

September - December 2019

The Essence of Assisi

Cultivate Compassion

Vol. 11, No. 01



Assisi Heights Spirituality Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

Welcome

Longing to Belong

As humans we search to find our 'place.' We are placeholders in a family, a community, and a country. We belong not just to one another but to the planet. We are lavished with forests, rivers, mountains, animals and insects too numerous to count, with whom we attempt to live in right relationship. It is the culture of place.

But today, politics override belonging. Barriers, walls and fences constructed by humans seek to block our place of home. Lines are drawn that separate and cut off. Historically, but generally unknown, invisible red-lines divided housing options. Families were bisected. Communities dispersed. Environments ransacked. Cultures destroyed. Relationships broken.

Growth happens on the edges, borders, horizons, thresholds and margins. This season, we'll reach across the dividing lines toward inclusivity: offering hospitality, welcoming and a place for all to call home for all those who come 'to belong.' We offer an opportunity to dialogue with dignity, go where opinions differ but are respected, and where we can become one with those we meet. We are striving to bring 'in' those considered 'out,' uniting 'us' and 'them.' Programs in Restorative Justice, Compassion and Detachment set the stage for finding a place to belong.

As Franciscans, we pledge to embrace the ecosystems of Mother Earth, with all her ethnic inhabitants, by joining hands and hearts knowing that we all belong!

Not in our name,

Not by our hands,

Not by our will,

Not in our hearts

Will we seek to divide.

Another world is possible and we pledge to make it real.

All belong! Welcome HOME!



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center



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, 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 email 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...

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.**

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





Assisi Heights Spirituality Center Open House

September 8, 2:00-3:30pm

Donations
appreciated

Come enjoy an afternoon of folk music and a culinary treat in the courtyard of Assisi Heights! The local band called RavensFire is known for their spirited performances. Skilled instrumentation with a guitar, mandolin, penny whistle, and Bodhran accompany vocal harmonies. They are talented, funny and delightful. In addition, you will have the opportunity to get a peek at or have a mini-experience of some of the many upcoming programs sponsored by the Assisi Heights Spirituality Center this fall.

Meditation: Longing to be Compassionate

Every Wednesday 5:15-5:45pm
(excluding December 18,
December 25 and January 1)

Donations
appreciated

Meditation is a practice of quieting the mind to bring forth clarity and tenderness, while cultivating forgiveness and love. It is the mindful practice of being aware and awake to the present moment; 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.



Stories Overheard!

September 9, 2:30-3:30pm

\$10 preregistered/prepaid.
Bring a friend for free!

Today we will be exchanging stories or conversations we OVERHEARD. As humans, we continue to be attracted to storytelling, so here is your chance to tell that story, even though 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! (When registering online, please indicate guest's name.)

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

Mindful Self-Compassion

September 9, 16, 23, 30, October 7, 14, 21, 28, 6:30-8:00pm

\$24 per person for all eight sessions, preregistered/prepaid.

Student rate available on request.

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

The discussion is co-sponsored and led by the Leadership Team of Compassion Rochester MN.



“Decoding the Driftless” - A film of science exploration and adventure

September 10, 6:30-8:00pm

Preregistration appreciated.

No Charge to attend. Bring a friend!

Join us for a wild ride of adventure above, on, and below the amazing Driftless Region! Emmy award winning filmmakers George Howe, Tim Jacobson, Rob Nelson, and Neil Rettig have teamed up with Jonas Stenstrom of Untamed Science, to capture fantastic footage of the Driftless Region, and weave it into a compelling story, in a way never done before. You'll soar over ancient rugged bluffs, skim the surface of primordial rivers, venture deep underground to mysterious secret worlds, marvel at sacred archeological treasures, and hang perilously over massive rock cliffs. One thing for sure, you'll never forget this film, and you'll want to share it with everyone you know!

Discussion after the film will be led by George Howe, a founding member, educator, and film producer for Sustainable Driftless Inc. He also works as an environmental consultant in the Driftless Area.

Stories in Stone

September 11, 6:30-8:00pm

September 21, 1:30-3:00pm

\$12 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, aesthetic design aspects and a few of the often-overlooked artistic Franciscan features. Unravel the mystique of Assisi Heights. Please wear walking shoes for this indoor and outdoor event.

Ken Allsen is an architectural historian residing in Rochester, MN. He teaches regularly for the RCTC LIFE Program and is the 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 offices.

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



Centering Prayer

Thursdays: September 12, 19, 26,
October 10, 17, 24, 31, November
7, 14, 21, December 12, 19, 6:00-
7:00pm

Donations
appreciated

Centering Prayer is a method of contemplative prayer that explores ways of “praying beyond words.” It is not so much about attention as it is about intention. The source of Centering Prayer is the indwelling of the Spirit and the focus of this prayer is deepening the relationship with God through listening. In the 6th Century, Gregory the Great called it “resting in God.” Join us for this prayer on Thursday evenings.

Sister Beth Lynn is a member of the Poor Clare Sisters and long-time teacher and practitioner of Centering Prayer.

Urban Sketching

September 14, 9:00am-4:00pm

\$69 preregistered/prepaid.
Student rate available upon request.

Sketching takes place indoors and out!

Join instructor/architect, James Nutt, in this casual multimedia class conducted in the spirit of the Urban Sketchers movement. He will discuss examples of work, tools of the trade, portable mediums, tips and tricks and lessons learned.

