



Calendar of Events  
**JANUARY - JUNE**  
**2022**



We who carry on ministry at Our Lady of the Prairie Retreat provide hospitality and service in a sacred space of peace and beauty that promotes respect for all creation in the tradition of the Congregation of the Humility of Mary. Individuals and groups of all faiths are invited to use our facilities and services.

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

# Reflections from The Prairie Staff

We are so excited at Our Lady of the Prairie Retreat for the 2022 calendar year!



The pandemic presented us with many challenges when we had to close our doors on March 16, 2020, but it opened a whole new world to us when it introduced us to the world of Zoom. This gave us the opportunity to continue our sponsored retreats and programs and made it possible to expand our participation from coast to coast and to countries around the world.

We were able to reopen on May 1, 2021, welcoming people back in person to The Prairie. They brought a renewed life to our sacred grounds and to me as well.

In addition to new ways of doing retreats, we have a new program coordinator, Lori Freudenberg, who is bringing a fresh flavor and possibilities to our retreat center.

Check out this calendar and delight in our new direction. Begin to plan for your time to come to The Prairie.

We can't wait to see you!

*Sr. Margaret Kruse, OSF*

Sr. Margaret Kruse, OSF  
Director





I am so happy to share our calendar with you. It has been a pleasure putting together this array of retreats and programs which are sure to be engaging, enriching and enjoyable.

You most likely are a busy person. I hope you realize the value of taking time for yourself, connecting with nature, and deepening your relationship with yourself and with your Source.

The Prairie Retreat is the place to do just that. The look of the prairie, the way the Earth is tended and cared for, the sound of the birds chirping and the chimes swaying in the breeze. It's a kind of peace and quiet that is actually palpable. This is what a retreat center is all about.

One series that is new to The Prairie is "Meet the Author." Look for this icon: 

Whether the retreat is online or in person, you'll have the chance to listen to the authors read from and discuss their books, as well as an opportunity to ask them questions.

So join us and others on a quest. Come quiet your mind, pause and reflect, listen to incredibly wise teachers and learn to trust your own wisdom. I can't think of a better place in which to do this.



Lori Freudenberg,  
Program Coordinator

March 12th, 2020 was a morning I'll never forget. Birds were singing. A gentle gray mist seemed to surround everything. Winter was over. The world was coming back to life. You could feel it - and smell it in the air. I was at The Prairie and found myself standing outside in the mist while on my way to move a vehicle.

Here, it's not uncommon to find yourself pausing and taking in the Divine beauty of it all. This day was one of those days, and when my moment was over, I jumped in the truck. A news station was on the radio and the news was grim. The pandemic was spreading. The stock market was in free fall. Major events were being canceled. Millions and millions of dollars were being lost. It was chaos.

In that split-second it hit me. There really are two worlds out there; the secular world that I found myself in at that moment, and the world that I had been a part of just 90 seconds before - a world where this magnificent planet just keeps on turning and a person can bask in the beauty and wonder of even the smallest of God's creations.

We really do get to choose which world we want to live in. Since that day, one of those worlds has been filled with politics, a pandemic, and a hateful divisiveness.

I live in the other one.

I invite you to join me. I invite you to come out to The Prairie.



Todd Seifert,  
Property and Operations Manager



# Our Lady of the Prairie Retreat

Located in rural east central Iowa on a 100-acre native prairie grass woodland. The Prairie offers quiet beauty conducive to personal prayer and reflection. The indoor and outdoor environments connect us to our Source, the Creator, who is at the heart of all that we celebrate at The Prairie. Organic and locally grown foods and ecological practices are signature to The Prairie.



## The Prairie Experience

- 100 acres of natural prairie grass and timber
- Abundant native wildlife everywhere you look
- Fresh country air
- Filtered water fresh from the well
- Prairie greenhouse offers fresh greens most of the year
- Vegetable garden provides a wide variety of naturally grown produce
- Delicious home cooked meals made with locally and naturally grown ingredients whenever possible
- Fields of flowing prairie grass
- Paths wandering along the edge of The Prairie, including The Cosmic Walk
- Pollinator strips to attract bees, birds and butterflies
- Peaceful wildlife pond
- Ancient reflection circles of the labyrinth, stations and memorial garden
- Birdsong welcoming the morning
- Restful bliss in private rooms
- Phenomenal sunrise and sunset
- Eco-friendly practices used for food service, laundry, lighting and cleaning



### Facilities

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

- Victorian House with staff facilities
- Prairie Heights with wraparound porch and wooden rocking chairs is an all-purpose conference facility featuring:
  - Great room accommodates up to 35 persons
  - Gas fireplace and breakfast nook
  - Windows with views of the woods/prairie grasses
  - Full kitchen and dining facilities
  - Eight private upstairs guest rooms with bath between each two rooms
  - A garden level featuring a chapel, a library and a “hermitage” (an efficiency apartment for private retreats)
  - Flat screen TV and DVD player
  - Wireless internet access

### Step into Tranquility

Spend a day, a weekend, or a week, reflecting, meditating and appreciating the beauty of God’s creation in a very special place deep in the Midwest countryside – only 40 minutes from downtown Davenport yet far from the hectic pace of life. The Prairie offers all people an environment of quiet beauty conducive to:

- Personal prayer and reflection
- Inner growth and nurturing the soul
- Group team building, creative thinking and decision making

### Meals

For groups that request, healthy nutritious meals are prepared with local foods and served by the staff. When kitchen is not in use by OLPR staff, it is available for groups and individuals to prepare their own meals upon request, for a minimal fee.



### Books, Movies and Resources

Available for your use in the lower-level great room library. Art supplies, pens and pencils and paper are available by request.

### Spiritual Direction

Available with Sr. Margaret Kruse, OSF by appointment. Call her cell at 414-640-1491 or The Prairie at 563-374-1092.



