

January - August 2019

# *The Essence of Assisi*

**Cultivate Compassion**

Vol. 10, No. 02



## **Assisi Heights Spirituality Center**

**Rochester, MN 55901  
1001 14th Street NW**

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)

# Welcome

We live in chaotic and troubled times. What will conjure up hope or bolster community, country, and church in this anguished darkness?

Darkness...beckons me to see beyond the expanse of my own reality through contemplation.

Darkness...makes my senses come alive and befriend the night.

Darkness...advances the gifts of adaptability, vitality, creativity, visioning.

Darkness...is where broken and whole come together...

Where diversity and polarities become gifts,

Where peace and justice prevail and new life begins.

Darkness...links to the unimaginable solidarity with one another and with the One who is light.

Darkness...does not hide mystery, rather it holds it!

Darkness...is the prophetic made visible.

Darkness...is the face of God's disclosure.

Let us embrace darkness!



**Sister Marlys Jax**  
**Program Coordinator**  
**Assisi Heights Spirituality**  
**Center**

## **AHSC Advisory Council**

Don Baldus, Oronoco, MN

Louise Blissenbach, Chatfield, MN

Dennis Brooks, Rochester, MN

Rev. Emily Carson, Rochester, MN

June Howard, Rochester, MN

Tracy McCray, Rochester, MN

Barb Schroeder, Rochester, MN

S. Linda Wieser, Rochester, MN

Kathleen Zarling, Rochester, MN



The Assisi Heights Spirituality Center (AHSC) offers spiritual and educational programs which reflect the mission of the Sisters of Saint Francis “to be a compassionate presence for peace in our world, striving for justice and reverence for all creation” by providing a place of hope, prayer, reflection, and enrichment.

AHSC is located in beautiful Assisi Heights, home of the Sisters of Saint Francis. Assisi Heights Spirituality Center provides a sacred space for individuals or groups. We are open to all faith traditions.

**On our website, [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org), you can:**

- View all the events sponsored by Assisi Heights Spirituality Center.
- Register and pay for a retreat online.
- Make an online donation to the Spirituality Center.
- Inquire about the availability to rent space for your own event.
- Sign up to volunteer at Assisi Heights or the Spirituality Center.
- Get directions to Assisi Heights.
- Learn about personal spiritual direction.
- Sign up to receive the "Essence" (program catalogue).
- Sign up to receive notices of upcoming programs.
- Send an email to make suggestions for future speakers/programs.
- Determine the hours to visit our Gift Shop.
- Confirm the 11:00am Eucharistic Liturgy (Sunday-Thursday) and special observances.

# Retreat From Your Busy Life...

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St. Francis found silence and solitude in his life in a little church he rebuilt after it had been abandoned and was in ruins. That renovated Church still exists today. St. Francis called it by its Italian name “Portiuncula,” referring to a small portion of the land located in the Umbrian Valley near Assisi, Italy. The tiny chapel was given to Francis when he began his Order. This is where Francis gathered his brothers to pray.

We follow the tradition of Francis and make available a “little portion” of space for you to feel welcomed to come to pray, reflect, relax and be renewed. You will find these characteristics: spacious views, walking trails, scenic grounds, summer florals, fall colors or winter whites, with seasonal creatures to greet you and a welcoming staff and residents to serve you.

You will find pristine accommodations, a quiet atmosphere, a lovely chapel, and various reflection spaces with nutritious meals in the dining room.

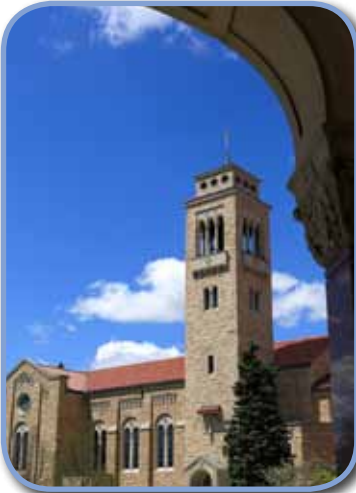
Come to our restful space and make room for God.

Advanced reservations required.

**For more information or to reserve a room, call 507-280-2195  
or email [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org).**

***Come, withdraw from the cares, concerns,  
and responsibilities of ordinary life to find  
quiet, rejuvenation, and peace.***





# Meditation: Embracing Compassion

Every Wednesday, starting January 9,  
5:15-5:45pm

Donations  
appreciated

Meditation is a practice of quieting the mind to bring forth clarity and tenderness, while cultivating forgiveness and love. It is a mindful practice of being aware and awake to the present moment. It demands of you to be truly present and at-one with those around you and with what you are doing. We open ourselves to the mysterious and silent space within. It is an opportunity to explore the meaning and methods of mindfulness, drawn from a range of traditions and approaches. The time begins with a short guided meditation followed by silence. A bell will ring every 15 minutes allowing you to enter or exit as needed. All spiritual paths are welcome.

## T'ai Chi Chih - Meditation with Movement: Winter Sessions

Beginning classes:

January 8, 15, 22, 29, February 5, 12,  
19, 26, 10:30am-12:00pm

\$50 preregistered/prepaid.

Continuing classes:

January 8, 15, 22, 29, February 5, 12,  
19, 26, 9:00-10:00am - or -

January 10, 17, 24, 31, February 7,  
14, 21, 28, 6:00-7:00pm

\$45 preregistered/prepaid.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or "chi" in the peaceful and serene space at Assisi Heights. The sequence is composed of 19 easy, slow moving meditative movements and one pose.

T'ai Chi Chih is very adaptable and it benefits persons with any physical condition or age. It may be done seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy, and an improved immune system.

This is an eight-session series, not a drop in class. In the Beginner's class, you will learn and practice all 19 movements and the final pose in 8 weeks. The Continuing class is for those who have already learned the form and will work on any questions for about 15 minutes, followed by a full practice with the group.

Judy Trousdell is an accredited T'ai Chi Chih instructor. She has been practicing the form herself for many years.

## Mindful Self- Compassion Workshop

January 10, 17, 24, 31, February 7,  
14, 21, 28, 6:30-8:00pm

\$20 Pre-registration suggested.

See page 27 for description.

# The Art of Storytelling

January 14, 6:30-8:00pm

Donations  
appreciated

The evening will be spent exchanging stories or conversations we *overheard*. As humans, we continue to be attracted to storytelling, so here is your chance to tell that story to which you may not know the ending. So much of eavesdropping is purely good luck, being in the right place at the right time. Guilt-free eavesdropping consists of chance fragments of dialogue that can be interpreted just about any way the eavesdropper chooses. Tell us your story!

Loretta Mogan is retired from Mayo Clinic in Rochester, Minnesota. She completed the Stress Management and Resiliency Training taught by Dr. Amit Sood in 2012. Currently, she serves on the Committee for Compassion Rochester MN.

## Movement and Meditation featuring “Rosen Movement”

January 16, 23, 30, February 6, 13,  
20, 27, 6:30-7:30pm

\$25 preregistered/prepaid. \$30 at the door.

Rosen movement is more of a “work in” than a “work out.” Intentional, yet playful, movements are done to cultivate awareness, vitality, and ease. Supported by music, these easy, unhurried movements are designed to improve alignment and flexibility. They can increase

range of motion, ease of breathing, and deepen awareness of the body. The movements are done individually and, at times, with others. There will be focused time for guided meditation.