The class is open to all skill levels, and to both sketchers and painters. Bring a sketchbook, pen and pencil, watercolors. Suggested reading: The Art of Urban Sketching: Drawing on Location Around the World, by Gabriel Campanario.



Nature Scavenger Hunt

September 14, 10:00-11:30am

\$5 per child preregistered/prepaid.
Adults are free!

(Note: children must be accompanied by a parent or other adult.)

Explore the Outdoors! At Assisi Heights we've gathered great clues for a scavenger hunt to liven up your walk in the woods. Lace up your hiking boots and your kids' boots and head outside to explore. Our hunt will involve your children finding things and places on the grounds using a Nature Passport to solve the clues and find the natural world, stamp their passport and draw a picture. When children learn to appreciate and enjoy nature, they are more likely to grow into adults who value and protect our environment with great compassion.

This event is co-sponsored and conducted by Compassion Rochester MN.

Taizé Prayer Service

September 15, 6:30-7:30pm

October 20, 6:30-7:30pm

November 17, 6:30-7:30pm

Donations
appreciated

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.



Les Misérables

September 17, 6:30-8:00pm

\$12 preregistered/prepaid.

\$15 at the door.

Les Mis, as it is called, is the story of a French peasant and his desire for redemption after serving nineteen years in prison for having stolen a loaf of bread for his sister's starving child.

Les Mis has soaring music, meaningful lyrics and themes which resonate with today's world. We will have fun exploring these aspects of one of today's greatest and longest playing musicals.

Frank McIlmail is a native New Yorker for whom New York's Broadway appeal has never faded. His early life was in the shadow of the theater, landing him jobs near the stage, but always behind the curtain. He learned all the inner workings of life in the spotlight. His wife, Judy, fuels his passion for the message in the musicals. You will not be disappointed.

Snakes!

September 21, 9:30-10:30am

\$12 preregistered/prepaid.

Throughout time, snakes have caused fear in many people, while evoking awe in others. Either way, snakes are often misunderstood and underappreciated. In fact, many persons kill snakes simply because they dislike them and don't understand what snakes contribute to the world. As we learn more about them and their benefits, our willingness to co-exist with them increases.

Sister Rita Brom is a Franciscan and a naturalist, always searching for God's face in the elements of creation.



Stories in Stone

September 21, 1:30-3:00pm

See page 6 for description.

Burning our Burdens

September 23, 6:30-8:00pm

\$12 preregistered/prepaid.

Each of us carries burdens that cause us to live with regrets and undue anxiety. Our shadow self exhibits an impaired life, seeking a resolution to bring back our spirit of joy. Join us on this Fall Equinox day to release that which weighs us down. The evening begins with an introduction by naming and claiming the root of our heaviness. It is followed by a walking reflection in the courtyard to the heartbeat of the earth, writing and burning our burden(s), and feeling the release and restoration.

Prepared and facilitated by Sister Marlys Jax, Martha Mangan and Sister Linda Weiser.

“Abrazos” - A Film

September 24, Two Showings:
2:30pm and 6:30pm

Preregistration appreciated.

Donations
appreciated

Abrazos is a journey in search of one's identity. It tells the story of the transformational journey of a group of U.S. citizen children who traveled 3000 miles from Minnesota to Guatemala to meet their grandparents for the first time. After being separated for nearly two decades, these families are able to share stories, strengthen traditions and begin to reconstruct their cultural identity. Discussion to follow.



Yoga: The Peaceful Path to Resilience

September 25, October 2, 9, 23, 30,
November 6, 9:30-10:30am

\$55 preregistered/prepaid.
\$60 at the door.

The physical practice of yoga helps us to improve our body's strength, flexibility and balance. It also helps our minds, hearts and spirits to become stronger, more flexible, balanced and resilient to the challenges of our daily life. In this class, we will progress through a gentle practice along with some breath work and reflection.

This six-week class is suitable for the adult beginner as well as those experienced in yoga who wish to deepen their practice. Please bring a yoga mat and towel. This is a six-session series, not a drop-in class.

Patricia Barrier is a registered yoga teacher (RYT500) and is currently pursuing advanced studies in Yoga Therapy. She teaches gentle and adaptive yoga, beginner yoga and Vinyasa flow classes at public and private venues in the local area.

“Paris to Pittsburgh” - A Film

September 26, Two Showings:
2:30pm and 6:30pm

Preregistration Appreciated.
No charge, bring a friend.

This documentary, produced by National Geographic, narrates how climate change is affecting the physical earth system across the United States. Different perspectives are offered by citizens, scientists, industrialists, capitalists, and politicians. It provides science that backs up the biggest challenge of our day.

Facilitated by Franciscan Climate Change Committee.

Blessing of Animals

September 29, 1:30-3:00pm

Donations
appreciated

Come feathered, furred, or finned! Join other animal lovers to celebrate the special grace that pets bring to our community. Whether your paws are padded, hooved or webbed – all are welcome! Arrive with the ‘Top Dog’ or the ‘Purr-fect Feline’ and you will leave with your tail waggin’ friend and a blessed attitude. All are winners of a genuine blessing at “Assisi’s Best in Show”! A special dog will be a guest visitor along with his handler, Sgt. Chris Wallis, from the Olmsted County Sheriff’s Department.

Rochester Franciscan ‘Animal Whisperers’ will conduct the blessings in Cantic Park at Assisi Heights.

