



Franciscan

RETREATS AND SPIRITUALITY CENTER



THE 56TH Franciscan International Award Dinner – THURSDAY, MAY 8, 2014

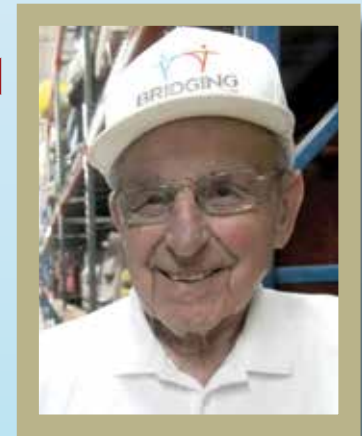
We are pleased to announce that **Fran Heitzman**, the founder of Bridging, the largest furniture bank in North America, will be the recipient of the **2014 Franciscan International Award**. The Award will be presented at the annual **Franciscan International Award Dinner on Thursday, May 8th, at the Wilds Golf Club in Prior Lake.**

The annual **Franciscan International Award Dinner** is a great way to support Franciscan Retreats and Spirituality Center and to honor a person or organization who, like St. Francis of Assisi, has made a difference in our world.

Bridging's motto, *"We furnish homes with hope,"* speaks to the heart of Bridging's mission, which is to provide individuals and families who are transitioning from poverty or homelessness to stability, with quality, gently-used furniture and household items.



In 1987, Fran Heitzman, a former business owner and entrepreneur, was the custodian at Pax Christi Church in Eden Prairie, Minnesota. On a whim, a woman brought a crib to the church and asked Fran if it could be used in the children's nursery. Fran said no, but he was sure that he could find a home for it. He made phone calls and found a social service agency that said they would be thrilled to receive the crib. That was the moment Bridging was born. Fran thought that if he could find a home for that crib, then he should be able to find a home for other furniture



items – this idea could bridge the gap between those who have and those who have not.

Since Fran founded Bridging in 1987, the organization has grown tremendously. To date, Bridging has served over 60,000 households and currently operates out of two locations – Bloomington and Roseville. Serving thousands of people in need every year, Bridging distributes over eight semi-truck loads of furniture and household goods every week. Bridging continues to accept quality, gently used items, and by doing so, also reduces landfill space by millions of pounds annually. "I don't equate success with dollars and cents," Fran said. "I equate success with how many kids will have a bed to sleep in tonight. That's the greatest legacy I could leave behind."

Fran is a member of Pax Christi Catholic Community in Eden Prairie, and still serves as an honorary board member of Bridging.

date Thursday, May 8, 2014

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 by April 30th

"May the Lord give you peace."

St. Francis of Assisi

PLAY/PRAY DATE: Mothers, Daughters, Granddaughters and Grandmothers Coming Together, SATURDAY, May 3, 2014 9:30 AM TO 5 PM



▶ Please join us for our first day retreat geared to mothers, daughters, grandmothers and granddaughters aged 15 and over. Our program will consist of a balance of activities and input by our retreat presenters that will explore some of the joys and challenges of mothers, daughters, grandmothers, and granddaughters as they seek to nurture their relationship with one another. We will look at some of the ways in which the media and popular culture present these relationships, and how those images impact us in our relationship to one another. We will also look at some of the cultural and familial expectations as well as expectations that we place (consciously or unconsciously) on one another.

The day will consist of input by the retreat presenters, activities for the family members present, prayer times and times for relaxing on the beautiful

grounds of the retreat center. There will be a closing Mass at the end of the day that will fulfill your Sunday obligation. The program will begin at 9:30 a.m. on Saturday and conclude after Mass (around 5:00 p.m.) on Saturday. Cost: \$65.00 per person, which includes the retreat program and lunch.

For people who wish to make the day, but need to drive a long distance, overnight accommodations are available Friday night for \$55.00/person. This would include a room with a shared bath and a continental breakfast on Saturday morning. For those who would like to stay Friday night, we will show a film, and have a relaxing evening together.

Call 952-447-2182 to register or online at www.franciscanretreats.net.

NEW Spiritual Resource

Be sure to explore our 'blog' (short for 'web log'), our latest addition to the 'Spiritual Resources' portion of our website.

