



Calendar of Events
JUNE - DECEMBER
2024



Dear Friends of Our Lady of the Prairie Retreat,

At Our Lady of the Prairie Retreat, we recognize that right now, at this very moment in time, our world is growing and stretching through a pivotal point in history. We acknowledge that during this significant little window in time, we have an obligation to use our platform to help bring awareness to topics that are in dire need of attention—heavy topics like racism, the marginalized, and land injustice—and that’s why you are going to find programs addressing those topics in this calendar.

We also recognize that in our daily lives, every one of us deals with internal struggles like forgiveness, recovery, and mental health—and that’s why you will find programs addressing those topics in this calendar.

We study prayer, the sacred, the quiet, the Beatitudes, offering masses and prayer services where we can come together in prayer as a community—and you will find that in this calendar.

We lovingly care for creation and are radically committed to addressing climate change and protecting our ecosystems – and we do that here, too.

But above all, we believe in being present and basking in life’s little joys. Whether you’re making a delicious soup, weaving a basket or spending a day writing, let us provide you with a sacred space for that.

Let us meet you where you are. Let’s navigate this time together.

With sincere gratitude,

OLPR Operations Team,

OLPR Operations Team

Our Lady of the Prairie Retreat

What others are saying about OLPR

“Absolutely amazing!”

“As always, a beautiful, sacred and shared space—with God, others, the Earth, animals, plants and space.”

“I leave a better person.”

“A beautiful place to simply ‘be.’”

“I love the whole experience.”

“I had never done anything like this before.”

“So glad I came.”

Our 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.

Our 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.

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 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.

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

Email: olpretreat@chmiowa.org

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

 Our Lady of the Prairie Retreat

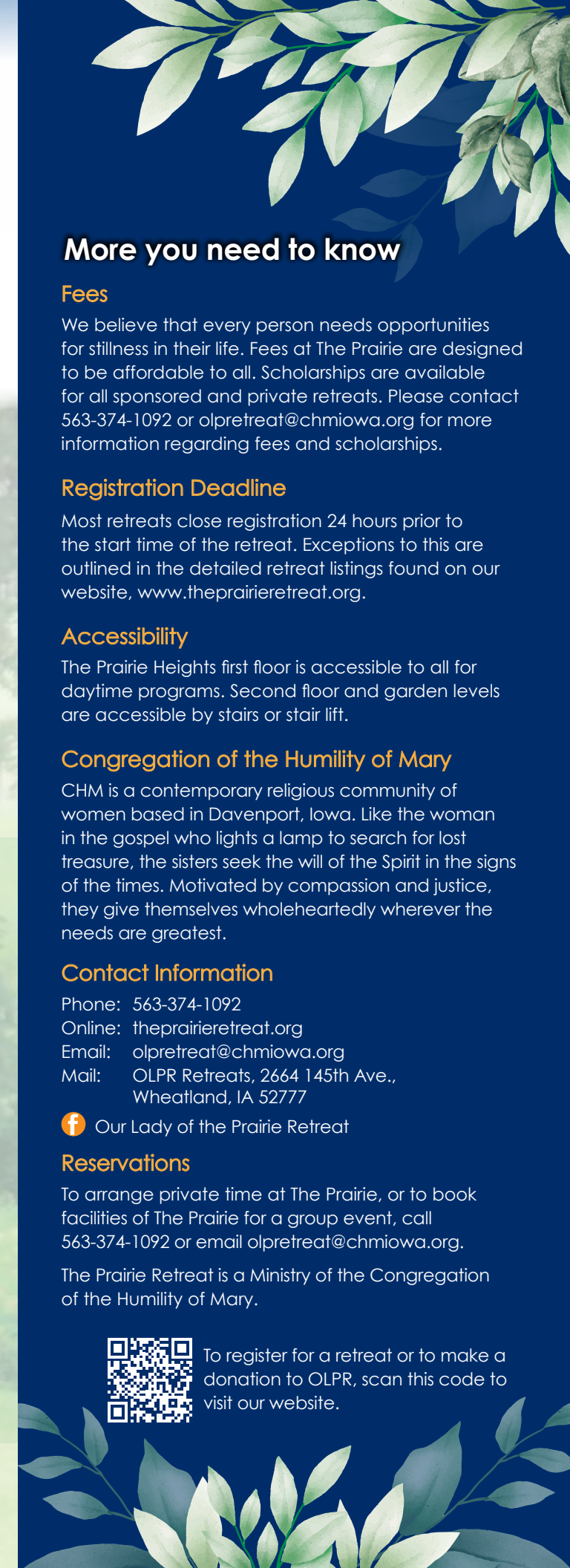
Reservations

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.