What is a Cojourner?

September 30, 6:30-8:00pm

Preregistration appreciated.

No charge to attend.

Cojourner is the name given to a lay associate with the Sisters of St Francis, Rochester, MN. Cojourners are adult men and women who may be single or married. They are from various professions, other faith traditions, ordained or vowed religious of other communities. Cojourning describes a relationship between individuals and the Sisters of St. Francis, who share similar values, interests, efforts in prayer ministries and justice activities in the spirit of Francis, Clare and Mother Alfred.

Come with questions for a panel of Cojourners and Sisters and find out what is developing alongside religious women. This connection may be what you are seeking spiritually.



Goodbye, Clutter!

October 1, Two Sessions:
2:00-4:00pm and 6:30-8:30pm

\$12 preregistered/prepaid.

Is your in-box always full on your phone? Can't find your pictures? Do you have piles of books by your bed? Is your closet full of clothes that don't fit, or you don't like or never wear? Can you find things amidst the things in your office, or kitchen counter? What does your garage look like, or the inside of your car? If any of these areas contribute to the clutter in your life, then this class is for you.

By getting in control of the stuff in our lives, we feel more in control. We no longer have this list of to-dos that never get done. By getting rid of things we don't use, don't need or don't love, we free our minds and our shelves for what we truly value, so we can have the time and energy to create the life we want to live.

The process of decluttering can help make more room for happiness. We will discuss several approaches for uncluttering our lives. Come to class with a list of where you might want to start, and we'll have time to make a plan to rid the clutter.

Barb Schroeder, MS, RN is a Certified Health Coach. When working with clients, she has seen how clutter can impact a person's life.

Exploration and Application of Restorative Justice

October 2, 9, 16, 23, 30,
November 6, 6:30-8:00pm

\$25 for all six sessions preregistered/
prepaid.

This six-part series will briefly review the state of our current punitive justice system. It will turn its focus to Restorative Justice (RJ), its efficacy and limitations. There will be examples of how it is increasingly being used nationally, internationally, in Minnesota and our local region. Participants will receive information on opportunities for them to help RJ to expand and make justice systems more effective and healing. We will be using the [Little Book of Restorative Justice](#) by Howard Zehr, which you may wish to purchase before the class.

Our instructors:

Kendall Hughes served as chaplain in the Federal Prison system for 20 years, 14 of which were at the US Penitentiary Leavenworth, KS. At Leavenworth he established and directed an 18-month residential re-entry program that to date has had over 1000 participants. He understands how the Federal Justice System treats victims of violent crimes and witnessed the suffering in the highest security of Federal Prisons.

Sister Sue Reif has been involved in the field of Restorative Justice for almost 20 years. She developed and coordinated the re-entry program for the Archdiocese of Santa Fe and started the Office of

Restorative Justice for the Diocese of San Bernardino. She helped start the non-profit "Healing Hearts, Restoring Hope" for those affected by homicide in the Los Angeles area, which continues to provide outreach for families of murder victims and programs for violent offenders. At present, she serves on the Restorative Justice Committee of the California Catholic Conference of Bishops.

Transitus of St. Francis

October 3, 6:30-8:00pm

Lourdes Chapel, Assisi Heights

**Preregistration not required.
No charge to attend.**

October 3 is the Vigil of the Feast of St. Francis of Assisi. All over the world, Franciscans will be observing the transitioning of St. Francis to his eternal life with God. It is a time of remembering and celebrating his life and legacy. Join us for a meaningful ritual prayer service. All are welcome.





St. Clare: The Spirit of the Founding Days

October 5, 9:30-11:00am

\$12 preregistered/prepaid.

Our presenter, Sister Beth Lynn, will be exploring the charismatic founding moments of the Order of Poor Clares, shedding new light on the stories of Francis and Clare as revealed by recent scholarship.

Originally from Santa Cruz, California, Sister Beth is one of the founding members of the Poor Clare community in Zambia, Africa. She holds a bachelor's degree in theology as well as a Master's degree in Franciscan Studies from St. Bonaventure University in Olean, New York. She is a member of the Poor Clares residing at Assisi Heights, Rochester, MN. For more info: www.stclaresrochester.org.

***Our labor here is brief,
But the reward is eternal.
Do not be disturbed by the clamor
of the world
Which passes like a shadow.
St. Clare of Assisi***

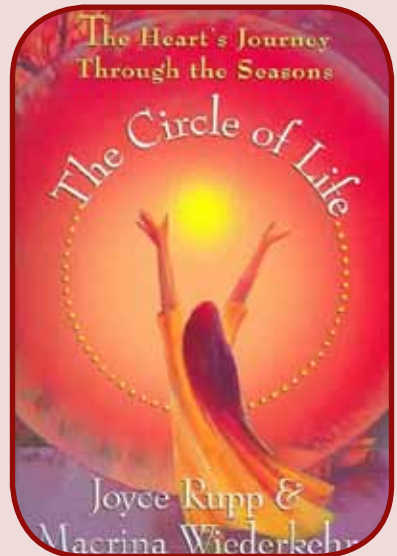
The Circle of Life - Book Discussion

October 8, 11:30am-1:00pm

\$15 preregistered/prepaid, includes lunch.

