Offering programming, retreats, and workshops year-round for the body, mind, soul, & spirit!
Supporting spiritual growth for people of all faiths, beliefs, & traditions.

Please send me the newsletter electronically (please note if it's in addition to mail).
Please remove me from your postal mailing list.
I received duplicates of your mailings; please send only one copy of the newsletter to the address below.
Please note that my address has changed to the address below.
My mailing address: ___________________________________________________ 
________________________________________________________________________
You may return this item to: 1001 Davis Street, Dubuque, IA 52001, email: info@shalomretreats.org, or call: 563-582-3592.

Aspiring to nurture peace, harmony, healing, wholeness, hospitality, prayer, and well-being
Greetings and peace to you in this new year!

2020 is shaping up to be a terrific year at Shalom. We have a variety of programs and events for you to consider participating in this year. There are many familiar favorites like the seasonal breakfasts, the administrative professional luncheon and the annual celebration of German food and music. Once again, we are sponsoring a variety of retreats for you to choose from this summer.

We are excited to share some new programs this year as well. In February, we are bringing a Faith Writers Writing Conference to Shalom. Also, in the spirit of partnership, we are co-sponsoring two events at the Canticle of Creation Center located at Mount St. Francis. We are also partnering with Loras College to bring speaker and author John Schlimm to the Loras Ballroom. More information about all of our programs and events can be found in our newsletter, on our website, and on our Facebook page. Please follow us on Facebook to see all the latest information on our Franciscan sponsored spiritual ministry.

On behalf of the Shalom team, we wish you all peace and health of body, mind, and spirit in 2020. We look forward to seeing you at Shalom!

Peace and All Good,

Connie Palm
Shalom Director
Consider us for your next hosted event or retreat!

Our Amenities:

55 regular bedrooms with 68 total beds
(all bedrooms include a recliner, vanity, and closet; most bedrooms also include a desk)

12 meeting & gathering spaces available for use by groups:
- 3 larger conference/gathering rooms
- 3 smaller meeting/breakout rooms
- Library (2 rooms)
- Large chapel/worship space
- Large parlor
- Large dining room (seats 100-110)
- Small dining room (seats 12-15)

11 bathrooms with 18 toilets and 16 showers in total

2 private apartments (both apartments include a full kitchen and a living room area):
- 1 apartment provides an additional 4 bedrooms, 1 bathroom
- 1 apartment provides an additional 6 bedrooms, 2 bathrooms

2 outdoor decks with tables and chairs, 1 has a pavilion

60 regular parking spaces, 2 handicapped-reserved spaces

Our Features:
- warm, welcoming, accommodating hospitality
- quiet, peaceful, sacred space
- relaxing, restful, restorative environment
- cozy, comfortable, homey bedrooms
- central air conditioning
- individual room heat
- smoke-free building
- delicious homemade meals
- meditation garden
- adjacent to an 81-acre prairie with walking trails
- indoor labyrinth
- spiritual/religious resource library
- used books for sale
- free wi-fi
- accessible to all: ADA compliant — including elevator and handicapped parking
- chapel sound system
- hearing assistance devices in chapel
- gift shop

Spacious accommodations and an atmosphere of peacefulness provide an ideal setting for workshops, planning meetings, group meals, funeral dinners and more. Stay for a few hours, a day, overnight, or longer.

To learn more about our rates and availability, call Connie Palm at 563-582-3592.

Sacred Spaces for Private Retreats

The word “shalom” is a Hebrew word that means peace. We offer private spaces for guests that are perfect for anyone seeking a personal retreat. The facilities, combined with the hospitable service provided by our friendly staff, provide a restorative environment ideal for prayer, reflection, introspection, mindfulness, meditation, concentration, contemplation, and discernment.

An individual may schedule a private retreat any time of the year, depending on room availability. Private retreats for individuals — different from our group retreats starting on page 17 — are offered year-round.

