



A peaceful spot for reflection at The Prairie Retreat. Photo: Sister Kathleen Storms

REGISTER FOR OUR LADY OF THE PRAIRIE RETREAT:

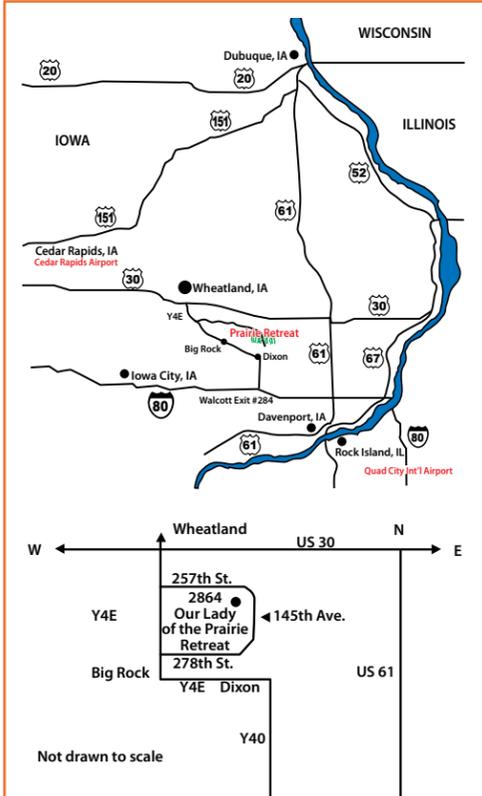
Program Assistant: Rae Elwood, CHM

Phone: 563-336-8414 or Email: olpretreat@gmail.com or Mail: OLPR Retreats
820 West Central Park Avenue • Davenport, IA 52804-1900

Reduction of fees available for all programs based on financial need.

ACCOMMODATIONS

- The Great Room (includes fireplace) with dining area can accommodate 35 guests for a day program
- Lower Great Room for crafts, break out space, library
- Up to 14 rooms for overnight guests with a variety of amenities
- Private retreats always welcome - Hermitage reserved for private retreats
- Prairie Gift Shop featuring crafted items and cards made by Humility of Mary sisters and associates
- Spiritual direction is available with Sister Kathleen at The Prairie or in Davenport: 563-374-1092
- Acres of natural prairie grasses, flowers and timber with a labyrinth, a nature pond, the stations of the cross, plus extensive walking paths including the Cosmic Walk, with plenty of benches for resting and watching the wildlife



DIRECTIONS TO
Our Lady of the Prairie Retreat
2664 145th Avenue, Wheatland, IA.
563-374-1092

A MINISTRY OF
HUMILITY of MARY
Inspired by God. Serving you.

JANUARY

Thurs, January 8 | 9:30am – 3:30pm

Come to the Quiet: Beginnings

January allows us to reflect on beginnings. In the Celtic world, a moment of recognition, a particular ritual or blessing focuses and welcomes the grace of a new beginning.

Fee: \$20

January 9–11 | Fri, 5pm – Sun, 10am

Jump Start Your Spiritual Journey

Julie A. Ferraro

Explore new and different ways to refresh your spiritual journey – find solutions to common barriers on the spiritual journey (i.e. thought processes and mental clutter). In an atmosphere of quiet, different from our noisy world, participants will be inspired and renewed for their spiritual journey. Fee: \$100

Sat, January 24 | 10am – 3pm

Winter Wonderland

Lisa Martin

Spend a day in winter play. Bring cross country skis, sleds, snow shoes or hiking boots. Enjoy sitting by the fireplace sipping hot chocolate and savor a nutritious hot lunch. Fee: \$20 (Friday or Saturday overnight available for an additional \$40/night)

Wed, January 28 | 9:30am – 3:30pm

Essential Oils for Healing

Sandra Grace, Integrative Lifeworks, Inc.

Through an integrative approach, experience healing for the mental, physical, emotional and spiritual aspects of life. Experience the application of oils for relaxation, rejuvenation and restoration. Fee: \$30

FEBRUARY

Tues, February 17 | 9:30am – 3:30pm

Come to the Quiet: Secret Signs of Spring

In the Celtic Isles, the birthing of lambs in the month of February is one of the signs and a reminder that cold winter months unfold into

new life. Even in the frigid, dark months, the hope of light and new life is kindled. Fee: \$20

Fri, February 20 | 6:30pm

Lenten Taize' Vigil Service

(See recurring programs description)
Pre-registration encouraged. No fee.

