

January – July 2020

The Essence of Assisi

Cultivate Compassion

Vol. 11, No. 02



Assisi Heights
Spirituality
Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

Welcome

Welcome

Resilience: How do we call your name?

Twenty-twenty marks the passing of another decade! One-at-a-time, the year adds on four quadrants changing the face of our environment.

"Spring passes and one remembers one's innocence.

Summer passes and one remembers one's exuberance.

Autumn passes and one remembers one's reverence.

Winter passes and one remembers one's perseverance."

- Yoko Ono



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center

Yoko Ono names the gifts we recall as another season passes on. This is not a remembrance based on sentimentality, regret, or the inability to welcome the present. Rather, it is a harvesting-a-gleaning! It is a gathering of acquired inheritance drawing us forward, leaning on what the past has offered us. In other words, the qualities awakened in us include: unsophistication, buoyancy, respect and tenaciousness, and that = resilience.

Assisi Heights Spirituality Center Advisory Council

Don Baldus - Retired RCTC Math Instructor, Social Justice Advocate

Louise Blissenbach - Retired Counselor

Dennis Brooks - MN Public Radio

Rev. Emily Carson - MN ELCA Office

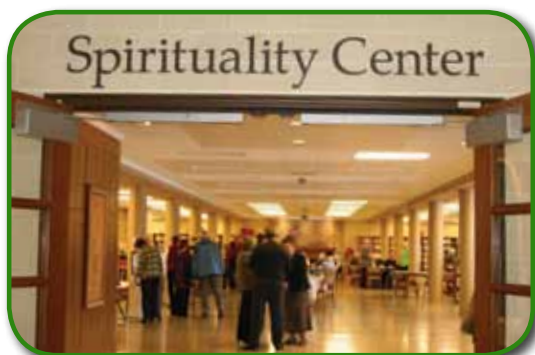
Loretta Morgan - Compassion Rochester, MN

Tracy McCray - KLSE Radio

Barb Schroeder - Retired Clinical Nurse Specialist, Life Coach

Sister Linda Wieser - Spiritual Director, Therapist

Kathleen Zarling - Mayo Nurse



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.***



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.



Survivors and Systems: A Collaborative Perspective

When: January 11, 2020
8:30am-12:00pm

Registration begins at 8:30am and Program begins at 8:45am
Register at www.rochesterfranciscan.org.
No charge to attend.

ALL ARE INVITED to hear compelling stories from those who have been trafficked. Join us to hear what is happening in Southeastern Minnesota, and continue to learn what our community and providers can do to be survivor informed.

Armchair Escape

9:00am-3:00pm any day of your choice. Call to schedule!

\$20 preregistered/prepaid, includes lunch.

Christmas has passed, but we have one last gift for you: an escape! No not a real trip, but bite-sized travel “moments” that will transport you, if for only a few minutes, far from the post-holiday lull. Come, brew a mug of your favorite tea, and dig out that Christmas chocolate you stashed away. Then hunker down in a favorite chair at Assisi Heights and turn the page. Read, relax, dream, walk, mediate, pray... Pamper yourself with a day off. We won't tell anyone you're here!

We'll check in with you when you arrive and get back to you after your escape! Call 507-280-2195.



T'ai Chi Chih - A Moving Meditation

Winter Classes

Beginner's series:

Tuesdays, 10:30am-12:00pm, January 7, 14, 21, 28, February 4, 11, 18, 25

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

Continuing series:

Tuesdays, 9:00am-10:00am, January 7, 14, 21, 28, February 4, 11, 18, 25

Thursdays, 6:00pm-7:00pm, January 9, 16, 23, 30, February 6, 13, 20, 27

\$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 at Assisi Heights. The form is composed of 19 easy, slow meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and benefits persons of 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 8-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 and has been practicing the form herself for many years.

Centering Prayer 2020

Every Thursday, beginning January 9 thru July 30, 6:00pm-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. Its method is listening in silence. In the 6th century, Gregory the Great called it “resting in God.” St. John of the Cross said, “Silence was the first language of God.” Join us for silent prayer on Thursday evenings.

Sister Beth Lynn is a member of the Poor Clare Sisters and longtime teacher and practitioner of Centering Prayer. Guest leaders assist on occasion.



Meditation: Power OFF!

Every Wednesday, 5:15pm-5:45pm, beginning January 8

Donations appreciated

Meditation is a practice of quieting the mind to bring forth clarity and tenderness, while cultivating forgiveness and love. It is 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.

Facilitated by a rotating schedule of meditation leaders.

Acu-Yoga Chakra Series

January 11, February 1, 22, March 14, April 4, 18, May 9, 9:00am-11:30am

\$175 per person for all seven sessions, preregistered/prepaid.

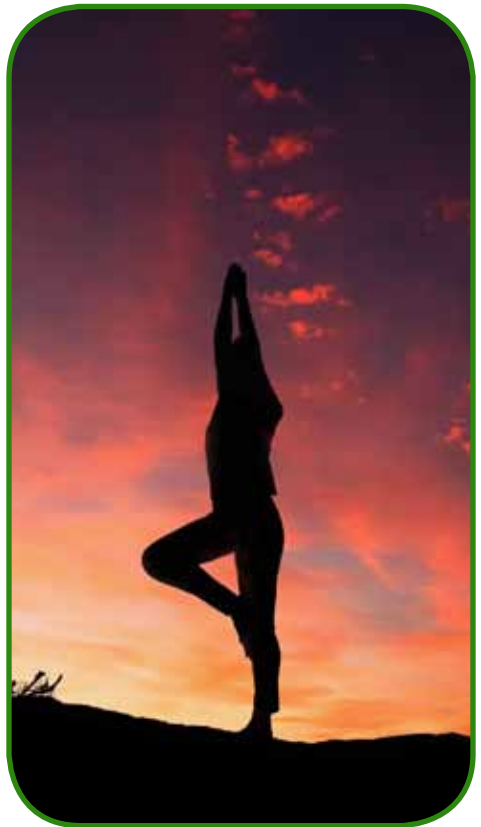
\$35 per person for individual sessions, preregistered/prepaid.