Peace Haven is a six bedroom apartment with one queen, three double, and two single bed rooms, a living room with cable TV, a fully-furnished kitchen where guests may prepare their own meals and dine, and two full bathrooms. It was completely renovated in 2016.

Peace Haven is also available for individuals or families who are visiting and caring for loved ones at nearby healthcare facilities. In the spirit of compassion and with the help of our donors and sponsors, we are able to provide this space free of charge when used for this purpose.

The Oasis Hermitage apartment is available for one to four persons at a time. This space is ideal for guests seeking a sanctuary slightly removed from the rest of the building for solitary or small group retreats.

Oasis has four bedrooms — three with a single bed and one with a double bed, a kitchen/dining area, living room, and one full bathroom. It has two doors to the outside, one with an adjoining small porch. It was renovated in 2018.

Additional Facilities available for retreats include a small dining room along with a refrigerator for private retreatants to store perishable food items. You may also walk the indoor labyrinth, schedule a spiritual direction session, utilize the spiritual resource library, sit in our meditation garden, and more.

During your private retreat, meals from Shalom may be available at an additional cost. Call ahead to ensure availability.

For more information or to reserve one of these spaces, contact us by calling: 563-582-3592 or emailing: info@shalomretreats.org.
Spiritual direction can be arranged as part of a private retreat, or separately. Spiritual direction is an opportunity to meet with a trained spiritual director or guide to discern one’s direction in life, to deal with a situation, to cope with a loss, to look deeply within oneself, to deepen relationships—all in the context of asking, “Where is God in all this?”

Our spiritual directors come from a variety of faith backgrounds and are available for ongoing guidance as needed. The spiritual director/guide assists in hearing and trusting your inner wisdom. Shalom provides a safe, comfortable, private, and peaceful setting for spiritual direction.

Suggested offering: $30 per hour-long session. For more information or to arrange spiritual direction, call Connie Palm at: 563-582-3592.

Program coordinator Mary Potter Kenyon is available to bring programs like these and more to your club or workplace for a requested offering to Shalom. For more information, call Mary at: 563-582-3592.

**Called to Be Creative:** Reconnect with your creative side with this entertaining and informative program. All attendees receive a “magic pencil” to jumpstart their own creativity.

**Writing For Your Life!** A reflective and informative workshop demonstrating the science behind utilizing expressive writing as a tool for healing. Includes examples of published expressive writing and methods for getting started in journaling.

**Writing Short Memoir:** Author Mary Potter Kenyon will share tips and writing exercises to get attendees started writing about their life, whether for publication or for leaving behind a family legacy. Includes handouts that show markets that actively look for short memoir pieces.

**Mailbox Memories:** Brief history of postal mail, fun snail-mail facts, and methods of preserving and displaying meaningful letters. Everyone gets notecards and stamps to begin their own movement to save the world, one letter at a time.

**Book Talks:** Author of seven traditionally published books, including the upcoming “Called to Be Creative,” Mary can speak on what it is to be a writer or on the topics of her books: couponing, caregiving through cancer, grief, friendship and letter-writing, expressive writing, or creativity.
January 2020 – September 2020

Programs

REGISTRATION AND REFUND PROCESS

You may register by:
Calling: 563-582-3592
Emailing: info@shalomretreats.org
Clicking the registration links at: www.shalomretreats.org

Then call-in, drop-off, or mail-in your payment.
We accept cash, credit & debit card, check, or money order.
Your registration is not confirmed until payment is received.

Checks or money orders can be mailed to:
Shalom Spirituality Center, 1001 Davis Street, Dubuque, Iowa 52001
 Include the event title, attendee(s) name(s), address, and phone number.

Refunds will only be given if a request is received at least three business
days before the event or if the program is canceled. A $5 handling fee will
be subtracted from the refund amount.

FAITH WRITERS: Monthly Writer’s Group

Third Tuesday of every month: January 21, February 18, March 17, April 21, May 19, June 16, July 21, August 18, September 15, 6:30-8:30 p.m.

Facilitator: Mary Potter Kenyon

Monthly writer’s group allows time to share up to two
pages of writing with an opportunity for feedback and
critique from other members.