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.



Curious About Retreats? Discover What You're Missing

What is a retreat?

A spiritual retreat is a short break from your regular routine where you step away from everyday life and spend a few hours - or a few days - connecting to your spirituality. It takes place in a safe distant location, usually surrounded by nature, separated from noise and distraction, where everything is planned out for you so that you only need to focus on your wellbeing.

Reasons to attend a retreat

- Hear God's voice in your life
- Discover new ways to worship and pray
- Find strength and inspiration
- Take a spiritual journey
- Develop a stronger connection to yourself
- Review your priorities
- Seek guidance

Overcoming Obstacles that keep you from attending a retreat

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.

I DON'T HAVE ENOUGH TIME:

Making yourself a priority is necessary 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.

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.

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, some 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.

I WON'T KNOW ANYONE:

Wouldn't it be nice to meet someone outside of your everyday circle who are 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.

For complete retreat description and presenter biographies, visit our website: theprairieretreat.org



Wednesday, July 3 | 10:00 a.m.
Mass on The Prairie
Scheduled Celebrant Fr. Bob Cloos



Saturday, July 13 | 1:00-3:00 p.m.
Do Unto Others...
Bob Lindahl
Learn a more effective way to communicate with others.
Fee: \$25



Sunday, July 14 | 1:00-6:00 p.m.
The Spiritual and the Science Sides of Climate Change
Father Bud Grant and Ray Wolf



A fresh take on an important topic!! Hear the truth from local experts!
Fee: \$40



Thursday, July 18 | 6:00-7:30 p.m.
ONLINE ONLY: Prayer: A Radical Response to Life
Rev. Dr. Matthew Fox
In this book, Rev. Dr. 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



Saturday, July 20 | 9:00 a.m.-4:00 p.m.
The Joy of Forgiveness
Sandy Hoenig
Forgiving is the only way to stop the pain and bring hope to the future.
Fee: \$40



July 26-27 | Friday, 5:00- Saturday, 2:00 p.m.
Big Steppers: Men willing to step up for their own mental health
Robb McCoy and Aubrey Barnes
Men—join this retreat to gain a spiritual insight about masculinity that is centered on Christ, not cultural expectations of manhood.
Fee: \$100



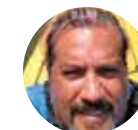
Friday, August 2 | 9:00 a.m.-3:00 p.m.
A Spiritual Practice to Affirm the Wisdom Growing Within Your Soul
Elaine K. Olson
This retreat offers you the opportunity to reflect on your life story and discover a bit of spiritual wisdom!
Fee: \$40



Saturday, August 3 | 9:30 a.m.-4:00 p.m.
Spirituality with the Land: Healing, Kinship and Repair
Eric Anglada
Come get a renewed sense of connection with the land and ideas on how to work for justice.
Fee: \$40



Wednesday, August 7 | 10:00 a.m.
Mass on The Prairie
Scheduled Celebrant Fr. Brian Miclot



Thursday, August 8 | 10:00-11:30 a.m.
Leave No Trace
Dave Murcia
Lessen your impact on Mother Earth!
Fee: \$20



Saturday, August 10 | 9:00 a.m.-3:00 p.m.
A Circle of Women's Wisdom
Helen Schiltz, MAPS
Find wisdom in sharing your feminine journey of spirituality.
Fee: \$40



Monday, August 12 | 10:00 a.m.-4:00 p.m.
Praying with Julian of Norwich - her visions & wisdom about prayer for our lives.
Rev. Robert Miller and Dr. Mark Nimo
Learn more about one of the most amazing spiritual women of our Christian faith - Julian's 14th-century life, her prayer life and visions, and how her message and words are so very applicable to the world we live in today.
Fee: \$40





Wednesday, August 14 | 10:00 a.m.-Noon
Bring Back The Pollinators
Becki Wells
Learn more about pollinators - creatures essential to our environment.
Fee: \$25



Thursday, August 15 | 6:00 p.m.-7:30 p.m.
ONLINE ONLY: Order of the Sacred Earth: An Intergenerational Vision of Love and Action
Rev. Dr. Matthew Fox
Take the vow: be the best lover and defender of the Earth that you can be.
Fee: \$20