Marion Rosen developed this form of exercise to prevent physical difficulties before they arise and to help clients feel better and age gracefully. The series of exercises are designed to use all the joints, especially those not used in day-to-day life. Movements may be adapted for those who experience pain or have physical limitations. Exercises are preventive as well as restorative. The movements open the chest and free the diaphragm so oxygen can circulate freely to all the tissues of the body. Circulation is increased as joints and muscles are moved through their available range of motion. Music makes the movements more like dancing. Participants find new vitality, joy, and ease in their bodies.

These seven sessions are facilitated by Kileen Smyth and Sister Kay Wagner. Kileen is a Clinical Social Worker and Therapist at Mayo Clinic and is accredited teacher of The Rosen Method. Sister Kay Wagner is a retired Social Worker/Pastoral Counselor and volunteer.



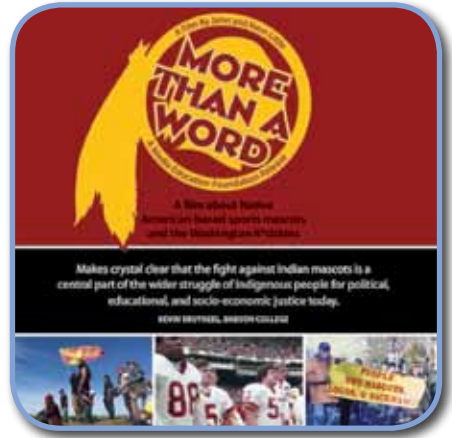
# Attracting Wildlife to Your Yard

January 19, 10:30-11:30am

\$10 per child, preregistered/prepaid. \$15 at the door. Parents free.

In a world experiencing climate change, how can we teach compassion for our environment? During this event, we will be teaching children to make an easy, nature-friendly bird feeder to watch nature from the cozy warmth of their home. They will learn how they can attract birds to the window. They will learn the bird species common to our area that are prevalent during the winter, as well as types of squirrels, rabbits, and deer. Parents will assist their kids during this fun hour.

Sponsored by: Compassionate Rochester MN Team.



## More Than a Word - Movie and Discussion

January 22, 6:30-8:00pm

\$10 preregistered/prepaid. \$15 at the door.

*More Than a Word* is a movie directed by two brothers, John and Kenn Little, both members of the Standing Rock Sioux Tribe. They are part of a growing movement to change the name of the Washington R\*dskins's football team. They traced how the word "r\*dskins" evolved from being a racist and slanderous term to being connected with one of NFL's prestigious teams. The movie seeks to place the controversy in a larger context of Native American history. *More Than a Word* aims to clarify what is at stake in contemporary discussions regarding cultural appropriateness and Native American mascots.

Tucker Quetone will facilitate this discussion.



# Forgiveness: An Invitation for New Possibilities

January 26, 9:00am-3:00pm

\$40 includes lunch preregistered/prepaid. \$45 at the door.

*"The restless eye lives out its poverty and forgets its inner harvest."* - John Donahue

This retreat day will focus on how to keep your "inner harvest" clear and bright by releasing resentments and imprisonment from the past, so that you can accept the invitation to new freedom. Are you a person, who is struggling with a past wounding? Do you ask, "Where is God in all this inner pain and suffering"? Do you wonder about your image and/or belief in God or a Higher Power? Can you find peace with yourself and in your life? Maybe you just want a get-away-place for a cold Saturday in January. This retreat may be just right for you!

Franciscan Sister Linda Wieser will lead participants in finding new freedoms and new potential through forgiveness. She will guide participants to do their own work through prayer and meditations, input, alone time and rituals that may help this transformation. She will use segments of the movie, *The Shack*, by William Paul Young, as a resource for the stages of forgiveness. Recommendation: Familiarize yourself with the movie or book *The Shack* prior to the retreat.

Sister Linda Wieser has been teaching meditation, offering Spiritual Direction and serving as a Certified Life Coach for over 30 years.

# Taizé Prayer Service

January 27, 6:30-7:30pm

February 24, 6:30-7:30pm

March 24, 6:30-7:30pm

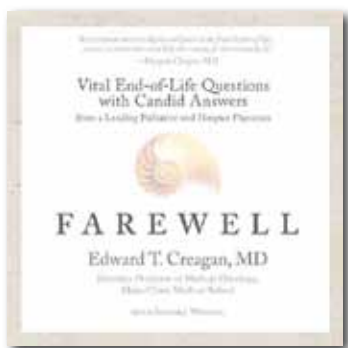
April 28, 6:30-7:30pm

Taizé Prayer is a repetitive prayer set to simple music, interspersed with meditation. Meditation is a form of contemplative prayer in which we move beyond words, thoughts and images, opening us to God's mysterious silence within us. There is no teaching, or preaching. It is short chants repeated over and over in the dark. As Swiss Brother John says, "It is a time to rest in God and let the words listened to and sung penetrate one's being."

This form of prayer was initiated more than 70 years ago, in the small village of Taizé, France, by a community of monks. They emphasize service, ecumenicalism, and reconciliation between divided faith traditions.

Coordinated by Assisi Heights Sisters and Cojourners.





## ***Farewell: Vital End-of-Life Questions with Candid Answers from a Leading Palliative and Hospice Physician***

**January 28, 6:30-8:00pm**

**\$10 preregistered/prepaid. \$15 at the door.**

Being present at the bedside, and even at the moment of death, can become an experience embedded in the minds and souls of family members for generations. It is a deeply emotional time, one of relief and sadness. Anyone who has ever taken the final journey with a loved one will never forget those moments. The focus of this presentation is about navigating those last days at the bedside, and saying farewell with hope, love, and compassion.

Dr. Edward T. Creagan has dedicated his life to death. Now this esteemed medical doctor examines death, not only from a medical standpoint, but also from an acutely emotional perspective as these events, which are beyond our control, unfold.

## **Drumming Circle: Finding Sanctuary Near the Indoor Hearth**

**February 2, 6:30-8:00pm**

**Donations appreciated. Preregistration required.**

On Groundhog Day, all ages are welcome to take part in an improvised Community Drumming circle. Join with others to experience the natural rhythm of the drum, to get in tune with each other and form a group consciousness. This native-led encounter offers equality of the circle, generates a new voice and a collective voice. Whether the groundhog sees its shadow or not, drumming grounds the heart to the earth, lifts stress and restores energy. Bring your own drum. This is a participative event.

Hosted by the Southeastern MN Omni Drummers.





## Broadway Show Tunes Meet St. Francis

February 4, 9:30-11:00am

**\$20 preregistered/prepaid. Includes lunch. Registration required by January 28.**

Francis of Assisi and Broadway! This must be mistake! Come explore the ways that St. Francis' sayings of centuries ago resonate with this art form, the musical theater.

Frank McIlmail, a native New Yorker, lived his early life in the shadow of the theater district. As a teenager, he landed jobs near the stage, but behind the curtain. It put him in touch with every facet of Broadway Musicals. His wife, Judy, fuels his passion for the messages in the musicals.

## Sexual Abuse: Church and Seminary Response

February 11, 6:30-8:00pm

Donations appreciated

This program will cover the hierarchy's response to the sexual abuse crisis in the United States. As a member of the John Jay College Research Team at The City University of New York, Sister Katarina Schuth will provide historical information from the data collected beginning in the 1950's to the present. She will outline the details of the policies and functions of national and diocesan review boards. She will also discuss the initial formation of seminarians on topics related to the prevention of abuse. Her presentation includes an update of ongoing statistics and identifies educational opportunities for priests to prevent abuse in the future. Sister Katarina will comment on the response of parishioners to the current situation.