MARCH

Tues, March 17 | 9:30am – 3:30pm

Come to the Quiet: Thawing

Celtic spiritual writers see sacred water and wells connecting us very intimately to the Holy. Ice and snow melts into running water – who knows where one will find sacred water. The Divine uses the most ordinary to surprise us and comfort us! Fee: \$20

March 26–28 | Fri, 5pm – Sun, 10am

Take up Your Cross: A Retreat for Men

Fr. Michael Schaab

Father Michael returns to The Prairie to reflect on these questions: What is the cross and how does one take it up? What is the relationship between hardships and everyday difficulties of life? How do they compare to what Jesus says in "Take up your cross?"

Fee: \$100

APRIL

Wed, April 8 | 9:30am – 3:30pm

Come to the Quiet: New Life

Growing daylight, budding trees, blooming flowers; all of nature celebrates burgeoning life. April invites us to recognize and celebrate new life blossoming within/around us. The ancient Celtic lands saw the "ripple of green fire spread through the woods." Mara Freeman (2000)

Fee: \$20

Thurs, April 16 | 7pm

Songs of the Universe: Peter Mayer in Concert

St Paul Lutheran Church, Davenport
Peter Mayer's music stretches the boundaries of folk, transcending to a realm beyond the



Photo: Joe Maciejko

Our Lady of the Prairie Retreat 2015 Calendar

Words of Pope Francis set the theme for 2015: Renewed by God's Mercy. "Let us be renewed by God's mercy, be loved by Jesus, enable the power of his love to transform our lives too; and become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish." *Pope Francis Easter message, March 31, 2013*

RECURRING PROGRAMS

Come to the Quiet | 9:30am – 3:30pm

Kathleen Storms, SSND, and Pat Shea

Celtic spirituality embraces each season as a mystical gateway offering ancient wisdom to enrich our daily lives. "Come to the Quiet" will follow the seasons, proposing a theme for the day with personal reflection and spiritual exercises to integrate these sacred gifts into daily living and the spiritual journey. January 8, February 17, March 17, April 8, May 7, June 16, July 15, August 18, September 16, October 22, November 18, December 9

Fee: \$20

Knit One, Pray Too! | 9:30am – 3:30pm

Karen Brooke, Ann Green & Anne Johnson

The rhythm of knitting encourages contemplation and invites openness to the Spirit. We will knit and pray together, share "yarns" of our lives, and enjoy the beauty at The Prairie. Price includes lunch. May 19, August 6, September 24.

Fee: \$20

Seasonal Taize' Vigil Services | 6:30 – 7:30pm

Taize is an ecumenical movement, drawing Christians of all denominations together in compassionate prayer. All people of faith are invited. Lenten Taize, February 20, Easter Earth Taize, April 20, Summer Solstice Taize, June 18, Fall Equinox Taize, September 23, Advent Taize, December 2

SPECIAL EVENTS

Proceeds to benefit The Prairie: April 16 (Pete Mayer Concert), August 23 (Spirit of the Prairie)

everyday love song, to a place of wonder at the very fact of life itself. This concert is co-sponsored by St. Paul Lutheran, the CHM Care of Earth Committee and The Prairie. Fee: \$10

April 17–18 | Fri 9am – Sat Noon

Songs of the Universe

Peter Mayer

Singer songwriter Peter Mayer will be leading meditations and conversations about the story of the universe. It is an epic that awakens awe and wonder, and can be a deep source of wisdom and inspiration. Explore a vital narrative that begs to be learned, as we seek our right relationship with planet earth. Fee: \$75

Mon, April 20 | 6:30pm

Easter Earth Taize' Vigil Service

(See recurring programs description)

Pre-registration encouraged. No fee.