A blog is a place for weekly postings of seasonal spiritual observations, timely scripture, photos and guest posts from friars, staff and visitors. Readers are allowed to write comments, making each post an opportunity for personal interaction.

Posts published live by Brother Bob during his spring pilgrimage to Assisi Italy will launch the new blog. You can find a link to the blog under the 'Spiritual Resources' box on the homepage of the website at www.franciscanretreats.net.



CALL FOR Volunteers

If you are looking for a volunteer opportunity to use the skills listed below, please contact the retreat center office.

- Light electrical
- Light plumbing
- Event posting on internet

Contact Bob Beck at (952) 447-2182 or bbeck@franciscanretreats.net.



CALL FOR Magazines

The Retreat Center is in need of magazines with an abundance of pictures that we can utilize for an activity on an upcoming retreat. Fashion magazines, magazines about contemporary living or current events would be helpful. Any magazine that has a lot of images or pictures in it is what we are looking for. If you would be willing to drop the magazines off at the Retreat Office during normal business hours, 8:30 a.m. to 4:30 p.m., we would be most grateful. We will re-cycle the parts of the magazines that we do not use. Thank you!

Ice Dams AND Hardened Hearts

by Bro. Bob Roddy, OFM Conv., Director



I owe the inspiration for this article to one of our staff members, **Kris Joseph**, who used the image of an ice dam in her opening conference for our first Lenten Day of Prayer on March 13, 2014. Thanks, Kris!

Any of us who live in the Upper Midwest are familiar with ice dams. These nasty formations of ice on the roof of a house or building can trap pockets of water between the roof and the ceiling and lead to much damage. Many a homeowner does regular battle with these dangerous formations.

During our first Lenten Day of Prayer, Kris Joseph described her own experience of breaking up an ice dam on the roof of her own home. When she was able to chisel a small pathway in the ice, she could see immediate results, the trapped water began to flow unobstructed, and eventually the water flowed off the roof of the house to the ground below.

It struck me that our hearts are often trapped in the ice dams of regret, hurt, and perhaps our one-sided point of view on things. Our negative experiences with others harden our hearts not only to the people who have wronged us, but to anyone else who might enter into our lives. We become rigid and frozen in a mire of unhealthy responses to life and to others.

Yet, like the ice dams, if we allow the Lord to open a path through the barriers surrounding our heart, even if it is the tiniest of paths, if we open ourselves to the mercy of God and the love of others, perhaps that mercy can find its way into our hearts and bring healing and hope.

I have had many times in my life when I felt that I was wronged by someone and because it was his/her fault (at least that was my take on the situation), I was under no obligation to do anything but nurture my hurt and remind myself of my own rightness. Yet, as I would listen to the words of the Psalms that we pray on a daily basis, "Have mercy on me O God, according to your merciful love; according to your great compassion, blot out my transgression." [Psalm 51] or "The Lord is kind and full of compassion, slow to anger, and abounding in mercy." [Psalm 145], it dawned on me that if God is so generous in his mercy to me, then should not I be willing to extend that same mercy and compassion to others? If I let the mercy of God open a channel in my heart, I may be able to see the person to whom my heart has become hardened in a different light. We may not become the best of friends, but at least I may be able to see him or her as a whole person, a person made in the image and likeness of God, a person worthy of my respect.

Pope Francis continually calls us to turn to the mercy of God, especially during the season of Lent. If we ask for God's mercy to enter our hardened hearts, we can be assured of the transformation of those hearts.



Holy Week OVERNIGHT RETREATS –

Complete this Lenten season with reverence and prepare to celebrate Easter with the **Women's Palm Sunday weekend retreat** or **Men's Holy Week retreat**. Both retreats follow our theme *Peace be With You... all Will be Well* and will include the traditional liturgies associated with Holy Week – the last week of Lent.

Women's Palm Sunday Retreat: Friday April 11th, 7:30PM to after brunch on Palm Sunday. There will be a light supper for those that choose to arrive early on Friday.

Men's Holy Week Retreat: Thursday April 17th, 5:30 PM to Saturday after brunch.

Register on our website or by calling the retreat center office at (952) 447-2182.

