



...find the missing peace.

# FRANCISCAN RETREATS AND SPIRITUALITY CENTER



## 2017 Franciscan International Award RECIPIENT Volunteers Enlisted to Assist People (VEAP)

The Board of Advisors for Franciscan Retreats and Spirituality Center are pleased to announce that a local service organization, **Volunteers Enlisted to Assist People (VEAP)** will be the 2017 recipient of the **Franciscan International Award**. The Award will be presented at the Franciscan International Award Dinner on Thursday, May 11, 2017, at the Wilds Golf Club in Prior Lake.

In its Mission Statement, VEAP describes itself as “Neighbors serving neighbors in need.” VEAP focuses on four program areas: **Access to healthy foods** – in 2015 VEAP distributed 3.5 million pounds of food, 40% of which was fresh produce. **Access to social services** – VEAP social workers use a holistic lens and create a space of hope to support families from crisis to stability. In 2015, VEAP used \$167,168 to support housing, utilities and car repairs for clients. **Access to transportation** – volunteers provide transportation for low-income seniors to mostly medical appointments and rides home from VEAP’s food pantry. In 2015, volunteer drivers provided 8,045 rides for low-income seniors and 4,137 rides home from the food pantry. **Access to resources for children and youth** – VEAP’s children and youth resources are designed to support positive childhood memories. Parents have access to kid-friendly food, school supplies, gifts, birthday and baby bags, during times when they are faced with financial instability.



Since 1959, **The Franciscan International Award** has honored men, women and organizations that symbolize the spirit and the apostolic zeal of St. Francis of Assisi. Previous recipients of the award include: Dr. Billy Graham for true Ecumenism (1972); Dr. Mildred Jefferson, M.D. - as a leader in the Pro-Life Movement (1978); Sister Helen Prejean - for being an advocate for those on death row, their victims, their families, and the families of their victims (2003); Fran Heitzman, the founder of Bridging, for helping families to furnish homes with hope (2014) and last year, Beacon Interfaith Housing Collaborative, for believing in a home for everyone.

For 59 years the Franciscan International Award Dinner has been an opportunity for retreatants and friends of the retreat house to gather together and support the ministry of the Retreat House, as well as honoring a person or an organization who embodies the spirit of St. Francis of Assisi.

## The 59<sup>th</sup> Franciscan International Award Dinner Honoring Volunteers Enlisted to Assist People (VEAP)

**date** Thursday, May 11, 2017

**time** 6:00 p.m. Gathering with Social Hour  
7:00 p.m. Dinner

*Presentation of the award following dinner*

**location** The Wilds Golf Club, 3151 Wilds Parkway NW, Prior Lake, MN 55372

**dinner tickets**

\$60 Individual (1 person)

\$150 Sponsor (2 persons)

\$250 Patron (2 persons)

\$500 Benefactor (2 persons)

Sponsors, Patrons and Benefactors are listed in the program.

To purchase tickets, call 952-447-2182. Tickets must be purchased in advance by Thursday, May 4th.

*"May the Lord give you peace."*

St. Francis of Assisi



## "I love having the ability to fully enter into HOLY WEEK on this retreat"

During this holiest week of the church year, our Women's Palm Sunday Retreat and Men's Holy Week Retreat provide a deep, distraction free, earnest spiritual experience.

Comments from last year's Women's Palm Sunday – Men's Holy Week retreats:

### Women's Palm Sunday

*I love that the retreat was silent. Silent and enjoying it was new to me.*

*All was beautiful – even the bright, white snow. This retreat was just what refilled, refueled me in spirit, mind and body.*

*Prayer services were just right. I appreciate the balance between readings, participation, music, and personal stories.*

### Men's Holy Week

*Liturgies were timely; I love having the ability to fully enter into Holy Week on this retreat. Prayer services were a wonderful way to begin each morning.*

*Everything was beautiful, and peaceful. I learned how to listen and wait on God. I will take with me that peace and silence is golden.*

*Everything was great, inspirational, Heavenly, interesting. I will take with me that I am closer to the Lord.*

The Men's Holy Week retreat is moved up a day from our standard weekend retreat – beginning on Thursday and ending at 1:00 p.m. on Saturday, allowing men to celebrate Easter Sunday at their home parishes.

## 2016 Christmas Appeal – A Major Success

Our 2016 Christmas Appeal to upgrade 56 retreat bedrooms with new countertops, sinks, light fixtures, towel racks and draperies was our most ambitious fund raising appeal in my 10 years here at Franciscan Retreats and Spirituality Center. (Yes, it is difficult to believe, but in January of this year I celebrated 10 years of being part of the retreat ministry here.)

