

Winter 2019-20

...find the missing peace.

FRANCISCAN RETREATS AND SPIRITUALITY CENTER



A spiritual oasis for people of all faiths seeking a deeper relationship with the Almighty.



Our 2019 Christmas Appeal: *Ephphata* (Be Opened)

by Br. Bob Roddy, OFM Conv., Director

Our 2019 Christmas Appeal project, Ephphata—this word comes from Mark 7:34 when our Lord opened the mouth and ears of a deaf and mute man—seeks to raise funds to replace the glass doors between the buildings as well as the door from the lobby to the parking lot. These doors are over 53 years old and show signs of considerable wear and tear. We would also like to outfit these doors, as well as a few doors within the main retreat center, with electric door openers. These door openers would be a godsend to our retreatants who have mobility issues.

Like anything, quality doors and reliable door openers do not come cheap. Our current estimate

for the doors and electric door openers is at least \$36,000.

Should we raise more money than we need to complete this project the excess funds would be applied to other upgrades in the facility.

Our Board of Advisers have picked an ambitious goal for our 2019 Christmas Appeal, yet, our friends and retreatants have answered our call for help in the past and we hope that we can count on all of you for this important project.



2019 Advent Days of Prayer at Franciscan Retreats and Spirituality Center



"God Hopes in Us" We love because God first loved us
-1 John 4:19

The virtue of Hope permeates the Advent-Christmas Season. We look with hope for the coming of our Savior; we also look with hope to the upcoming new year with all its challenges and promises. For some, hope seems to be in short supply, especially when loss or reversal of fortune takes place. Our Advent Days of Prayer seek to rekindle that spirit of hope and expectation that mark this liturgical season.

Themes and presenters:

December 5, 2019, *God Hopes For the World* –

Presented by Jayne Krim

December 12, 2019, *God's Unique Hope for Our Own Life* – Prayer presented by Kathy Berken

December 19, 2019, *Hope in the Future* – Participation presented by Br. Bob Roddy, OFM Conv.

These Days of Prayer will provide you with an opportunity to enter into a time of Prayer, Reflection, and Action. 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. These day retreats are not sequential; one may attend all of these days or the day that best fits into one's schedule.

2019 ADVENT DAYS OF PRAYER SCHEDULE:

- | | |
|-------------|---|
| 9:30 a.m. | Gathering Time [Coffee - 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. | <i>Guided Prayer Experience</i> [Chapel] |
| noon | Lunch [Dining Room - bring your own lunch, we supply beverages] |
| 1:00 p.m. | Stations of the Cross [Chapel] |
| 1:45 p.m. | Mass [Chapel] Followed by departures |



Just Around the Corner

Theme: *The Blessings of Recovery*

Serenity Retreat

December 6-8, with Sister Linda Fischer

Our Serenity Retreat is for those in recovery from addictions. It's a chance to explore recovery with an inspiring director in a setting conducive to prayer, reflection relaxation, healing and growth.



Sr. Linda Fischer

The Retreat Center is thrilled to welcome back Sister Linda Fischer ASC, a member of the Adorers of the Blood of Christ from Columbia, Penn., to lead another Serenity Retreat. A teacher by profession, Linda left the classroom in 2005 and has been involved in full-time 12-step retreat ministry since then. Sr. Linda has been a grateful recovering alcoholic for the past 29 years and says she loves facilitating recovery retreats because, "she receives every bit as much as she gives." She calls her own journey in recovery one of the greatest blessings in her life.

Retreat Center Testimonials

"A perfect mix of prayer services, liturgies, music, conferences and free time."

"I cannot tell you enough what a superb job every-one does here. Housekeeping, cooks, staff and presenters. I can hardly wait until next year!"

"Thank you for your openness. I have been away from the church for 15 years—you made it very welcoming and inviting to return."

Men's December Weekend Retreat

December 13-15, with Fr. Ron Mrozinski

Fr. Ron Mrozinski has created four fresh talks on holiness specifically for the men of this weekend's retreat!