The chakra system is an ancient Indian philosophical understanding of the energetic interaction of the spirit-mind-body complex. How can we use the chakra system to go inward and grow in awareness of the subtle and spiritual working of our being? How can we listen to the cues of our physical bodies as insights for inner transformation?

To bring about changes in the body and mind, we must also understand the energy through which they work. Drawing on the five elements, we will explore the classical approach to the chakras and their three levels of working and their relationships to various aspects of our being. These sessions incorporate various inner and external therapies -- traditional and contemporary -- for each chakra, to include contemplative practices, personal reflection and prayer, breathing exercises, mantras, yoga and acupuncture. Sessions include: 1-Earth, 2-Water, 3-Fire, 4-Air, 5-Ether, 6-Mind, and 7-Consciousness. Bring a yoga mat and blanket and a journal for reflections. Wear loose and comfortable clothing to accommodate yoga and acupuncture.

This series is co-lead by Carolyn Isaak and Melissa Schultz. Carolyn Isaak holds

an MS in Health Promotion Studies from Purdue University and is a Certified Yoga Instructor. She has been promoting the benefits of yoga in various Rochester's institutions including Mental Health practices and Mayo Clinic. Melissa Schultz practices acupuncture and Chinese Herbalism in Rochester. For 20 years, her interests in holistic healing systems that incorporate body, mind and spirit led her to pursue studies in Traditional Chinese Medicine in 2004. She uses the insights of world medicine and the perennial wisdom for healing of humanity in her employment. Melissa is currently a student of the Living School through the Center for Action and Contemplation in Albuquerque, New Mexico, which was founded by Father Richard Rohr.



Mindful Self-Compassion: New Year's Gift to Yourself

January 14, 21, 28, February 4,
9:30am-11:00am

**\$20 per person for all 4 sessions,
preregistered/prepaid.**

An after-the-holiday option: Give a gift to yourself and leave behind domestic duties and responsibilities to celebrate you and regain a freshness that will serve you for the rest of the year. This daytime course will support you in learning how to be good to yourself, with the same kindness and understanding that you treat others when they suffer, fail, or feel inadequate. It will help you recognize your inner ally instead of an inner critic. This course is designed for those who choose not to travel at night.

Some aspects to be examined:

1. Learning to embrace yourself with your imperfections and gain resilience.
2. Deepen your self-compassion.
3. Provide tools to invoking mindfulness and self-compassion as a daily routine.
4. Help face the old wounds with new healthy methods of care.
5. Assimilate the three core elements of mindful self-compassion: self-kindness, part of common humanity, and mindfulness.

This program will be facilitated by Paula Smith. She is a steering committee member of Compassion Rochester, MN, a school psychologist, and a certified Dynamic Mindfulness Trainer through the Niroga Institute.

Dinner and Dialogue

Fridays, ~~January~~ 17, February 28,
March 13, April 3, May 1, June 5,
11:00am-1:00pm

**\$12 preregistered/prepaid. (Reservations
due one week in advance).**

With the day's Gospel message on the right, and life in the fast lane on the left, this 'dialogue over dinner' offers in-depth conversations about the most pressing social issues of our times. Father Jan Michael Joncas will preach on the liturgical readings of the day. Come share your experiences with the prepared questions for integrating spirituality in your daily life. May the table conversation offer you fresh energy and new light on living a sustainable faith.

Father Jan Michael Joncas was ordained as a priest in the Archdiocese of St Paul-Minneapolis, MN in 1980. He holds degrees in English from the College of St. Thomas in St. Paul, MN, and in Liturgical Studies from the University of Notre Dame, Notre Dame, IN, and the Pontificio Istituto Liturgico of the Ateneo, S. Anselmo in Rome. He has served as a parochial vicar, a campus minister, and a parochial administrator (pastor). He is the author of six books and more than two hundred fifty articles and reviews in journals. He has composed and arranged more than 300 pieces of liturgical music. He is currently Artist-in-Residence and Research Fellow in Catholic Studies at the University of St. Thomas in St. Paul, MN.

Tech Support Group: Especially for Seniors

January 19, 26, February 2, 9, 16, 23,
2:00pm-3:30pm

Donations
appreciated

Would you like your smart phone, tablet, iPad, or laptop to work with you and not against you? Would you like to ask a real person some questions to get answers and personalized help with your technology? Join our tech support group! This is just the group for you!

We can help with things like:

- Email
- Texting
- Checking your favorite news sites
- Navigating apps
- Communicating with family and friends
- Safety and security online
- Scams and info provided by AARP

Come *each* Sunday afternoon or drop in only those Sundays when you need assistance or a tweak to your device. Bring your device, and your access password. (Note: you are the only person who will enter your password; we will not ask you for your security information.) Feel free to bring a list of questions and concerns.

Kim Jaworski is tech savvy and has a spirit to go your speed and allow you to drive home with a smile and happy heart.



Qigong

Mondays, January 20, 27, February
3, 10, 17, 24, March 2, 9, 10:30am-
11:30am

\$60 preregistered/prepaid.

Qigong, the art and science of cultivating the body's energy, has been practiced in China for thousands of years as a technique to improve the body's self-healing abilities. Qigong, simply stated, is the cultivation of Qi or vital life energy. The gentle rhythmic movements of Qigong reduce stress, build stamina, increase vitality and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Those who maintain a consistent practice of Qigong find that it helps one regain a youthful vitality, maintain health even into old age and helps speed recovery from illness.

