

MAY

Wed, May 1 | 10:00am

May Day Mass with Fr. Odoom
(See Recurring Programs)

Sat, May 4 | 10:00am-3:00pm

**World Labyrinth Day:
Walk as One at One**

Sherry Nauman & Stacy Salsbury

On World Labyrinth Day we begin with an introduction to the labyrinth then walk The Prairie labyrinth after lunch. Good for beginner or enthusiast and an opportunity to engage family/community and amplify collective energy. **Fee \$20**

Mon, May 13 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Humility**

Pat Shea

A spiritual author, Eknath Easwaran, invites us to think of the way of humility through the beatitude "*Blessed are the poor in spirit for theirs is the kingdom of heaven.*" Easwaran suggests "Poor in spirit" is the opposite of being filled with one's own importance. It is going outside ourselves and letting *God be God in us.* **Fee \$20**

Thurs, May 16 | 9:30am-3:30pm

Knit One, Pray Too

Fee \$20 (See Recurring Programs)

Sun, May 19 | 1:30pm-4:00pm

**Creative Spirituality and
the Art of Beading**

Sr. Lillian Stevens, CHM

Slow down and allow God to speak to you through the art of beading. Honor yourself by creating something beautiful with beads as you reflect on God's goodness in your life. Materials and tools provided. **Free will offering**

Wed, May 22 | 9:30am-3:30pm

Cosmic Walk

Lisa Martin

Hike two miles of grass paths through prairie fields and timber, following 22 stone markers that tell creation's story. Some hills. Plenty of breaks with time after lunch to relax and explore. Wear appropriate attire. Bring your water bottle. Rain or shine. **Fee \$20**

JUNE

Sat, June 1 | 9:30am- 3:30pm

Medicine Wheel

Kathleen Collins

The Medicine Wheel has been used by many cultures for thousands of years. It provides a focusing tool for understanding yourself and healing life's challenges - a superb vehicle for problem solving, as it leads you to the "direction" needing attention. Bring a blanket, notebook, a drum or rattle, an open heart and two questions or concerns in your life. **Fee \$30**

Wed, June 5 | 10:00am

Mass with Fr. Odoom

(See Recurring Programs)

Tues, June 11 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Simplicity**

Pat Shea

The way of simplicity is not about living frugally or begrudgingly. It is living intentionally, believing and seeing that the Universe is abundant and that we do have enough. *Blessed are the meek* because they honor the gracious Divinity of Creation and the gift of Mother Earth. **Fee \$20**

June 23-29 | Sun 5:00pm-Sat 11:00am

Seven Day Directed Retreat

Sr Ann Kelley, OSF & Pat Shea

A directed retreat is focused on personal prayer. Key is the unique experience of God in the prayer of individuals at this time. Participants will see a director once a day to share what is happening as they open themselves to God in prayer and become sensitive to the promptings of the Holy Spirit in their hearts. The director suggests material for prayer and creative ways to be receptive to the Spirit. **Fee \$500**

Sun, June 30 | 6:30pm-7:30pm

Taizé Vigil Service at HMC

(See Recurring Programs)

JULY

Wed, July 3 | 10:00am

Mass with Fr. Odoom
(See Recurring Programs)

Tues, July 23 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Patience**

Pat Shea

The great mystic Meister Eckhart said, "*Somewhere it is written that God shines in the darkness where every now and then we get a glimpse of God...more often where the Light is least apparent.*" In the dark times, when we are mourning a loss, (Blessed are they that mourn) it is through the way of patience we *shall be comforted.* **Fee \$20**

AUGUST

August 2-4 | Fri 5:00pm-Sun 11:00am

Sound Healing Retreat

Natalie Brown

Sound Healing is a powerful and practical experience helping a person to heal. Benefits include reduction of stress and anxiety and encouragement of physical, mental and emotional well-being. We will explore Tibetan and crystal bowls, gongs, tuning forks, the voice, percussion and other sonic tools. You will also enjoy sound meditation and music healing performances. **Fee \$125 overnight / \$45 commuter**

Tues, August 6 | 9:30am-3:30pm

Knit One, Pray Too

Fee \$20 (See Recurring Programs)

Wed, August 7 | 10:00am

Mass with Fr. Odoom

(See Recurring Programs)

Thurs, August 8 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Love**

Pat Shea

"*Blessed are they that are persecuted for doing right.*" Jesus tells us, and directs us to "*Love your enemies and pray for your persecutors.*" The daily challenges that come to us may seem like persecutions. It is in those times we are called to follow the way of love and to pray. **Fee \$20**

August 9-11 | Fri 5:00pm-Sun 11:00am

12-Step Centering Prayer Retreat

Rev. Paul Witmer

A time to explore Centering Prayer as an integral part of the 12-step recovery program. Prior knowledge of Centering Prayer or other silent meditation practice is desirable, but not required. This retreat is 12-step supported and will include at least one (open) 12-step meeting. **Fee \$125**

Sun, August 18 | 3:00pm-6:00pm

9th Annual Spirit of the Prairie

(Proceeds benefit OLPR Programs)