Freewill offering appreciated, snacks provided, no registration needed.

WOMEN’S CHRISTMAS
An Evening of Rest & Restoration (and presents!)
Monday, January 6, 5:30-8:30p.m.

Facilitator: Mary Potter Kenyon

Originating in Ireland, where it is known as Nollaig na mBan, Women’s Christmas is a
day when women, who often carried the domestic responsibilities all year, celebrated
January 6 as a day to enjoy a bit of respite at the end of the holidays. This evening
mini-retreat is a good time to pause and take a break from all that has kept you
hurried and busy in the past weeks. We invite you to rest, reflect, and find restoration.
Utilizing sections of Jan Richardson’s "By Way of the Heart" retreat, the evening
of prayer, discussion, and light snacks with tea will culminate with a gift for each
attendee. If you have a meaningful symbol of hope, feel free to bring it with you.

$18 each, or $30 for two if signing up with a friend, includes snacks and a gift.
Register and prepay by Friday, January 3. This event has limited seating.

WINTER TEA
Sunday, January 12, 1-3 p.m.

We’re celebrating both Hot Tea Day and a generous
donation of lovely tea cup sets from St. Thomas More
Church in Coralville with the first of what we hope will
be many tea parties. Enjoy a variety of teas and light
refreshments. One attendee will win a basket filled
with tea-related goodies.

$12 per person. Register & prepay by Thursday, January 9.
ART AS PRAYER

Saturday, January 25, 9:30 a.m. - 2:30 p.m.

Presenter: Susan Miller

Art becomes prayer with intention. Come explore color, writing, images, and form through creative expression as a way to hear and share God with others. A time to play and pray with local artisan, Susan Miller.

Suggested offering: $25 per person, includes lunch and materials. Register & prepay by Tuesday, January 21.

LUNCH & LEARN : Chair Yoga with Deb May

Mondays, January 27, February 24, April 13, 11:30 a.m. - 12:30 p.m.

Instructor: Deb May

- January 27: Boost Your Immune System – Strengthen and support your immune system with Chair Yoga poses
- February 24: Breathe – Practice Chair Yoga poses that may help to open your lungs and breathing.
- April 13: Renew – Set a positive tone for Spring through Chair Yoga. Remember the light within yourself.

$15 per person, includes lunch. Register & prepay by the Thursday before the Monday event.

READING THAT MATTERS BOOK CLUB

Tuesdays, February 4, March 24, 6:30 - 8 p.m.

Facilitator: Eileen Miller, OSF

Everyone is welcome to join in these discussions of books that can impact how we view the world around us. Books are available for purchase at River Lights Bookstore.

- Tuesday, February 4: The Tattooist of Auschwitz by Heather Morris
  A vivid, harrowing, and ultimately hopeful recreation of Lale Sokolov’s experiences as the man who tattooed the arms of thousands of prisoners with what would become one of the most potent symbols of the Holocaust, The Tattooist of Auschwitz is also a testament to the endurance of love and humanity under the darkest possible conditions.

- Tuesday, March 24: Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth by Sarah Smarsh
  By telling the story of her life and the lives of the people she loves, Smarsh challenges us to look more closely at the class divide in our country and examine the myths about people thought to be less because they earn less. Her personal history affirms the corrosive impact intergenerational poverty can have on individuals, families, and communities, and she explores this idea as lived experience, metaphor, and level of consciousness.

$6 per discussion, does not include book. Register by the Monday before each discussion.
FAITH WRITERS WRITING CONFERENCE

Friday, February 14 & Saturday, February 15
Friday: 9:30 a.m. - 5 p.m., Saturday 9 a.m. - 4 p.m.

Facilitator: Mary Potter Kenyon
Keynote speaker: Twila Belk

Twila Belk, author of seven books and former director of the Quad Cities Christian Writer’s Conference for eight years, will keynote our first annual Writer’s conference. Speakers include fiction authors Shelly Beach and Patti Stockdale, non-fiction authors Mary Potter Kenyon and Linda McCann, UNI professor Doug Shaw, Loras professor Kevin Koch, and local poet Valerie Woerdehoff.

