



*...find the missing peace.*

**FRANCISCAN**  
RETREATS AND SPIRITUALITY CENTER



**2019 FRANCISCAN INTERNATIONAL AWARD RECIPIENT**

***Loaves and Fishes of Minnesota***

**For Providing Nutritious Meals to Anyone in Need**

We are pleased to announce that the 61st Recipient of the Franciscan International Award will be **Loaves and Fishes of Minnesota**, an organization dedicated to providing nutritious meals to anyone in need in an atmosphere of hospitality at site locations where the need is greatest. Loaves and Fishes began in 1982 with one site each in St. Paul and Minneapolis and now serves 2,700 healthy meals daily at over 70 meal outlets. Loaves and Fishes is present in seven Minnesota counties, and is the largest free meal program in the state.



2019 marks the 61st presentation of **The Franciscan International Award**, which 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: the late Dr. Billy Graham for true Ecumenism (1972); the late 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, Risen Savior Missions, glorifying God by feeding starving children.

For 61 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. We hope that you can join us on May 9th to honor Loaves and Fishes of Minnesota.

**The 61<sup>st</sup> Franciscan International Award Dinner**  
**Honoring Loaves and Fishes Minnesota**

**Date** Thursday, May 9, 2019

**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**

- \$65 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 2nd.

*"May the lord give you peace."*

St. Francis of Assisi



## THE POWER OF *Symbol*

The following reflection is written by a new retreatant, T.P., who shared this passage from her personal journal with Br. Bob while she was recently on retreat at Prior Lake. Br. Bob was so touched by what she wrote that he asked her if he could share it with others. Symbols speak to us on so many levels, consciously and unconsciously. Symbols feed our soul and spirit in a way that continues to open us up to the Divine. TP's reflection below is a powerful example of this and I am so grateful that she is willing to share it. Br. Bob

## Night Prayer 2019 by TP

Seven years ago I had a tumor removed from my spinal cord. It was a life event to say the least. Ever since then, I've thought about all of the people who go through a medical event that is difficult with the end response of, "it's the best thing that ever happened to me, I wouldn't change a thing." I've never felt that way about my event. It's been rough, and it changed my life in so many ways – ways that I am accepting of but not necessarily fond of. I've always thought that if I could give it back, I would.

Now for the first time tonight, I'm not sure about that. I've always thought of myself as a pretty nice person as well as happy. That didn't change with the tumor (I don't think) and I've always had a decent amount of friends. That didn't change either.

As I write this, I am sitting in a chapel looking at a backlit piece of art. It is basically a crowd of people dressed as they would have been back in Jesus' time – it is more shapes, less detail. It's beautiful. I feel those people loving each other and I feel like I know what it feels like to be among people who love you. Really love you – like this is what life is meant to feel like even when your body or mind don't feel perfect, it's still ok.

I think that what changed because of the tumor was that I was forced to be OPEN to others – their help, their prayers, their love. Maybe it sounds basic but it has eluded me all this time what it was that changed. The gift is that I see them – everyone – more deeply. Fun is always fun with friends but things others do for you is different. You accept gifts that are given, but how deeply that acceptance is can vary in degree. Humbling. Sometimes that word seems a bit overused but maybe not. What has changed in me is that I don't feel the need to do everything myself or somehow feel like a failure. I take the offered arm as I walk the stairs with no railing. I wait if I need help – I know it will come and I ask when I need something. I hope I am as good of a friend when I can be. Maybe now, I wouldn't give it back. Maybe it was just what I needed. I'll never be in love with my new normal – I am grateful for the ability to walk – that is a miracle in itself. I miss being able to do other things: ice skate, climb rocks (really climb), hike crazy places – but there are other gifts that have come of it. And those are good.

## Private Retreats

### NOW AVAILABLE AT FRSC

In response to many requests over the past ten years, Franciscan Retreats and Spirituality Center will be offering space for people to come on individual retreats Tuesday-Friday. These individual or private retreats will allow individuals to spend one overnight or more at the Retreat Center at a time that is convenient for them.

Retreatants will need to bring their own food for meals and prepare that food in the improvised space in Room 39 in the St. Francis Wing. This space will have a small microwave and toaster oven, as well as a small refrigerator with a small freezer. Retreatants may check in on Tuesday from 10:00 am-7:00 pm; check out 3:00 p.m., except on Fridays when check out is at 10:00 a.m. The cost will be \$75.00 per night.