Monday, August 19 | 6:00 p.m.-8:00 p.m.
ONLINE ONLY: Every Step is Home: A Spiritual Geography from Appalachia to Alaska
Lori Erickson
Have a deeper understanding of spiritual sites and experiences in the United States and the ways in which natural elements help shape our souls.
Fee: \$25



Saturday, August 24 | 9:00 a.m.-4:00 p.m.
Facing the Reluctant Prophet Within Ourselves
Dennis Eastin
The call to be a prophet is directly connected to the heart of knowing the other as we know ourselves—in this moment, in this situation, and for the purpose of caring for the beloved.
Fee: \$40



Saturday, August 24 | 7:00-9:00 p.m.
Squatters on Red Earth
Mary Swander
A one-person play about the peaceful encounter between the Amana Inspirationists and the Meskwakis.
Fee: Free-will offering
Galvin Fine Arts Center, St. Ambrose University, 518 West Locust, Davenport.



Tuesday, August 27 | 10:00 a.m.-3:00 p.m.
Transformational Awakening
Janel Wenndt
Join us to learn various ways to decompress and let go of tension and stress.
Fee: \$50



Wednesday, August 28 | 9:00 a.m.-4:00 p.m.
Peace Through the Beatitudes
Sr. Kathleen Sadler
Discover how the Beatitudes are a blueprint for Christian discipleship, the job description of every Christian.
Fee: \$40



Tuesday, September 3 | 10:00 a.m.-1:00 p.m.
Always Bring Flowers
Deb Monroe
Encourage your creativity with a hands-on, make-and-take flower arranging class.
Fee: \$40



Wednesday, September 4 | 10:00 a.m.
Mass on The Prairie
Scheduled Celebrant Fr. Dennis Martin



Wednesday, September 11 | 6:30-8:00 p.m.
ONLINE ONLY: Living BIG™
Karna Marks
Based on the work of Brene Brown - BIG™ stands for Boundaries, Integrity and Generosity
Fee: \$25



Saturday, September 14 | 9:00 a.m.-3:00 p.m.
The Journey Taken by Indigenous Healers
Kathleen Collins
Learn from the shamans how to address your physical, emotional, spiritual and mental concerns.
Fee: \$40



Tuesday, September 17 | 7:00 -8:00 p.m.
ONLINE ONLY: Caring for the Earth: Soil, Gardening and Practical Sustainability
Eric Anglada
Delve into the spirituality and practical care for the living world that is in desperate need of attention.
Fee: \$25



Wednesday, September 18 | 10:00 a.m.-Noon
Monarch Butterflies
Dave Murcia
Learn about the fascinating and amazing life of the Monarch butterfly
Fee: \$25



Wednesday, September 18 | 6:30-8:30 p.m.
ONLINE ONLY: Hope in the midst of climate change!
Dr. Erin Lothes
Drawing on the wisdom of Laudato Si' and Laudate Deum, take time to consider your relationship to creation as well as the political and economic systems that shape society's response to climate change.
Fee: \$10



Thursday, September 19 | 6:00-7:30 p.m.
ONLINE ONLY: Occupy Spirituality: A Radical Vision for a New Generation
Rev. Dr. Matthew Fox
A call to action for a new era of spirituality-infused activism.
Fee: \$20



September 20-22 | Friday, 4:00 p.m.- Sunday, 11:00 a.m.
Deeper with God
Jenny Chadima
For women who are yearning for God, who desire to deepen their ability to listen to the Holy Spirit and follow what they hear.
Fee: \$175



Sunday, September 22 | 1:00-4:00 p.m.
PrairieFest
A fun afternoon of music and food on the beautiful Prairie!
Fee: Free-will offering



Tuesday, September 24 | 9:00 a.m.-2:00 p.m.
Fall Flora on The Prairie - Bloom, Beauty and Edibles
Kurt Kreiter
This guided tour will enhance and expand your knowledge of the unique plant communities that make up our ecosystems.
Fee: \$40



Wednesday, September 25 | 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: \$40



Tuesday, October 1 | 9:00 a.m.-Noon
A Priceless Treasure: The Rhythm of Time
Deacon Jeff Schuetzle
Are you in need of a desert day to reflect on God? Are you tired of being tired? Join us to deepen or even to find your connection with our living God.
Fee: \$30



Wednesday, October 2 | 10:00 a.m.
Mass on The Prairie
Scheduled Celebrant Fr. Brian Miclot