To date, we have raised over \$35,000.00 towards this project and we have set aside time in late July/early August to commence work on it. The response to this appeal has been humbling and mind-blowing.

Any donation over \$1,100.00, the cost to re-do one bedroom completely, may have a memorial plaque placed on the wall outside of the room. As of my writing this article, individuals or families have donated enough to renovate 31 out of 58 bedrooms. Thanks again for your overwhelming support!

**GARAGE SALE –**  
**March 4, 2017,**  
**10 a.m. to 2 p.m.**

As we prepare to reduce our inventory in the Bookstore to make way for its relocation this summer, we thought that a "Garage Sale" would be a good way to achieve this goal. We also discovered that we have a number of unused office, display and kitchen items which may be of use to others, hence on March 4, 2017, we will be holding a sale in the Retreat Center Dining Room from 10:00 a.m. to 2:00 p.m.

## LENTEN Days of Prayer 2017

**Lent: A Time to Forgive and be Forgiven**

Thursday, March 9: **Forgiveness: The Essence of the Gospel**, presented by Br. Bob Roddy, OFM Conv.

Thursday, March 16: **When Forgiveness Seems Impossible**, presented by Debbie Koop

Thursday, March 23: **Forgiveness of Self**, presented by Kathy Berken

Thursday, March 30: **Forgiveness and Healing**, presented by Cindy Geiger

*Then Peter approaching asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times." Matthew 18:21-22*

Forgiveness has always been a key component of the Christian life, but it can be one of the most challenging aspects of following Jesus. Our Lenten Days of Prayer will explore the theme of forgiveness from several points of view. What do the Gospels say about forgiveness? What are some of the obstacles that all of us face when trying to forgive? How do we forgive ourselves and move forward in our lives? What is the connection between forgiveness and healing?

Our Days of Prayer will begin with an opening prayer service at 9:45 a.m. and conclude with Mass at 1:45 p.m. (The day is usually finished between 2:15 and 2:45 p.m.) There is one retreat conference, a guided prayer experience, an opportunity to receive the Sacrament of Reconciliation or an opportunity to meet with a spiritual director. Participants bring their own lunch for the day; the Retreat Center provides beverages and cookies. Pre-registration is not required, but greatly appreciated. Call 952-447-2182 to register. Suggested donation: \$20.00.

*Although you should not erase your responsibility for the past, when you make the past your jailer, you destroy your future. It is such a great moment of liberation when you learn to forgive yourself, let the burden go, and walk out into a new path of promise and possibility.* – John O'Donohue

### Schedule for Lenten Days of Prayer

9:30 a.m. Gathering Time – Coffee available in Dining Room  
 9:45 a.m. Welcome (*Chapel*)  
 Followed by Opening Prayer & Conference (*Chapel*)  
 10:30 a.m. Opportunity for Confessions or Spiritual Direction  
 11:30 a.m. Guided prayer experience (*Chapel*)  
 Noon Lunch (*Dining Room*)  
 1:00 p.m. Stations of the Cross (*Chapel*)  
 1:45 p.m. Mass (*Chapel*)  
 Followed by departures



## MIDWEEK RETREATS OFFER Spiritual Oasis During the Week

We offer six overnight Midweek Retreats for women for the remainder of 2017: April 25-27; May 16-18; June 13-15; September 12-14 and October 3-5. The content and flow of the retreat is the same as a weekend retreat program except that everything begins on Tuesday and ends on Thursday.

When I arrived at Prior Lake in 2007, Midweek Retreats had a very different schedule than they do now. Retreatants would arrive at 3:00 p.m. and the retreat would begin with Mass at 4:30. The first retreat conference would take place at 7:00 in the evening, after dinner. When we began to plan the Prayer Services as a retreat team, we soon realized that there was a disconnect in the flow of the retreat with the Midweek Schedule. Another challenge was that the Midweek and Weekend Schedules were slightly different from one another which would sometimes cause confusion among the preaching/ministerial staff. In 2010, we decided to simplify things with Midweek and Weekend Retreats sharing the same schedule. Our hope was that we might attract to the retreat women who still worked outside the home who could take a couple days off work to make a retreat. This January, we had three ladies making the Midweek Retreat who were raising families and who were working outside the home.