# 2022 Prairie Retreats

## JANUARY

Jan. 4, 11, 18, 25 or Feb. 1, 8, 15, 22 | **ONLINE:** How to Embrace Fear in Our Life and Discover Hope and Courage

Jan. 5, 12, 19, 26 | **ONLINE:** Enneagram

Jan. 12, Feb. 16, March 9, April 7 and May 5 | Deep Peace Yin Yoga, Sound Healing & Yogic Sleep

Jan. 13 | The Complexities of Caregiving and Self Care: How Can We Manage Both?

Jan. 15 | Photography for Beginners

Jan. 19 | Come to the Quiet

🕒 Jan. 19 | **ONLINE:** The New Return to the Great Mother: Birth, Initiation and the Sacred Feminine

Jan. 26 | How to Plan your Funeral Service

Jan. 27 | Sustainable Stewardship: Barb Arland-Fye interview series

Jan. 29 | From Word to Word Made Flesh

## FEBRUARY

Feb. 5 | Introduction to A Course in Miracles

🕒 Feb. 9 | Servant Leadership: How and Why it Works

Feb. 15 | Come to the Quiet

🕒 Feb. 17 | **ONLINE:** Coming to Peace: Resolving Conflict within Ourselves and Others

Feb. 19 | Release into the Healing Power of Divine Grace and Love

Feb. 24 and March 3 | **ONLINE:** CHM Spirit Days

Feb. 26-27 | Add Heart-No Matter What



## MARCH

March 4-5 | Deepening Your Understanding and Appreciation of Self

March 7 | How to be a Healthy Human

📅 March 8 | I Dared to Self-Publish A Book at 76

📅 March 10 | **ONLINE:** Julian of Norwich: Wisdom in a Time of Pandemic-  
and Beyond

March 12 | Images of God as Woman, Women as Images of God

March 16 | Come to the Quiet

March 17 | Heart of Forgiveness

March 23 | No Fear, No-Fail Yeast Bread

📅 March 24 | Re-creating Life: Walk Through Grief with Life

March 26 | The Sacred Medicine Wheel

## APRIL

April 1 | Stargazing, Beauty of Springtime Sky

April 6 | Mass on The Prairie

April 7 | Sustainable Stewardship: Barb Arland-Fye interview series

April 9 | Photography for Beginners

April 12 | Spring Wildflower and Bird Walk in The Prairie Woods

April 15 | Stations of the Cross - actors tell the story

April 19 | Come to the Quiet

📅 April 19 | Spirituality that Makes a Difference

April 21 | Connecting With the Angelic Kingdom

📅 April 21 | **ONLINE:** Hildegard of Bingen: A Saint for Our Times

April 23 | Every Day is Earth Day! Four Presenters and a Plant Swap

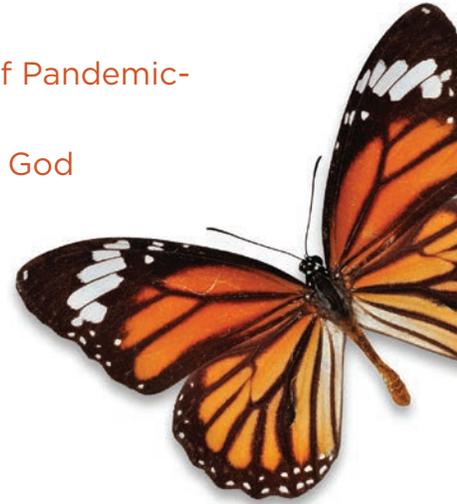
April 24 | Honoring Earth and the Web of All Life

April 27 | Mindfulness Retreat

April 28 | Painting and Wine

April 29 | Spring Wildflower and Bird Walk

April 30 | Daughters of God: A Mother-Daughter Tea



# 2022 Prairie Retreats

## MAY

- May 1 | [Labyrinth Sound Healing](#)
- May 4 | [Mass on The Prairie](#)
- May 12 | [The Way Is Within](#)
- May 14 | [Marriage Enrichment](#)
- May 18 | [Come to the Quiet](#)
- May 19 | [An Old Crone Speaks, An Old Crone Listens](#)
- 📌 May 19 | **ONLINE:** [Meister Eckhart: A Mystic Warrior for Our Times](#)
- May 20 | [Facebook Live: UN World Bee Day](#)
- 📌 May 20-22 | [The Joy of Forgiveness](#)
- 📌 May 25 | [These Interesting Times: Surviving 2020 in the Quad Cities](#)



## JUNE

- June 1 | [Mass on The Prairie](#)
- June 3-5 | [Grounded in the Heartbeat of God](#)
- June 9 | [Dream Studies-A Gateway to Knowledge](#)
- June 10-12 | [Sacred Grace of Aging](#)
- June 14 | [Come to the Quiet](#)
- June 15 | [Cosmic Walk](#)
- 📌 June 16 | **ONLINE:** [A Way to God: Thomas Merton's Creation Spirituality Journey](#)
- 📌 June 18 | [Father-Son Experience: Become the Inspiration](#)
- 📌 June 22 | [These Interesting Times: Surviving 2020 in the Quad Cities](#)



## All About the Prairie Retreats

**JANUARY - JUNE**

# 2022

### TO REGISTER:

- Online at [theprairieretreat.org](http://theprairieretreat.org)
- Email [olpretreat@chmiowa.org](mailto:olpretreat@chmiowa.org)
- Call 563-374-1092

Zoom will be used for online retreats.  
A link will be sent by email.

For full retreat descriptions and presenter bios  
visit [theprairieretreat.org](http://theprairieretreat.org)



Tuesday, Jan. 4, 11, 18, 25 | 9:00-10:30 a.m. OR  
Feb. 1, 8, 15, 22 | 6:00-7:30 p.m.

**ONLINE: How to Embrace Fear in Our Life and Discover Hope and Courage!**  
Sister Linda Greenwood, OSF

This program will name the small and big fears we encounter in life. Weekly teachings focus on how to learn from these experiences and notice the opportunities they provide: lessons of hope and courage. Choose either the January or February classes.