October 4 -6 | Friday, 5:00 p.m.- Sunday, 11:00 a.m.
Discovering the Spiritual Gifts of Recovery
Paul Witmer
Deepen your spiritual growth and understanding of unhealthy attachments.
Fee: \$175



Tuesday, October 8 | 10:00-11:00 a.m.
Birds of Prey
Dave Murcia
Learn about birds of prey in our natural places
Fee: \$20



Wednesday, October 9 | 10:00 a.m.-2:00 p.m.
In Praise of Soup!
Angel Lyle
Learn to make the perfect comfort food for these cold days to come!
Fee: \$40



Friday, October 11 | 9:00 a.m.-5:00 p.m.
One-Day Writing Retreat
Jodie Toohey
Take time for yourself to focus on your writing in a beautiful setting at this writing retreat. You really only need one day to get started!
Fee: \$40



Thursday, October 17 | 6:00-7:30 p.m.
ONLINE ONLY: The Return of Father Sky & In the Beginning There Was Joy
Rev. Dr. Matthew Fox
In these full-color beautifully illustrated books, world-renowned theologian Matthew Fox weaves together modern science and classic spirituality in a whimsical, entertaining format to illustrate important truths to readers aged 5 and up.
Fee: \$20



Saturday, October 19 | 9:00 a.m.-Noon
ONLINE ONLY: Pure Presence: An Inter-Spiritual Approach to Sacred Listening
Dr. Janice Lundy
Do you desire to be fully and compassionately present to anyone of any spiritual persuasion, ethnicity or belief system? Then this retreat is for you.
Fee: \$25



Tuesday, October 22 | 10:00 a.m.-3:00 p.m.
Understanding Ableism to Understand Racism
Ryan Saddler
Gain an appreciation of the historical tie between the disability rights and the civil rights movements, and walk away with ways in which to address the disparities that remain.
Fee: \$40



Wednesday, November 6 | 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



Sunday, November 10 | 1:00-5:00 p.m.
A Place at The Table: African Americans on the Path to Sainthood
Thomas A. Mason IV
Currently, there are 11 American saints. None of them are Black, but that could soon change. Six holy Black American men and women are on the path to canonization.
Fee: \$25



Wednesday, November 13 | 9:30 a.m.-3:30 p.m.
Opening to Hope
Val Lucas
Share stories in a safe, confidential environment of your loved one(s) who have passed.
Fee: \$40



Friday, November 15 | 6:30-8:00 p.m.
Messages from Heaven
Mary Potter Kenyon
There is compelling evidence that God can and does bring comfort through 'signs.' We'll explore the evidence that validates this experience for the griever.
Fee: \$25



Saturday, November 16 | 9:00 a.m.-3:00 p.m.
Hope and Healing Grief Retreat
Mary Potter Kenyon
Gain a sense of hope and practical ways to work through your grief.
Fee: \$40



December 1 and 7 | 3:00-4:00 p.m.
ONLINE ONLY: Finding God in All Things: An Introduction to the Spiritual Exercises of St Ignatius
Meg Foreman, Chad Roeber and Ann LaBauve
Are you curious about the Spiritual Exercises of St Ignatius of Loyola? This is the retreat for you! Only the introduction and closing days and times are advertised above. Then, Monday through Friday, you will meet daily with a spiritual director at your arranged time.
Fee: \$85



Saturday, December 7 | 10:00 a.m.-2:00 p.m.
Help Through Our Lady of Guadalupe
Father Guillermo Trevino, Jr.
Our Lady of Guadalupe has helped so many and will help you if you open your heart and mind to her.
Fee: \$40



Wednesday, December 18 | 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: \$40



Saturday, December 21 | 9:00 a.m.-4:00 p.m.
Honoring Winter Solstice
Kathleen Collins
Celebrate the meaning of Solstice to deepen your spiritual life.
Fee: \$40



"The setting is magnificent." *"Great experience. I appreciate this style of retreat— A mix of prayer and silence and reflection."*

Welcome to our Lady of the Prairie Retreat's Labyrinth

Labrynth Provides a Sense of Connectness

"I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found out, was really going in." - John Muir

What is a Labyrinth?

The labyrinth can be described as a powerful spiritual tool whose path leads one to one's own center. It is a sacred design, a divine imprint or archetype. This ancient "pattern with a purpose" is now coming back into use as people all over the world seek new ways to experience and understand their life journeys.

The History of the Labyrinth.