This book, by Joyce Rupp and Macrina Wiederkehr, explores how the earth's rhythm and harmony of moving from one season to another is a metaphor for our lived experience. The earth's continual transformation, the opportunities and challenges of each season, match our everyday life. Joyce Rupp is a well-known writer and international speaker. She spoke at Assisi Heights in 2018. Macrina Wiederkehr is an author and retreat director.

Discussion will be facilitated by Sister Claren Sellner, an avid reader who loves book discussions, along with Mary Wellik, who has circled the world and brings a wealth of interest to this book.



Hinduism: Questions and Answers!

October 8, 6:30-8:00pm

\$12 preregistered/prepaid.
\$15 at the door.

Hinduism, the oldest religion, has no beginning—it precedes recorded human history. It has no founder. It is a mystical religion, leading the devotee to personally experience the Truth within, finally reaching the pinnacle of consciousness in which the human and God are one. Come learn about the basic beliefs, rituals and commonalities with other religions.

Unni Gopinathan has been with Mayo Clinic for 15 years. Currently, he is working within Supply Chain Management with focus in analytics and project management. He is a native of Kerala, a beautiful tropical land in the southern part of India. He brings international expertise having worked in India and Dubai before coming to the US.

Unni grew up in a spiritual environment based on Hindu faith. In Rochester, he has taken the lead in bringing many spiritual and yoga Gurus for talks and sessions at the Hindu temple. He has conducted classes on Hinduism, Yoga, Leadership and Public Speaking classes for children in the Indian Community. With his passion for yoga, he has been instrumental in conducting the annual International Yoga Event at the Peace Plaza in June.



Sensing the Living Light: The Unitive Visions of St. Hildegard of Bingen in Image and Music

October 11, 6:30pm thru
October 13, 1:00pm

\$125 per person includes meals and overnight accommodations.
\$45 commuter fee includes lunch.

The unique visions of St. Hildegard inspired numerous medieval mystics and continues to amaze scholars with her comprehensive and radical world-view. Using the 26 stunning illustrations from St. Hildegard's master-work, "Scivias" and corresponding music composed to resonate with the "sound of heaven," Sister Gabriele will explore the profoundly unitive perspective of this great 12th century woman. Each session will include simple chanting, meditation and conversation.

Franciscan Sister Gabriele Uhlein, OSF, Ph.D., a spiritual psychologist and artist, has dedicated over 40 years to recovering and celebrating the experience and wisdom of the Christian mystics, as well as the exploration and integration of contemporary spiritual thought, both east and west.

Journey of Peace

October 13, 2:00-4:00pm

Preregistration appreciated.

Donations
appreciated

The Art of Peace! Celebrating 10 Years of Interfaith Communities Pursuing Peace.

Come embrace peoples of all traditions to CELEBRATE the practice of peace and co-create sustainable PEACE in every corner of our world. We will host a community commemoration in an effort to integrate PEACE through art, music, poetry, dance and prayer. This lively interactive outdoor event will take place in our "Courtyard of Peace." All are welcome!

Facilitated by Rochester Area Interfaith Peacemakers.



How to Be a Gentleman: Boys Stepping Up!

October 14, 5:30-7:30pm

\$30 preregistered/prepaid, includes light meal.

(Scholarships available)

Be a master gentleman! This interactive evening is designed to teach boys life skills that empower them to become thoughtful, respectful men. The event includes team building, belonging, etiquette, social boundaries, sportsmanship, as well as deconstructing harmful masculine behaviors and beliefs on their journey to become compassionate and trusted. The young men, ages 10-13, will be coached in courtesy, self-control and responsibility. The evening begins with a pizza party. The capstone point of the evening is hearing real stories, mistakes/failures, successes, and learnings.

This program is facilitated by a group of Rochester area gentlemen: Patrick Jirik, Patrick Gannon, Jerry Hrabe, Jim Fitsimmons, Tom Overlie and Lee Sjolander.

T'ai Chi Chih-Movement with Meditation

Beginning classes:

**Tuesdays, 10:30am-12:00pm,
October 15, 22, 29, November 5, 12,
19, December 3, 10**

**\$55 preregistered/prepaid.
\$60 at the door.**

Continuing classes:

**Tuesdays, 9:00am-10:00am, October
15, 22, 29, November 5, 12, 19,
December 3, 10**

**Thursdays, 6:00pm-7:00pm, October
17, 24, 31, November 7, 14, 21,
December 5, 12**

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

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.

Stories from the Border

October 15, 6:30-8:00pm

Preregistration appreciated.

**Donations
appreciated**

All donations will be sent to assist persons serving on the border.

They arrive from around the world for countless reasons. Some are fleeing persecution or violence in the country of their birth. Others leave because of the lack of jobs, poverty, and the inability to support their families. Millions of immigrants risk deportation and imprisonment by living in the USA without legal documentation. They are fearful, living under stress of having to navigate a somewhat "hidden" life with little protection from exploitation at the hands of employers. Many struggle to carve out a life for themselves in Southeast Minnesota. Hear stories from persons who have worked with them and witnessed their distress firsthand.

Don Baldus, Jane Greiling, Tim Haskamp have all been to the border in recent months.

Sister Marlys Jax will moderate this panel.

Franciscan Art Tour

October 16, 2:30-3:30pm

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

Visit Assisi Heights to tour the Rochester Franciscan Sisters' art collection covering over 140 years of fine artistry. The tour begins with a needlepoint of the Congregational Crest designed by the early Sisters. We will view oil, watercolor, calligraphy, copper enameling, photography and more. We will learn the process of Iconography. This tour highlights the cultural and religious artwork by the Sisters and Cojourners.