Thurs, April 23 | 9am – 3pm

Bridging the Gap in Supporting Soldiers, Veterans and their Families

Facilitated by Soldier, Veteran, Family, Resources (SVFR) of the Quad Cities

Join us for a peace filled, nurturing day at The Prairie where facilitators will suggest ways to provide support and applicable techniques for mind, body and spirit. Enjoy a nutritious meal and leisurely walks. Fee: \$20

Wed, April 29 | 9am – 4pm

Weaving Prayers and Baskets

Kathleen Storms, SSND

Learn simple basket weaving in the context of prayer and meditation. Make a market basket today. Fee: \$30

MAY

Wed, May 6 | 9:00am – 4pm

4th Annual Be the Change: Growing and Serving Great Food

Local Growers and Prairie Staff

Join us for an inspiring day of dialogue with local growers and enjoy delicious locally grown foods. Plan your spring garden using heirloom seeds. Fee: \$25

Thurs, May 7 | 9:30am – 3:30pm

Come to the Quiet: Tending the Heart Fire

May Day and May Fest celebrations acknowledge the fuel of life and love. The three elements necessary for a fire – fuel, oxygen and spark – are necessary for love. What fuels our love of self, others and God and breathes life and ignites us in love? Fee: \$20

Sat, May 9 | 10am – 2pm

Generous Love

Honor women who generously share love as mothers, mentors and models. Open to families and friends. Share a day of reflecting on the gift of motherhood, bask in God's nurturing nature and enjoy a festive meal together. Fee: \$25

May 15–17 | Fri, 5pm – Sun, 10am

Catch your Breath

Pat Shea

In our busy, multi-tasking lives, there are times when taking a moment to catch a breath is necessary for body and soul. This retreat offers breath to soul, through quiet time, guided meditations and other spiritual opportunities. Enjoy breath to body renewal through sleep, delicious meals and open spaces. Fee \$100

Tues, May 19 | 9:30am – 3:30pm

Knit One, Pray Too!

(See recurring programs description)

Sat, May 30 | 9am – 4pm

Marriage Spirituality

Daryl and Pat Fortin

A day of reflection on what it means to live out your marriage vocation with God as the third partner. A day for prayer, talks, walks and conversation on how to grow together spiritually as a couple. Day concludes with Mass at 4pm with Msgr. Frank Henriksen. Fee: \$40/ couple



Walking the labyrinth is one of many ways to spiritually connect at The Prairie. Photo: Lisa Martin

JUNE

Sat, June 6 | 9:30am – 3:30pm

Meet GK Chesterton

Jerry Schroeder

Become familiar with the most quotable and exuberant defender of Catholic Christianity of the modern era: GK Chesterton. His wit, humility and humor are magnetic, matched only by his masterful common sense and intellectual levity. We will explore a small sampling of his astonishing body of literature. Fee: \$25

Wed, June 10 | 9:30am – 3:30pm

The Labyrinth Walk Unfolds

Sherry Nauman and Pat McLaughlin

Learn about the history of the Labyrinth and explore the three stages of a labyrinth walk: Purgation (Releasing), Illumination (Receiving), and Union (Returning). There will be time for group discussions, a labyrinth walk, reflection, journaling and sharing. Fee: \$20

Tues, June 16 | 9:30am – 3:30pm

Come to the Quiet: Standing Still

Solstice comes from two Latin words meaning “sun” and “standing.” In this midsummer season, reflect on the brilliance of light standing still. Stand still in the blessings of light and ponder how daylight connects us to the Holy. Fee: \$20

Wed, June 18 | 6:30pm

Summer Solstice Taize’ Vigil Service

(See recurring programs description)
Pre-registration encouraged. No fee.

Sat, June 20 | 10am – 2pm

Honoring the Fathers in Our Lives

Celebrate our fathers, mentors and guides by sharing with them the importance of their presence in our lives. Come to The Prairie to meander the trails, enjoy a cookout and listen to words of wisdom. Fee: \$25

JULY

July 5–11 | Sun 5pm – Sat 10am (after brunch)

Contemplating the Holy in Nature through the Arts

Enjoy a day or a week learning/practicing art and contemplating the Divine in the pristine beauty of The Prairie. Various artists will contemplate the Holy through their window on the world:

Mon, July 6

Sue Messer:

The Art of Sketchbook Journaling

Tues, July 7

K.C. Barnes:

Colours from the Heart
(Water Color)

Wed, July 8

Joellen Price, PVBM:

The Mandala: A Pathway to One’s Center (Zentangle)