Qigong practice includes gentle movement with postural alignment, deep breathing techniques, and relaxation/meditation practices. During this session, participants will learn Vitality Enhancement Qigong as well as other techniques. They are easily adaptable to every lifestyle and can be done while standing, seated, and even lying down.

Bonnie Sokolov began studying T'ai Chi in 1998. She became a certified teacher of T'ai Chi Chih in 2001. In 2008, she graduated from the Institute of Integral Qigong and T'ai Chi.



The Grandma Force: How Grandmothers are Changing Grandchildren, Families, and Themselves

January 21, 6:30pm-8:00pm

January 29, 6:30pm-8:00pm (Snow Date)

\$12 preregistered/prepaid.

More grandparents are today part of rearing the grandkids. This an easy-to-use resource for grandmothers who want to access their personal power to better the grandchildren's lives. Becoming a grandmother of twins changed Harriet Hodgson and altered her life course. We live in a fast-paced, complex time when too many grandchildren are victims of bullying, internet scams, and sexual abuse. She believes grandmothers are needed today more than any other time in history, "Every grandma has the power to protect and guide her grandchildren and needs to tap into this power."

Harriet Hodgson, BS, MA, is a wife, mother, grandmother, caregiver for her husband, and a seasoned writer. She's authored over 36 books on a variety of family topics.

Circle of Song: Singing Compassion in the World

Every Thursday, beginning January
23 thru July 30, 5:00pm-6:45pm

Donations
appreciated

Circle of Song is a vocal community that believe singing together creates compassion and sustains community. We use our voices and hearts to send healing, compassion, and joy into our community and world via oral tradition, no music reading required. All abilities, faiths, cultures can give voice to our inner desire to break open a world of compassion through community singing.

Mary Beth Thesing is an Energy Healing Artist, florist, massage therapist, Reiki master, and community song leader. She believes in the power of community singing and its ability to connect and heal lives. It is her belief that music is for everybody and singing is for everyone.

*"Music gives a soul to
the universe,
wings to the mind,
flight to the imagination
and life to everything."*

- Plato



Virtual Pilgrimage: In the Footsteps of St. Clare of Assisi

January 25, 9:00am-11:00am

February 1, 9:00am-11:00am (Snow Date)

\$10 preregistered/prepaid.

This is a virtual visit to the places and spaces inhabited by Clare of Assisi. It provides insights about her life and, at the same time, awakens in the pilgrim, personal awareness of the scared places we have found in our own lives. There will be historical input, time for reflection, and sharing.

Sister Ramona Miller currently serves as Congregational Minister/President for the Sisters of St. Francis, and has spent many years as team member of Franciscan Pilgrimages to Assisi, Italy. A graduate of Bonaventure University, having studied Franciscanism, she is a teacher and has served on a variety of parish pastoral teams. She is author of the book, *In the Footsteps of St. Clare*.

“Going Down the Ladder” - A Film

January 27, 6:30pm-8:00pm

\$10 preregistered/prepaid.

Cultural norms suggest that ascending the ladder guarantees us a “good life.” Power, beauty, and increased capacity are the values for which to strive. Success is built on promotions, increased salaries, and higher social standards. In his early life, St. Francis, too, sought this pathway. Going up was the direction of choice. However, at the bottom of the ladder were those left with primal innocence for whom the heart was more important than the head.

At the bottom of the ladder were found to be people of the heart, where meeting others was more important. Jean Vanier tells of a prostitute who is with a ‘differently-abled’ man as he approaches death, when he says to her, “You always wanted to change me, you never wanted to meet me.” It is a very heartwarming story. Discussion to follow.

Angie Grimm is the mother of an adult son with Down Syndrome. She has made the journey from grief to joy while parenting a differently-abled individual and is enthusiastic about sharing the rare gifts and life lessons she has received from her son and the special needs community.



“Harvest of the Empire” - A Film

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

Donations
appreciated

This film depicts the untold stories of Latinos seeking asylum in the United States. *Harvest of the Empire* is a very compelling documentary outlining the political and social roots which have driven millions to migrate from Latin America to the United States. In an era of anti-immigration fervor, this sobering look at Latino migration calls into question the injustices toward human kind. Discussion follows.

Divine Connections: Spiritual Practices for Daily Life

February 4, 6:30pm-8:00pm

February 6, 6:30pm-8:00pm (Snow Date)

\$12 preregistered/prepaid.

A spiritual practice is any activity that creates space for sacred connection. During this workshop, we will learn about a variety of spiritual practices and take time to experiment with them. Come with a curious heart and willingness to experience God’s nearness in new ways.

Rev. Emily Carson is a Lutheran pastor, serving as Director of Evangelical Mission for the Southeastern Minnesota Synod, ELCA. She also writes the “Holy Everything” column for the Rochester Post Bulletin.

Unarmed Civilian Protection: One Tool for a Just Peace

February 10, 6:30pm-8:00pm

Donations
appreciated

Mel Duncan launched the first Nonviolent Peaceforce project in Sri Lanka in 2002. He will describe the use of “unarmed civilian protection.” Examples from South Sudan, Iraq, and the Philippines will demonstrate a variety of methods used to protect civilians in war zones while building peace in those communities of the future.

Mel Duncan is founding executive director of Nonviolent Peaceforce, a civilian peacemaking organization now based in Brussels. They work in conflict zones, to save lives, reduce violence, and build peace.



