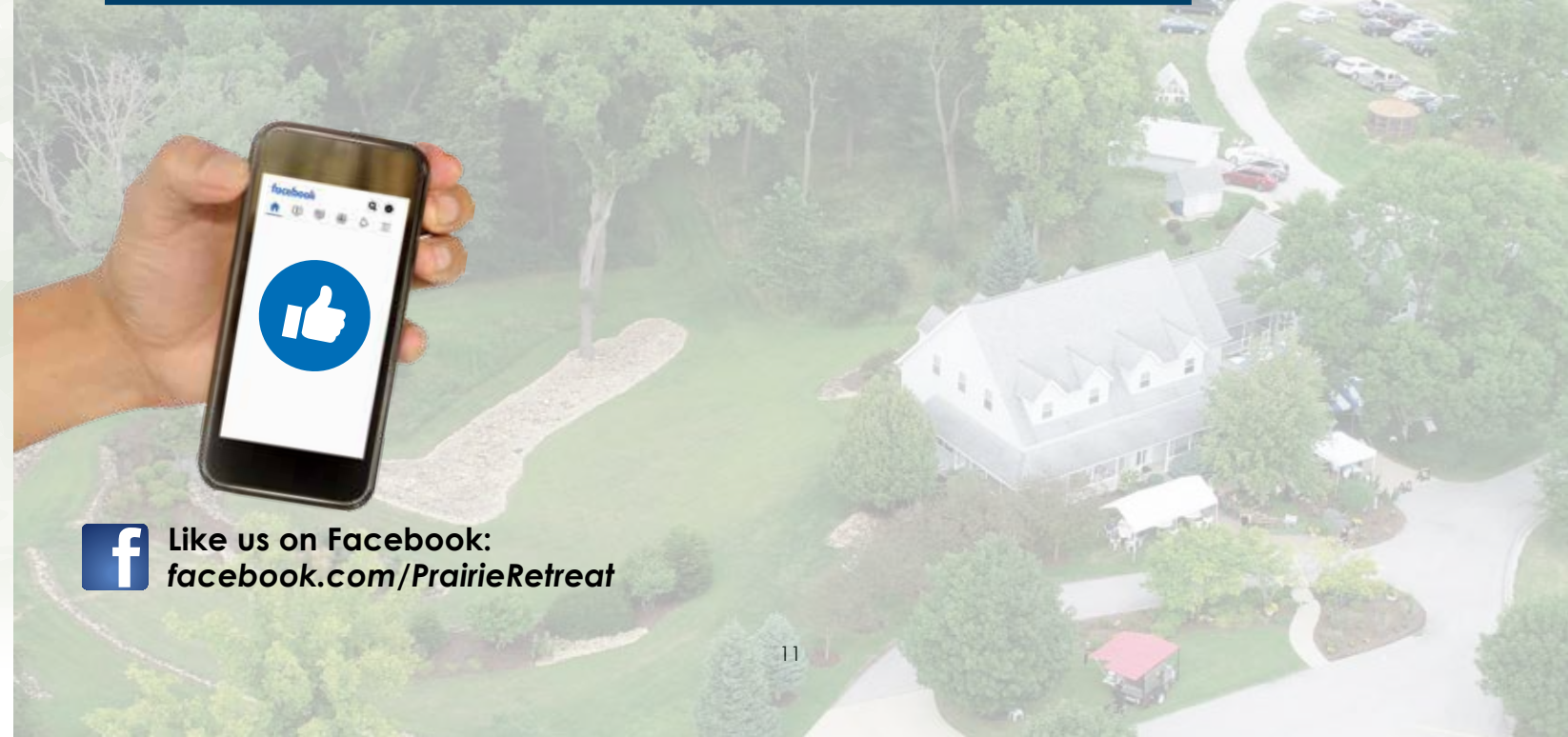
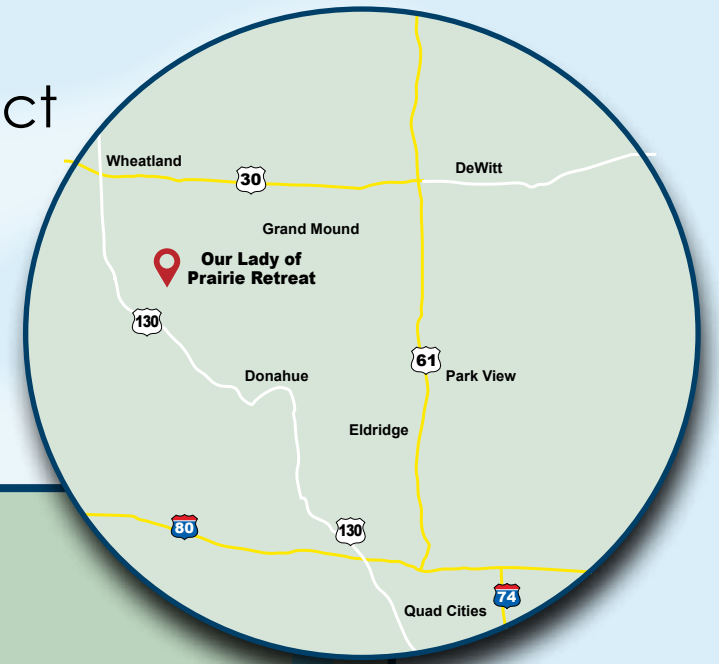
**4. I'M TOO YOUNG/OLD:** Age and spiritual awareness cannot be defined by a number. If you are being called to attend one of our retreats, answer the call.

**5. I WON'T KNOW ANYONE:** Wouldn't it be nice to meet someone outside of your everyday circle that is walking their spiritual journey alongside yours? Someone with whom you could share thoughts and ideas. What if it were possible to meet the exact person that you were supposed to meet - attending the exact retreat that you were called to attend? Anything is possible! Otherwise, if you are still uncomfortable, bring a friend, and deepen your friendship by enjoying the experience together.

**Short Drive...Lasting Impact**

We're closer than you think and easy to find.

Located just minutes from the Quad Cities



**f Like us on Facebook: facebook.com/PrairieRetreat**

## Mission

The mission of Our Lady of the Prairie Retreat is to foster harmony with creation and enrich lives by providing hospitality, programs and experiences for individuals and groups in a sacred place of peace and beauty.

## Vision

Our Lady of the Prairie Retreat is a place of warm hospitality where guests will experience:

- Stillness that calls forth God's whisper.
- Nature's beauty and peace that evoke reverence for all creation.
- Awareness of interdependence that nurtures inclusive community.
- And be invited to fan into flame the inner spark of their authentic selves.



Our Lady of the Prairie Retreat,  
2664 145th Avenue,  
Wheatland, Iowa 52777