Workshops will be on writing fiction, non-fiction, poetry, marketing and book proposals. Whether you are a seasoned or aspiring writer, there will be many workshops to choose from, along with inspirational messages and opportunities for networking with professionals in the writing industry. Some of the featured workshops include “Is God Calling You to Write,” “What’s Holding You Back,” “The Dos and Don’ts of Dialogue,” “What You Need to Know About Point of View,” “Mistakes of a First-Time Novelist,” “Writing About Your Sacred Places,” “Book Proposal Basics,” “From Pen to Paper...to Publication,” “Creating Buzz for You and Your Book.” Follow the Faith Writer’s conference Facebook Page for updates: www.facebook.com/Faith-Writers-Conference-109702410496292/

$100, includes lunch both days. Overnight option $150, includes lunch both days, plus breakfast Saturday. Register & prepay by Monday, February 10.

TAKING TIME FOR QUIET & PRAYER

Wednesdays, February 19, March 18, April 15, May 13, 12:30 - 5 p.m.

Facilitator: Eileen Miller, OSF

Reflect on a section of Richard Rohr’s The Universal Christ each time the group meets for these four sessions. Will include prayer, time for reading and reflection in a private space, and group discussion. Similar format to Sr. Eileen’s previous popular series “Days of Quiet & Prayer.”

$80 for the series, includes book and afternoon snack and coffee. Register & prepay by Wednesday, February 5 to ensure you get a copy of the book.

MIXED MEDIA MEMORIES

Monday, February 24, 6:30-8:30 p.m.
Facilitator: Allison Poster

Use pieces from your or a loved one’s past to create a unique mixed media piece! Empty out those drawers and boxes you’ve stored away and bring your materials such as old ticket stubs, handwritten notes, newspaper clippings, pieces of jewelry, postcards, your mother’s necklace or lace hanky – the sky’s the limit! Local artist Allison Poster will guide us in creating a one-of-a-kind piece that will make you smile every time you see it.

$25 each, includes canvas, paint, Mod Podge for project. Register & prepay by Thursday, February 20.

DISCUSSION WITH JOHN SCHLIMM
Co-Sponsored with Loras College

Thursday, March 12, 6:30 - 8 p.m.
at Loras College Ballroom

Presenter: John Schlimm

International award-winning author John Schlimm has traveled the country speaking on inspirational and motivational topics, including a keynote address on Capitol Hill. He is the author of 18 books, including the newly-released “Extraordinary Dogs”. Enjoy discussion on therapy animals with this Harvard-trained educator, artist, activist, and author. Book-signing following the event. Held at the Loras College Ballroom.

Free, and open to the public. Contact Mary Potter Kenyon, mkenyon@shalomretreats.org for more information.

HEALING THROUGH ANIMALS
Co-Sponsored with Canticle of Creation Center

Friday, March 13, 9:30-11 a.m., at Canticle of Creation Center at Mount Saint Francis (3390 Windsor Ave., Dubuque)

Presenter: John Schlimm

Geared for a professional audience, or those interested in treating trauma with therapy animals. CEU’s may be available, please contact Mary Potter Kenyon for information and additional costs. Held at Canticle of Creation Center at Mount St. Francis.

$15. Register & prepay by Tuesday, March 10.
DOG (GOD) MOMENTS THAT HEAL
Co–Sponsored with Canticle of Creation Center
Saturday, March 14, 10 - 11:30 a.m., at Canticle of Creation Center at Mount Saint Francis (3390 Windsor Ave., Dubuque)
Presenter: John Schlimm
John will tell us about some of his favorite dogs featured in his new book, “Extraordinary Dogs”. Presentation ends with a Planting COMPASSION and Planting PEACE participatory art project with seeded paper attendees can take home for planting compassion and peace in their own backyards. *Held at Canticle of Creation Center at Mount St. Francis.*
$10. Register & prepay by Thursday, March 12.