Fr. Ron Mrozinski

Retreat conference talks for the December Men's Weekend:

Conference 1: *The Universal Call to Holiness*

Conference 2: *The Personal Call to Holiness*

Conference 3: *The Communal Call to Holiness*

Conference 4: *Holiness Lived in Prayerful Service*

New Suggested Retreat Offering for 2020

On a recent weekend retreat, a new retreatant was startled that we not only did not expect payment for the retreat when she checked into the Center, but that we **suggested** a retreat offering rather than expect an explicit number. She was touched that our system allowed those with limited financial means to make a retreat without experiencing shame. This retreatant was inspired to add an extra \$90.00 to her offering.

Our Board of Advisors has endorsed a change in the Registration Fee (which will now be \$35.00 rather than \$30.00) and the suggested retreat offering to \$190.00, rather than \$160.00.

We have not raised the suggested offering amount for several years, and our costs have increased steadily over these years—much as they have for you and your families. While we do not want the lack of money to be the reason that someone does not come on a retreat, the fact is that we need all of our retreatants to make an effort to meet or exceed the suggested retreat offering. We have also increased the charges for our hosted retreat programs as well.

We ask for your understanding and support as we strive to keep this ministry going.



Reflections on Loss

by Br. Bob Roddy, OFM Conv., Director

As I write this article we have just finished celebrating the feasts of All Saints and All Souls; two feasts in our liturgical calendar that draw our attention to those who have gone before us as well as those who serve as an inspiration to us.

While I love the Advent Christmas Season with its festivities, its decorations and its call to hope and expectation, I also pause and think of those who have been called home by Sister Death in the past year. I suppose part of my being drawn into this reflection is the fact that my own dear dad died on December 20, 1973—the evening I returned home from my first semester in college. I feel a strong bond to those who have lost loved ones during the holiday season.

For me, this is not a mere exercise in being melancholy or morose; rather, it becomes a time to cherish the great gift that these men and women have been in my life, and the lives of so many others.

I think of my good friend and college classmate, **Brendan Browne**, who entered eternal life in May of this year. We knew each other since 1973 and on the surface, we could not have come from more dissimilar backgrounds than one another. I was a farm kid. He grew up in New Jersey. I was a Democrat; he was a Republican. Belief and faith were challenging for Brendan; both of these came easily to me. (Through his actions, Brendan demonstrated a deep and lasting faith even if he could nor or would not articulate it.) As a freshman in college, I was quieter, more academic than I am now; Brendan was loud and filled with a zest for life. Below the surface, both of us deeply loved our families; both of us suffered the loss of our fathers during our college years. Both of us were loyal and faithful to those we loved and to countless others. He was a great husband and father, as well as a great friend.

I am filled with gratitude for my dear friend and former colleague, **Ann Kleine-Kracht**, who slipped into eternity unexpectedly in late September. Ann and I were part of the Retreat Team at Mt. St. Francis Retreat Center from 1992-1994. Ann was larger than life and had a list of amazing accomplishments: founding Dean of



the School of Nursing at Bellarmine University, member of one of the first task forces on domestic violence in the state of Kentucky; mentor and friend to countless nursing students, to name a few. She was also a loving wife, mother and grandmother who took delight and pride in her children, grandchildren, nephews and nieces. We saw each other through some very difficult times and we laughed our way through countless other moments of our lives.

I look back upon my two dear friends and I think of our retreatants and their loved ones who have crossed into eternity this year. I feel their pain, their loss as well.

Yet, as St. Paul says in his letter to the Romans 5:5: **"And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us."** Am I sad? Yes. Do I feel like time has stopped for me? Yes. More significantly, my heart and my soul are flooded with gratitude for the gift of these two great friends and the numerous, faithful retreatants who now intercede for all of us in that new and eternal Jerusalem.



Yard Cleanup

Thank you to Jim Kes and the RDO – Vermeer Equipment Company for donating time and equipment for wood chipping this October at the Retreat Center. Helping out were Bob Kimpton, Chuck Kadelik, Matt Zweber, Brad Haycraft, Larry Van Boxtel, Bob Roe, Bob Bohnsack, Mike Boegeman, John Riesgraf, Marlin Menke, Rich Davidson and yard manager Don Kes. Thank you all!

Our 2020 Retreat Theme:

Fear Not: I Am With You Always

"I sought the Lord and he answered me. He delivered me from all my fears."