Taizé Prayer Service

February 16, 6:30pm-7:30pm

March 15, 6:30pm-7:30pm

April 19, 6:30pm-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, and opens 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. Brother John says, "It is a time to rest in God and let the words listened to and sung penetrate one's being."

A Swiss monk, Brother John initiated this prayer form more than 70 years ago, in the small village of Taizé. In this community of brothers, they emphasize service, ecumenicalism, and reconciliation between divided faith traditions.

Facilitated by Rochester Franciscan Sisters and Cojourners.



“Paris to Pittsburgh” – A Film

February 18, 6:30pm-8:00pm

No charge to attend.

This documentary film, produced by National Geographic, narrates how climate change is affecting the physical earth system across the United States. Voices belong to citizens, scientists, industrialists, capitalists, and politicians. It provides foundational physical science to support the biggest challenge of our day. This film chronicles impassioned individuals battling severe weather disasters in their own backyard.

Facilitated by Franciscan Climate Change Committee.

Can Francis Change the Church?

February 21, 6:30pm-8:00pm

\$12 preregistered/prepaid.

Thomas Sweetser, a Jesuit, has worked for 35 years in evaluation/renewal of Catholic parishes across the country. In 2011, he sought to interview practicing and non-practicing Catholics, between the ages of 20-80, regarding their honest perception of the Church. In the meantime, Pope Francis was elected. Waiting several years after the election, he interviewed the same people again. Some had stayed, some had left. Their voiced opinions touched on the hot-button issues such as: women, sex abuse, hierarchy, clericalism and deep desire for authentic spirituality.

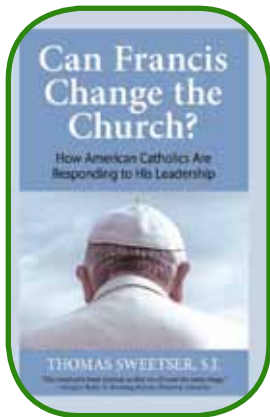
Author, Thomas Sweetser, SJ, will explore his current opinion of the state of affairs in the church.

"...local parishes cannot afford to ignore."

- Dianne Bergant, CSA

"...a revelatory presentation and analysis."

- Brett C. Hoover, Ph.D., Loyola Marymount University



Joy of Loving

February 22, 9:00am-2:30pm

\$40 preregistered/prepaid, includes lunch.

Take a day of reflection to look at your personal awareness of God's love, noticing the needs, and responding to the call to share that love. This workshop is intended for individuals, parish committees or teams, community project groups, or neighborhoods. The day will include prayer, reflection, and exploring ideas for reaching out to others; especially those on the margins that are "going out into the streets," as Pope Francis has challenged us to do. The day is designed to generate excitement, enthusiasm and reinvigorate ourselves to be engaged and invested in our faith and community.

Fr. Thomas Sweetser is a Jesuit of the Milwaukee province. He is founder and current director of the Parish Evaluation Project. He has taught in various U.S. universities and has authored numerous books, the last of which is *Can Francis Change the Church?* This program will combine aspects from Sociology, Theology and Group Process.

Dinner and Dialogue

February 28, 11:00am-1:00pm

(See page 7 for description)

Leap into your Spiritual Life

February 29, 9:00am-3:00pm

\$35 preregistered/prepaid, includes lunch.

2020 is a Leap Year. Receive this unique invitation to have a special day in beautiful, serene Assisi Heights to reflect on your spiritual journey. The day will offer you opportunities and resources to ponder more deeply your spiritual journey through the use of a spiritual life line, spiritual mandalas and research studies on happiness. Shift from fear to abundance, and prioritize your choices. Sister Linda Wieser, a certified life coach and wellness coach, will assist you in this retreat setting with poet Mary Oliver's question: "Tell me what you plan to do with your one, wild, precious life?"

During this retreat day, time and space will be provided for individual participants' meditation/prayer and process time. This retreat is inclusive of everyone seeking their spiritual journey regardless of religious affiliation.

Healthy Aging Strategies

February 29, 1:00pm-3:00pm

Donations
appreciated

Is there anything we can do to keep our brains and bodies humming along as we age? Yes, there is! It isn't complicated, expensive, or sold as a pill. Healthy Aging Strategies were designed by Dr. Rudy Tanzi, an Alzheimer's researcher and professor of Neurology at Harvard University. Even sixty days of implementing these strategies can make a difference in your aging process! Why wait? Plan now to attend.

Kim Jaworski uses her background in psychology to search for ways older adults can focus on wholesome practices for quality of life and well-being.



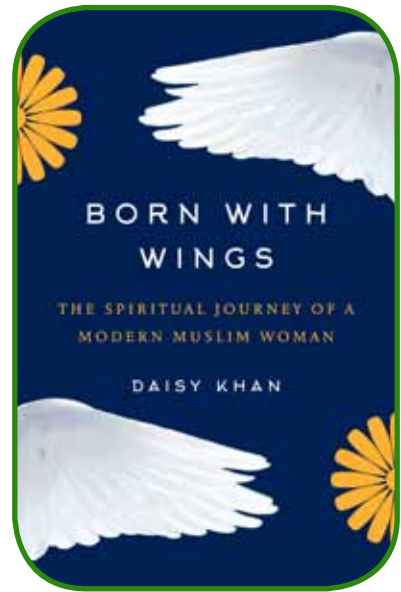
Who are the Palestinians? What Constitutes Palestine?

March 3, 6:30pm-8:00 pm

Donations
appreciated

This lecture is an introduction to the plight of the Palestinians. It shares reflections by a third-generation Palestinian whose family was forcibly evicted from their home in Zirin (a village that was demolished by Israeli armed forces in 1948) to a refugee camp in Jenin. The story of this family and more than at-the-time 750,000 other Palestinians, is known in the collective memory of Palestinians as the "Nakaba." After almost 19 years spent in a Jenin refugee camp, after another Israeli invasion in 1967, the family, like many others, was forced to move again to Jordan, where the survivors of that exodus continue to live today. Their stories are the story of people made homeless and stateless.

