



...find the missing peace.

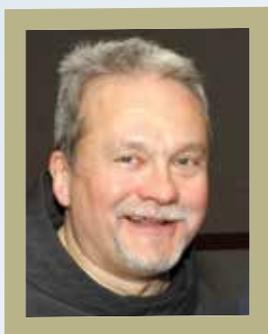
# FRANCISCAN

## RETREATS AND SPIRITUALITY CENTER



## Finding Joy in LENT

by Bro. Bob Roddy, OFM Conv., Director



*"There's something about it that makes sense, Lent. You give something up, and everything's more joyful."* Elaine Stritch

As I prepared to write an article on Lent, I discovered this quote by the late actress Elaine Stritch. Stritch achieved great fame and notoriety on the stage and on the small screen. Her language was "colorful," to put it mildly, but she never missed Mass on Sunday, something that bemused playwright Edward Albee.

I think that the late Ms. Stritch was onto something in the above quote. By sacrificing something during

the Season of Lent, we allow ourselves to become more aware and more appreciative of the blessings that surround us. A wise spiritual director once told me when I shared the difficulty that I was having keeping my Lenten pledge, 'every time you feel a longing for whatever you have given up for Lent, use that time to offer a short prayer of thanksgiving.' I took his counsel with a bit of skepticism, yet, I discovered that when I followed his strategy my sacrifice paled in comparison to the many blessings that I had been given. The longing that I had for something led me to a moment of prayer and reflection that made me aware that I had so much more.



My spiritual director taught me a valuable lesson: that the Lenten troika of Prayer, Fasting and Almsgiving are best viewed as interdependent actions we undertake during this holy season. Fasting without prayer becomes simply an endurance test; almsgiving without prayer can become something mechanical and rote. Fasting and almsgiving give our prayer a sacramental dimension.

Pope Francis offers these words of encouragement to us:

***I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew.***

*"May the Lord give you peace."*

St. Francis of Assisi

## LENTEN DAYS OF PRAYER, 2018

### A Day Retreat with Spiritual Masters

Our 2018 Lenten Days of Prayer will focus on the spirituality of four spiritual masters: Dorothy Day (1897-1980), founder of the Catholic Worker Movement; Henri Nouwen (1932-1996), prolific author, famous for *The Return of the Prodigal Son*; Meister Eckhart (1260-1328) a Dominican Mystic, and Caryll Houslander (1901-1954), poet and mystic of the 20th century. These spiritual masters will provide us with much food for thought as we journey through Lent.

While well known for her activism on behalf of the poor and oppressed, **Dorothy Day** attended daily Mass, made regular times for retreat and worked tirelessly to make God's love known to others. **Henri Nouwen**, penned over 40 books and numerous articles on various aspects of Christian Spirituality, but he is probably best known for the ten years that he lived in L'Arche communities in Canada and France. **Meister Eckhart**, wrote eloquently and poetically of the relationship between the human and the divine. English poet and mystic, **Caryll Houslander**, experienced visions which called her to "see Christ in all people."

Participants need only bring their lunch for the day, and any reading material that they would like to have with them. There will be input by the presenter, a guided prayer experience, and ample free time for personal prayer and reflection. Weather permitting, retreatants may walk the outdoor Labyrinth or the outdoor trails. There will be an opportunity for Confession, as well as Stations of the Cross and the Liturgy of the Day. The Schedule for our 2018 Lenten Days of Prayer is below:

#### 2018 Lenten Days of Prayer:

- February 22, 2018 **Dorothy Day**, presented by Br. Bob Roddy, OFM Conv.
- March 1, 2018 **Henri Nouwen**, presented by Kathy Berken
- March 8, 2018 **Meister Eckhart**, presented by Jayne Krim
- March 15, 2018 **Caryll Houslander**, presented by Debbie Koop



Dorothy Day



Henri Nouwen



Meister Eckhart



Caryll Houslander

- 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

## Bye-Bye BOTTLED WATER

Retreatants will notice that the Hospitality Room no longer has bottled water available. In late 2017, we made the decision to discontinue selling bottled water. The reasons are numerous: our tap water tastes good and it is perfectly safe to drink – despite that lovely picture of a mountain spring on the water bottle label, most bottled water contains some tap water. According to Dr. Christiana Peppard of Fordham University, despite recycling efforts, 6 out of 7 plastic bottles consumed in the U.S. are "downcycled" — sent somewhere out of sight and out of mind where, for the next millennia, toxins from degrading plastic containers can leach into watersheds and soil.