Fee: \$40 per month

*Sr. Greenwood is presently semi-retired and has been on a private renewal in this time of transition from full-time ministries.*

Wednesday, Jan. 5, 12, 19, 26 | 6:30-8:00 p.m.

**ONLINE: Enneagram**

Audrey Lucier and Steve Spilde

The Enneagram is a powerful tool for understanding ourselves and others, and refers to nine personality styles. The style we favor affects what we see as important and how we act in our relationships. You will learn about your style, how to grow beyond your default way of doing things and how to better understand people with other styles. You will be able complete an online assessment to help begin the process. This program is offered in collaboration with the Franciscan Spirituality Center in La Crosse, Wisconsin.

Fee: \$75 for entire month includes online assessment. RSVP by Dec. 29.

*Audrey is the director of the Franciscan Spirituality Center (FSC) in La Crosse, Wisconsin. Steve is a spiritual director and the associate director of the FSC. Both were certified in the Enneagram Spectrum of Personality Types with Jerry Wagner, Ph.D.*

Wednesday, Jan. 12, Feb. 16 and March 9;  
Thursday, April 7 and May 5 | 10:00-11:15 a.m.

**Deep Peace Yin Yoga, Sound Healing & Yogic Sleep**

Rev. Dr. Catherine Quehl-Engel

Using a tranquil, slow, and gentle approach, we begin with meditative breath and life force energy/Spirit-based yoga. Then with the help of singing bowl vibrational sound healing, we enter a reclined Yogic Sleep guided meditation to help you drop beneath the mind into blissful mystical states of oneness, ease, and healing peace. Bring your mat and dress in layers.

Fee: \$15 per session

*Catherine is a Spirit guide, teacher, healer, Episcopal priest, and former inter-spiritual and ecumenical Christian college chaplain with over a quarter century of experience tending to the care and growth of souls among people from diverse faith and other backgrounds.*

Thursday Jan. 13 | 9:00 a.m.-3:00 p.m.

**The Complexities of Caregiving and Self Care: How Can We Manage Both?**

Chris Pries

Millions of Americans take care of a friend or family member with a serious health condition or are being expected to care for aging family members. Being a caregiver can be a labor of love, but it can also be stressful. Learn how you can be an effective caregiver while also taking care of yourself.

Fee: \$35 includes lunch

*Chris is a nurse practitioner and retired clinical director at the Vera French Community Mental Health Center.*



Saturday, Jan. 15 | 3:30-5:30 p.m.

**Photography for Beginners**

Merlyn Law

You may be the next Ansel Adams! Learn about cameras, lighting, scenery and how to set up the perfect shot. Come with your own camera, no matter what kind it is. Merlyn uses a Nikon D7200. This retreat will be held each of the four seasons close to sunset to capture the perfect picture!

Fee: \$20

*Merlyn has been a nurse for 52 years, raised a family of four children, and now enjoys her grandchildren and great granddaughter. Taking pictures of her own children growing up she used a Praktica 35mm manual camera. She went digital 12 years ago.*



Wednesday, Jan. 19 | 9:30 a.m.-3:30 p.m.

**Come to the Quiet**

Pat Shea

This is an opportunity to step away from daily routines for just a short time. A day of quiet time to rest, read, reflect, create, journal, and explore the beauty and peace. This is not a silent retreat. The opening gathering offers a short reflection to begin the day, a short, optional sharing time before lunch and then a gathering before departure.

Fee: \$35 includes lunch

*As a spiritual companion for the last 13 years, Pat has provided opportunities to explore and deepen one's spiritual journey and offers spiritual practices and sacred rituals.*

Wednesday, Jan. 19 | 6:00-8:00 p.m.



**ONLINE: "The New Return to the Great Mother: Birth, Initiation and the Sacred Feminine"**

Isa Gucciardi, Ph.D.

This talk will focus on Isa's best-selling book by the same title. She will read from the book and take questions. Isa will demonstrate the way important moments in our biological development offer a path of spiritual initiation and self-development through examples and meditation. Registrants must purchase their own book.

Fee: \$20

*Isa Gucciardi, Ph.D. is the founding director and primary teacher at Sacred Stream. She holds degrees and certificates in transpersonal psychology, cultural and linguistic anthropology, comparative religion, hypnotherapy, and transformational healing. See: sacredstream.org*

Wednesday, Jan. 26 | 9:30 a.m.-noon and 6:00-8:30 p.m. Choose one



**How to Plan your Funeral Service**

Pastor Dianne Prichard

Funeral home directors help us through the many steps of caring for the body. But for friends and family, the most important part of a loved one's passing is the funeral service; helping to mourn and celebrate the life that is lost to Earth. Pastor Dianne will help to plan the worship service of your own funeral, from organizing the visitation to choosing hymns and scripture to planning for gatherings afterwards. This workshop applies to any Christian denomination. Local vendors (florist, caterer) will also be a part of the workshop.

Fee: \$20

*Pastor Prichard serves two congregations in Iowa-Community Church of Toronto and Hope Lutheran, Dixon. She has also worked as a church organist, high school language arts teacher, cook, and mental health support organizer.*

Thursday, Jan. 27 | 5:00-7:30 p.m.



**Sustainable Stewardship: Barb Arland-Fye interview series**

Barb interviews Delia Moon Meier, senior vice president of Iowa 80 Group, which operates the Iowa 80 Truckstop in Walcott. Delia, whose family operates the "world's largest truck stop," describes how the business invested in solar energy, efficient lighting and installation of fast-chargers for electric vehicles in response to the evolving needs of customers.

Fee: \$25 includes dinner

*Barb is the editor of The Catholic Messenger, a publication of the Diocese of Davenport that provides local, national and international news about the Catholic Church in print, web and e-edition.*



Saturday, Jan. 29 | 9:00 a.m.-5:00 p.m.