Ibtisam Al Atiyat is an Associate professor of Sociology at St. Olaf College. Prior to that she served as acting director of the United Nations University/International Leadership Institute in Amman, Jordan and as program director of the Jordanian National commission for women. Al Atiyat received her PhD from Freie Universitart in Berlin, Germany. She completed her post-doctoral work in Sweden and the U.S. Kettering Foundation in Deliberate Democracy. Her research focused on social justice, post colonialism and the Middle East. She is the granddaughter of a Palestinian family who was displaced twice.



Born with Wings - Book Discussion

March 5, 11:30am-1:00pm

\$15 preregistered/prepaid, includes lunch.

This book shares the spiritual journey of a prominent Muslim woman who grew up near the Himalayan Mountains and then attended school in a prominently Jewish New York neighborhood. Academically, she ascended the corporate ladder, but felt something was missing. She married a Sufi Mosque Imam and "found herself." She became a women's advocate, building bridges with faith, love, and resilience. Her inspiring journey opens doors across cultures for other Muslim women and girls.

Our moderator is Sister Claren Sellner, who is an avid reader and loves a spirited discussion.

When Greater Minnesota Led America: Reclaiming our Rural Communities Past in Order to Save the Future

March 5, 6:30pm-8:00pm

March 12, 6:30pm-8:00pm (Snow Date)

\$12 preregistered/prepaid.

Historically, Minnesota farmers, laborers, and rural town folk have, at times, been frustrated, taken advantage of, or ignored by big institutions. They have taken that frustration and formed their own institutions, such as: cooperative grain silos, electric coops, and unions. We can draw from this history to develop a vocabulary that reminds Minnesotan communities of their past, identify the true causes of the decline of rural communities, and seed the beginning of a new rural populism that reclaims their institutional power and develops new alternative institutions.

Rick Morris is an organizer with the Sierra Club, where he works to build a movement to commit Rochester to 100% renewable energy. He serves as a consultant at all levels of government and served on national committees, such as the United States Climate Action Network. He has degrees in Religious Studies from Princeton Theological Seminary and has been helping faith communities to act on their values in the political sphere.

Thrive Beyond 65: Re-negotiating our Purpose; the Shift from Quantity to Quality

March 7, 9:00am-3:00pm

\$25 preregistered/prepaid, includes lunch.

Let's clear-up a serious misconception right away. The word retirement (typically 65 and beyond) implies a withdrawing or retreat, as from worldly matters or the company of others. This is what frightens us the most. To be out of contact, out of the flow, to be relegated to the sidelines, to become irrelevant, as the rest of the world continues with their purposeful endeavors.

Nonsense! This NOT the time to pack it in! You see, this is the all-important time to shift our priorities and energies away from a life of quantity (accumulating education, careers, family, jobs, money, things, a life of doing etc.) This is the last significant developmental stage in our lives. It requires that we navigate with wisdom from that we have reaped throughout our lives.

We will explore some of the reservations regarding retirement and begin to re-write a new script, a new story line that honors this unique opportunity in our lives. Our panelists will share their experiences and invite discussion. We have worked hard to get here. It is now our turn. Let's do this!

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

Burning our Burdens

March 9, 6:30pm-8:00pm

\$10 preregistered/prepaid.

Each of us carry 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 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 heart-beat of the earth, writing and burning our burden(s), and feeling release and restoration.

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



Yoga: The Peaceful Path to Resilience

Wednesdays, March 11, 18, 25, April 1, 8, 15, 9:30am-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 including 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.

Dinner and Dialogue

March 13, 11:00am-1:00pm

(See page 7 for description)

Mary Magdalen and the Risen Savior

March 14, 9:00am-11:30am

\$20 preregistered/prepaid, includes dinner.

What happened in the garden on Easter Sunday morning? Mary Magdalen's journey of faith led her to the encounter with the Risen Christ on Easter morning. Her life of penance, discipleship, and ardent longing of love for Jesus, prepared her for this encounter. Based on Medieval Franciscan art and spirituality, the presentation will offer a reflection on Mary Magdalen as a model of faith, hope, and love.

Father Steven McMichael, OFM, Conv., is an Associate Professor at University of St. Thomas with special interest in Muslim/Christian dialogue. He is the author of numerous publications and moderator of the Pilgrimage to Italy during the 'J' term at St. Thomas.

Taizé Prayer Service

March 15, 6:30pm-7:30pm

(See page 12 for description)

Francis and Clare of Assisi and Broadway

March 16, 6:30pm-8:00pm

\$12 preregistered/prepaid.

We will explore the idea of Broadway show tunes highlighting the graced moments in the life of Francis and Clare of Assisi. It will be a jolly-lovely evening!

Frank McIlmail is a native New Yorker for whom Broadway's 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 miracles. You will not be disappointed.

T'ai Chi Chih- A Moving Meditation

Spring Classes

Beginning classes:

Tuesdays, 10:30am-12:00pm, March 17, 24, 31, April 7, 14, 21, 28, May 5

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

Continuing classes:

Tuesdays, 9:00am-10:00am, March 17, 24, 31, April 7, 14, 21, 28, May 5
Thursdays, 6:00pm-7:00pm, March 19, 26, April 2, 9, 16, 23, 30, May 7

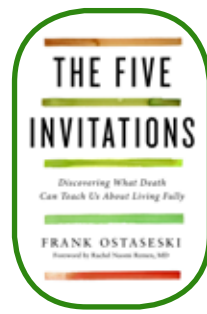
\$50 preregistered/prepaid. \$55 at the door.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi” in the peaceful and serene space at Assisi Heights. The form is composed of 19 easy, slow meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and benefits persons of 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 8-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 and has been practicing the form herself for many years.