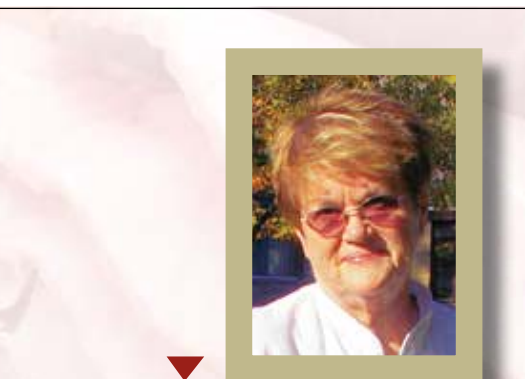
ON THE Road...

Fr. Jim Van Dorn, OFM Conv., Associate Director, gave a retreat for Married Couples at Priestfield Retreat Center in West Virginia, March 21-23. This is the third year that Fr. Jim has conducted a retreat for couples at the Priestfield Center.

Bro. Bob Roddy, OFM Conv., Director, gave a morning retreat for the ladies of St. Patrick Parish in Oak Grove, MN, on Saturday, March 8. Bro. Bob's theme for the day was, *Journey to Glory: Lent as the Path to Easter*.

Fr. Jim Van Dorn, OFM Conv., will be conducting a week-long retreat for a Sisters' Community in New Jersey in late July.

Kris Joseph and **Bro. Bob** will be leading a Day of Prayer at Blessed Sacrament Parish in Hibbing, on Tuesday, August 19.



Judy Miller, Chef Franciscan Retreats and Spirituality Center

Cola Ham

- One 4-5 pound 'bone-in' ham (not spiral)
- One large onion
- 1-2 liter bottles of cola (enough to cover the ham)
- Glaze
- 10-12 whole cloves
- 2 teaspoons dry mustard
- 4 tablespoons brown sugar
- 2 tablespoons molasses

Place ham and onion in a large pot. Cover completely with the cola. Bring to a boil, reduce heat to low. Cover with lid but not tightly. Simmer for 2 ½ hours.

Heat oven to 500°.

Remove ham and place in foil lined roasting pan. Score diagonal cuts and place whole cloves randomly in cuts. Mix mustard, brown sugar and molasses to form a paste and spread over the ham. Place in oven for about 10 minutes. Remove from oven and let rest for 10-15 minutes.



Body, Mind and Spirit: Self Care Practices for Nurses and other Health Professionals

APRIL 29 or APRIL 30, 2014

Self-care poses one of the greatest challenges for nurses and other health care professionals. How does one balance one's desire to provide the best care possible for his or her patients and maintain one's own physical and spiritual well-being? What are some effective and simple strategies for self-care that can alleviate the dis-stress of the workplace?

Body, Mind and Spirit: Self-Care Practices for Nurses and Other Health Professionals is a program that will not only address the above issues and more, but also provide an opportunity for self-enrichment and fun in the beautiful environment of Franciscan Retreats and Spirituality Center outside of Prior Lake, MN. The same program will be offered on April 29th or April 30th to give nurses and other health care professionals an opportunity to choose which day works best in their busy schedules.

Our program will combine input by our presenters, opportunities for questions and observations by participants as well as first-hand experiences of some of the self-care strategies explored. Snacks and a delicious lunch, prepared by our chef, Judy Miller, will be available, as will opportunities to enjoy the beautiful grounds at Franciscan Retreats and Spirituality Center (weather permitting).



▶ Our presenters for the day, **Dr. Ann Kleine-Kracht, PhD**, and **Br. Paul Clark, OFM Conv., PhD**, have a combined experience of nearly 60 years in nursing and nursing education. Dr. Kleine-Kracht is a nationally known speaker and consultant. She has served as the president of the Association for Applied and Therapeutic Humor (AATH) and was the founding Dean of the Lansing School of Nursing at Bellarmine University, Louisville, Kentucky. For over thirty years Dr. Kleine-Kracht has maintained a private therapy practice to assist individuals, couples

and families in navigating the challenges of life passages. **Br. Paul Clark, OFM Conv.**, brings his unique combination of experience as an ER nurse, nursing educator and member of the Franciscan religious order to our program. Br. Paul has served as president of the San Antonio Emergency Nurses Association as well as treasurer of both the Texas Emergency Nurses Association (2009-2010) and the Kentuckiana Emergency Nurses Association.