**From Word to Word Made Flesh**

Fr. Mike Schaab

Bible study, scriptural reflection and liturgical prayer ground us in the Word of God, but then we are faced with the challenge of letting that Word take root in us so that the Word truly becomes Flesh in us. We will study some major themes of scripture and reflect on the challenges they present to the modern world. This retreat will be followed by Mass at 4:00 p.m. Suggested preparatory readings: Matthew chapters 18 and 25.

Fee: \$35 includes lunch

*Father Schaab is a pastor, seminary and university lecturer, and a retreat master in Africa, Ireland, Belize and the U.S.*

Saturday, Feb. 5 | 9:00 a.m.-4:00 p.m.

**Introduction to A Course in Miracles (ACIM)**

Rev. Jay Williams

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God." ACIM begins by making fundamental distinction between the real and the unreal; between knowledge and perception. This retreat will demonstrate how ACIM can improve the effectiveness and quality of our agency in the world by finding peace and recognizing the presence of love. Suggested preparatory reading: "Introduction to A Course in Miracles" see: miraclecenter.org. Registrants must purchase their own book.

Fee: \$35 includes lunch

*Rev. Williams is ordained by the ULC, an elder in the Presbyterian Church, USA, and has been a certified lay speaker in the United Methodist Church. He is also a student and small group facilitator for ACIM.*

Wednesday, Feb. 9 | 10:00 a.m.-4:00 p.m.



**Servant Leadership: How and Why it Works**

Dr. Dan R. Ebener

Servant Leadership has been described as "leading like Jesus." This retreat will explore the philosophy, consider the applicability, and practice the skills needed for this kind of leadership. The book "Leadership for the Great Good: A Textbook for Leaders" will be needed for this retreat.

Fees include lunch: \$50 includes book. If you have the book, fee is \$35.

*Dr. Ebener is a leadership professor for the Master of Organizational Leadership program at St. Ambrose University in Davenport.*

## All About the 2022 Prairie Retreats



Tuesday, Feb. 15 | 9:30 a.m.-3:30 p.m.  
**Come to the Quiet** – see Jan. 19 for details  
Pat Shea



Thursday, Feb. 17 | 6:00-8:00 p.m.  
**ONLINE: “Coming to Peace:  
Resolving Conflict within Ourselves  
and with Others”**



Isa Gucciardi, Ph.D.  
One of Isa’s best-selling books, “Coming to Peace” is a hybrid conflict resolution method that was born out of core meditation practices from a variety of Earth-based wisdom traditions and Buddhism. This book shows how the processes of “Coming to Peace” meet those in conflict and provides them a pathway to reconciliation and wholeness. Registrants must purchase their own book.  
Fee: \$20

Saturday, Feb. 19 | 9:00 a.m.-3:00 p.m.  
**Release into the Healing Power  
of Divine Grace and Love**

Rev. Dr. Catherine Quehl-Engel  
Join us for calming mind-body-spirit practices and age-old transformative healing wisdom concerning the unconditional and inclusive love, grace, oneness, and power of God we’ve had buried within us all along. Draws from scripture, the spirituality of imperfection, the way of St. Francis including embrace of our poverty/flaws and God’s Spirit in all of creation and other Christian mystical wisdom. Bring a journal, pen, mask, yoga mat and a blanket.

Fee: \$35 includes lunch

Thursday, Feb. 24 and March 3 | 6:30-8:30 p.m.  
**ONLINE: CHM Spirit Days**

CHM Sisters Lynn Mousel, Roberta Brich and Mary Penelope Wink

This two-part series is open to anyone who would like to know more about the Congregation of the Humility of Mary. You are welcome to register for one or both sessions. During the first session, we will focus on the history, mission, and ministries of the sisters. The second session will focus on CHM spirituality, including humility and the Magnificat (Luke 1:46-55).

Free will offering

*These sisters are members of the CHM membership development team. Srs. Lynn and Roberta reside in Davenport, while Sr. Mary Penelope will join us from her home in Chiapas, Mexico. They will be joined by several other sisters throughout the two sessions.*



Feb. 26-27 | Saturday 9:00 a.m. to Sunday 5:00 p.m.

**Add Heart-No Matter What**  
Patsy Martinson, LMT CHTP, HCM

It’s a tough time to be human. Waves of emotional turbulence reflect our collective responses to droughts, floods, poverty, hunger and more. These stressors are amplified by the media, sustaining a societal dis-ease that affects how we respond to life and one another. There’s a way to increase resilience and compassion--improving your heart/brain connection through HeartMath®. From millennials to boomers, no matter what your spiritual connection, aligning your heart and mind improves your capacity to thrive and deepens your connection with others and yourself. “Building Personal Resilience” book by HeartMath® is required reading for participation. Visit: heartmath.org

Fee: \$160 includes lodging and meals

*Patsy is a long-time massage therapy and wellness educator, licensed massage therapist, certified Healing Touch practitioner and HeartMath® Certified Mentor.*

March 4-5 | Friday 5:00 p.m. to Saturday 3:30 p.m.

**Deepening your Understanding  
and Appreciation of Self**



Pat Shea

Using the CliftonStrengths self-assessment tool, participants will have the opportunity to explore and deepen their natural talents and gifts along with cultivating an appreciation of the diversity of others’ talents and gifts. Each participant needs to complete the CliftonStrengths Assessment. Participants need to purchase the “Top Five CliftonStrengths.” Visit: store.gallup.com/c/en-us/assessments and click on “CliftonStrengths.”

Fee: \$85 includes lodging and meals





Monday, March 7 | 2:00-4:00 p.m.  
**How to be a Healthy Human**

Dr. Angie Gabel

We will focus on the eight pillars of being a healthy human:

1. **Chiropractic** – Is it only a ‘cure’ for pain?
2. **Hydration** – Our bodies are over 70% water.
3. **Glycosylation** – Is sugar essential to your health?
4. **Rest** – It is just as important as the other essentials.
5. **Movement** – So much more than just “busy” movement.
6. **Real Food** – The quality of what we eat goes a long way.
7. **Essential Nutrients** – We need certain supplements as a baseline nutrient.
8. **Empowerment** – What it takes to empower yourself for true health for you and your family!