The Five Invitations: Discovering What Death Can Teach Us About Living Fully - Book Discussion

March 23, 30, 5:30pm-7:00pm

\$15 preregistered/prepaid.

As a renowned teacher of compassion, caregiving and the co-founder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. With the insights in this book, we are offered an evocative and stirring guide that points to a radical path to transformation to our truest selves. The five invitations are:

1. Don't Wait.
2. Welcome Everything. Push Nothing Away.
3. Bring Your Whole Self to the Experience.
4. Find a Place of Rest in the Middle of Things.
5. Cultivate 'Don't Know' Mind.

Cathy Ashton has been in vigil with many in the last stages of life, beginning with her family of origin, also at the Federal Medical Center and Mayo Hospice. She completed training with the Spirit Rock Meditation Center, which addressed aging, illness, and dying.

St. Marys Hospital 1889-1953, An Architectural History

March 23, 2:30pm-4:00pm

Preregistration recommended.

Donations
appreciated

Much has been written about the synergy between Mayo Clinic and St. Marys Hospital and the phenomenal growth of both institutions. The human story of the partnership between Mother Alfred Moes and Dr. W.W. Mayo is firmly embedded in our local lore. This presentation brings together the many facts pertaining to the important architectural history of the original hospital building itself, and also of the major additions to it. It culminates with the demolition of the original building in 1953.

Ken Allsen is an architectural historian residing in Rochester. He teaches regularly for the RCTC LIFE Program and is author of five books about architectural history in our region. He is a volunteer sleuth at the History Center of Olmsted County and in the Mayo Clinic archives.



St. Hildegard of Bingen in Image and Music

March 27, 6:30pm, thru March 28, 2:00pm

\$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 their comprehensive and radical world-view. Using the 26 stunning illustrations from St. Hildegard's master-work "Scivias," and corresponding music composed in resonance 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.

Gabriele Uhlein, OSF, Ph.D., is a Franciscan spiritual psychologist and artist. She 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. Her classes range from contemplative meditation sessions to an in-depth exploration of on-going spiritual and communal transformation. Her sessions are most often conversational, and offer an engaging blend of words, images, and practice. She currently lives and works at the Christine Center in Willard, WI, which is a natural sanctuary for spiritual deepening and global transformation.

Using Daily Affirmation Experiences to Fill your Self-Care Toolkit

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

\$12 preregistered/prepaid.

The Golden rule: “Do unto others as you would have them do unto you.” This quote, from Matthew 7:12, is not about being selfish, but rather self-responsibility! This ninety-minute interactive class will explore the use of positive affirmation cards, uplifting and energizing positive ways to enhance your self-care, so that you are in the best position to support and care for those you love. This class involves practices in personal activities, small and large group interaction.

Please come prepared to have fun, be kind to yourself, and add valuable tools to your self-care toolkit!

Kathy Zarling is an Advanced Practice Nurse, who has spent her career caring for cardiovascular patients and their families. Now, she is a Nurse Coach, a Parish Nurse, and Tobacco Treatment Specialist, working to assist individuals in making the best health care choices for themselves.

Dinner and Dialogue

April 3, 11:00am-1:00pm

(See page 7 for description)

Discernment Workshop

April 4, 9:00am-11:00am

\$10 preregistered/prepaid.

Discernment provides insights to choose the direction of one's life for increased authenticity and joy. The workshop will offer tools for a process that leads to greater inner peace, beginning with self-understanding and appreciation of the pathway to happiness.

Sister Ramona Miller currently serves as Congregational Minister for the Sisters of St. Francis and brings years of experience in retreat ministry. She has been a team member for the Franciscan Pilgrimages to Assisi, Italy.

Scam Alert!

April 4, 1:00pm-3:00pm

Donations
appreciated

Be alert! Learn how to recognize scams and fraudulent offers when you see them. Due to modern technology, we are very vulnerable: online through email; mail or package delivery; on the phone or at the door. This presentation will help you recognize shady or misleading offers and how scammers impersonate more trusted sources like the police, sheriff's office or the IRS. Scammers will keep pushing to succeed unless we are aware of their tactics and methods. We can stop them in their tracks! This session is based on AARP guidelines. Come with questions.

Kim Jaworski uses her psychology background to protect persons from avoidable dangers and social media pitfalls.

Two Mothers!

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

Donations
appreciated

Two mothers, who meet during Holy Week, talk of two sons and their shared sorrow. Strangers in a sense, both are shrouded in pain, but connect through loss and grief, while left trying to navigate mystery. Their dialogue links the ache of their human hearts.

Jerry Casper, Artistic Theater Director at Rochester Community and Technical College (RCTC), created this original scenario performed by local artists.

33 Men - Book Discussion

April 7, 11:30am-1:00pm

\$15 preregistered/prepaid, includes lunch.

This story is the miraculous survival and dramatic rescue of the Chilean miners who were trapped underground for 14 weeks in 2010. The author, Jonathan Franklin, has the literacy facility to garner and preserve the incredible story of these men and how they used their native talents to survive, against all odds, in a foreign environment.

Discussion leader, Sister Claren Sellner, is a zealous reader and passionate about finding what others have gleaned from their reading.



Paschal Triduum

April 9, 10, 11, 12, times listed below.

Triduum is a period of three days commemorating the passion, death, and resurrection of Jesus, which is the culmination of the 40-day Lenten period. It is the most ancient liturgy of the church, dating back to the 2nd century.