Thurs, July 9

Joe Maciejko and Elizabeth Thoman, CHM:
Contemplative Photography:
“The Art of Seeing”

Fri, July 10

Aubrey Jane Ryan:

Honoring Earth through Poetry

Each day’s scheduled presentation and practice is from 9am – 4pm. Fee: \$30/day; \$150 for commuters for the full week; \$300 for the full week (meals and lodging)

Wed, July 15 | 9:30am – 3:30pm

Come to the Quiet: Pilgrimage

Summer vacations can become a time of pilgrimage—walking gently upon the earth to sacred places, being transformed in and because of the journey. A Labyrinth provides the opportunity for us to walk the sacred way without traveling to faraway places. Fee: \$20

Fri, July 17 | 9:30am – 3:30pm

Home Tonight: Further Reflections on the Parable of the Prodigal Son by Henri Nouwen

Kathleen Storms, SSND

Henri Nouwen is best known for *The Return of the Prodigal Son* which he wrote after he suffered a personal breakdown. Within healing solitude, he reflected on and identified with the parable’s characters and experienced profound and inspiring life lessons. Now, never before published reflections comprise *Home Tonight*, continuing this spiritual path of homecoming. Welcome your unique belovedness through practices of “spiritual listening,” journaling, and communing with God. Fee: \$20

Tues, July 28 | 9:30am – 3:30pm

‘I’m Drowning’: How to Care for Yourself While Caring for Others

Chris Pries

This program explores the concerns of the family caregiver and identifies strategies to reduce the stress of care taking. The day will offer both long time care givers, and those new to the role, practical exercises, discussion, and learning from each other. Community resources will be identified, communication skills and self care exercises reviewed and practiced. Please come in comfortable, casual clothing and footwear appropriate for walking. Fee: \$20

AUGUST

Wed, August 5 | 9am – 4pm

Weaving Prayers and Baskets

Kathleen Storms, SSND

Learn simple basket weaving in the context of prayer and meditation. A simple picnic basket will be made. Fee: \$30

Thurs, August 6 | 9:30am – 3:30pm

Knit One, Pray Too!

(See recurring programs description)

August 9–15 | Sun, 5pm – Sat, 10am

Retreat into the Universe Story

Kathleen Mary Kiemen, SSND, Susan Moynihan, SSND, Kathleen Storms, SSND, Jeanne Wingenter, SSND

Deepen your awareness of the Universe as the primary revelation of the Divine, awaken a consciousness of the sacred dimension of Earth; experience the single integral community of Earth that includes every being – oak trees, deer, squirrels, humans – and ponder their rights to be recognized and revered. Enjoy vegetarian meals from Prairie gardens. (Limited to 12 women participants) Fee: \$500

Mon, August 17 | 9am – 4pm

From Rupture to Redemption – Being Known by God

Rev. Bob Miller, pastor of St. Dorothy Church, Chicago, with Mark Nimo

How do we find God’s love in our human brokenness? The spiritual journey is about that movement from separation (Gen. 3, self, world) to unity (Ps. 139, God, healing). We will use neuroscience and Scripture to go “deep,” pray for healing, and find personal renewal! Fee: \$30

Wed, August 18 | 9:30am – 3:30pm

Come to the Quiet: Playfulness

State fairs, festivals, family reunions almost always benefit from an element of playfulness. Take time. Taking time to play opens the door to the mystery of balance and the integration of body and spirit. Fee: \$20

Sun, August 23 | 3 – 6pm

Fifth Annual Spirit of the Prairie

(Proceeds benefit Our Lady of the Prairie Programs.)

Join us for a spirit-filled afternoon at The Prairie: Summer Buffet ~ Spirits ~ Music. Locally produced food, wines and beer! Fee: \$40

Aug. 28-30 | Fri, 5pm – Sun, 10am

The Gospel Message of Mercy

John McHugh & Janet Mallak, SSND

True mercy demonstrates a capacity for concern and genuine love. The ministry of Jesus has multiple examples of tenderness and mercy. Explore some of the Gospel stories that reveal Jesus’ mercy and our call to imitate Jesus’ example. Fee: \$100

