SPECIAL ANNIVERSARY ISSUE…

“Celebrating 50 Years” 1966-2016

For 50 years in Prior Lake, Franciscan Retreats and Spirituality Center has been a spiritual oasis where retreatants recharge mentally and physically, explore their faith, learn from the saints and hear the Spirit’s voice.

We hope you enjoy this issue that shows where we’ve been, where we are now and where, God willing, we hope to be going.

Please join us for our

50th Anniversary CELEBRATION

July 17, 2016

11:00 AM – 3:00 PM

Homecoming Tent Event – Mass on the Grass – July 17th. Open outdoor Mass at 11:00 AM, events and activities immediately following. This is a summer open house featuring returning friars, directors, employees, retreatants, friends of the retreat center and those totally new to the retreat center. Chicken dinners, family activities, tours of the retreat center, live music, face painting, ‘bounce house’ door prizes, and more. Friar John Bamman will be teaching participants of all ages how to make Catholic Paracord ‘survival bracelets.’ Artists will be creating landscape oil paintings live on retreat center grounds. The retreat center itself will be open for tours and viewing of historical displays, or just for relaxing while strolling the retreat center grounds. Franciscan Priest Fr. Richard Kaley, a Friar of the same province as the Friars of Prior Lake and pastor of St. Bonaventure parish in Bloomington, Minnesota, will be the principal celebrant. An engaging and thoughtful homilist, Fr. Richard, a native of Bloomington, Minnesota, has served as a pastor, provincial Vocation Director, Novice Director, and Vicar Provincial in his 40+ years as a Franciscan priest. Fr. Richard also serves on the Board of Advisors for the Retreat Center.

“May the Lord give you peace.” St. Francis of Assisi
Some people confuse a labyrinth with a maze. As Moriarty points out, "The time here has been healing. Truly my spirit gives thanks to our God for this time."

Franciscan Retreats and Spirituality Center has been a second home to many. For some, their retreat experience was life-changing (some would even say life-saving), for others, there is the calm assurance that 'the chapel value and gratitude for all things.'

Religious extremism will continue to be a challenge in our world. It is important that we maintain a presence in the world and continue to grow in our understanding of what it means to be a disciple of Jesus Christ.

Challenges and opportunities exist in the modern world. It is important that we face these challenges with a positive attitude and a willingness to learn and grow.

For 50 years, Franciscan Retreats and Spirituality Center has been a source of inspiration and renewal for people from all walks of life. The center continues to evolve and adapt to the changing needs of its visitors, ensuring that it remains a place of peace and spiritual growth for generations to come.

In conclusion, Franciscan Retreats and Spirituality Center remains a vital resource for those seeking spiritual renewal and personal growth. As we look to the future, we are confident that the center will continue to thrive and serve as a beacon of light in a world that often feels dark and uncertain.

The labyrinth is a sacred place set aside for you to reflect, look within, pray, negotiate new behavior, and explore your relationship with the Divine as you walk the complicated, demanding path called life.

~Lauren Artress
Labyrinth Installation (continued)

Labyrinth designs were etched into the floors of some of the great cathedrals in Europe in the Middle Ages. The most famous of these is the Chartres Labyrinth, which was completed in 1201, but there are others in Spain, Italy and Algeria. In 1994, Grace Cathedral in San Francisco, installed a tapestry labyrinth indoors with an outdoor terrazzo labyrinth the following year. The number of labyrinths has exploded in the last ten years, causing labyrinth expert, Jeffrey Saward to note that more labyrinths have been constructed in the last several years than in any time in the past.

In the last twenty five years, there has been renewed interest in the labyrinth as a means to facilitate prayer and reflection. On her website, www.pathsofpeace.com, Lisa Moriarty posts the following: “A sign of God is that we are led to a place we did not intend to go.” Anonymous. “This is a perfect description of my labyrinthine journey, and one that is shared by many others. The labyrinth seems to find us, we are led to it and it leads us to places and people we would not otherwise discover.”

While there is no right or wrong way to walk the labyrinth, the best way to approach the labyrinth walk is with an open heart and an open spirit. One may enter the labyrinth with a particular intention in mind and pray for that intention as s/he walks it or one may pray a simple prayer repeatedly, e.g., The Jesus Prayer: Lord Jesus Christ, Son of God, have mercy on me, a sinner. Or perhaps a line from the Psalms, e.g., Psalm 27: The Lord is my light and my salvation; whom shall I fear. Perhaps no words are appropriate for your walk; give yourself the gift of walking in silence and of listening, seeing, and feeling wherever the Almighty calls to you in that moment.

The Labyrinth is located to the left of the Friars’ garage near the edge of the woods. There are two benches nearby to help you pinpoint its location.

New Bedspreads – MODEL SUITE

We are very blessed to have had a benefactor donate new bedspreads for the retreat center rooms (pictured). The classic pattern creates an inviting yet soothing ambiance in the rooms that spills over to the retreat center in general.

Even though the new bedspreads stand well on their own, as often happens when one part of a room is updated, the new bedspreads gave rise to thoughts of other improvements to our rooms.

In light of that we have created one model suite, (rooms 2&4 in our St. Clare wing) with new bedspreads, updated drapes (without those challenging cords) and an updated sink with counter space for spreading out personal items. This suite will be open for viewing during our July 17th open house. The bedspreads are in use fully throughout the retreat center right now.

CALL FOR VOLUNTEERS

Are you a friend of the retreat center that would like to volunteer on July 17? Please call the office at 952-447-2182.
A retreat center is a place where one can set time apart to reflect and pray about where his or her life is going. And what are the means one needs to continue the faith journey? In more practical terms we need forgiveness, healing and purpose for our future.

Over the past fifty years, Franciscan Retreats and Spirituality Center has been a haven of hope for many people seeking the wisdom necessary to make the right decisions as they experience life transitions in their journey of faith.

In my four assignments dating back to the seventies, a common thread uniting all those persons past and present is that of a love for the Franciscans and their unique approach to the Gospel.

It is said that the secret of a life well lived is not in counting the years but making the years count. Experiencing a retreat once a year can lead to joyful conscious living, helping a person make the most of each day, week, month and year. May the years ahead be filled with Faith, Hope and Love for all who are a part of Franciscan Retreats and Spirituality Center.

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Gluten Free Banana Bread

**Ingredients:**
- ½ cup canola oil
- 1 cup of sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 ½ cups gluten free flour*
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup mashed banana
- ½ cup chopped nuts
- ½ cup sour cream

*My favorite gluten free flour is ‘Cup 4 Cup’

**Directions:**

Grease one large loaf pan
Cream oil, sugar, eggs and vanilla
Add dry ingredients, bananas, nuts and sour cream
Mix well
Bake 350° F one hour

'My favorite gluten free flour is ‘Cup 4 Cup’