Holy Week Services at Assisi Heights are as follows:

- Holy Thursday, April 9, 6:30pm
- Good Friday, April 10, 3:00pm
- Holy Saturday, April 11, 6:30pm
- Easter Sunday, April 12, 11:00am.

All are welcome!

The Practice of Journaling: Opening the Door to Unconditional Acceptance

April 13, 6:30-8:30pm

\$15 preregistered/prepaid.

Like meditation, yoga, qigong, and prayer, journal writing can be a practice that brings us home to ourselves, aligning body, mind and spirit. A tool that can clarify questions, reveal truths, and even transform perspectives, a journal writing practice has the power to open minds and hearts to our own wisdom and possibilities. An unconditional friend, a journal can provide a safe space to explore what has been, what might be, and especially, what is.

Using writing prompts, freewriting exercises, and optional sharing, this workshop will open the door to an easily accessible practice that can expand awareness and creativity. Come prepared with your favorite writing instrument and a journal of your choice to explore the beautiful spirit in your own words.

Susan Kimball is a retired high school language arts and writing teacher with over thirty-five years of teaching experience and a master's degree in education from Viterbo University. A journal keeper for over thirty years, she has found her journal an unconditional friend on life's journey.

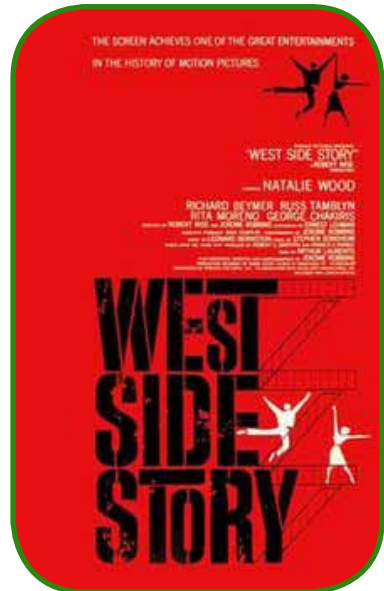
West Side Story

April 13, 6:30- 8:00pm

\$12 preregistered/prepaid.

Critics claim that West Side Story is the most important musical of the century, because it explores racism as never before displayed on the Broadway Stage. The setting becomes complicated when a member of one gang falls in love with a rival gang member's sister. Other social themes will be addressed in this groundbreaking musical.

Frank McIlmail is a native New Yorker for whom Broadway's 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 of the miracles. You will not be disappointed.



Lessons at the End of Life: We Decide or Someone Decides for Us

April 14, 6:30pm-8:30pm (Panel Discussion)

\$12 preregistered/prepaid.

Navigating the end-of-life questions calls for forethought. 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. Anyone who has ever taken the final journey with a loved one will never forget those moments. It is a deeply emotional time, as events unfold which are beyond our control. The focus of this presentation is about traversing those last days, at the bedside with medical, palliative care, or hospice staff, and in some cases, members of the faith community.

Dr. Ed 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.

Maureen Bigelow, RN has 35 years of experience as a nurse and 5 years as a hospice nurse walking with persons on the journey toward a new life.

Kellie Tracz is a hospital chaplain, whose career is dedicated to caring for the inner spirit that sometimes erupts in regrets at this stage of life.

The Sunflower - Book Discussion

April 16, 23, 30 6:30pm-8:00pm

\$15 preregistered/prepaid.

While imprisoned in a Nazi concentration camp, Simon Wiesenthal, the author, was taken from his work detail to the bedside of a dying SS member. Haunted by the crimes in which he participated, the soldier wanted to confess and seek forgiveness from a Jew. Wiesenthal was faced with the choice between compassion and justice, or silence and truth. Years after the war had ended, he pondered the question: Had he made the right choice? What would you have done in his place?

The book concludes with more than fifty responders in various fields -- theologians, jurists, psychiatrists and survivors -- weighing in on these questions in view of the current events of genocide. Their answers come from experience and career perspectives. What would you do?

Sister Sue Reif, moderator of this discussion, has been involved with Restorative Justice for nearly twenty years. She started an Office of Restorative Justice for the Diocese of San Bernardino, CA, and was executive director for "Healing Hearts, Restoring Hope" for those affected by homicide in the Los Angeles area. She serves on the Restorative Justice Committee for the California Catholic Conference of Bishops. In Rochester, she is employed by Madonna Towers and Catholic Charities.



Watercolor Landscapes

April 18, 9:00am-4:00pm

\$80 preregistered/prepaid, includes lunch.

Using a 3-step watercolor process, students will learn how to capture the essence of the landscape by painting shapes and values and eliminating excess detail. Students will learn how to use concepts of value, intensity, and color temperature, while reducing detail and creating a unified and more dynamic painting. Learn how to crop photos for more effective design and find color solutions.

Catherine Hearing has been painting with watercolors for over forty years, and has been teaching classes since 2005. She has regular classes at Minnetonka Center for the Arts and White Bear Center for the Arts. She is a past president of the Minnesota Watercolor Society and is a signature member of the American Watercolor Society and the Transparent Watercolor Society of America. She exhibits her work nationally and internationally, and works from her home studio in Lake Elmo, MN.

Taizé Prayer Service

April 19, 6:30pm-7:30pm

(See page 12 for description)

A Slice of Life: A Remarkable Woman!

April 20, 2:00pm-3:30pm

Donations
appreciated

Meet Alvera Luella from Zumbrota, Minnesota. She was a young woman, described as shy, conscientious, and dependable on every level. She was Salutatorian of her 1945 graduating class. The Polio Epidemic of 1952 is clearly a part of Alvera's story. This is the story of a girl, a young woman, and elderly woman who was confined to a hospital bed for a total of fifty-five years. It is an edifying story of compassion, patience, and courage. May we learn these values to share in our twenty-first century community!