SHALOM SPRING BREAKFAST
Tuesday, March 17, 7:30 - 8:30 a.m.
Presenter: Connie Palm, Director of Shalom
It is part of our human nature to find fresh causes for optimism. During this spring breakfast, Connie Palm, Shalom Director, will share her experience seeking and finding hope during various seasons of her life. Plan to celebrate the beginning of the spring season by meeting friends for a great breakfast and reflecting on what it is to be more mindful.
$10. Register & prepay by Friday, March 13

TAI CHI CHIH
Each Wednesday, April 1, 8, 15, 22, 29, May 6, 9 -10 a.m.
Instructor: Linda Duehr
T’ai Chi Chih is a modified form of T’ai Chi, is a combination of 20 movements that are slow, gentle, and easily done by anyone regardless of age or physical condition. By circulating and balancing the “chi” or vital energy within us, the T’ai Chi movements promote physical, mental, emotional and spiritual harmony and well-being. This class is for beginners and practicing learners of T’ai Chi Chih. As movement is non-strenuous, participants will be comfortable in “regular” clothing.
$60 per person, six sessions. Register and prepay by Friday, March 27.

THE BEAUTY WAY
Monday, April 6, 6:30 - 8:30 p.m.
Presenter: Nancy Thompson
Our Native American brothers and sisters have long enjoyed a special relationship with the natural world. The Navajo call this “Walking in Beauty,” the Ojibwe call it “The Good Path.” Through story, music, prayer and sharing, explore these concepts as a means to help us live in joy, peace and harmony with Mother Earth and all her children.
$15, Register & Prepay by Thursday, April 2.

RECLAIMING YOUR IDENTITY AS GOD’S BELOVED CHILD
Saturday, April 18, 10 a.m. – 2:30 p.m.
Presenter: Candice Chaloupka, MA
God gave each of us a purpose, but when we lose sight of our value, we fail to be the wonderful, beloved child He created us to be. Using discussion, videos, and time for reflection, we will explore the core beliefs that keep us stuck and reclaim our identity as a beloved child of God.
$35, includes lunch. Register & prepay by Tuesday, April 14.

ADMINISTRATIVE PROFESSIONALS LUNCHEON
Wednesday, April 22, 11:30 – 1 p.m.
Presenter: Connie Palm, Director of Shalom
Bring your office staff to our annual luncheon honoring those who, through their service, are really the heart and soul of what happens within your organization. We will honor these good people with a delicious lunch, followed by an affirmative message from our director, Connie Palm.
$15. Register & Prepay by Friday, April 17. NOTE: Please include the names of all attending.
SHALOM’S ANNUAL CELEBRATION OF GERMAN FOOD & MUSIC

Tuesday, April 28, 6:30 - 8 p.m.

Musicians: Dave Overby & members of The Americana Band

This celebration of German heritage is a long-standing Shalom event. If you enjoy German cuisine and old-fashioned toe-tapping music, this is the evening for you! Come prepared to share at your table a little about your own German heritage. The food is guaranteed to be delicious and the music will make you want to dance!

$25. Register & prepay by Thursday, April 23. NOTE: If you are a member of a group who wishes to be seated together, please inform us when registering.

ART JOURNALING

Saturday, May 16, 10 a.m. - 2:30 p.m.
Facilitator: Carol Hedberg

Explore themes of connection while combining art and writing. Dabble in writing a memoir, self-reflection and bullet journaling as you play with simple art mediums. Advance to more dramatic and playful pages in the afternoon. Color enriches our writing in exciting ways.

$30, includes materials and lunch. Register & prepay by Tuesday, May 12.

SHALOM SUMMER BREAKFAST: “Sisterhood of Summer”

Tuesday, June 9, 7:30-8:30am
Presenter: Lori Apel

Lori Apel, Canticle of Creation Center Director will entertain as you join friends old and new for our annual seasonal breakfast.

$10. Register & prepay by Friday, June 5.