Franciscan Sister Katarina Schuth is Professor Emerita of Endowed Chair for Social Scientific Study of Religion (1991- 2017) at St. Paul Seminary School of Divinity, a part of the University of St. Thomas. Her focus includes Pastoral Ministry, Sociology of Religion, and World Religions. She continues to research seminaries and church life. She has written numerous books and articles and continues speaking engagements in the United States and internationally.

## Valentine's Day Tea Party

February 14, 2:00-3:30pm

\$15 preregistered/prepaid. \$20 at the door.

Join us on Valentine's Day for a pleasant way to celebrate with and remember those we love. Who are those who are intimately connected to your spirit? For some, it may be a committed relationship. For others, it may be a friendship of acceptance and love. Consider bringing that special person or persons to take time for a cup of tea with your Valentine. A cup of tea can offer the quiet to share special feelings or to reminisce about those we have loved along the way.

Spend the afternoon sipping tea and sampling Valentine treats and sweets as we reflect on gratitude, mindfulness, uniqueness and our sacred, heart stories in the beautiful gift of sharing a cup of tea with kindred spirits.

Our hostess, Carol Weisz, has enjoyed many a cup of tea steeped in wisdom. There is no doubt of God's abiding presence as she enjoys a cup of tea with pen & paper, the sound of the river and the sight of eagles in flight at her new home in Wabasha. Her work in pastoral care, spiritual direction and companionship seniors has added to her book of wisdom.



## Living Spiritual Lives

February 12 and 19, 6:30-8:00pm

\$20 preregistered/prepaid. \$25 at the door.

Spiritual lives can be blissful. They can also be confusing and frustrating. Finding others to share about spiritual experiences can be difficult.

During these two sessions, we will dialogue about various aspects of a spiritual life. All spiritual traditions and denominations are welcome to attend. Participants will be encouraged to submit questions and topics that will be used to format the time together.

Michael Resman had an epiphany experience decades ago which started him on a spiritual path. He leads retreats and writes to support spiritual travelers. View samples of his poetry at: [quakermystics.wordpress.com](http://quakermystics.wordpress.com).

# Oscar Romero: Saint of Liberation - Our Newest Saint! Movie and Discussion

February 18, 6:30-8:00pm

Saint Oscar Armulfo Romero was the fourth archbishop of San Salvador. He spoke up against poverty, social injustice, assassinations and torture. Three weeks after being appointed archbishop, his good friend was murdered defending the rights of the poor.

Donations appreciated

When the military seized control of the national government in 1979, he publically criticized the United States' backing of the junta. The night before his murder at the altar, he pleaded with men of the army not to kill their own people. "No soldier is obliged to obey an order contrary to the law of God. It is time you recover your conscience, cease the repression of your neighbors." In the eloquent speech, he upheld the gospel and simultaneously signed his own death warrant. He was canonized a saint in October 2018.

Franciscan Sister Ann Redig will lead the discussion.

# Becoming Franciscan!

February 23, 9:30-11:00am and/or  
March 20, 6:30-8:00pm

Donations appreciated

Are you attracted to the values of the Franciscan Sisters and Cojourners? Come experience a morning of storytelling, prayer, and how the Rochester Franciscans are serving others in unique and various ways. You can collaborate with us and join us in mission. Working from our "COMMON HEART," we strive to respond with integrity to every challenge of the Gospel. As Franciscans, we have stories to tell, laughter and joy to share, and a focus on peacemaking and justice. Come join us for a morning and/or evening of incredible personal stories of how the spirits of St. Francis and St. Clare tapped each person to come and be a follower of Jesus and Francis.

Facilitated by Rochester Franciscan Sisters Briana McCarthy, a pastoral counselor, and Franchon PirkI, a hospice volunteer.



## Taizé Prayer Service

February 24, 6:30-7:15pm

See page 7 for description.

## Francis of Assisi and Luther of Wittenberg: The Quest of Faithfulness

February 25, 6:30-8:00pm

\$10 preregistered/prepaid. \$15 at the door.

Francis of Assisi precedes Martin Luther by 300 years. Both were shaped by the monastic life and both were concerned with bringing the “Good News” to the people in ways they could understand. This presentation will explore some of the things that Francis and Luther shared, as each left an indelible mark on the life of the Church.

Our presenters participated in the pilgrimage programs to Assisi, Italy. Dr. Phil Quanbeck II, Professor of Religion at Augsburg University in Minneapolis Minnesota, gives this presentation with Dr. Ruth Johnson, Consultant in Internal Medicine, who also serves in the Executive Health Program and in Preventive, Occupational and Aerospace Medicine.



## Introduction to Integral Theory

March 4, 6:30-8:00pm

\$10 preregistered/prepaid. \$15 at the door.

Learning about levels of development can give us an understanding and compassion for ourselves and for others. It can also give us hope, especially during contentious times when everything around us seems to be clashing or disintegrating. By understanding that people are at different levels of emotional, mental, and spiritual maturity, we can work towards a meaningful resolution of our conflicts, whether they be personal, cultural, political, or religious.

This presentation will introduce you to the precepts and framework of Ken Wilber’s Integral Theory, which outlines an integrated model of human development through science and religion, Eastern and Western philosophy, and pre-modern, modern, and post-modern worldviews, as part of the human evolutionary process.

Melissa Schultz’s interest in holistic systems that incorporate body, mind and spirit led her to pursue studies in Traditional Chinese Medicine in 2004. She was a student of Richard Rohr’s Center for Action and Contemplation Living School in Albuquerque, New Mexico, from 2016-2018. Using the insights of world medicine and the perennial wisdom for healing of humanity, Melissa practices acupuncture and Chinese Herbalism in Rochester Minnesota. She is a Cojourner with the Rochester Franciscans.

## Lenten Day of Solitude

March 6, 9:30am-4:00pm,  
Ash Wednesday

\$40 preregistered/prepaid. Includes lunch.

Are you yearning to take a “time out”? Find a day to unplug and pause from the stresses and demands of life. You are invited to come spend a quiet day in solitude at Assisi Heights. Silence is the language of God. Give yourself permission to simply *BE!*

We will gather to begin and end the day in prayer, spending the remainder of the day in solitude. You will have a private room, and prepared lunch. Options include attending liturgy, praying in the chapel, enjoying the ‘outdoor cathedral’ of Assisi Heights, and/or taking a siesta. A pre-arranged meeting with a spiritual director is available, if you wish.

## Lenten Meditation

March 7, 14, 21, 28 April 4, 11,  
4:00pm

The afternoon begins with a brief invocation on the Lenten theme followed by your own personal reflection/meditation in Lourdes Chapel.



## Honoring the Journey of Another

March 7, 5:30-8:30pm

\$25 preregistered/prepaid. Includes a light supper. Registration required by March 1.

Empowering Compassion! What is it to walk in the shoes of another? As humans, we face obstacles and ordeals and yet persevere. How does one emerge from life’s struggles with resilience? The presiding spirit of the evening is compassion. Come join this interactive program, where we will laugh, cry, share stories and make some new friends.

This event is led and sponsored by members of Compassionate Rochester MN.

## Franciscan Tradition of the Way of the Cross

March 9, 9:30-11:00am

\$10 preregistered/prepaid. \$15 at the door.