A spirit-filled afternoon at The Prairie. Summer buffet with locally produced food, wines and beer. Local artist demonstrations, a silent art auction, live music and tours of the retreat center and beautiful grounds. **Fee \$40 early bird / \$50 after Aug 7**

Sun, August 25 | 6:30pm-7:30pm

Taizé Vigil Service at HMC

(See Recurring Programs)

Tues, August 27 | 9:30am-2:00pm

**Canning Foods
the Old Fashioned Way**

Cathy LaFrenz

The garden was abundant and it's time to store vegetables for winter. Use your own produce or help can for The Prairie. Learn how to use a pressure cooker, make jams & jellies, spaghetti sauce and more. **Fee \$20**

Wed, August 28 | 9:00am-4:00pm

Gospel of Matthew

Fr. Bob Miller and Mark Nimo

Using a deep study and stories from Matthew's Gospel, we will unpack the Jesus portrayed by Matthew, and apply its wisdom to our lives today. **Fee \$20**



SEPTEMBER

Wed, September 4 | 10:00am

Mass with Fr. Odoom

(See Recurring Programs)

Mon, September 9 | 9:30-3:30

**Come to the Quiet:
The Way of Mercy**

Pat Shea

The way of mercy changes hearts, our own and others. To spread kindness, to extend forgiveness, to listen with non-judgment, to offer help to those in so many kinds of need, this is living the way of mercy. *Blessed are the merciful, for they shall obtain mercy.* **Fee \$20**

September 13-15 | Fri 5:00pm-Sun 11:00am

**Contemplation with
Francis and Clare**

Sr. Kathy Sadler, OSF

How did Francis and Clare find God in everything? How were they so steeped in God? Engage in life through contemplation and discover God in all aspects of life. Connect with the wisdom within you and deepen your relationship with God. Come and be still and know God. **Fee Overnight \$125 / Commuters \$45**

September 27-29 | Fri 5:00pm-Sun 11:00am

Spirituality and the Arts

Pat Shea

Artists and non-artists are invited to a weekend of renewal. There will be time for rest and re-creation through reflection, personal and shared prayer experiences, individual creative time, and time to embrace the peace and beauty of The Prairie. **Fee Overnight \$125 / Commuters \$45**

OCTOBER

Tues, October 1 | 9:30am-3:30pm

Knit One, Pray Too

Fee \$20 (See Recurring programs)

Wed, October 2 | 10:00am

Mass with Fr. Odoom

(See Recurring programs)

Thurs, October 10 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Peacemaking**

Pat Shea

Jill Jackson Miller and Sy Miller expressed so beautifully in their song the essence of genuine peacemaking, "*Let there be peace on earth and let it begin with me.*" Peacemaking begins with ourselves and asks for a heart and soul filled with benevolence, trust and reconciliation toward self and toward others. **Fee \$20**

Wed, October 16 | 9:30am-3:30pm

**Winterize Your Immune
System Naturally!**

Judy Nyquist, Advocate for Essential Oils

Learn how to boost the immune system so you can have a healthy Midwest winter. We will do a "Make and Take" and come away with a Healthy Blend or a Holiday Blend of Essential Oils. **Fee \$30**

NOVEMBER

November 1-3 | Fri 1:00pm-Sun 3:00pm

**Sanctuary of Song: Singing,
Listening, Remembering, and
Renewing with Women and Girls**

Liz Rog

Bask in the warmth of women and girls singing for connection, creativity, and empowerment. Whether you have always loved to sing or always wanted to and whatever your spiritual background, you are welcome in this supportive, safe, and fun circle. Through group singing we'll deepen our sense of communion with each other and our sense of sanctuary for all our spirits. **Fee \$125 overnight / \$45 commuter**

Wed, November 6 | 10:00

Mass with Fr. Odoom

(See Recurring Programs)

Sat, November 9 | 9:30am-3:30pm

Building Intuition

Kathleen Collins

Learn techniques to build intuitive muscles. For inexperienced and experienced participants. Bring three objects (jewelry, pen, etc.) that are someone else's; three photos in which there is only ONE person and three questions you have in life. **Fee \$30**

Wed, November 13 | 9:30am-3:30pm

**Come to the Quiet:
The Way of Holy Desire**

Pat Shea

In Matthew 6:21 we read "*Wherever your treasure is, there the desires of your heart will also be.*" The media urges us to desire the newest and the best of a myriad of things, all promising happiness. Holy Desire focuses our hearts on Divine Love, on Divine Unity with all humanity and creation. **Fee \$20**

DECEMBER

Wed, December 4 | 10:00am

Mass with Fr. Odoom

(See Recurring programs)

Tues, Dec 10 | 9:30am-3:30pm

Come to the Quiet: The Way of Joy

Pat Shea

Sometimes we confuse joy with pleasure, glee or elation. Holy joy resides in a disposition of gratefulness and a hopeful spirit. The way of joy embraces the ordinary and the extraordinary gifts that come to us every day. We can respond with a heart of gratitude and with a soul of Divine Delight. **Fee \$20**

OLPR Mission Statement:

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. We welcome all to come for prayer, spiritual renewal, solitude, conferences and meetings.