We encourage retreatants to bring their own reusable water bottle with them on retreat. We also have BPA free, reusable plastic water bottles for sale at a price slightly above what we pay for them. The bottles hold 20 ounces of water and have the Retreat Center Logo prominently displayed.

We hope that you will understand and support our efforts in this arena.



## 2017 CHRISTMAS APPEAL Update

Thanks, thanks, and thank you to everyone who supported the 2017 Spruce Up Franciscan Retreats and Spirituality Center-2. We received over \$14,000.00 in contributions!

We have already fulfilled one of the items on our wish list: a replacement ice machine in the Hospitality Room. The new machine is quieter than the old machine and makes more ice! We are in the process of selecting the acoustical tiles that will reduce the noise level in the dining room. We are dealing with a local company and once we identify the number of tiles that we need and the appropriate color, they can be ready in three weeks. The solar shades can also be ordered; these will greatly reduce the heat in some of the Spiritual Direction Rooms, the Hospitality Room and the Library. The replacement chairs for the Library will take time to select and order.

Again, thank you for helping us to make the Retreat Center a comfortable space, as well as a space conducive to prayer and reflection.

## Adopt a garden at Franciscan Retreats and Spirituality Center

Aaahhhh, springtime! Longer daylight, pleasant temperatures, hints of green, birds migrating and the urge to get our hands in the dirt to do some gardening! Much of the enjoyment and appeal of Franciscan Retreat and Spirituality Center's grounds emanates from our numerous lush gardens. Abundant flowers, some perennial, others annual put on a show of the Creator's beauty from early spring through late fall. We are seeking volunteers to 'adopt' one or more of our seven garden areas for the 2018 growing season by weeding and caring for specific areas. This entails visiting and caring for your adopted area every two weeks or so, and after the work is finished, you are more than welcome to hike our trails, enjoy the labyrinth and say hello to the Friars.



## POOR CLARES BID A HEARTFELT ADIEU to Bloomington

For over sixty years the Poor Clare Sisters in Bloomington have lived out their contemplative vocation in a quiet neighborhood. The Sisters have welcomed all to their liturgies, have served as spiritual directors for many and have prayed for the needs of their distant and not-so-distant neighbors.

Last year, after several years of discernment, the Sisters decided to sell their property on Russell Avenue and to accept the invitation of the Franciscan Sisters of Rochester to establish their community in the Assisi Heights campus in Rochester. The Sisters will depart for Rochester on February 7th.

On January 21, St. Bonaventure Catholic Community hosted a farewell reception for the Poor Clares in Fr. Ambrose Finnegan Hall. A very large crowd of family and friends of the Sisters came to wish them well as they journey to their new home. Also in attendance at the farewell reception were the Sisters of the Pro Ecclesia Sancta Community, who will be purchasing the Monastery property.

## In the spotlight – MEN'S HOLY WEEK RETREAT

If you're searching for a wonderful, reverent way to be still and experience lent deeply, perhaps our Men's Holy Week Retreat is for you.

Observing silence all day on Good Friday sharpens our devotion as we explore the depths of Christ's suffering ahead of the victorious celebration of Easter. The retreat schedule is backed up one day from our typical weekend retreat; starting at 7:30 pm on **Thursday**, March 29th, and ending on **Saturday**, March 31st, so you can enjoy a Saturday Easter Vigil and Sunday Easter morning Mass at your home parish.



## Early Feedback on our new yearly theme and room updates

- The retreat conferences were full of Joy :) really wonderful and gave me a jump start into the new year!
- There is so much negativity in the world today and you brought out the importance of laughter and joy.
- I love to come on retreat this time of year – perfect way to start the new year. The theme on joy, as usual, spoke to me.
- The movie was an excellent choice. I think more tears were shed on this retreat with joy/laughter as the theme than any other.
- Love the improvements to the rooms.
- The vanities in the room are a most wonderful improvement! Thank you!!
- On heading out the door: '...back to reality but better for where we've been!'



## 2018 Franciscan International Award THURSDAY, MAY 10, 2018

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, VEAP – Volunteers Enlisted to Assist People, for Neighbors Serving Neighbors In Need in Bloomington, MN and beyond.