Sister Marlys Jax will guide the path and share the stories.



Journey into God: A Franciscan Pathway

October 16, 23, 30, 6:30-8:30pm

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

This three-part series will take you on a journey of faith to examine how a person can more deeply enter into the life of the Trinity (Creator, Christ and Spirit). A blueprint/pattern will assist each in a creative, experiential, and prayerful movement with a guide. The teachings 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 will be highlighted.

Sister Briana McCarthy, MA, LPCC, is a retired licensed professional clinical counselor and former educator of students, ranging from elementary to college level. She has 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.

“The Doctrine of Discovery, Unmasking the Domination Codes” - A Film

October 17, 6:30-8:00pm

\$12 preregistered/prepaid.

“The Doctrine of Discovery, Unmasking the Domination Codes” is a film showing us that the papal decrees of 1452, 1453 and 1455 authorized the tragic global momentum of domination and dehumanization of “heathen” countries and peoples. It sanctioned enslavement of Africa by Europeans, and influences court rulings even in today’s US legal system. The film concludes with traditional teachings that provide a much needed alternative for human relationships and the care of ecological systems.

This film comes from Pagans in the Promised Land: Decoding the Doctrine of Christian Discovery, a book based on two decades of research by Shawnee, Lenape scholar Steven T. Newcomb. It includes the trip to Rome by a group of indigenous students from St. Paul, MN, to ask Pope Francis to rescind the Doctrine of Discovery.

A call comes from Native American writer Steve Newcomb, to bring that system of colonialism to an end and to move away from a cultural and spiritual tradition of subjugation. This call proposes that non-native people unite in solidarity with indigenous people to rescind these unjust decrees.

Facilitator, Dorothea Hrossowyc, MA, RMPA, ABMP, from Northfield, MN, has

a full time private practice in holistic therapy, including body, mind, spirit and emotions. She has also been a facilitator and trainer around race, class and gender issues, promoting discussion and understanding of diversity, immigration, and support for low income families.

Taizé Prayer Service

October 20, 6:30-7:30pm

See page 8 for description.

Homelessness

October 22, 6:30-8:00pm

Preregistration required.

Donations appreciated

All donations will be given to the local St. Vincent de Paul Society.

Homeless is defined as any person who lacks housing. They are individuals without a permanent home who may be living in a shelter, transitional housing, abandoned buildings, a vehicle, “doubled-up” with friends, or those exiting an institution with no permanent residence. This includes families with children, unaccompanied youth, or people fleeing domestic violence, etc.

A panel of local individuals will witness their experience of homeless living.



Maverick Priest

A STORY OF LIFE ON THE EDGE



Father Harry J. Bury, Ph.D.

Maverick Priest

October 28, 2:30-3:30pm

Preregistration required.

Donations
appreciated

This is a story of one man's unique journey around the world, in the name of a human connection, peace and active non-violence. Father Harry J. Bury is a Catholic priest unlike any you have ever met. He traveled east-west and north-south dedicated to interacting lovingly with citizens of the world in pursuit of peace and non-violence. His determination to help his fellow human beings sometimes puts him in dangerous situations with law enforcement, foreign governments and the church alike. Hear his story!

If Only You Would Ask: A Guide to Spending Quality Time with the Elderly

October 29, 6:30-8:00pm

\$12 preregistered/prepaid.

When visiting or caring for an elderly relative or friend, are you often at a loss for what to talk about? After the initial pleasantries, do the minutes/hours drag on? You may very well love this person, but find yourself struggling to carry on a conversation. Moments of silence seem endless. [If Only You Would Ask: A Guide to Spending Quality Time with the Elderly](#) transforms this situation!

This book is a conversational manual, a resource, and a tool for those who spend time with and care for the elderly. No longer will you find yourself struggling to think of something interesting to talk about. With 42 topics, and over 400 questions, [If Only You Would Ask](#) provides a framework for tapping into memories. Everyone has stories to share, if only we ask the right questions!

Authors Eileen Opatz Berger and Joan Berger Bachman (mother and daughter), will be present to share their wisdom, and will bring copies of their book.





Storytelling: Fear of Death

November 4, 6:30-8:00pm

\$10 preregistered/prepaid.

How are you at handling death? Do you or someone you know have difficulty coping? Thinking about death is scary. Death is final and what comes after is unknown. Coming to terms with death as part of life, is important for moving past the fear. We need to summon the courage, faith, understanding, and humility required for accepting as well as voicing our emotions. Let's get together over a cup of tea/coffee and talk about ways to overcome the fear of dying. Come and tell us your story.

Loretta Mogan is retired from Mayo Clinic in Rochester, MN. 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.

Anticipating Grief

November 6, 6:30-8:00pm

\$10 preregistered/prepaid.

What is Anticipatory Grief? Why does it have such a powerful hold on us? Join educator/author Harriet Hodgson to learn the natural reactions of anticipatory grief. Ask questions, explore three processes, learn ways to cope, and how anticipatory grief may help you.

Harriet Hodgson, MA, has been a freelance writer for 38 years, and is the author of thousands of articles and 37 books. In addition, she writes for three websites: Open to Hope, The Grief Tool Box and the Caregivers Space. She is a member of the Minnesota Coalition of Death Education and Support and the Grief Coalition of Southeastern Minnesota. Harriet has appeared on more than 185 radio talk shows, including an appearance on CNN.