Devotion for the Way of the Cross was promoted by Saint Leonard of Port Maurice (1676-1751), a great Franciscan preacher who established the concept of 14 stations. Learn the practice of having stations in churches, and more importantly, the benefit of this devotion for our spiritual journey, and understand the historical perspective and inspirational content of this Lenten devotion.

Sister Ramona Miller has led many pilgrimages and has visited the friary in Rome where St. Leonard is venerated.

# Journey into God: A Franciscan Pathway

March 11, 18 and 25, 6:30-8:30pm

\$30 preregistered/prepaid. \$35 at the door.

This three-part series will take you on a journey of faith, leading into a profound outline of how a person can more deeply enter into the life of the Trinity (Creator, Christ and Spirit). A blueprint, or pattern, will assist you in a creative, experiential, and prayerful movement with a guide. The life of St. Bonaventure, a Seraphic doctor of the Church and a Franciscan Theologian, will guide participants on this journey. Media selections of Bonaventure's writings and group activities will be highlighted.

Franciscan Sister Briana McCarthy, MA, LPCC, is a retired licensed professional clinical counselor and educator of students, ranging in age from elementary school to college level. She holds master's degrees in Theatre and Counseling and further education in Spirituality. She serves as a Spiritual Director and spirituality educator. The study of Bonaventure has been a passion of Sister Briana's for years.



## Soul Collage® Exploration

March 12, 6:30-8:00pm or April 30,  
6:30-8:00pm

\$25 preregistered/prepaid. \$30 at the door.

In a meditative atmosphere, discover images using a technique called Soul Collage® – a transformative process of creating personal cards out of greater awareness of your inner wisdom. In a relaxed and supportive space, spend time with images, assembling collages, composing reflective writing using a journaling technique, while tapping into your intuition. No artistic experience is necessary and all workshop materials will be provided.

Elise Lewis fell in love with Soul Collage® in 2010 and became a Certified Soul Collage® facilitator in 2014. Elise spends her other time as a genealogist helping people with their family trees and helping restore the rights of adoptive persons. She has lived in Minnesota for two years and enjoys exploring her new surroundings.





# T'ai Chi Chih - Meditation with Movement: Spring Sessions

## Beginning classes:

March 12, 19, 26, April 2, 9, 16, 23,  
and 30, 10:30am-Noon

\$50 preregistered/prepaid.

## Continuing classes:

March 12, 19, 26, April 2, 9, 16, 23,  
and 30, 9:00-10:00am

March 14, 21, 28, April 4, 11, 18, 25,  
and May 2, 6:00-7:00pm

\$45 preregistered/prepaid.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or "chi" in the peaceful and serene space of Assisi Heights. The sequence is composed of 19 easy, slow moving meditative movements and one pose. T'ai Chi Chih is very adaptable and it benefits persons with any physical condition or age. It may be done seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy and an improved immune system.

This is an eight-session series, not a drop in class. In the beginner's class, you will learn and practice all 19 movements and

the final pose in 8 weeks. The continuing class is for those who have already learned the form and will work on any questions for about 15 minutes, followed by a full practice with the group.

Judy Trousdell is an accredited T'ai Chi Chih instructor. She has been practicing the form herself for many years.

## Celebrating the Feast of St. Patrick!



March 17,  
11:00am-3:30pm

Option 1: Join us for a Mulligan Stew  
luncheon after Mass: \$15

Option 2: Join us for a performance of  
Irish Folk Music at 1:30pm: \$15

Option 3: Join us for all of the above: \$25

Preregistration/prepayment required.

St. Patrick's mission to bring Christianity to the Emerald Isle sealed his legacy as the patron saint and the most celebrated icon of Irish history. The wearing of the green is part of the charm of this Irish holiday. Today's effort is also to bring forth the spiritual and social aspect of the feast by first giving time to God, attending the Eucharistic Liturgy at Our Lady of Lourdes Chapel at 11am, and then celebrating with family and friends the blessings of an Irish Heritage. The Two Marys and Olivia, from Duluth, Minnesota, will entertain us with songs, poetry recitals, storytelling and music with fiddle, tin whistle, bodhran (Irish drum), guitar and maybe step dancing! Seating for lunch is limited to 100. Register early.

## China & Tibet: A Journey to Find Where Compassion is Revealed

March 19, 6:30-8:30pm

\$10 pre-registered/prepaid. \$15 at the door.

In October 2018, Cathy Ashton led seven people to explore China and Tibet to look for a common experience of compassion in another culture. This trip included nine days in Tibet, which carries a history of deepening and living compassion. It is a place that holds important significance in the practice of Buddhism. Cathy first travelled to Tibet in 1993, and this being her 10th trip, included a pilgrimage circling the sacred Mount Kailash in the center of Tibet. She brings insight to the challenges of a Chinese dominance of what Tibetans hold most precious in their temporal and spiritual lives.

This presentation includes photographs showing changes Cathy has observed in Tibet over time. There will be discussion of the gifts Tibetans give to the world, as well as a challenge to confront how a culture of compassion is kept alive under very destructive circumstances.

Cathy Ashton teaches Buddhism and mindfulness meditation at the Federal Medical Center and rings the bell for a meditation practice at Assisi Heights. She spearheaded Rochester joining the worldwide Charter for Compassion as a Compassionate City in 2017.

## Generational Cycles and their Influence on Cultural and Personal Spirituality

March 21, 6:30-8:30pm

\$10 preregistered/prepaid. \$15 at the door.

We are familiar with the current generations: Boomers, GenXers, and Millennials. Most are not familiar with the understanding that their alignment enables us to explain current events in our culture and to predict what will come next for society. The Generational Futures presentation is a fascinating research project done in the 1980s. It advanced an eye-opening exposition of generational cycles. Four generational archetypes were identified, and found to create a repeating 80-year cycle, which exposes a consistent pattern of cultural changes, observed all the way back to the time of the Pilgrims.

We will investigate each archetype, their characteristics, and the repeating societal changes and the changing alignments they bring. We will also cover what people need to consider when they work with each generational archetype. Included is a discussion related to the newest generation: GenZ, or iGen, or Digital Natives (they do not have an agreed-to name yet).

Steve Troutman is a futurist, examining trends and scenarios, methodologies and insights about the future. From a spirituality perspective, Steve will relate how societal norms change with each generational turning when a new alignment comes into place.

## Taizé Prayer Service

March 24, 6:30-7:15pm

See page 7 for description.

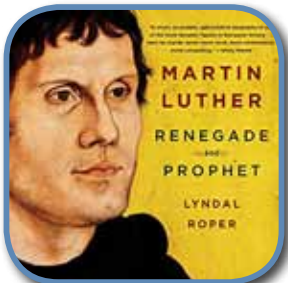
## Martin Luther Renegade and Prophet: A Book Discussion

March 26, 11:30am-1:00pm

\$14 preregistered/prepaid. Includes lunch. Registration required by March 19.

Lynda Roper's book is a magnificent study of one of history's most compelling and decisive figures. In 1517, Martin Luther nailed 95 Theses on the church door thus beginning his "public life". Researched for more than 10 years, Ms. Roper sketches Luther as a complicated founding father of Protestant Reformation. This biography offers a fresh and deeply revealing study of the man who somewhat reluctantly divided a continent. His intellectual assault on Catholicity transformed Christianity and changed world history. Join us for a fascinating discussion.

Facilitated by Rochester Franciscan Sister Claren Sellner, an avid reader, and Suzann Carrillo, a frequent book club member who has been exploring grace in all of Luther's works.