Various styles of labyrinth patterns can be found in ancient cultures dating back as far as 5,000 years and found in places as diverse as Peru, Arizona, Iceland, Crete, Egypt, India, Sweden, England and France. Christians have practiced this particular form of walking meditation since at least the thirteenth century, when a labyrinth was placed on the floor of Chartres Cathedral in France. The labyrinth gave Christians who would otherwise have been unable to make the journey to the Holy Land a way of emulating the experience of making a pilgrimage. By following the path from the outside of the circle to the center and back again, they hoped to experience something analogous to the transforming journey to Jerusalem.

Why Walk the Labyrinth?

One might choose to walk the labyrinth for any number of reasons. Perhaps to evaluate life choices, to think deeply about a particular issue, or there may be a longing to contemplate the Divine. Walking the labyrinth could lead to personal discovery, spiritual insight, or perhaps a sense of connectedness and inner peace. Each walk is unique, and it is of the utmost importance to walk it with an open heart and mind.

"Grateful for the holy space for walking with God and for a renewed peace."

Are you searching for MORE in your life? Consider Spiritual Direction.

Do you want to:

- Seek a closer relationship with God?
- Better understand God's purpose for your life?
- Pray with "more" of you?
- See how God is "speaking" to you?
- Be listened to?
- Be seen for who you are?
- Learn to love and forgive yourself and others?

Spiritual Direction is a process in which a trained spiritual guide listens to and companions someone who desires a deeper relationship with God. It is defined as "an interpersonal relationship in which one learns how to grow, live, and love in the spiritual life."

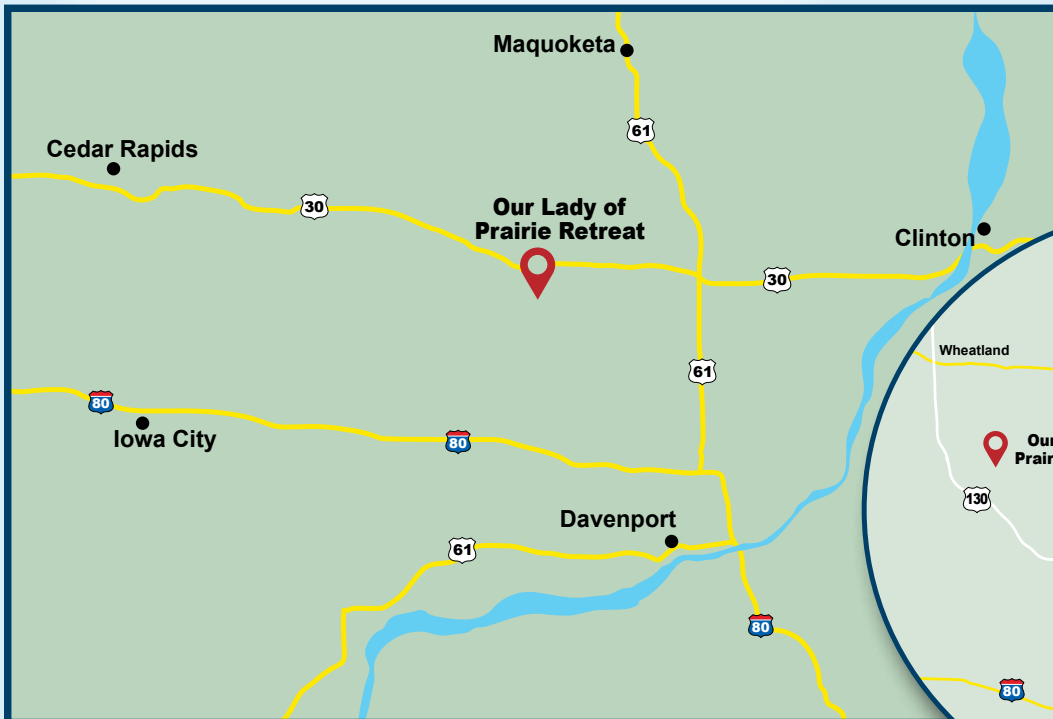
A spiritual director, or companion, is someone who walks the spiritual path of life with you, helping you discover the answers that have been there all along. The Prairie's Certified Spiritual Director and Spiritual Companion, Lori Freudenberg, is available to meet with you in person or online. For more information, call 563-374-1092



LORI FREUDENBERG
Certified Interfaith and
Interspiritual Companion

Short Drive...Lasting Impact

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



Located just
minutes
from the
Quad Cities