Perhaps a Midweek Women's Retreat may be right for you; a treat to yourself in the middle of the week. Often, the numbers during our Midweek Retreats are smaller than our weekend programs and this allows a greater opportunity for quiet and for engaging conversation with fellow retreatants. Please consider giving yourself the gift of a Midweek Retreat in 2017.



## Our Facebook Page – Retreat Center news of another sort...

To experience a sampling of interesting every day events such as dramatic lighting in the treetops, interesting wildlife sightings, quirky trees, giant puffball mushrooms, first blossoms of spring, behind the scene photos of the creative process (often with spiritual captions), follow us on our Facebook Page. Like many Social Medias, Facebook seems to draw its own blend of news, unique from our newsletter or website. To get a feel for the day to day – 'not always as scripted' happenings at Franciscan Retreats and Spirituality Center, go the internet address below and click the 'Like' button to begin enjoying our posts!

<https://www.facebook.com/Franciscanretreatspriorlake>

P.S. – If you like a post, please 'share' it!



## New Audio on Prayer by Father Jim Van Dorn

Enjoy a little taste of what retreat talks are like by listening to Father Jim Van Dorn's audio recordings at [www.franciscanretreats.net/audio](http://www.franciscanretreats.net/audio). We just posted a new audio on prayer.

## Establishing Kin

by Bro. Bob Roddy, OFM Conv., Director



A friend who ministers in Appalachia was visiting me this Advent and he spoke to me about some of the adjustments that he has had to make in his new ministry. I shared with him the story of another friend, a nurse, who was driving to attend a meeting with a nurse colleague at a hospital in Appalachia. En route, she discovered that her gas tank was nearly empty and this area of Kentucky is sparsely populated. Luckily, she happened upon a local gas station, but, when she pulled into the station, she quickly found out that the owner was not going to wait on her because she was a stranger. She tried her best to connect with this man but to no avail. Desperate, she remembered that her nurse-colleague had served in this region for many years, "You know sir, I'm in a real bind. I need to get to the hospital in Pikeville; I have an important meeting with Nurse Jones. Do you know her by chance?" The man's demeanor changed instantly; "You know Nurse Jones? She birthed all six of my children. She's like a member of our family. Do you need your tank filled, Ma'am? May I check your oil? Let me clean your windshield." The entire time he was doing these tasks he was singing the praises of Nurse Jones.

"That's a good example of what the locals call, 'establishing kin,'" my other friend said. "In this part of the world you need to find some connection between you and the person you are ministering to through another person that you both know. Once you have done this, people are generally more accepting of you and more comfortable talking to you, as well as listening to you."

As my day unfolded, I could not get the expression, "establishing kin," out of my mind. It struck me that all of us "establish kin" in some form or fashion as we seek to build relationships with others. We naturally long for connection with others. When meeting a stranger in a strange place, who among us doesn't feel a bit more relaxed when we find that we have a mutual acquaintance or friend?

During the Advent-Christmas season, we celebrated the reality that God has "established kin" with us through Jesus' coming into our world as a vulnerable and innocent child. The Book of Wisdom says this so beautifully: "For while gentle silence enveloped all things, and night in its swift course was now half gone, your all-powerful word leaped from heaven, from the royal throne, into the midst of the land that was doomed." Wisdom 18:14-15

As the Season of Lent draws near, perhaps we can stop and give thanks for "kin" that we have established in our own lives and marvel at the fact our God never tires of finding ways to "establish kin" with each and every one of us.

## SOME HELPFUL BOOKS on Prayer

With a new retreat theme, *Find the Missing Peace: Pathways to Prayer*, new resources become available in our retreat center bookstore. Here are a just a few:

**Introduction to the Devout Life**, by St. Francis de Sales. This classic work from the 17th century is significant in that it was written for people of any "station in life," i.e., laymen and laywomen, as well as priests or religious.

**New Seeds of Contemplation**, by Thomas Merton. One of Merton's best-loved books, *New Seeds of Contemplation* contains 39 short essays (most essays are 10 pages or shorter) on aspects of the spiritual life.

**The Way of the Heart**, by Henri Nouwen uses the themes of Solitude, Silence and Prayer as a means of inspiring and encouraging the reader to seek a deeper relationship with God.

## Retreat Schedule January to December 2017

2017 Theme: *Finding the Missing Peace – Pathways to Prayer*

A Retreat for Everyone... Please pray for these retreats and consider joining us!