The same program will be presented on April 29 or 30th, and will begin with sign-in at 8:30 a.m. and conclude at 4:00 p.m. The cost for the day will be \$95.00, which includes the program, lunch, and snacks for breaks. Pre-registration is required with a \$30.00 non-refundable registration fee required (applies to total) to hold your space for the day. A limited number of bedrooms will be available for \$45.00 for those who wish to spend Monday night at the Retreat Center.

This program has been designed to meet the Minnesota Board of Nursing continuing education requirements for 6.0 contact hours. Nurses and other health care professionals are responsible for determining whether this activity meets the requirements for acceptable continuing education.

Schedule for Body, Mind and Spirit Day

8:30	Registration	1:30	Humor as a Self-Care Practice
9:00	Stress, its Effects and the Caregiver	2:15	Break
10:00	Self-Care Practices	2:30	Prayer as a Self-Care Practice in Nursing
10:45	Break	3:00	Anointing Service
11:00	Self-Care Practices II	3:45	Evaluations & Dismissal
12:15	Lunch & time for Reflection, rest, walk, reading, etc. (individual)		

Retreat Schedule January to December 2014

2014 Theme: Peace Be With YOU... all Will be Well

A Retreat for Everyone

Please pray for these retreats and consider joining us!

WEEKEND RETREATS

January 10 – 12	Women's Weekend
Jan. 31 – Feb. 1	Young Adult (18-35 years of age)
February 7 – 9	Men's Weekend
February 14 – 16	Married Couples
February 21 – 23	Women's Weekend
April 4 – 6	Married Couples
April 11 – 13	Women's Weekend (Palm Sunday)
April 25 – 27	Women's Weekend
May 23 – 25	Persons with Disabilities
September 12 – 14	Prayer Shawl Ministry
October 3 – 5	Women's Weekend
October 10 – 12	Women's Weekend
October 17 – 19	Men's Weekend
Oct. 31 – Nov. 1	Friends of Francis
November 7 – 9	Women's Weekend
December 5 – 7	Serenity AA-Al-Anon
December 12 – 14	Men's Weekend

MIDWEEK RETREATS

January 14 – 16	Women's Midweek
April 22 – 24	Women's Midweek
May 20 – 22	Women's Midweek
June 10 – 12	Women's Midweek
September 9 – 11	Women's Midweek
September 16 – 18	Women's Midweek
October 7 – 9	Women's Midweek

DAYS OF PRAYER 2014

	LENT	ADVENT
March 13		December 4
March 20		December 11
March 27		December 18
April 3		

OTHER RETREATS

April 17 – 19	Men's Holy Week
April 29 or 30	Body, Mind and Spirit: Self-Care Practices for Nurses and Health Care Professionals
May 3	Mother, Daughter, Granddaughter, Grandmother Day
June 21 – 27	Directed Retreat
August 7 – 10	Silent Weekend

FRANCISCAN RETREATS AND SPIRITUALITY CENTER

16385 Saint Francis Lane
 Prior Lake, MN 55372-2220
 (952) 447-2182
www.FranciscanRetreats.net
www.youtube.com/user/franciscanretreats
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.**



Franciscan

RETREATS AND SPIRITUALITY CENTER

16385 Saint Francis Lane
Prior Lake, Minnesota 55372-2220
952.447.2182
952.447.2170 Fax

ADDRESS SERVICE REQUESTED

Facebook &
YouTube



www.facebook.com/franciscanretreatspriorlake
www.youtube.com/user/franciscanretreats

*We are almost to 100
Facebook "likes!"*

Testimonials

"I loved the whole weekend. Thank you for this time of quiet that I needed more than I thought."

"Chris has such a beautiful voice – I appreciate her leadership in music and song."

"This was our first time hearing presenters Debbie and her husband Steve. We were touched by what they shared with us."

"The prayer services were beautiful; they helped me settle in and focus. I loved the 'Peace Song' to start and finish the retreat."

"Thank you for the opportunity to celebrate the sacrament of reconciliation. Special thanks to Fr Jim – my heavy heart is lighter."