—Psalm 34:4

Trust, especially trust in God, underpins our Christian spirituality. We are encouraged to trust in God's providence, in God's presence in our daily lives, in God's caring for us and those we love. Yet, that trust is constantly under assault by many dark forces around us, most notably, the force of fear.

Fear undermines and erodes our trust in God. Sadly, many people find that much of their catechesis is largely fear-based. Images of a jealous, vengeful and petty God form and inform their faith. While there are legitimate fears, fears informed by our sense of prudence, many fears only seek to leave us anxious and uncertain; we become perpetually on edge for fear of a malevolent response from God.

The angel's greeting to Mary in the Gospel of Luke, "Fear not..." is repeated over and over in the Gospels and in the writings of New Testament authors. Our 2020 Retreats will address this tension between fear and trust. We will examine the many images of God that have formed us; some of these being authentic images and others grounded in misconceptions about the Almighty. How does our image of God affect our response to God, to those we love, to those around us? We will also address how fear, anxiety, self-reliance and despair, to name just a few, undermine and poison our trust in God's care for us and those we love. How can we invite God into our thought processes, and our decision making as we seek to counteract these enemies of Faith? Finally, we will look ahead and ask ourselves, "How can we demonstrate and live our faith in a manner that is true to our unique gifts and shortcomings? What are some concrete steps that we can take to make our faith demonstrative and vibrant?"

The four retreat conference titles are:

1. **Understanding Our Image of God**
2. **Moving from Fear to Trust**
3. **Casting Our Cares Upon the Lord**
4. **Walking by Faith**

Please join us and encourage friends to join us for our 2020 Retreats!

Captain's Profile

Eileen Kytonen – Captain of 1st Weekend of October Women's Retreat

What led you to Franciscan Retreats and Spirituality Center in Prior Lake?

I was invited by my sister Nancy who had attended for the first time the previous year. I was 49 when I experienced my first retreat, and after I did I, could not believe that I had waited that long. I have never looked back—going on retreat is an important part of my life!



How many years (roughly) have you attended?

The October 2019 retreat was my 23rd. I have been a retreat captain for 20 of those years.

Do you have a favorite part of the Retreat?

I love all the facets of our retreat! Each year something different stands out or means more to me depending on what I'm experiencing in my life or what spiritual nourishment I am in need of that particular year.

What are the challenges with being a captain?

The main challenge is getting our retreat filled to capacity or close to it. I work hard to do that every year. Another challenge is getting retreatants to send in their registration fees without being reminded more than once—but that is very minor!

What are the satisfactions of being a retreat captain?

Communication with those who attend our retreat is a great satisfaction to me. I have many family members and friends who attend every year but there are many retreatants whom I only speak with once a year, when I am contacting them to see if they are planning to attend or in conversation at the retreat. It gives me a chance to see how they are doing and how their year has been. I make a point of not using email or texting unless absolutely necessary—I communicate by phone conversation or speak to them directly if possible. This is more personal and also gets better results in recruiting people to attend our retreat.

Another great satisfaction is hearing from retreatants who have been affected positively

Retreat Schedule

through December 2020



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RETREATS AND SPIRITUALITY CENTER

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2020 Theme

Fear Not: I Am With You Always

A retreat for everyone...please pray for these retreats and consider joining us!

Weekend Retreats 2019

Dec. 6-8 Serenity Retreat
Dec.13-15 Men's Retreat

Weekend Retreats 2020

January 10-12 Women's Weekend
January 17-19 Women's Weekend
February 7-9 Men's Retreat
February 14-16 Married Couples
February 21-23 Women's Weekend
April 3-5 Women's Weekend - Palm Sunday (Silent)
April 9-12 Men's Holy Week - Good Friday (Silent)
April 17-19 Married Couples
April 24-26 Women's Weekend
June 25-28 Men & Women Silent Retreat
August 6-9 Silent Retreat
September 11-13 Prayer Shawl
September 18-20 Hope United Grief Retreat
September 24-27 Men & Women Silent Retreat
October 2-4 Women's Weekend
October 9-11 Women's Weekend
October 16-18 Men's Silent Retreat
Oct 30-Nov 1 Friends of Francis
November 6-8 Women's Weekend
December 4-6 Serenity Retreat
December 11-13 Men's Retreat