Fee: \$20

*Dr. Gabel is a doctor of chiropractic in Clinton, Iowa. She graduated from Palmer College of Chiropractic and has been in practice for 18 years.*



 Tuesday, March 8 | 6:00-8:00 p.m.

**I Dared to Self-publish a Book at 76**

JudyAnn Morse

I am often asked, “How long did it take you to write your book?” I will share stories of how, over the years that it took, God’s love surrounded me constantly in both the happy and not-so-happy days and situations in my life.

Fee: \$20

*JudyAnn has served as a missionary in Kodiak, Alaska, on staff of a national religious conference center, a director of Christian Education, and a Pulpit Supply. After completing her education in her late 50’s, she served as a pastor for 18 years before retiring to self-publish a book. She now serves as a Pulpit Supply to a small congregation.*



Saturday, March 12 | 9:00 a.m.-2:00 p.m.

**Images of God as Woman, Women as Images of God**

Dr. Ella Johnson

Here is a chance to explore and reflect on female images of God from the Bible and Christian tradition. In doing so, women will consider how these images led women in history to find God within themselves, and how we can do the same today.

Fee: \$35 includes lunch

*Dr. Johnson is an associate professor of theology and an affiliate in the Women and Gender Studies program at St. Ambrose University. She teaches undergraduate courses in Christian systematic theology and upper-level courses in ecclesiology, sacraments, and spirituality.*



Wednesday, March 16 | 9:30 a.m.-3:30 p.m.

**Come to the Quiet** – See Jan. 19 for details

Pat Shea



Thursday, March 17 | 9:00 a.m.-4:00 p.m.

**Heart of Forgiveness**

Sister Kathleen Sadler, OSF

How do we forgive? We all suffer from those things that get under our skin. We long to forgive and be forgiven, but it is hard to forgive. Hear from a doctor on forgiveness and from a person who overcame her anger toward the person who killed her family. Gain insights on a variety of steps you can take to forgive someone who has hurt you.

Fee: \$35 includes lunch

*Sr. Kathleen is a retreat facilitator who studied at Mundelein Seminary in Illinois and the Tau Center in Minnesota. She has facilitated a variety of retreats in Illinois and Iowa.*

 Thursday, March 10 | 6:00-8:00 p.m.

**ONLINE: “Julian of Norwich: Wisdom in a Time of Pandemic and Beyond”**

Rev. Matthew Fox, PhD.

Julian of Norwich (1349-1415) was a profound thinker and the first woman to write a book in English. She lived through the bubonic plague and has much to teach us today as we live through the coronavirus. Instead of freaking out, she deepened her commitment to the creation spirituality lineage and insisted on the sacredness of nature and God-in-Nature and goodness as God.

Fee: \$20



Wednesday, March 23 | 9:00 a.m.-1:00 p.m.

### No Fear, No-Fail Yeast Bread

Deb Monroe

Bring a friend and let's bake a favorite no-fail yeast bread. This is Deb's go-to recipe she's used for years. There is room for new bakers to learn, share, and laugh about their baking adventures. Please bring a clean tea towel to bring home a delicious warm loaf to share with family and friends.

Fee: \$30 includes lunch

*Deb lives in DeWitt and has worked as a manager and cook at the Unicorn Restaurant and the Garden Cafe.*



Friday, April 1 | 7:00-10:30 p.m.

### Stargazing, Beauty of Springtime Sky

Steve Spangler

Enjoy the beauty of the night sky as it is revealed in early spring. Stars will be the prime attraction. Enjoy the "winter constellations" of Orion, Taurus, and Gemini, and see the fascinating Pleiades star cluster. The observing session features naked eye viewing to "get a feeling for the sky," and observations through a telescope. Participants are encouraged to read star charts and download a free planetarium software program. Visit [stellarium.org](http://stellarium.org)

Fee: \$20

*Steve has been a professor of physics and astronomy at the University of Iowa since 1982. He received his B.S., M.S. and PhD from the University of Iowa. He was a staff scientist at National Radio Astronomy Observatory from 1976-1982.*



Thursday, March 24 | 9:30 a.m.-3:30 p.m.

### Re-creating Life: Walk Through Grief with Life

Rev. Elaine K. Olson

"My Walk with Grief" is a spiritual memoir about Elaine's 10-year search for identity and love after living in the shadows as a pastor's wife for 30 years. Her husband died and part of Elaine did too. Unimpeded as a widow, search for her own identity and love pulled her into soul struggles, grief, world travel, disastrous dating, dog drama and spiritual surprises. Her memoir inspires readers to seek new identities after a significant loss or transition, encouraging them to grieve deeply, live fully, and rediscover love and the largeness of the Spirit's embrace.

Fee: \$35 includes lunch

*Elaine is a retired ordained pastor of the Evangelical Lutheran Church in America, a certified spiritual director and a licensed clinical professional counselor.*



Wednesday, April 6 | 10:00 a.m.

### Mass on The Prairie



Thursday, April 7 | 5:00-7:30 p.m.

### Sustainable Stewardship: Barb Arland-Fye interview series

Barb interviews Deaconess Irene R. DeMaris, M.Div., associate director, Iowa Interfaith Power & Light (IPL). Iowa IPL mission states: We envision a world where we live in right relationship with our neighbors and planet. Conversation will focus on empowering people of faith to transform their beliefs into action for work for climate justice. Visit: [iowaipl.org](http://iowaipl.org)

Fee: \$25 includes dinner

*Irene has spent her entire career in faith-based non-profits, working for Wesley Theological Seminary as the associate director of the Center for Public Theology helping students and community leaders navigate the tension between faith and public policy.*

Saturday, March 26 | 9:00 a.m.-3:00 p.m.

### The Sacred Medicine Wheel

Kathleen Collins

Gather to learn the ancient wisdom of the Four Directions, reflecting the four areas of our life: emotional, mental, physical, and spiritual. It is also helpful as the Sacred Wheel can be used for problem solving. Bring a notebook and a pen, a drum or rattle if you have one, and perhaps something for the altar.