### WEEKEND RETREATS 2017

January 13-15	Women's Weekend
February 3-5	Men's Retreat
February 10-12	Married Couple's Retreat
February 17-19	Women's Weekend
March 31- April 2	Married Couple's Retreat
April 7-9	Women's Weekend – Palm Sunday Retreat
April 13-15	Men's Holy Week Retreat
April 21-23	Women's Weekend
August 10-13	Silent Retreat
September 8-10	Prayer Shawl Retreat
September 15-17	Retreat for those in Grief
October 6-8	Women's Weekend
October 13-15	Women's Weekend
October 20-22	Men's Silent Weekend
October 27-29	Friends of Francis Retreat
November 3-5	Women's Weekend
December 1-3	Serenity/Recovery Retreat
December 8-11	Men's Weekend

### MIDWEEK RETREATS 2017

January 17-19	Women's Midweek
April 25-27	Women's Midweek
May 16-18	Women's Midweek
June 13-15	Women's Midweek
September 12-14	Women's Midweek
October 3-5	Women's Midweek

### DAYS OF PRAYER 2017 (Thursdays)

<b>LENTEN</b>	<b>ADVENT</b>
March 9	November 30
March 16	December 7
March 23	December 14
March 30	

### FRANCISCAN RETREATS AND SPIRITUALITY CENTER

16385 Saint Francis Lane • Prior Lake, MN 55372-2220 • (952) 447-2182

[www.FranciscanRetreats.net](http://www.FranciscanRetreats.net)



[www.youtube.com/user/franciscanretreats](http://www.youtube.com/user/franciscanretreats)



[www.facebook.com/franciscanretreatspriorlake](http://www.facebook.com/franciscanretreatspriorlake)

## REGISTRATION FORM

RETREAT DATES: \_\_\_\_\_

SEND TO: Franciscan Retreat & Spirituality Center, 16385 St. Francis Lane, Prior Lake, MN 55372-2220

Name: \_\_\_\_\_ Telephone # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_ E-Mail \_\_\_\_\_

REGISTRATION FEE \$30.00\* Payment Check # \_\_\_\_\_

Credit Card: Visa Discover MasterCard # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_ Sec. Code \_\_\_\_\_

Signature Approval \_\_\_\_\_

**\*A non-refundable registration fee of \$30.00 per person is required and must be received in order to reserve a room.**



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# FRANCISCAN

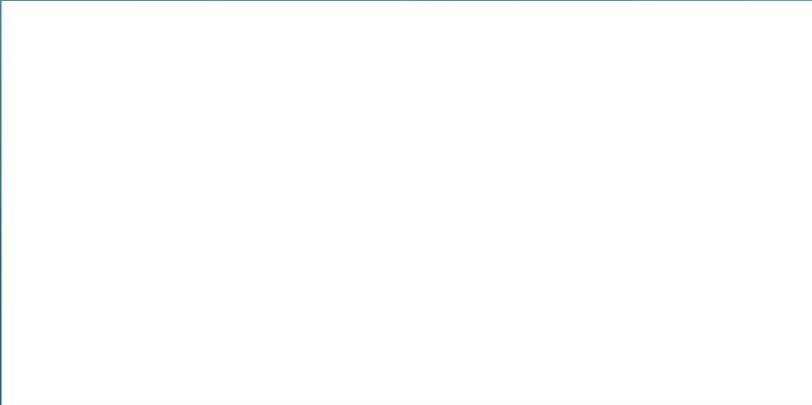
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## Poppy Seed Chicken Casserole

Prep time 5 minutes. Total time 50 minutes. Servings 4-6.

### Ingredients:

- 1 ½ lbs boneless skinless chicken
- 2 (10 ¾ oz) cans cream of chicken soup
- 16 oz sour cream
- 60 Ritz crackers, crushed
- 1 tablespoon of poppy seeds
- ½ cup butter, melted

### Directions:

1. Preheat oven to 350 F
2. Place chicken in a pan and cover with water and bring to a boil then reduce heat and simmer until tender and no longer pink (about 10 minutes). Once cooled, cut into bite size pieces.
3. Mix the two cans of soup with sour cream in a 13x9 inch pan. Sprinkle the chicken over the soup mixture.
4. Place Ritz crackers in a plastic bag and gently crush them. Add poppy seeds and shake to combine and then pour melted butter over the crackers and shake again. Sprinkle cracker mixture over the chicken.
5. Bake for 30-40 minutes until it begins to bubble around the edges and the crackers are golden brown.



Judy Miller, Chef  
Franciscan Retreats  
and Spirituality Center