## There Will be a Thousand Years of Peace and Prosperity, and They Will be Ushered in by the Women: A Book Discussion

March 26, April 2, 9, 6:30-8:00pm

\$15 preregistered/prepaid. \$20 at the door.

Anne Wilson Schaefer builds on her former bestsellers, *Women's Reality*, *When Society Becomes an Addict*, and *Meditations for Women Who Do Too Much*, to bring us up-to-date on the women's movement. This book gives a clear and honest perspective of the challenges we face with the dominant culture in the 21st century. We will gain skill in naming the powerful forces that we have absorbed in a white male system and the technological, materialistic, mechanistic system.

This discussion will explore the potentially positive impact that women can and must harness to step forward in an Emerging Female System for further development of the human race and for the planet as a whole. Both women and men are welcome to participate.

Cathy Ashton found profound healing working for 5 years with Anne Wilson Schaefer in her Living in Process network in the late 1980s. Currently, Cathy teaches Buddhism and mindfulness meditation at the Federal Medical Center and works with Compassion Rochester MN.

# Cultural Effects of Evangelization of Youth and Young Adult Catholics

**April 1, 6:30-8:00pm**

**\$10 preregistered/prepaid. \$15 at the door.**

This presentation will examine the attitudes, apprehensions, and aspirations of young adults. It endeavors to explain the relationship young adults have to their religious traditions. We will discuss some who practice their faith, others who are disconnected and/or unschooled in Catholicism, and still others who hold traditional beliefs. By understanding their spirituality and everyday lives, our approaches to evangelization can be more effective.

The program will address the current cultural and societal characteristics influencing this younger generation. It will attempt to provide effective ways of passing on the faith that we embrace. It will offer approaches to spirituality that might engage these young adults in meaningful conversations about the sacred. How can we, who are not well acquainted with the lifestyles and influences of young adults, enter into a spiritual and religious dialogue with them?

Franciscan Sister Katarina Schuth is Professor Emerita of Endowed Chair for Social Scientific Study of Religion (1991- 2017) at St. Paul Seminary School of Divinity, a part of the University of St. Thomas. Her areas of focus include Pastoral Ministry, Sociology of Religion, and World Religions.



## Heart of India: An Experience of Learning and Discovery

**April 4, 6:30-8:00pm**

**\$10 preregistered/prepaid. \$15 at the door.**

In 2017, a trip to northern India opened Mary Wellik's eyes to yet another fascinating culture. Traveling with a small group, she spent time with people in their homes, temples, schools, and businesses. She experienced incredible places, ranging from the Taj Mahal to the cremation ceremonies at the Ganges River. As a world traveler, Mary was drawn to understand differences and commonalities we hold as people across the world. Join her to hear about this intriguing, colorful, complex country. Feel free to share your questions and experiences during this session.

Mary Wellik is a retired public health nurse, traveler and student of cultural geography and an active volunteer in the community.

## New Zealand and Australia: My 2017 Study - Travel Experiences

**April 8, 6:30-8:00pm**

**\$10 preregistered/prepaid. \$15 at the door.**

In 2017, Ivonne TjoeFat visited New Zealand, known by Maori people as Aotearoa, the land of the long white cloud. Highlights of her trip included Hobbiton (town of The Hobbits), Mount Cook National Park, and the International Antarctic Center in Christchurch. She will share the bio-diversity of the island, its culture and early spiritual influences of the Maori and British settlers.

She then traveled to Australia, known as the “Land Down Under,” visiting the multi-cultural cities of Melbourne, Adelaide and Sydney and journeying the length of the Great Ocean Road. Australia is the oldest, flattest and driest inhabited continent. She will share her impressions of the quality of life and the integration of the indigenous Australians-Aborigines.

Ivonne TjoeFat is Professor Emerita in Psychology at Rochester Community Technical College (RCTC) and currently serves as Assistant Professor in Psychology at St. Mary’s University, since 2012. She was born in Suriname, South America, and earned undergraduate and graduate studies in the Netherlands. She came to the United States as a visiting professor. One of her passions in life is traveling. She has already visited 34 countries.

## Passion through the Eyes of His Mother!

**April 15, 6:30-8:00pm**

Donations appreciated

As we enter into Holy Week, come and experience the passion of two mothers. Based on a poem by Velma West Skyene, it is a dialogue between two mothers, who experience a shared sorrow and question the mystery around their sons’ death.

By entering into the dialogue between them, we begin to know the ache of their human hearts. Let us join our hearts to theirs, lift up the conditions and passions of our world, our church, our community and our families. There will be a time of prayer and reflection based on the interactive dialogue of these two mothers. Both men and women are invited to participate in this program.

Rochester Franciscan Sister Chris Stanoch and Cojourner Judy Dawley will serve as facilitators. Sister Chris is a spiritual leader of prayer and pastoral counselor, with experience working in parishes and at Mayo Clinic as a resident chaplain. She also served as a counselor for an ecumenical counseling center in the Chicago area. Judy is a Licensed Independent Social Worker and provides support to children through play therapy using a dog and six horses.



# Holy Week Silent Retreat

**Thursday April 18, 6:30pm - Sunday April 21, 12:00 noon**

Meals (\$20/day) and overnight accommodations (\$40/night) available. Pre-registration required. A variety of days and evenings are possible, so please contact Sister Marlys at 507-529-3524 to make your reservations.

Every Lent, the Spirit of God that drove Jesus into the desert, drives us into the wilderness within us where God dwells. It is in the quiet that we clear our heads and realize the path we should take if we are to become people of justice and righteousness. This is a time to find new hope and renewed vision as we move to the Easter promise.

The Easter Triduum is the summit of the liturgical year. It begins with Holy Thursday evening and concludes on Easter Sunday. Though it is chronologically three days, they are one unfolding day of Christ's Paschal Mystery.

Join us for the Triduum Services, and in the succeeding days, rest, and enjoy your own quiet time. Services are scheduled as follows:

**Holy Thursday, April 18, 6:30pm**  
**Good Friday, April 19, 3:00pm**  
**Holy Saturday, April 20, 6:30pm**  
**Easter Sunday, April 21, 11:00am**

This spiritual experience will be guided by Sisters JoAnn Haney, Linda Wieser, and Monique Schwartz.



## Calling All Pilgrims!

**April 22, 6:30-8:00pm**

Donations appreciated

Jewish philosopher Martin Buber wrote, "All journeys have secret destinations of which the traveler is unaware." Join pilgrims who have walked the Camino de Santiago, or made pilgrimages to Rome, Mecca, Assisi, Tibet or any other destination. Initial motivations and preparations vary; struggles may have surfaced along the way. The effort is to carry on the spirit of the pilgrimage after reaching the final destination. Often, along the journey, pilgrims discover within themselves the desire to create new and better ways to navigate life. Many realize that the new places they arrived at through pilgrimage have become an enduring part of the landscape of their lives going forward.

Facilitated by frequent travelers, Martha Mangan, Sister Marlys Jax and Melissa Schultz.

## Green Fire: Aldo Leopold and the Land Ethic for Our Time - Movie and Discussion

April 23, 6:30-8:00pm

Donations appreciated

Preregistration suggested.

*Green Fire* is a biographical documentary about the legendary conservationist thinker, Aldo Leopold. He is the father of a national wilderness system, wildlife management and ecological restoration. His foundation's mission is to foster a land ethic awakening an ecological consciousness in people to care for our Common Home. Learn what it means to "think like a mountain." The movie deals with land health, wilderness philosophy, resource management, and a 'community' definition of soil, water, plants, animals and humans.