Please contact Brandy Blanch 952-447-2182 ext. 10 or Br. Bob, 952-447-2182 ext. 11. for more information.

## LENTEN DAYS OF PRAYER at Franciscan Retreats



### Mary: Disciple Par Excellence

Mary is not only an example for the whole Church in the exercise of divine worship but also, clearly, a teacher of the spiritual life for the individual Christian. Pope Paul VI

Due to a week-long retreat that we are hosting for our postulants (the young men who are making their first step in becoming Conventual Franciscan Friars), and because of our April Midweek Retreat, we will only have three Lenten Days of Prayer this year.

Our 2019 Lenten Days of Prayer, March 21, March 28 and April 4 will use the Blessed Virgin Mary as their focus. Devotion to the Blessed Virgin Mary has been an integral part of Roman Catholic and Orthodox spirituality for centuries and in the renewal of the Second Vatican Council Mary's role in salvation history is articulated in the Dogmatic Constitution on the Church, *Lumen Gentium*. We will examine three moments in the life of the Blessed Mother that are found in the Scriptures.

March 21 **The Annunciation and The Visitation: Mary as First Disciple**, presented by Kathy Berken

March 28 **The Wedding at Cana: Mary Points to Jesus — "Do What He Tells You to Do,"** presented by Cindy Geiger

April 4 **At The Foot of the Cross: Mother of Sorrows and Non-Violence**, presented by Br. Bob Roddy, OFM Conv.

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 2019 Lenten Days of Prayer is below:

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

## Fr Jim Van Dorn Audio on our New Theme for 2019



Father Jim Van Dorn sat down with Bob Beck to capture thoughts on our new theme for 2019: *Rejoice and Be Glad: Our Call to Holiness Today*. Fr Jim says there's a lot of misconception about the role of holiness in today's world. Our retreats in 2019 will explore how holiness is not just for men and women pictured in stain glass windows with halos around their heads.

In addition to his comments on our new theme, Fr Jim remarks on each of our four retreat talks. At 22 minutes, the duration of the audio is just right for enjoying during a workout, commute or while cooking dinner. Listen on your home computer, laptop, tablet or phone or download directly to your device for enjoying offline as well. Follow the links on our website homepage or navigate to the audio page directly at: franciscanretreats.net/audio.

## WOMEN'S Palm Sunday (April 12-14) MEN'S Holy Week (April 18-20) RETREATS

What better way to wrap up Lent than on a lovely, quiet, deeply introspective note free of distractions allowing one to truly contemplate the events of Holy Week while on a retreat.

Palm fronds will be distributed on the Women's Palm Sunday mass. Both the start and finish of the Men's Holy Week Retreat are backed up a day earlier (Thursday through Saturday) allowing men to celebrate the joyous Easter morning itself at their home parish. Silence is observed during the entire Women's Palm Sunday Retreat and on Holy Friday only for the Men's Holy Week Retreat.

## BOOK CLUB *Launch*

We are launching a new book club open to friends and fans of the Retreat Center beginning in February of 2019. We plan on reading books of a Spiritual nature including books involving the human spirit overcoming great challenges. Book club meetings will take place at the Franciscan Retreat Center in Prior Lake and be facilitated by Brother Bob Roddy, Retreat Center Director. On Tuesday, February 12th, at 10:00 a.m. we will be reviewing our first book selection, *Left Neglected*, by Lisa Genova. Bro. Bob says that many of the themes of this novel will be especially pertinent to Lent. There is no charge for book club meetings, but please contact the retreat center to let us know you will be attending.



## Defibrillators ADDED

Many thanks for the Knights of Columbus for donating two automated external defibrillators (AED), a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias and is able to treat them through the application of electricity. Three members of Franciscan Retreat Center staff have undergone CPR/AED training to operate the devices. Hopefully the devices will have a long life of simply hanging in their wall mounted boxes, never needing to be taken down and put to use. But it is reassuring knowing that emergency help is very nearby should a situation ever call for it. Thank you Knights of Columbus for increasing the safety and peace of mind of our retreatants and staff!

## Progress Report: Sprucing Up Franciscan Retreats – Phase 3

Thanks to the generosity of our friends and retreatants, we collected, \$22,000.00 towards our goal of \$30,000.00 for our two Christmas Appeal projects: new carpeting in the Marian Wing and a screened-in Gazebo for the space between the Retreat Center and Friary/Administration Building.