Compassion/ Detachment Retreat

November 9, 9:00am-3:00pm

\$50 preregistered/prepaid, includes lunch.

Are you seeking freedom from anxiety, worry, conflicts and confusion? Are you having difficulty with relationships that continue to affect your spirit and well-being?

Come to the serene, quiet environment of Assisi Heights and learn ways to have compassion for yourself and others. Franciscan Sister Linda Wieser will share the resources that can help with both compassion and detachment from old beliefs/patterns. She will draw upon the RAIN method that Tara Brach presents in her book True Refuge. She will be using Richard Rohr's book Breathing Under Water. Time/space will be provided for individual participant's meditation/prayer and process time. This retreat is inclusive of everyone seeking peace, regardless of religious affiliation.

Ego says, "Once everything falls into place, I'll feel peace." Spirit says, "Find your peace and then everything will fall into place." Marianne Williamson

Sister Linda Wieser has over 30 years of experience teaching and facilitating meditation practices, self-care, and forgiveness retreats. She is both a spiritual director and Certified Life Coach. Currently, she serves as an Integrative Healing Therapist at Riverseasons, LLC in Rochester, MN.



Loving the Stranger!

November 11, 2:00-3:30pm

Donations appreciated

Loving the stranger begins with that first encounter, which leads to a moment in time or to a lifetime of moments. Sometimes it even leads to life itself. These chance encounters remind us of the physical and spiritual connections of all humans. (When registering online, please indicate the number of persons attending.)

Shelly Gill Murray will share personal stories of the strangers who have shaped and forever changed her life. Over the years, she discovered spiritual oneness through strange synchronicities in unimaginable places like Haiti, Colombia and India.

Hope and Healing in Tragedy and Loss

November 11, 6:30-8:00pm

**\$12 preregistered/prepaid.
Bring a friend for free!**

For 35 years, Joleen Mainz has been a financial advisor, helping suddenly single people grieve, assess their lives, choose options and move on with hope and confidence. Joleen now knows that path and journey firsthand. You will hear her story and learn the importance of being awake to the fact that death and tragedy can come any time. Therefore, planning is of great importance. She will discuss the three stages of grief, action steps you can take and reveal the support systems that are available. (When registering online, please indicate your guest's name.)

Joleen Mainz is a Certified Financial Planner, a Chartered Financial Consultant, has Certification for Long Term Care. She is a retired partner in Hegland Mainz Financial, living in Rochester, MN.



The Big Fella: Babe Ruth and the World He Created - Book Discussion

November 12, 11:30am-1:00pm

\$15 preregistered/prepaid, includes lunch.

Baseball's famous player: his life, his legacy and all he contributed to owners, teams, players and skill. Jane Leary illuminates Ruth's place in American cultural history. She draws a picture of a flamboyant figure who exploited the public's appetite to forge a new sporting celebrity.

Our discussion leaders: Sister Claren Sellner is a supportive baseball fan, an avid gardener and when not engaged in those two things, reads and enjoys facilitating book discussions. Mary Wellik is a retired public health nurse, student of cultural geography, world traveler and an avid reader.

Legacy Café

November 12, 6:30-8:00pm

\$12 preregistered/prepaid.

Your Story, Your Legacy! What is your story and how do you want to be remembered? During this engaging interactive workshop we:

- Guide you through a series of reflections to draw out the values that have defined your life, the wisdom you want to pass on to others and your hopes for future generations.
- Discuss how to blend your legacy story with your end-of-life documents so that the decisions you make reflect your sacred story and spiritual legacy.

Barb Kermisch has been an educator all her adult life. She was the coordinator of Volunteer Services for Mayo Clinic at Rochester Methodist Hospital Campus. She developed services to benefit patients and trained volunteers to provide them. Her interest in end-of-life support developed when she instituted a volunteer service known as “No One Dies Alone” (NODA). If we enter this world with others present, it is only fitting at the end-of-life there be a person present to honor that life and receive the legacy.



Death Café

November 13, 2:00-3:30pm

\$12 preregistered/prepaid.

Life is mortal. Why do we find it difficult to talk about death? We live on the precipice between life and death but the conversation doesn't come naturally. Join us for Death Café, an “event where people drink tea, eat cake and discuss death.” Death Cafés have been created as an avenue to “increase awareness of death, to help people make the most of their (finite) lives.” A Death Café is not a support group, nor is it a place where someone is trying to promote a philosophy or sell you something. Topics are determined by the participants. Join us for dessert and an afternoon of life-giving conversation!

Sister Chris Stanoch is a spiritual counselor with experience working with end-of-life issues in parish settings and as a resident Chaplain at Mayo Clinic, Rochester, MN. During that time, she frequently faced death issues with patients and families, as well facing her own mortality while participating in a prior Death Café experience.

Father Jose Lizardo Morales Rojas was born, raised and ordained in Colombia, South America. He was invited to come to Minnesota to assist in the spiritual care of Hispanics in southern Minnesota. His strengths are seen in his ministry with the frail and vulnerable. He is currently a chaplain at Mayo Clinic, Rochester, MN.

Taizé Prayer Service

November 17, 6:30-7:30pm

See page 8 for description.

Radical Kindness: Engaging a Community

November 18, 6:30-8:00pm

\$12 preregistered/prepaid.