ANNUAL PICNIC ON THE HILL

Thursday, June 18, serving 11:30 a.m. - 1 p.m.

Enjoy a picnic lunch in our dining room or on our deck. Serving all of your favorite picnic foods! Bring your family or friends, or make some new friends at this annual event.

$10, or $5 for children 5 and under. Register and pre-pay by Tuesday, June 16.

MAKING ALL THINGS NEW: BECOMING A NEW CREATION

Thursday June 4, 5:30 p.m. – Sunday, June 7, 11 a.m.
Facilitator: Fr. Joseph Nassal, CPPS

When we hear that something is “new and improved,” we anticipate it is better than the “old” model. But on the journey of faith, a “new creation” is the promise of transformation that comes from God’s generous grace. The call of the gospels is to become a new creation in the Risen Christ. It is the profound belief that each and every person, made in God’s image and likeness, can be restored and renewed in Christ. No matter where we are on our journey, God offers the possibility of a new beginning. This retreat will explore in practical and prayerful ways what it means to become a new creation and to serve with a renewed sense of purpose and passion for life.

Fr. Joe Nassal, CPPS is the author of eight books including The Conspiracy of Compassion, Rest Stops for the Soul, Premeditated Mercy, Moments of Truth, and Stations of the Crib. A Missionary of the Precious Blood, he has been engaged in retreat, renewal and reconciliation ministry since 1988, including three years as director of Shantivanam, the House of Prayer for the Archdiocese of Kansas City. From 2002-2006, he was involved in establishing the Precious Blood Center for Reconciliation on the south side of Chicago. Ordained in 1982, Fr. Joe has served in parish, justice and peace, formation, and vocation ministry for his religious community, including 24 years on the provincial council. He was provincial director of the Kansas City Province from 2011-2019. He lives in Berkeley, CA where he is involved in establishing a Mission House of Prayer for those on the margins.

Overnight Cost: $410. Includes 3 breakfasts, 2 dinners, 3 suppers
Commuter Cost: $360. Includes 2 dinners, 3 suppers
$25 early bird discount if registered by May 4.
$75 nonrefundable deposit required.

Registration Deadline: Friday, May 29
DIVINE INTERRUPTIONS

Sunday, July 19, 5:30 p.m. — Friday, July 24, 9 a.m.

Facilitator: Sr. Nancy Schreck, OSF

There are times in our lives, be it in contemplative sitting, immersed in radical social action or somewhere in-between when we meet an Energy that interrupts, disrupts and surprises us. This retreat will use scripture and women mystics from a variety of traditions to explore these experiences and to notice the “in breaking” of the Divine which is beyond our safe management. Participants are invited to come with their awareness of these experiences, their dreams, and their desire for a more expansive spiritual responsiveness. All are welcome!

Sr. Nancy Schreck, OSF, currently serves as Program Director of EXCEL (for at risk youth/adults), in Okolona, MS. She has served as presenter, educator and facilitator for groups worldwide and has served in leadership roles for the Sisters of St. Francis, as the President of the Leadership Conference of Women Religious, and as a U.S. Delegate for the International Union of General Superiors. Sr. Nancy holds a MA in Religious Education from Boston College and a Doctorate in Ministry from the Pacific School of Religion, Berkeley, CA.

Overnight Cost: $475. Includes 5 breakfasts, 4 dinners, 5 suppers
Commuter Cost: $420 includes 4 dinners, 5 suppers
$25 early bird discount if registered by June 19.
$75 nonrefundable deposit required.

Registration Deadline: Friday, July 10.

FRANCIS AND CLARE OF ASSISI:
A SPIRITUALITY OF POVERTY AND JOY

Friday, July 10, 5:30 p.m. – Sunday July 12, 11:30 a.m.

Facilitator: Dr. Susan Pitchford

How can we live the contemplative life in the midst of busy lives? Finding a way to balance prayer and action is a challenge. Susan will present how the Franciscan way of life can be balanced and integrated in anyone’s way of life.