Fee: \$35 includes lunch

*Kathleen Collins is a Licensed Mental Health Counselor/Shamanic Practitioner. Visit [kathleencollinscounseling.com](http://kathleencollinscounseling.com)*



Saturday, April 9 | 3:30-5:30 p.m.

### Photography for Beginners - See Jan. 15 for details

Merlyn Law



Tuesday, April 12 | 10:00 a.m.-2:00 p.m.

### Spring Wildflower and Bird Walk in the Prairie Woods

Kurt Kreiter and Sr. Margaret Kruse, OSF



Come enjoy a relaxing walk through the woodlands and prairie as emerging spring wildflowers, some already in full bloom, are identified. Bring binoculars to observe local and migratory bird species in these diverse habitats.

Fee: \$25 includes meal

*Sr. Margaret is director of The Prairie Retreat. In 1966 she joined the Sisters of St. Francis of Assisi in Milwaukee. Kurt is a retired educator after 33 years at Central High School in DeWitt. He works part-time at The Prairie Retreat and is an outdoor enthusiast, amateur ornithologist and has a great interest in spring wildflowers.*

Friday, April 15 | 2:00-3:30 p.m.

### Stations of the Cross

Come be witness to the last day of Jesus Christ. In the book, "The People of the Way of the Cross" by Marci Alborghetti, the author imagines the stories behind the people who witnessed Jesus' Way of the Cross. Local actors will bring the story to life. Some of the people portrayed are historical, some scriptural and some traditional figures. The audience will have an opportunity to enter our Lord's Passion, to connect their lives to His, and to experience for themselves his last hours. (Shared with permission from the author.)

Free will offering



Tuesday, April 19 | 9:30 a.m.-3:30 p.m.

### Come to the Quiet - See Jan. 19 for details

Pat Shea



Tuesday, April 19 | 6:00-8:00 p.m.

### "Spirituality that Makes a Difference"

Dr. Charles R. Kniker

What are your big questions and worthy dreams? Charles' book, "Spirituality that makes a Difference" discusses how your meanings are formed and how you can be transformed through engaged spirituality. The presentation is not "academic," but conversational. Suggested preparatory reading: Sharon Daloz Parks: "Big Questions, Worthy Dreams" and Father Richard Rohr: "Immortal Diamonds."

Fee: \$20

*Charles is an ordained minister in the United Church of Christ. He completed his doctoral studies in 1969. He served as a professor of education at Iowa State University from 1969-93. While there, he founded the journal, Religion & Public Education (now Religion & Education).*



Thursday, April 21 | 9:00 a.m.-noon

### Connecting with the Angelic Kingdom

Marcia Flory

Angels are defined as messengers from God. Marcia teaches that members of the Angelic Kingdom are with us as we are born into this lifetime and accompany us throughout eternity. She believes through meditation and prayer each individual with a desire to do so can easily connect with their personal angelic guides and teachers.

Fee: \$25 includes lunch

*Marcia is a registered nurse and a certified spiritual counselor who is trained in various healing modalities. She is a Usui Reiki master teacher and practices the art of healing energy.*



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

### ONLINE: "Hildegard of Bingen: A Saint for Our Times - Unleashing Her Power in the 21st Century"

Rev. Matthew Fox, PhD.



It has taken from the 12th century until recently to declare Hildegard a Saint and Doctor of the Roman Catholic Church. Demanding reform of society's institutions and social structures, Hildegard implores all of us to live in integrity with our espoused principles. She especially implores our leaders to wield their influence "wisely."

Fee: \$20

Once registered you will receive a coupon for \$5 off this book which can be purchased at [matthewfox.org](http://matthewfox.org).

SCAN ME!



## All About the **2022** Prairie Retreats

Saturday, April 23 | 8:30 a.m.-2:00 p.m.

### Every Day is Earth Day!

Join us for one or all of the following sessions.

Fee: \$35 includes lunch

We do not inherit Earth from our ancestors, we borrow it from our children. Celebrate Earth and learn how to take better care of it, because there is no planet B.

8:30 a.m. Check-In

9:00-9:45 a.m. How to Attract Pollinators using Native Plants: **Ryan Welch**

Ryan is employed at Clinton Community College where he has been a full-time faculty member for 10 years. He teaches a variety of natural sciences including environmental science, general biology, plant biology, conservation biology, and wildlife ecology.

10:00-10:45 a.m. Natural Pest Control - **Glenn Drowns**

Glenn has been a gardener for over 55 years. He organically grows and maintains over 2500 heirloom vegetable and flower seeds.

11:00-11:45 a.m. Recycle, Repurpose, Reuse - **Brad Seward**

*Brad has been the Clinton County Area Solid Waste Agency director since 2007. He is a certified State of Iowa landfill operator and a certified NAHMMMA-hazardous waste facility manager.*

12:00-12:45 p.m. Lunch at the Prairie-Perennial Swap - Bring your own perennials in a box, marked with the name of the plant and swap it out for others!

1:00-1:45 p.m. The Value of Native Plants in a Changing Climate - **Ray Wolf**

*Ray is the science and operations officer at the NOAA National Weather Service office in Davenport, Iowa where he is responsible for operations, training, and research. He is also a master gardener in Scott County.*

Sunday, April 24 | 2:00-4:00 p.m.

### Honoring the Earth and the Web of All Life

**Kerry Batteau, Native Healer**

Kerry will lead a pipe ceremony and a blessing of the ground for Sacred Mother Earth.

Free will offering

Wednesday, April 27 | 10:00 a.m.-3:00 p.m.

### Mindfulness Retreat

**Miriam Prichard**

Spend a day learning mindfulness skills that will make a difference in your daily life. Learn techniques from various theories including acceptance and commitment therapy, narrative therapy and polyvagal theory. This course is tailored to people who have struggled with mindfulness in the past.