Danielle's talk will cover why we need to think differently about kindness and what we can do to cultivate positive change. Her passion for volunteerism and intentional acts of kindness is fueled by a single act of kindness bestowed upon her by a stranger years ago. It left a significant impression on her life, a testament to the unlimited potential and power of the human spirit: that kindness really does impact lives in positive ways and changes the world.

Danielle Teal, is a speaker and founder of CAKE (Caring Acts of Kindness Everywhere), a professional volunteer group that partners with non-profits and organizations on kindness initiatives. She is also a Senior Digital Production Specialist at Mayo Clinic and a TV correspondent for KSMQ.



“This Changes Everything” - A Film

November 19, 2:00-3:15 pm

Preregistration appreciated.

Donations
appreciated

“This Changes Everything” is a film by Avi Lewis, which presents seven mighty portraits of communities from Montana’s Powder River Basin to the Alberta Tar Sands, and from South India to China. It is based on Naomi Klein’s nonfiction bestseller by the same name. This film suggests that climate change is the greatest challenge of our times, made more controversial with our past election. Her premise is that we can seize the existential crisis for climate change to transform our failed economic system into something radically better. The film is not frightening or intimidating but provocative and empowering. Will this film change everything? Certainly not. However, you could be changed by answering its call to action.

Join us for the 10th Annual

Christmas on the Hill
AN UMBRIAN CELEBRATION

Saturday, December 7, 2019

Chapel Doors open at 5:30pm | Prayer Service begins at 6:00pm

\$50 per person

Limited to the first 225 guests to register,
processed in the order received.

Register online at www.rochesterfranciscan.org

Sisters of Saint Francis

Assisi Heights | 1001 14th Street NW | Rochester, MN 55901 | 507-529-3536

Let There Be Peace on Earth



Saint Junipero Serra's Camino: A Pilgrimage Guide to the California Missions - Book Discussion

December 10, 11:30am-1:00pm

\$15 preregistered/prepaid, includes light lunch.

Travel the pilgrims' path along California's coastline to learn the spirituality of 21 different missions. You'll be enriched by the interwoven tradition of the Spanish Franciscans and the American Indians.

Our Facilitator Sister Claren Sellner is an ambitious Franciscan, serving in a variety of ministries, and Sister Monique Schwirtz is a spiritual director/mentor at Assisi Heights and an avid reader who has traveled this path.

Christmas on the Hill for Children

December 14, 9:30-11:00am

\$10 per child, ages 3-8, preregistered/prepaid. Adults are free!

(Note: children must be accompanied by a parent or other adult.)

St. Francis of Assisi had a great love for Christmas. Each year he would celebrate the feast by gathering the townsfolk to enact the story of God becoming human. The morning will include storytelling, art, drama, music, dance, and a short film. Christmas treats and hot chocolate finish off the morning! (When registering, please indicate the names of children attending.)

The event is prepared and facilitated by area early childhood education teachers.

Visual Arts for Your Soul... and Your Brain!

Fridays 1:00-4:00pm and/or
Saturdays 9:00am-12:00pm*

Annual membership fee \$45. Contact Jessica at 507-280-2195 or ahsc@rochesterfranciscan.org to join. Bring your own art gear.

Visual arts stimulate brain pathways and power the soul. Join us for this creative process in the Clare Art Studio. Artistic endeavors can help cognitive functions, improve memory skills, and ease stress. Drawing, painting, coloring and designing are fun in this supportive social atmosphere. Everyone works on their own creative project. Our group sessions meet in an open studio setting. All skill levels are welcome. Come, be creative with us!

Julie Murray, Creative Muse, facilitates the process!

*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.

For more information, contact Sister Monique at 507-282-7441 or email: monique.schwartz@rochesterfranciscan.org.



Human Exploitation/Trafficking: Modern Day Slavery Toolkit

A toolkit for hosting presentations on Human Exploitation is available for your use in your parish, school or social group. It explores such questions as: Who are victims? Who are the traffickers? What are the effects of pornography? What are the Federal and MN state laws? Where does it exist? What can you do?



The toolkit contains all you need for a two-hour program. It includes a PowerPoint presentation, Instructor's Manual and Answers to Frequently Asked Questions. The kit will be sent in adequate time for you to review and prepare. Alternatively, you may request presenters to come to your location.

Contact Cojourner Darlene Kelly at 507-282-0578 for more information.

Assisi Heights Spirituality Center Board of Advisors

Don Baldus - Retired RCTC Math Instructor, Social Justice Advocate

Louise Blissenbach - Retired Counselor

Dennis Brooks - MN Public Radio

Rev. Emily Carson - MN ELCA Office

June Howard - Director of Mission Advancement, Sisters of Saint Francis

Tracy McCray - Mayo Clinic Radio

Barb Schroeder - Retired Clinical Nurse Specialist, Life Coach

Jessica Sulla - Event Planner, Assisi Heights Spirituality Center

Sister Linda Wieser - Spiritual Director, Therapist

Kathleen Zarling - Parish Nurse

Become a Franciscan!

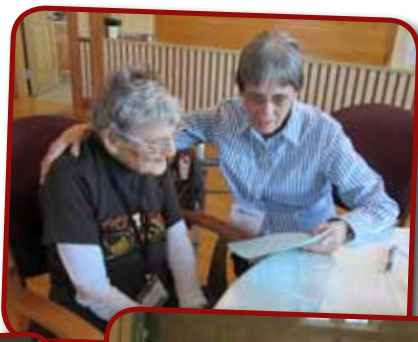
Have you, or someone you know considered:

- 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 and click the button "Become a Sister or Cojourner" on our home page.