Dr. Susan Pitchford is a sociologist at the University of Washington in Seattle and a professed member of the Third Order, Society of St. Francis for people who wish to follow the Franciscan way within families and occupations. She’s authored several books: The Sacred Gaze: Contemplation and the Healing of the Self, God in the Dark: Suffering and Desire in the Spiritual Life and Following Francis: The Franciscan Way for Everyone. She is a frequent retreat speaker and loves nothing more than exploring with others how to go deeper in the life of faith.

Overnight Cost $230. Includes 2 breakfasts, 1 dinner, 2 suppers
Commuter Cost: $150 includes 1 dinner, 2 suppers
$10 early bird discount if registered by June 10.
$50 nonrefundable deposit required.

Registration Deadline: Friday, July 3.
MISSIONARY DISCIPLESHIP FOR ALL: FROM JESUS TO POPE FRANCIS

Thursday, July 30, 5:30 p.m. – Sunday, August 2, 11 a.m.
Facilitator: Dr. Anthony J. Gittins, CSSp, PhD

Pope Francis challenges us to be missionary disciples in reaching out to people living on the margins (and not by choice). Gittins illustrates through scripture what it means to be with those at the margins and challenges the church to a life of unpredictable, risky discipleship. Gittins calls us to go to the edges of society as modeled by Jesus.

Dr. Anthony J. Gittins, CSSp, taught Theology and Anthropology at The Missionary Institute, London, UK. He then became Associate Professor of Mission Studies and Professor of Theological Anthropology at Catholic Theological Union in Chicago. He is now Emeritus Professor of Theology and Culture. As a native of England and of the Congregation of the Holy Spirit, he continues to offer workshops, seminars, short courses and retreats, within the United States and further afield, from Australia to Africa. He is the author of 18 books on theological and anthropological topics, and on mission and spirituality.

Overnight Cost: $410. Includes 3 breakfasts, 2 dinners, 3 suppers
Commuter Cost: $360 includes 2 dinners, 3 suppers
$25 early bird discount if registered by June 30.
$75 nonrefundable deposit required.

Registration Deadline: Friday, July 24

Fund-A-Cause

For our 3rd annual Fund-A-Cause, we are seeking donations for scholarship endowment and funds to keep program costs affordable for individuals seeking spiritual fulfillment and holistic well-being.

With your donation, you may choose to:

Underwrite a speaker/presenter for programs or retreats.
Provide scholarship money to support individuals in need so that they are able to attend our programs or retreats, or
Subsidize/offset the associated costs of a program or retreat in order to keep the requested offering affordable for everyone.

Our fundraising goal is $10,000, and thus far we’ve raised $5,960. Thank you for helping us reach our fundraising goal!

Volunteer at Shalom!

If you are seeking opportunities to build relationships with God, yourself, and others — volunteer your time to help us provide life-giving events and warm hospitality! Whether you have service hour requirements for church, school, college, or confirmation or wish to serve out of the generosity of your spirit, we have many opportunities available both indoors and outdoors. There are many ways to give and serve. Please contact us for more information.

2020 Wish List

New Items:
Colored double bed sheets
Colored pillowcases
White twin sheets
White pillowcases
New pillows
Funds to purchase matching silverware
Our 16th annual Shalom Shenanigans fundraising event was held on October 24, 2019 and featured a social hour, delicious meal, silent auction, raffle and Fund-A-Cause. We achieved a record number of sponsorships this year and raised approximately $40,000 for our ministry.

We are grateful to all of our sponsors, donors, and volunteers who made this a successful event. Your contributions enable us to continue offering life transforming retreats and programs for years to come!