Midweek Retreats 2020

April 21-23 Women's Midweek
May 12-14 Women's Midweek
June 9-11 Women's Midweek
September 15-17 Women's Midweek
October 6-8 Women's Midweek

Day of Prayer (Thursdays)

LENTEN	ADVENT
March 5	December 3
March 12	December 10
March 19	December 17
March 26	

Register for Retreats

Call 952-447-2182

Online www.FranciscanRetreats.net/register

or

Complete **Registration Form** below

Registration Form

Retreat Dates _____
Name _____ Telephone # _____
Address _____ City _____
State _____ Zip _____ - _____ E-Mail _____
Registration Fee \$35.00* Payment Check # _____
Credit Card: Visa Discover MasterCard # _____ - _____ - _____ Exp. Date _____ Sec. Code _____
Signature Approval _____

Send to: Franciscan Retreats and Spirituality Center, 16385 Saint Francis Lane, Prior Lake, MN 55372-2220

***A non-refundable registration fee of \$35.00 per person is required and must be received in order to reserve a room. The suggested retreat offering of \$190 can be paid while you are here on retreat.**

Captain's Profile continued

by attending our retreat—that makes my being a retreat captain worthwhile and so enjoyable!

What would you like readers to know about attending retreats?

Attending a retreat is a wonderful opportunity to get away from our busy world for a while and to focus on yourself and your relationship with God. People generally do not have enough “down time” in their lives and this is an excellent way to have that experience. I always come away from retreat refreshed and ready to face whatever challenges are coming my way!

Personal:

I live in Center City, Minn., with Tim, my husband of 49 years. We have two sons, a daughter, a daughter-in-law, a son-in-law, two

grandsons, and four granddaughters. We are members of St. Bridget of Sweden parish in Lindstrom, Minn.

Interests:

Reading, movies, music (especially rock!), fishing on our lake (South Center), attending our grandkids’ activities and sporting events, volunteering at our parish as a coordinator for the New Pathways homeless program for which we have been a host church for ten years, and helping with the weekly communion/prayer service at our local nursing home.

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Fall Favorites

Br. Bob's Turkey/Chicken Tetrazzini (A great way to use up leftover turkey or chicken)

Ingredients

- 2 cups Turkey or Chicken, chopped, shredded or cubed
- 1/2 cup Butter or Margarine
- 1/2 cup Flour
- 1/2 Tsp. Pepper
- 1 Tsp. Salt
- 1 cup Parmesan Cheese (more cheese if you like it extra cheesy—I usually add more)

- 2 cups Chicken Broth
- 2 cups Half-and-Half or Milk (2% or whole)
- 1/4 cup Sherry
- 2 small cans of mushrooms (or 8 oz or so of fresh, sliced, mushrooms cooked in a little olive oil or butter)
- Enough angel hair pasta* for 6 people (c. 1 pound)

Directions

Combine the flour and seasonings in an appropriate sized bowl. Melt butter in a deep skillet over low to medium heat. Once the butter is melted, whisk the flour/seasonings mixture into the butter until the mixture is smooth and bubbly.

Heat the chicken stock or broth in a microwave for a minute and slowly add two cups of the stock/broth into the flour/butter mixture. Once incorporated, gradually add the Half-and-Half or milk, all this time you will need to keep whisking this mixture to avoid lumps. Continue to heat the mixture until it thickens. Boil and stir for one minute. Reduce heat, stir in sherry, chicken and mushrooms and half of the cheese. Keep this mixture on low heat for a minute or two, or until it is bubbly.

Cook pasta according to directions. Drain the pasta and add it to a greased 9 x 13 casserole dish. Add the heated liquid mixture of turkey/chicken, mushrooms and cheese to the pasta and mix together. (Note: if the mixture seems too dry, incorporate a bit more milk or chicken stock into it.)

Sprinkle remainder of the cheese on top of the pasta and bake at 350° for 30-45 minutes, until it is heated through and bubbly.

*You may substitute spaghetti or linguine or any other pasta that you may prefer, though you may have to adjust the proportions.