We hope to set up the carpeting of the Marian Wing sometime in the Spring. We continue to hope that more donors will be willing to contribute to the Gazebo project so that we can complete it in the late Spring of this year. If you are interested in making a contribution, please contact Br. Bob at 952-447-2182 ext. 11.

## 2019 Testimonials ON NEW THEME

It's still very early, but we are very heartened by both written and perceived initial responses of January retreatants to *Rejoice and be Glad; Our Call to Holiness Today*.

- *Our Call to Holiness in Today's World is a good topic. I was able to take away a different definition of holiness than what I have thought it to be—thank you.*
- *The last two years have been a bit stressful for me. I feel that that Retreat gave me time to reflect, spend time with the Lord and get off to a good start in 2019.*
- *I will look at my day more intentionally now to find its holy moments.*
- *I will take with me peace of mind feeling validated that God truly is present in my day and life.*

## GARDEN PARTY – July 14th, 2019

After witnessing firsthand how well our flowerbeds responded to the gardening skills of Judy Miller, our chef and kitchen manager, and our garden volunteers in 2018, we decided to have a garden party to show the vibrant gardens to the world.



On Sunday, July 14 from 1 to 3 PM the Friars of the retreat center will share refreshments, music, door prizes and fellowship as visitors stroll the assorted garden areas and visit with the gardeners themselves. This is also an opportunity for those of you who have visited the retreat center only during the winter to experience the retreat center during summertime.

Come on your own, with a friend, or with family. Feel free to enjoy all of our 60 acres of woods and prairie that day for hiking or just lounging around after you have toured the gardens. Leashed pets are welcome too.

There is no charge for this event. Registrations are not required but are appreciated; call 952-447-2182 or e mail secretary@franciscanretreats.net.

## Retreat Schedule through December 2019

### 2019 Theme: *Rejoice and Be Glad: Our Call to Holiness Today*

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

#### WEEKEND RETREATS 2019

Jan. 11 - 12	Women's Weekend
Jan. 18 - 20	Women's Weekend
Feb. 1 - 3	Men's Weekend
Feb. 8 - 10	Married Couples
Feb. 22 - 24	Women's Weekend
April 5 - 7	Married Couples
April 12 - 14	Women's Weekend Palm Sunday
April 18 - 20	Men's Holy Week
April 26 - 28	Women's Weekend
May 9	FIA Dinner
June 20 - 23	Silent (Men & Women)
August 8 - 11	Silent (Men & Women)
Sept. 6 - 8	Prayer Shawl
Sept. 19 - 22	Silent (Men & Women)
Oct. 4 - 6	Women's Weekend
Oct. 11 - 13	Women's Weekend
Oct. 18 - 20	Men's Silent
Oct. 25 - 27	Friends of Francis

#### WEEKEND RETREATS 2019 (continued)

Nov. 1 - 3	Women's Weekend
Dec. 6 - 7	Serenity
Dec. 13 - 15	Men's Weekend

#### MIDWEEK RETREATS 2019

April 9-11	Women's Midweek
May 14-16	Women's Midweek
June 11-13	Women's Midweek
September 10-12	Women's Midweek
October 1-3	Women's Midweek

#### DAYS OF PRAYER 2019 (Thursdays)

<b>LENTEN</b>	<b>ADVENT</b>
March 21	December 5
March 28	December 12
April 4	December 19

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.**



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# FRANCISCAN

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## Scalloped Pineapple

*A great fruit dish for brunch or any meal, for that matter.*

### Ingredients

- 1 20 oz can pineapple chunks,
- 1 20 oz can crushed pineapple, drained
- 6 tablespoons all-purpose flour
- 3/4 cup white sugar
- 2 cups shredded Cheddar cheese
- 40 buttery round crackers (Ritz<sup>®</sup>), crushed
- 1 cup butter, melted

### Directions

Preheat oven to 350 degrees. Drain pineapple chunks, reserving 1/4 cup of juice. Combine the flour, sugar, Cheddar cheese, reserved pineapple juice, pineapple chunks and crushed pineapple in a large bowl. Pour the mixture into a 1 1/2 quart baking dish. Mix the crushed cracker crumbs and butter in a small bowl, then sprinkle over the pineapple mixture. Bake in preheated oven until golden brown, about 30 minutes



Judy Miller, Chef  
Franciscan Retreats  
and Spirituality Center