Fee: \$35 includes lunch

*Miriam is a licensed mental health counselor in private practice. She uses mindfulness extensively to aid clients in creating the lives they want.*

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

### Painting and Wine

**Julie Wall, Artist's Vault**

Sign up with your friends for a fun night as you learn to mix primary colors and white acrylic paint to create a beautiful 12x12-inch floral painting.

Fee: \$55 includes supplies, appetizers and two glasses of wine

*Julie owns and is the resident artist at Artist's Vault, located in Historic Downtown Eldridge. She graduated from Western Illinois University in 1989 with a degree in art, and from St. Ambrose University in 2015 with a degree in education.*

Friday, April 29 | 5:00-8:00 p.m.

### Spring Wildflower and Bird Walk at The Prairie

- see April 12 for details

**Sister Margaret Kruse, OSF and Kurt Kreiter**

Saturday, April 30 | 10:00 a.m.-1:00 p.m.

### Daughters of God: A Mother-Daughter Tea

**Rosina Hendricksen**

Designed for 1st-5th grade girls and their mothers, this retreat calls us to embrace our calling as daughters of God. Women of the Old and New Testament will serve as models of faith, patience, discernment, courage, joy, compassion, mercy, and love as we come to recognize the traits that God has given us as his daughters. After reflecting in song, scripture and activities, the retreat will conclude with a tea party.

Fee: \$25 includes lunch

*Rosina is the training and events coordinator at Liturgy Training Publications and the coordinator of family faith formation at St. Thomas the Apostle Church in Chicago.*





Sunday, May 1 | 1:00-4:00 p.m.

### Labyrinth Sound Healing

Kathy Broghammer

Allow yourself to be bathed with the sound of Tibetan and crystal bowls and gongs, while journeying inward through the labyrinth. You may discover inner wisdom and peace with the gentle spiral walk of this labyrinth experience. Come enjoy the natural beauty of The Prairie Labyrinth.

Fee: \$20

*Kathy is a certified sound healer with Atmabuti Sound and Vibrational School in Boulder, CO. She is an Usui and Karuna Reiki master teacher. She teaches yoga and pilates. She is also a dream teacher.*

Wednesday, May 4 | 10:00 a.m.

### Mass on The Prairie



Thursday, May 12 | 9:00 a.m.-noon

### The Way Is Within

Marcia Flory

Learn three guided visualization meditations to heal mind, body, and soul. In this workshop the participant will join in guided visualizations to activate healing, forgiveness, and compassion. During the meditations Marcia employs the ancient relaxation technique of Reiki. In doing so this enables students to align with the healing energies around and within them.

Fee: \$25 includes lunch

Saturday, May 14 | 9:00 a.m.-4:00 p.m.

### Marriage Enrichment

Deacon Daryl & Pat Fortin

This day will be focused on the key characteristics that all marriages need to remain joyful and successful and be the kind of marriage that Christ envisions for us. Presentations will come from the life-experience of a 50-year marriage and how Pat and Daryl have maintained the joy.

Fee: \$35 includes lunch

*Pat and Daryl celebrated 50 years of marriage and have three grown children and twelve grandchildren. Pat has been a realtor with Mel Foster for 18 years, after retiring from the phone company after 30 years. Daryl was ordained a deacon in the Archdiocese of Dubuque in April 1994. He retired after 41 years with John Deere. Marriage preparation has been one of their ministries for over 30 years.*



Wednesday, May 18 | 9:30 a.m.-3:30 p.m.

### Come to the Quiet - See Jan. 19 for details

Pat Shea



Thursday, May 19 | 9:00 a.m.-3:00 p.m.

### An Old Crone Speaks, An Old Crone Listens

Helen Schlitz

An Old Crone Speaks...and Listens! We ALL have wisdom to share. We will tell stories, uncover their wisdom, then play with that wisdom in a variety of interactive ways for a rich, refreshing day!

Fee: \$35 includes lunch

*Helen is a wife, mother, grandmother and crone! She holds an MA in theology from Aquinas Institute of Theology in St. Louis and a Masters in Life from 70+ years of living.*



Thursday, May 19 | 6:00-8:00 p.m.

### ONLINE: "Meister Eckhart: A Mystic Warrior for Our Times"

Rev. Matthew Fox, PhD.



Meister Eckhart (1260-1329) was among the most popular preachers of his time. His teaching not only focused on deep contemplation but about deep action, which ultimately led to him being put on trial and condemned by a corrupt papacy. He took on the vested power interests of patriarchy, economic privilege, and religiosity in his day—and he paid a steep price for it. We will explore and discuss some of his rich teachings.

Fee: \$20

Once registered you will receive a coupon for \$5 off this book which can be purchased at [matthewfox.org](http://matthewfox.org).



Friday, May 20 | 11:00 a.m.-1:00 p.m.

### Facebook Live: UN World Bee Day

Bob Roe

Bob "The Bee Man" Roe will be on hand to give us a tour of the hives of bees currently living at The Prairie. He will open a hive and look for brood, eggs and honey, hopefully seeing the queen. After virtual the tour Bob will take questions from our audience. Bees are renowned for their role in providing high-quality food and other products used in healthcare and other sectors. A third of the world's food production depends on bees. Join us on [facebook.com/PrairieRetreat](https://www.facebook.com/PrairieRetreat)—this is accessible without a Facebook account.