SEPTEMBER

Wed, September 16 | 9:30am – 3:30pm

Come to the Quiet: Transitions

Autumn equinox, equal night/equal day – the fulcrum of light and dark. The moment of balance is brief and gives rise toward shorter days and longer nights. Transition from early autumn to deep winter begins. Gifts of the Spirit are accessible during this in-between transitioning time. Fee: \$20

Tues, September 22 | 9:30am – 2pm

Cooking Up a Storm

Kathleen Storms, SSND

Prepare Earth friendly and healthy foods from scratch. Have fun trying recipes with quinoa, making kale chips, using fresh produce from the garden, and learning the basics of making great soups and bread. Let’s prove to the world that many cooks do not spoil the soup! Fee: \$25

Wed, September 23 | 6:30pm

Fall Equinox Taize’ Vigil Service

(See recurring programs description)
Pre-registration encouraged. No fee.

Thurs, September 24 | 9:30am – 3:30pm

Knit One, Pray Too!

(See recurring programs description)

September 25–27 | Fri 5pm – Sun 10am

God in Love: A Women’s Retreat

Sandra Weinke, SSND

For those who ‘seek the face of God’, knowledge of the divine is a burning hunger deep in the soul. That hunger cannot compare to God’s passionate longing for each one of us. This retreat explores TRINITY in a way that is meaningful for today and sets our hearts on fire. GOD IS LOVE: LOVE’S SOURCE, LOVE’S EXPRESSION, LOVE’S FIRE. Fee: \$100

OCTOBER

October 11–16 | Sun, 5pm – Fri, 1pm

Five-Day Private or Directed Retreat

Enjoy the fall beauty of The Prairie as you commune with God in prayer, silence and solitude. Choose either a private retreat or visiting with a director several times during the week. Savory meals and private accommodations. Limited to 8 retreatants. assage available upon request for an additional fee. Pre-registration due by October 1. Fee: \$400

Wed, October 21 | 9am – 4pm

Weaving Prayers and Baskets

Kathleen Storms, SSND

Learn simple basket weaving in the context of prayer and meditation. Make a simple bread basket for use over the holidays. Fee: \$30

Thurs, October 22 | 9:30am – 3:30pm

Come to the Quiet: Inner Harvesting

Reflect on what we might harvest from our inner landscape; our souls. What seeds of the soul (inspirations, urgings, insights) have been planted in us and are now in fruition? How do we harvest the bounteous blessings of the soul to nourish others and ourselves? Fee: \$20

Thurs, October 27 | 9:30am – 3:30pm

Who Will Light the Way?

Lanterns for the Spiritual Journey

Helen Schlitz, MAPS

Thomas Merton once said, “If I find God I find myself; if I find myself, I find God.” This retreat will reveal some of the lanterns that light our paths – to God and to ourselves. Fee: \$20

NOVEMBER

November 8 – 14 | Sun, 5pm – Sat, 1pm

Icon Retreat: Mary, Untier of Knots, Byzantine Style Icon

Leanne K. Spacek

Pope Francis discovered the painting of *Mary, Untier of Knots*, while a student in Germany and is responsible for devotion to her in Brazil and Argentina. Mary is pictured as calmly undoing the knots of a very long ribbon. During this retreat we will paint/write/pray this icon. We will learn the meaning of the symbols and colors of the icon. Step-by-step instructions. All materials provided. No particular artistic talent necessary. Pre-registration due by October 25th. Fee: \$400

Wed, November 18 | 9:30am – 3:30pm

Come to the Quiet: Generosity

One of the many characteristics of living Celtic spirituality is a disposition toward generosity. This disposition is nourished when recognizing the abundant blessings of Earth bestowed by the Divine then soulfully responds in generous spirit through care and service. Fee: \$20

DECEMBER

Wed, December 2 | 6:30pm

Advent Taize’ Vigil Service

(See recurring programs description)
Pre-registration encouraged. No fee.

Wed, December 9 | 9:30am – 3:30pm

Come to the Quiet: Darkness

In the darkness and stillness of Earth, light is born. December blesses us with the gift of darkness – the place of gestation, quiet, seeing things not visible in the light. By embracing the darkness we inspire our soul-seeing– “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” *Le Petit Prince* (1943) Antoine de Saint Exupéry. Fee: \$20

OUR MISSION

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 Sisters of Humility. Individuals and groups of all faiths are invited to use our facilities and services.