*Green Fire* explores Leopold's personal journey of observation and understanding. It reveals how his ideas resonate with people across the entire American landscape, from inner cities to the most remote wild lands. The film challenges viewers to contemplate their own relationship with the land. The movie is followed by a discussion with Jim Voegeli, who has a special fondness for the work of Aldo Leopold.



## Easter Evensong

April 24, May 1, 15, 22, 29 and June 5, 4:30-5:15pm

Join the Franciscan Community for an Evening Prayer sung on Wednesdays during the Easter Season. All are welcome!

## Taizé Prayer Service

April 28, 6:30-7:15pm

See page 7 for description.

## Zemene - Movie and Discussion

April 29, 6:30-8:00pm

Donations appreciated

*Zemene* is a heartwarming, awe-inspiring documentary focusing on Zemene, a young Ethiopian girl, and her battle to overcome her debilitating physical limitations. While visiting the city with her uncle, she meets esteemed American physician, Dr. Rick Hodes. He enables her to secure essential medical assistance and education. Five-years later, Zemene blossoms into a confident young woman determined to use her newfound capabilities to give back to her community. She brings the promise of a new future to her home. Filmed in the Ethiopian countryside, *Zemene* is a poignant testament to the strength of the human spirit.

Discussion will be led by Sister Marlys Jax.

# World Labyrinth Day

May 4, 12:00-1:00pm

Donations  
appreciated

The Labyrinth is an ancient symbol and purposeful path. It represents a journey to our own center and back into the world. It has long been used for meditation and prayer. Veriditas is an organization that promotes labyrinths worldwide. Labyrinths are used to quiet the mind, recover balance in life and encourage meditation, insight, self-reflection, stress reduction and to discover innovation and celebration. Labyrinth usage is open to all people of any faith as a cross-cultural blueprint for well-being. Join us on World Labyrinth Day as we walk and experience the beautiful outdoor labyrinth on the grounds at Assisi Heights.

Elise Lewis, a Veriditas Trained Labyrinth facilitator who relishes walking labyrinths, will lead the way. She is also a genealogist and Search Angel, helping people restore their rights as adopted persons.



## Mother's Day Brunch

May 11, 10:00-11:30am

**\$28 preregistered/prepaid. Brunch included. Registration required by May 4.**

Celebrate the day with your mother or a significant mother figure to enjoy brunch in the serene setting at Assisi Heights. Leave behind the cares of the world for a few hours as you enjoy each other's wisdom. The day will include a perfect cup of coffee/tea and assortment of tasty culinary treats. The morning includes live music and a short program retelling some of the lessons taught by most every mother. Come prepared to smile.

We have dusted the furniture, polished the floors and ironed the linens for your visit. Come just for the experience! Please identify the names of your guest(s) when registering.

Hosted by Rochester Franciscan Sisters and Cojourners.





## Stories in Stone: An Architectural Tour

June 11, 6:30-8:00pm or  
June 22, 1:30-3:00pm or  
August 7, 6:30-8:00pm

\$10 preregistered/prepaid. \$15 at the door.

Assisi Heights has stories engraved in the walls. Literally! However, many more anecdotes tell the stories that chronicle the history hidden in the walls. Come up close and see some of the architectural features, aesthetical design aspects and a few of the often-overlooked artistic Franciscan features. Hear the stories stored in stone. Unravel the mystique of Assisi Heights. Wear walking shoes for this indoor and outdoor event.

Ken Allsen is an architectural historian residing in Rochester. He is a regular presenter for the Rochester Community and Technical College LIFE Program and is author of five books about architectural history in our region. He volunteers at the History Center of Olmsted County and in the Mayo Clinic archives.

Sister Marlys Jax has an architectural design degree and a passion for the story behind the stones. She is the program coordinator for the Assisi Heights Spirituality Center.

## Franciscan Art Tour

June 25, 6:30-7:45pm or  
July 17, 6:30-7:45pm

\$10 preregistered/prepaid. \$15 at the door.

Visit the Franciscan Sisters' art collection covering over 140 years of history. The tour begins with a needlepoint of the congregational crest designed by the early Sisters. View oil, watercolor, calligraphy, copper enameling, photography and more. Learn the process of Iconography. This tour highlights the cultural and religious artwork by the Sisters and Cojourners.

Sister Marlys Jax will lead the tour and share the stories. She is the program coordinator for the Assisi Heights Spirituality Center. *(Please note: No photography of artwork allowed.)*



To go in the dark with a light is to know light.  
To know the dark, go dark. Go without sight,  
And find that the dark, too, blooms and sings,  
And is traveled by dark feet and dark wings  
- Wendell Berry



## T'ai Chi Chih in the Garden Courtyard

**July 9, 16, 23, 30, August 6, 13, 20 and 27, 6:00-7:30pm**

**\$50 preregistered/prepaid. \$55 at the door.**

Are you in search of a stilled mind and improved fitness? Consider balancing and circulating your intrinsic energy of "Chi" as the Chinese call it. Step into the garden courtyard at Assisi Heights and immediately feel the tranquility. Begin at the sound of the bells and learn a set of 19 easy, slow meditative movements, practiced by people across the planet. It is adaptive to every physical condition or age, and requires no special equipment or dress. The rewards include serenity, simple joy, and better health. Other benefits may be physical, spiritual or emotional in nature.

Barb Sokolov is an accredited instructor in T'ai Chi Chih. She is an adjunct professor at Rochester Community and Technical College, teaching T'ai Chi Chih and meditation.

## Singing Bowls in the Courtyard!

**July 25, 6:00-8:00pm  
(rain date is August 1)**

**\$10 preregistered/prepaid. \$15 at the door.**

We invite you to join us for an evening of captivating renewal in the presence of ageless bell sounds. Traditional historic Tibetan singing bowls produce sounds that touch the soul, quiet the mind and invite the spirit to caress the heart. The sounds involve deep states of relaxation, which naturally assist one to enter into expanding states of consciousness and meditation. The sounds create a deep communication with our inner heart, opening up to the Divine. Now imagine these soothing sounds wafting in our "outdoor cathedral" — the Garden Courtyard at Assisi Heights! This event will bring you to a place of deep relaxation giving you inner balance and invigorating new energy.

**What's provided:** Fresh air, a summer sky, lovely flowers and no mosquitoes!

**What to bring:** An open heart, yoga mat or blanket or chair; wear comfortable clothing.

Thomas Roberts is a licensed psychotherapist from La Crosse, Wisconsin. He is involved in Mind and Body Healing, Integrative Medicine and Spirituality.



# Outdoor Drumming Circle and Fire Ceremony

July 26, 7:00-9:00pm

Donations appreciated

**Preregistration required.**

Join us for a seasonal outdoor drumming circle and fire ceremony under the moon. Drumming draws our personal energies into a powerful unified communal prayer. The drum has the ability to put us in touch with our own natural rhythms; the circle helps draw individual energies together. The beat of the drum represents our heart, as we become grounded. It takes us to a place deep inside where we are keenly aware of our unified mind and body and the connection between the two. Drumming is a time-honored method of healing which helps us release tension and lifts stress, dispels negative feelings and restores energy.