*Bob is a retired union painter and has had bees for 14 years—sometimes as many as 45 hives. "Every year I learn more and things change. It is said if you have five beekeepers you will get ten different answers."*

 May 20-22 | Friday 5:00 p.m. to Sunday 2:00 p.m.  
**“The Joy of Forgiveness”**



**Sandy Hoenig**

Most of us find that the pains of our past keep rolling through our memories and resurface from time to time. Grudges, resentments, self-defeating habits, and negative feelings are barriers to a healthy, productive life. Come explore a comfortable, safe, and trusting atmosphere in the pages of this new book. Here you will journey through the stages of forgiveness to personal empowerment. Sandy will bring copies of her book to sell. Visit: [joyofforgiveness.com/book/](http://joyofforgiveness.com/book/)

Fee: \$170 includes lodging and meals

*Sandy offers special insight from her personal experiences as well as her extensive background in elementary teaching and school counseling.*

 Wednesday, May 25 | 6:00-8:00 p.m.  
**“These Interesting Times: Surviving 2020 in the Quad Cities”**

**Misty Urban and Monica Flink**

Editors and contributors to the anthology, “These Interesting Times: Surviving 2020 in the Quad Cities,” will share their work and discuss the story behind the piece—how it helped the authors deal with a challenge and come to terms with something in their life. “These Interesting Times” serves not only as a time capsule of a particularly difficult year, but as a testament to the resilience of the contributors. In these moving and eloquent essays, poems, stories and artwork, Quad Cities artists and writers report on the disasters of 2020. Meet the authors, listen to their writings and ask questions. Suggested preparatory reading: “These Interesting Times: Surviving 2020 in the Quad Cities Anthology” [mwcqc.org/books/](http://mwcqc.org/books/)

Fee: \$20

*Misty is the author of two award-winning short story collections, “A Lesson in Manners” and “The Necessaries,” as well as scholarship on monstrous medieval women. Monica is an award-winning writer and baker from Davenport, Iowa.*

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

**Mass on The Prairie**



June 3-5 | Friday 5:00 p.m. to Sunday 2:00 p.m.

**Grounded in the Heartbeat of God**

**Sister Kathleen Storms, SSND**

Sr. Kathleen returns to The Prairie. She knew The Prairie to be a place where the heartbeat of God was palpable both in the place and the people she welcomed there during her six years of ministry. We often ask, “Where does God reside during these times?” We will share stories, reflect

on our lives and learn spiritual practices that might re-ground us again within the community of all life. Suggested preparatory readings: “Compassion, Listening to the Cries of the World” by Christina Feldman, “God is at Eye Level, Photography as a Healing Art” by Jan Phillips, and “Eternal Echoes” by John O’Donohue.

Fee: \$160 includes lodging and meals

*Sr. Storms is a School Sister of Notre Dame. She was the director of Our Lady of the Prairie from 2011-17 when she left to be part of the General Council Leadership for SSND in Rome.*

Thursday, June 9 | 9:00 a.m.-noon

**Dream Studies—A Gateway to Knowledge**

**Marcia Flory**



Learn to remember, interpret, and program your dreams to understand and apply the guidance received to gain greater insights into all areas of your life. The subconscious mind possesses a remarkable talent for self-discovery, problem solving and reviewing one’s own life scenarios. The ability to tap into this limitless realm of information is available to each of us if we learn to interpret our dreams. Class time will be allowed to examine and identify the participant’s individual symbols and dream messages.

Fee: \$25 includes lunch

June 10-12 | Friday 5:00 p.m. to Sunday 11:00 a.m.

**Sacred Grace of Aging**

**Sister Kathleen Sadler, OSF**



Do you find grace, blessings, wisdom, excitement, meaning, growth, and maturity in the aging process? Or do you see anxiety and regret? Let’s look with joy at what has been and optimism for what is yet to come. Learn to embrace this precious, holy, sacred time to be alive.

Fee: \$160 includes lodging and meals

Tuesday, June 14 | 9:30 a.m.-3:30 p.m.

**Come to the Quiet** – See Jan. 19 for details

**Pat Shea**



Wednesday, June 15 | 10:00 a.m.-3:00 p.m.

**Cosmic Walk**

**Lisa Martin**



We will follow the two-mile Cosmic Walk featuring stone markers telling the story of the universe. An easy morning of walking mown paths through beautiful fields of prairie grass and timber. A break for lunch, then time to explore more trails, walk the labyrinth or just relax in the shade.

Fee: \$35 includes lunch

Lisa is the communication director for the Congregation of the Humility of Mary. Her favorite adventure on foot was hiking in the Grand Canyon. She has led walking retreats at The Prairie in Winter, Spring, Summer and Fall. Any season is perfect at The Prairie Retreat.

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

**ONLINE: "A Way to God: Thomas Merton's Creation Spirituality Journey"**

Rev. Matthew Fox, PhD.



Thomas Merton was a spiritual giant, an intellectual genius, and an activist in his own way. He was a mentor to the Berrigan brothers and the anti-war movement of the 60s, a critic of technology's illusions, capitalism's blind spots and of church obfuscations. We will explore and discuss some of his rich teachings.

Fee: \$20

Once registered you will receive a coupon for \$5 off this book which can be purchased at [matthewfox.org](http://matthewfox.org).

Saturday, June 18 | 10:00 a.m.-1:00 p.m.

**Father-Son Experience: Become the Inspiration**

Kurt Kreiter



You can become a great inspiration and mentor to our youth. Come join Kurt, retired teacher, coach and author of "Become the Inspiration" for a walk through The Prairie Retreat to discuss leadership principles in mentoring our youth.

Fee: \$25 includes lunch

*Kurt is a recently retired educator after a 33-year career at Central High School in DeWitt. He has been working part-time at The Prairie Retreat since the fall of 2020 and is an outdoor enthusiast, amateur ornithologist and has a great interest in spring wildflowers.*

Wednesday, June 22 | 6:00-8:00 p.m.

**"These Interesting Times: Surviving 2020 in the Quad Cities"**

See May 25 for more information.

Fee: \$20

*Sarah Elgatian, writer and Midwest Writing Center program and marketing specialist, is a first-generation writer with a lot of questions.*



## 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.

### 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.

### Reserve

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 - A Dream Come True

Our Lady of the Prairie Retreat is the fulfillment of a dream for a place of spiritual renewal in the Iowa heartland by a prayerful monk, a forward-thinking pastoral team and the Congregation of the Humility of Mary, with a commitment to spiritual growth and care of Earth.

### Congregation of the Humility of Mary

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, they 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.

### For full program details, directions and to register:

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

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





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