For 60 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 60<sup>th</sup> Franciscan International Award Dinner

**date** Thursday, May 10, 2018  
**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 Wednesday, May 2nd.

## Just around the corner...

- February 22 and March 1, 8 and 15: Lenten Days of Prayer:
- February 16-18: Women's Weekend Retreat
- March 23-25: Women's Weekend Palm Sunday Retreat (Silent)
- March 29-31: Men's Holy Week Retreat (silent on Friday)

## Retreat Schedule through December 2018

2018 Theme: *Towards a Spirituality of Joy:  
Love More - Laugh More - Be Not Afraid*

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

### WEEKEND RETREATS 2018

January 12-14	Women's Weekend
February 2-4	Men's Weekend
February 9-11	Married Couples
February 16-18	Women's Weekend
March 23-25	Women's Weekend Palm Sunday (Silent)
March 29-31	Men's Holy Week
April 6-8	Married Couples
April 20-22	Women's Weekend
May 10	FIA Dinner
June 21-24	Silent Retreat for Men & Women (Th-Su)
August 9-12	Silent Retreat for Men & Women (Th-Su)
September 7-9	Prayer Shawl
September 14-16	Grieving Retreat
September 20-23	Silent Retreat for Men & Women (Th-Su)
October 5-7	Women's Weekend
October 12-14	Women's Weekend
October 19-21	Men's Silent Weekend

### WEEKEND RETREATS 2018 (continued)

October 26-28	Friends of Francis
November 2-4	Women's Weekend
December 7-9	Serenity
December 14-16	Men's Weekend

### MIDWEEK RETREATS 2018

January 16-18	Women's Midweek
April 10-12	Women's Midweek
May 15-17	Women's Midweek
June 12-14	Women's Midweek
September 11-13	Women's Midweek
October 2-4	Women's Midweek

### DAYS OF PRAYER 2018 (Thursdays)

<b>LENTE</b>	<b>ADVENT</b>
February 22	December 6
March 1	December 13
March 8	
March 15	

### FRANCISCAN RETREATS AND SPIRITUALITY CENTER

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

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



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## 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.**

Register by calling 952-447-2182 or online at [www.FranciscanRetreats.net/register](http://www.FranciscanRetreats.net/register)



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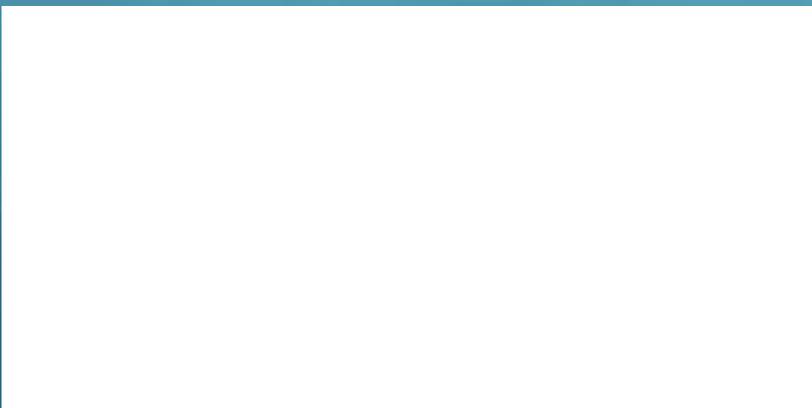
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## Br. Bob's White Chili

- 1 pound large white beans\*
- 6 cups chicken stock
- 2 cloves garlic, minced
- 2 medium onions, chopped
- 1 tablespoon oil
- 2, 4-ounce cans mild green chilies, chopped
- 2 teaspoons ground cumin
- 1 1/2 teaspoons oregano
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper
- 4 cups diced cooked chicken breast
- 3 cups grated Monterey Jack cheese
- Salsa
- Sour cream

\*(You may substitute 2, 12 oz cans of white beans — Navy, Great Northern or Cannellini beans. If using canned beans, make sure that you drain and rinse them before adding them to the chicken stock.)

### Step 1 *If using dried beans:*

Combine beans, chicken stock, garlic and half the onions in a large soup pot.

Bring to a boil. Reduce heat, simmer until beans are soft (2 hours or more), adding more chicken stock if necessary. Proceed to Step 2.

### Step 1 *If using canned beans:*

Drain and rinse the canned beans; combine beans, chicken stock, garlic, and half the onions in a large soup pot. Bring to a simmer for about 1/2 hour.

**Step 2:** In a skillet, saute remaining onions in oil until tender. Add chilies and seasonings and mix thoroughly. Add to bean mixture. Add chicken and simmer 1 hour or more.

Serve in individual bowls, topped with grated cheese, salsa and sour cream, or just have the grated cheese, sour cream and salsa available for people to add according to their individual taste or preference.

Serves 4-6 people — it depends how large of soup bowls you use.