Through the fire ceremony, we reconnect our oneness with the Divine Universe. During this drumming circle, bring a natural object, e.g. a stick, or a feather, and blow your intention into the fire for whatever wants to be released or healed. With fire, you release what no longer serves you as useful and reclaim the energy of a former behavior pattern with a new purpose. Dress appropriately and bring a chair and/or blanket.

Hosted by Rochester Omni Drummers.



# Transitus of St. Clare

August 10, 6:30-8:00pm

Join us for Transitus, a liturgical celebration recalling the passing of St. Clare of Assisi. All over the world, Franciscans will be observing a vigil to celebrate the transitioning of St. Clare to her eternal life with God. It is a time to remember her life and legacy. The Rochester Franciscan Sisters and the resident Poor Clare Sisters invite you to attend this meaningful ritual prayer service. All are welcome.

# Girls Becoming Women: Honoring the Path

August 14, 3:30-7:00pm

**\$30 preregistered/prepaid. Includes a light supper. Registration required by August 7.**

**Scholarships are available.**

This is an evening of empowering young girls (ages 11- 14) to become women of grace! Discover an irresistible beauty deeper than designer jeans or skin free of flaws. How does one enter the teen years and emerge with resilience? Come join us for an interactive program where we will laugh, share stories and make some new friends. Learn life skills including team building, etiquette, social boundaries, social media and dealing with sticky teen situations. True beauty is more than skin deep! We will discuss captivating characteristics of young women, such a friendship, kindness, goodness, patience, gentleness and more.

This program will be led by a local team of caring, supportive women!

# Clare Art Studio

1st and 3rd Friday afternoons, 1:00-4:00pm\*  
2nd and 4th Saturday mornings,  
9:00am-Noon\*

Membership fee: \$40 per year

Artists gather to share their creative spirits in fun weekly open studio sessions. Everyone brings their own art gear and plays with various mediums: drawing, coloring, painting, designing. All skills are welcome because everyone has to start somewhere! Our group is encouraging and supportive of lifelong learning opportunities. Classes are available through the Assisi Heights Spirituality Center. We participate in local area workshops or shows throughout the year. We meet the first and third Friday afternoons from 1:00-4:00pm and the second and fourth Saturday mornings 9:00am-Noon at Assisi Heights. Julie Murray, Clare Art Studio muse, facilitates activities. To join, contact Angie at 507-280-2195.



\*Excluding holidays

## Spiritual Direction

Spiritual direction is an ancient process of accompanying a person in their spiritual journey toward freedom and peace. It is an encounter to explore a deeper relationship with the spiritual aspect of being human. Spiritual direction helps people tell their sacred stories, seeking clarity on how the divine interacts with them concretely in their daily life. It is an endeavor to grow in personal insights and understandings.

Inquire: [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) or 507-280-2195 or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org).



# *These events are sponsored by:*

**Compassionate  
Rochester MN**



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## **Mindful Self-Compassion Workshop**

**January 10, 17, 24, 31, February 7, 14, 21, 28**

**\$20 Pre-registration suggested.**

This workbook offers a proven way to accept yourself, build inner strength and survive. This science-based workbook offers a systematic approach to breaking free from destructive self-judgements and self-imposed impossible standards to cultivate our wellbeing. It is based on the authors, Kristen Neff and Christopher Germer's, groundbreaking eight-week experience of mindful self-compassion (MSC). This series includes guided meditation, informal practices to do anytime and anywhere and memorable stories of people to address relationship stress, health concerns, and anxiety.

This discussion is co-sponsored and led by the Leadership Team of Compassionate Rochester MN.

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## **Attracting Wildlife to Your Yard**

**January 19, 10:30-11:30am**

**See page 6 for description.**

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## **Honoring the Journey of Another**

**March 7, 5:30-8:30pm**

**See page 13 for description.**

# Become a Franciscan!

**Have you, or someone you know considered:**

- Becoming a Sister of Saint Francis of Rochester, MN?
- Becoming a Cojourner? (Women and men associates joining on a spiritual journey with the Sisters.)

**Visit our website: [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and select: We Invite You!**

**For more information:**

- To become a Sister – Contact: [ramona.miller@rochesterfranciscan.org](mailto:ramona.miller@rochesterfranciscan.org)
- To become a Cojourner – Contact: [cojourner@rochesterfranciscan.org](mailto:cojourner@rochesterfranciscan.org)



# Volunteer Opportunities!

Would you like to volunteer at Assisi Heights? We have opportunities to fit most schedules. Activities such as art classes, music sessions, art appreciation, registering participants for Spirituality Center programs, movies and more. Weekly or monthly celebration events are an option. Volunteer on your own or with a friend. Orientation provided.

Performers, do you have a talent to share? Music, dance, magic, bird calls or another talent you would like to share. We welcome your group's dress rehearsal here. For more information call 507-282-7441 ext. 231 or email: [kim.jaworski@assisiheights.org](mailto:kim.jaworski@assisiheights.org).



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 - Tai Chi Winter Sessions: Beginning pg. 4 Tai Chi Winter Sessions: Continuing pg. 4	9 - Meditation pg. 4	10 - Tai Chi Winter Sessions: Continuing pg. 4 Mindful Self-Compassion Workshop pg. 4	11	12
13	14 - The Art of Storytelling pg. 5	15	16 - Meditation pg. 4 Movement and Meditation pg. 5	17	18	19 - Attracting Wildlife to Your Yard pg. 6
20	21	22 - More Than a Word pg. 6	23 - Meditation pg. 4	24	25	26 - Forgiveness: An Invitation for New Possibilities pg. 7
27 - Taizé Prayer Service pg. 7	28 - Farewell: Vital End-of-Life Questions with Candid Answers pg. 8	29	30 - Meditation pg. 4	31		



# February 2019

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					1	2 - Drumming Circle pg. 8
3	4 - Broadway Show Tunes pg. 9	5	6 - Meditation pg. 4	7	8	9
10	11 - Sexual Abuse: Church and Seminary Response pg. 9	12 - Living Spiritual Lives pg. 10	13 - Meditation pg. 4	14 - Valentine's Day Tea Party pg. 10	15	16
17	18 - Oscar Romero: saint of Liberation pg. 11	19 - Living Spiritual Lives pg. 10	20 - Meditation pg. 4	21	22	23 - Becoming Franciscan! pg. 11
24 - Taizé Prayer Service pg. 7	25 - Francis of Assisi and Luther of Wittenberg pg. 12	26	27 - Meditation pg. 4	28		

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 - Introduction to Integral Theory pg. 12	5	6 - Meditation pg. 4 Lenten Day of Solitude pg. 13	7 - Lenten Meditation pg. 13 Honoring the Journey of Another pg. 13	8	9 - Franciscan Tradition of the Way of the Cross pg. 13
10	11 - Journey into God: A Franciscan Pathway pg. 14	12 - Soul Collage® Exploration pg. 14 Tai Chi Spring Sessions: Beginning pg. 15 Tai Chi Spring Sessions: Continuing pg. 15	13 - Meditation pg. 4	14 - Lenten Meditation pg. 13 Tai Chi Spring Sessions: Continuing pg. 15	15	16
17 - Celebrating the Feast of St. Patrick! pg. 15	18	19 - China and Tibet: A Journey to Find Where Compassion is Revealed pg. 16	20 - Meditation pg. 4 Becoming Franciscan! pg. 11	21 - Lenten Meditation pg. 13 Generational Cycles and their Influence on Cultural and Personal Spirituality pg. 16	22	23
24 - Taizé Prayer Service pg. 7	25	26 - Martin Luther Renegade and Prophet pg. 17 There Will be a Thousand Years of Peace and Prosperity pg. 17	27 - Meditation pg. 4	28 - Lenten Meditation pg. 13	29	30