For more information:

- Contact Sister Ann Redig at: srcoj@rochesterfranciscan.org, or call: 507-282-7441.



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.



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 - Meditation pg. 4	5	6	7
8 - Assisi Heights Spirituality Center Open House pg. 3	9 - Stories Overheard! pg. 4 Mindful Self- Compassion pg. 5	10 - Film: "Decoding the Driftless" pg. 5	11 - Meditation pg. 4 Stories in Stone pg. 6	12 - Centering Prayer pg. 6	13	14 - Nature Scavenger Hunt pg. 7 Urban Sketching pg. 7
15 - Taizé Prayer Service pg. 8	16	17 - Les Misérables pg. 8	18 - Meditation pg. 4	19 - Centering Prayer pg. 6	20	21 - Snakes! pg. 9 Stories in Stone pg. 9
22	23 - Burning our Burdens pg. 9	24 - "Abrazos" - A Film pg. 9	25 - Meditation pg. 4 Yoga: The Peaceful Path to Resilience pg. 10	26 - Centering Prayer pg. 6 "Paris to Pittsburgh" pg. 10	27	28
29 - Blessing of Animals pg. 10	30 - What is a Cojourner? pg. 11					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Goodbye, Clutter! pg. 11	2 - Meditation pg. 4 Exploration and Application of Restorative Justice pg. 12	3 - Transitus of St. Francis pg. 12	4	5 - St. Clare: The Spirit of the Founding Days pg. 13
6	7	8 - The Circle of Life: Book Discussion pg. 13 Hinduism: Questions and Answers! pg. 14	9 - Meditation pg. 4	10 - Centering Prayer pg. 6	11 - Sensing the Living Light pg. 14	12
13 - Journey of Peace pg. 15	14 - How to Be a Gentleman pg. 15	15 - T'ai Chi Chih: Beginning Classes pg. 16 T'ai Chi Chih: Continuing Classes pg. 16 Stories from the Border pg. 16	16 - Meditation pg. 4 Franciscan Art Tour pg. 17 Journey into God: A Franciscan Pathway pg. 17	17 - T'ai Chi Chih: Continuing Classes pg. 16 Centering Prayer pg. 6 "The Doctrine of Discovery, Unmasking the Domination Codes" - A Film pg. 18	18	19
20 - Taizé Prayer Service pg. 8	21	22 - Homelessness pg. 18	23 - Meditation pg. 4	24 - Centering Prayer pg. 6	25	26
27	28 - Maverick Priest pg. 19	29 - If Only You Would Ask pg. 19	30 - Meditation pg. 4	31 - Centering Prayer pg. 6		

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 - Storytelling: Fear of Death pg. 20	5	6 - Meditation pg. 4 Anticipating Grief pg. 20	7 - Centering Prayer pg. 6	8	9 - Compassion/ Detachment Retreat pg. 21
10	11 - Loving the Stranger! pg. 21 Hope and Healing in Tragedy and Loss pg. 22	12 - The Big Fella: Babe Ruth and the World He Created pg. 22 Legacy Café pg. 23	13 - Meditation pg. 4 Death Café pg. 23	14 - Centering Prayer pg. 6	15	16
17 - Taizé Prayer Service pg. 8	18 - Radical Kindness: Engaging a Community pg. 24	19 - "This Changes Everything" - A Film pg. 24	20 - Meditation pg. 4	21 - Centering Prayer pg. 6	22	23
24	25	26	27 - Meditation pg. 4	28	29	30

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 - Meditation pg. 4	5	6	7 - Christmas on the Hill pg. 25
8	9	10 - Saint Junipero Serra's Camino: A Pilgrimage Guide to the California Missions pg. 25	11 - Meditation pg. 4	12 Centering Prayer pg. 6	13	14 - Christmas on the Hill for Children pg. 25
15	16	17	18	19 - Centering Prayer pg. 6	20	21
22	23	24	25	26	27	28
29	30	31				

Things to know:

Registration

Registration for Assisi Heights Spirituality Center events may be completed online. Please visit our website at 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, 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 the AHSC Event Coordinator at 507-280-2195 or 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.

Scholarships

Scholarships may be available to help offset the cost of a program or retreat. Please email AHSC Event Coordinator at 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:

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

To register online, go to:

www.rochesterfranciscan.org
and click on "Events"

Questions? Call 507-280-2195

or email: 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: _____

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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

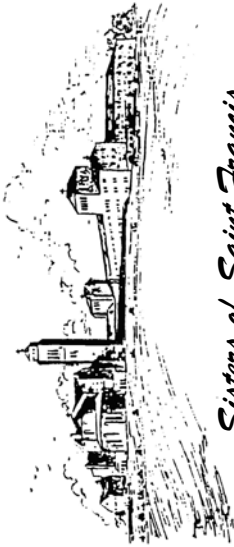
Merge onto I-90 W.

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



Sisters of Saint Francis

Assisi Heights
Spirituality Center

1001 14th Street NW, Suite 100
Rochester, MN 55901-2525

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If your address changes, you prefer to receive additional news via email, or be removed from the mailing list, contact:

AHSC Coordinator at 507-280-2195
or: ahsc@rochesterfranciscan.org