Diamond - $2500
Kevin & Valorie Schmitt *Honorarium for Jean (Welter) Vance ICA Alumni
Sisters of St. Francis Dubuque
Conlon Construction Company
MidwestOne (American Trust)

Platinum - $1500
New Melleray Abbey (Trappist Caskets)
Premier Bank
Stonehill Care Center
Anonymous
Anonymous *Honorarium for Sr. Dolores Ulrich, OSF

Gold - $750
Rev. John Hemann
Betty Hillary
Joan Hoffman
Janaa Manternach
Spahn & Rose Charitable Foundation
Susan Wahert
Jim Weber
Anonymous
Anonymous

Silver - $500
Paula Connors & Paul Opperman
Mary Ann Conzett
Dubuque Stamping & Manufacturing
Friedman Insurance Inc.
Hoffman Planning
Portzen Construction
Kane Norby & Reddick
James & Mary Schmid Foundation
David & Nancy Wahert
Rev. Msgr. Dean Walz

Friendship Gifts:
Rev. Richard Ament
Rev. Russell Bleich
Dupaco Community Credit Union
Rev. Ronald Friedell
Carol Gebhart
Tom & Paula Giese
Bob & Marilyn Hofer
Sharon Hoppenjans
Terry & Rae Ann Maiers
Dr. William May
Dr. David Meyer
Sr. Kathleen Orthaus, OSF
Lisa Schmidt

Raffle Ticket Sponsors:
$500 first prize: Joyce Connors & Marge Huber
$250 second prize: Rich & Susan Whitty
$200 third prize: Theresa Gossman
$100 fourth prize: Theresa Gossman

Table Decorations Provided By:
Inside Décor Rental, Inc.

Social Beverages Provided By:
Family Beer & Liquor Store

Musical Accompaniment Provided by:
Jonathan Hill

Shalom Shenanigans Volunteers:
Jane Bechen
Sr. Bertha Bonert, OSF
Sr. Marge Burkle, OSF
Sr. Marie Cigrand, OSF
Susan Green
Sr. Mary Hauber, OSF
Sr. Carol Hemesath, OSF
Sheri Hosek
Sr. Theresa Jungers, OSF
Sr. Kate Katoski, OSF
Sr. Karla Kloth, OSF
Sr. Kathy Knipper, OSF
Nancy Knipper
Sr. Sarah Kohles
Kim Lange
Sr. Mary Lechtenberg, OSF
Ann Lorenz
Sarah Otting
Sr. Mary Peter, OSF
Judy Rosenow
Mary Lee Roth
Mary Stephany
Sr. Inez Turnmeyer, OSF

In Kind Donations:
Jane Bechen
Bell Tower Theater
Center of I Am
Cremer’s Grocery
Dubuque Symphony Orchestra
Sr. Bev Eichler, OSF
Elizabeth Flesher
Franciscan Associate Group
Larry Friedman
Paula Friedman
Sr. Edna Ginder, OSF
Sr. Rita Goedken, OSF
Gotta Have It!
Grand Opera House
Susan Miller Hellert
Sr. Norma Jean Holthaus, OSF
Sr. Carol Hoverman, OSF
Mary Kenyon
Sr. Karla Kloth, OSF
Laura Lehman
Sheila McCarty
Sr. Mildred Nachtman, OSF
Our Lady of the Mississippi Abbey (Trappistines)
Sr. Mary Peter, OSF
Aaron Putze
Katheryn Reuter
Rhomberg Fur & Leather Gallery
River Lights Bookstore
Cathy Roddick
Lisa Schmidt Associate Group
Shalom Spirituality Center
Sisters of St. Francis

A Special Thank You

Donations of Specific Goods:
Judy Miller Johnson: Bath towels, hand towels, washcloths (from 2019’s Wish List)

2019 Grants Received:
James B & Melita A McDonough Foundation (applied toward scholarships)
R.W. Hoefer Foundation (applied toward scholarships)
Pauline Stolteben Starbuck Foundation (applied toward deck furnishings)
Loras College Kucera Center (applied toward meditation garden)
Jim & Marita Theisen (applied toward meditation garden)

2019 Building and Grounds Updates

Meditation Garden restored
Shingles replaced on west side of large chapel roof
North outside deck had electricity and water installed
Accessible entry completed
Graveled area paved and foliage added

Shingles replaced on chapel roof