# April 2019

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7	8 - New Zealand and Australia pg. 19	9	10 - Meditation pg. 4	11 - Lenten Meditation pg. 13	12	13
14	15 - Passion through the Eyes of His Mother! pg. 19	16	17 - Meditation pg. 4	18 - Holy Week Silent Retreat pg. 20	19	20
21	22 - Calling All Pilgrims! pg. 20	23 - Green Fire pg. 21	24 - Meditation pg. 4 Easter Evensong pg. 21	25	26	27
28 - Taizé Prayer Service pg. 7	29 - Zemene - Movie pg. 21	30 - Soul Collage® Exploration pg. 14				

# May 2019

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5	6	7	8 - Meditation pg. 4	9	10	11 - Mother's Day Brunch pg. 22
12	13	14	15 - Meditation pg. 4 Easter Evensong pg. 21	16	17	18
19	20	21	22 - Meditation pg. 4 Easter Evensong pg. 21	23	24	25
26	27	28	29 - Meditation pg. 4 Easter Evensong pg. 21	30	31	

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 - Meditation pg. 4 Easter Evensong pg. 21	6	7	8
9	10	11 - Stories in Stone pg. 23	12 - Meditation pg. 4	13	14	15
16	17	18	19 - Meditation pg. 4	20	21	22 - Stories in Stone pg. 23
23	24	25 - Franciscan Art Tour pg. 23	26 - Meditation pg. 4	27	28	29
30						

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 - Meditation pg. 4	4	5	6
7	8	9 - T'ai Chi Chih in the Garden Courtyard pg. 24	10 - Meditation pg. 4	11	12	13
14	15	16 - T'ai Chi Chih in the Garden Courtyard pg. 24	17 - Meditation pg. 4 Franciscan Art Tour pg. 23	18	19	20
21	22	23 - T'ai Chi Chih in the Garden Courtyard pg. 24	24 - Meditation pg. 4	25 - Singing Bowls in the Courtyard! pg. 24	26 - Outdoor Drumming Circle and Fire Ceremony pg. 25	27
28	29	30 - T'ai Chi Chih in the Garden Courtyard pg. 24	31 - Meditation pg. 4			

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 - T'ai Chi Chih in the Garden Courtyard pg. 24	7 - Meditation pg. 4 Stories in Stone pg. 23	8	9	10 - Transitus of St. Clare pg. 25
11	12	13 - T'ai Chi Chih in the Garden Courtyard pg. 24	14 - Meditation pg. 4 Girls Becoming Women: Honoring the Path pg. 25	15	16	17
18	19	20 - T'ai Chi Chih in the Garden Courtyard pg. 24	21 - Meditation pg. 4	22	23	24
25	26	27 - T'ai Chi Chih in the Garden Courtyard pg. 24	28 - Meditation pg. 4	29	30	31

# Things to know:

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## Registration

Registration for Assisi Heights Spirituality Center events may be completed online. Please visit our website at [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and select the “Events” category. We accept Visa, MasterCard and Discover for all online registrations and require payment in full. If you would like to pay by check or cash, please register by email at [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org), by phone at 507-280-2195, or mail in the enclosed form. On-site Registration: If you do not preregister for an event, there will be an additional charge of \$5, providing space is still available. Some events limit registration size and other events require that food service guarantees be made in advance. If questions, contact event coordinator Angie Grimm at 507-280-2195 or [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org).

## Deadlines

Please pay special attention to our program and retreat dates and register at least one week in advance when possible. Advance registration helps us make important decisions regarding our programs and retreats, including seating arrangements.

## Cancellation

- When an event requires a registration fee but does not include a meal, your fee will be refunded in full if cancelled 24 hours prior to the event.
- When an event requires a registration fee and includes a meal, your fee will be refunded in full if cancelled 5 days prior to the event.
- When an event is cancelled by the Assisi Heights Spirituality Center, your registration fee will be refunded in full.

## Retreat Bedrooms

Private bedrooms are available for personal retreats. To inquire about our availability, call 507-280-2195 or email [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org).

## Scholarships

Scholarships may be available to help offset the cost of a program or retreat. Please email Angie Grimm at [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org) or call 507-280-2195 to inquire about scholarship availability.

## Mass Times

Eucharistic Liturgy is celebrated Sunday - Thursday at 11:00am in Our Lady of Lourdes Chapel at Assisi Heights. All are Welcome!

## Gift Shop

The Assisi Heights Gift Shop is open 7 days a week from 12:15-1:15pm. To make a special appointment, please call Sister Dorothy Hansen at 507-282-7441.



*Our Lady of Lourdes  
Chapel at Assisi Heights*



# Registration Instructions

To register, mail this form and payment to:

Angie Grimm, AHSC Event Coordinator  
Assisi Heights Spirituality Center  
1001 14th Street NW  
Rochester, MN 55901

To register online, go to:

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)  
and click on "Events"

Questions? Call 507-280-2195

or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please note: if enclosed amount is for a deposit, balance is due upon arrival.

Check enclosed for \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_



Exp. date \_ \_ - \_ \_ Security code \_\_\_\_\_

(on back of card)

Signature of card holder \_\_\_\_\_

Date \_\_\_\_\_



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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Angie Grimm, AHSC Event Coordinator  
Assisi Heights Spirituality Center  
1001 14th Street NW  
Rochester, MN 55901

To register online, go to:

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)  
and click on "Events"

Questions? Call 507-280-2195

or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please note: if enclosed amount is for a deposit, balance is due upon arrival.

Check enclosed for \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_



Exp. date \_ \_ - \_ \_ Security code \_\_\_\_\_

(on back of card)

Signature of card holder \_\_\_\_\_

Date \_\_\_\_\_



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Signature of card holder \_\_\_\_\_

Date \_\_\_\_\_

# Directions



## From the South

US-52 N toward Rochester

Take the ELTON HILLS DR/19TH ST NW exit, EXIT 56C

At traffic light merge RIGHT onto Assisi Drive

Turn LEFT at 14th St/11th Ave NW traffic light.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

## From the North

US 52 S toward Rochester

Take the ELTON HILLS DR/19TH ST NW exit, EXIT 56C

Take a LEFT over the bridge Turn RIGHT onto Assisi Drive

Turn LEFT at 14th St/11th Ave NW traffic light.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

## From the West

Merge onto US-14 E

US-14 E becomes CIVIC CENTER DR NW.

Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

## From the East

Merge onto I-90 W.

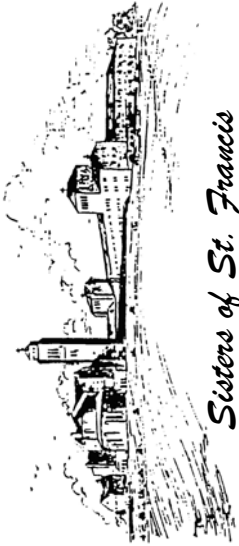
Merge onto US-52 N via EXIT 218 toward ROCHESTER.

Merge onto CIVIC CENTER DR NW via EXIT 56A toward MAYO CLINIC.

Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

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*Sisters of St. Francis*  
Assisi Heights  
Spirituality Center

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If your address changes, you prefer to receive  
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or: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)