Our storyteller is Rev. Duane Hoven, a retired Zumbro Lutheran Pastor. He, too, grew up in Zumbrota and was a schoolmate of Alvera's younger sibling. Reverend Hoven believes that Alvera's story needs to be told over and over again to future generations.

*"There is a crack in
everything God made."*

- Ralph Waldo Emerson

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

April 21, 6:30pm-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!

Five years in the making, *If Only You Would Ask* 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 that may not have been thought about or talked about for years. You and the person you care for will both enjoy your time together. In fact, you will look forward to your next conversation. Everyone has stories to share, if only we ask the right questions!

Presented by mother/daughter team:
Eileen Opatz Berger and Joan Berger
Bachman.

“Green Fire: Aldo Leopold and a Land Ethic for Our Time” – A Film

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

Preregistration appreciated.

Donations
appreciated

Green Fire is a biographical documentary about the legendary conservationist thinker, Aldo Leopold. He is the father of the national wilderness system, wildlife management and ecological restoration. His foundation's mission is to foster a land ethic awakening and ecological consciousness in people to care for our Common Home. Learn what it means to “think like a mountain.” The film 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.

Jim Voegeli, who has a special fondness for the work of Aldo Leopold, will lead the discussion following the film.



“Decoding the Driftless” – A Film

April 25, 10:00am-11:30am

Donations
appreciated

Join us for a wild ride of adventure above, on, and below the amazing Driftless Region! Emmy-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!

George Howe is a founding member, educator, and film producer for Sustainable Driftless, Inc. He also works as an environmental consultant in the driftless area. His main clients are landowners, land trusts, area schools and universities, and local governments. Howe has led land conservation efforts for the Minnesota Land Trust and the Mississippi Valley Conservancy that have permanently protected over 15,000 acres of natural lands, including some of the rarest natural communities in America.



Learning the Labyrinth

April 25, 10:00am-11:30am

\$10 preregistered/prepaid.

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 a mediation and prayer. According to Veriditas, an organization that promotes labyrinths worldwide, “They are used to quiet the mind, recover balance in life and encourage meditation, insight, self-reflection, stress reduction, and to discover innovation and celebration. They are open to all people as an interfaith, cross-cultural blue print for well-being.”

Come learn the history and experience the balance of body, mind, and spirit as a meditation in slow motion. This is an indoor and outdoor experience.

Elise Lewis is a Veriditas Trained Labyrinth facilitator who relishes walking labyrinths. She will lead the way.

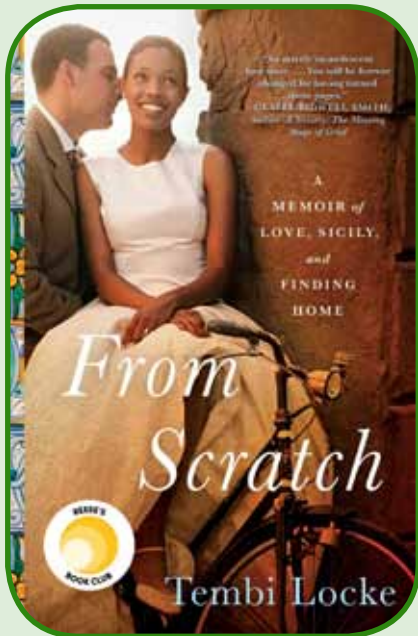
From Scratch: A Memoir of Love, Sicily and Finding Home - Book Discussion & Dessert

April 29, 2:00pm-4:00pm

\$12 preregistered/prepaid, dessert included.

A moving Sicilian cross-cultural love story of dashed dreams, solace, and spiritual nourishment. This book, written by Tembi Locke, chronicles loss, grief, forgiveness, and love found through family and food. These two Pine Islanders are avid readers who will lead the mid-afternoon discussion.

Mary Paquette is a former florist and current home caregiver. Barb Arel is a former Family and Consumer Science Instructor.



Journal to Inner Freedom

May 1, 6:00pm thru May 3, 12:00pm

\$240 per person includes workshop, lodging and meals.

\$160 commuter cost includes workshop and meals.

Journaling is a journey to inner freedom. It reflects the goal of writing from the quiet center: to uncover within ourselves an inner freedom which we did not know we possess. As we discover the hidden resources deep within us, we also find ways to free ourselves of the chains of past destructive behaviors and to learn from the “mistakes” of life. We begin to see that all the material of our life is a rich, exciting learning ground and fertile soil for new, creative works. As this occurs we find ourselves more and more inwardly free and truly ourselves. By writing from the “Quiet Center,” we are able to follow our inner guidance to do the deep, inner work our lives require.

Our presenter, Faye, holds doctorates in both biology and psychology, as well as training in spiritual direction, has always been interested in the mind, body, spirit connection and integration. She has found journaling a powerful tool in bringing about this integration. In 1976, she was introduced to the Intensive Journal by Dr. Ira Progoff. Under his tutelage, she became a journal leader in 1978. She has given journal workshops across the US, Australia, and Ireland. Faye considers Ira Progoff her mentor and teacher. His philosophy and method continues to guide her.

Dinner and Dialogue

May 1, 11:00am-1:00pm

(See page 7 for description)

Ah, Spring!

May 7, 9:00am-3:00pm

\$20 preregistered/prepaid, includes lunch.

On this National Day of Prayer, let flora and fauna be your prayer. Spring always feels like a new beginning. Energy arises from a long winter's nap! Plants, trees and seeds know it is time to wake up to new life, embracing the courage to come forth. The outcome is not yet clear but there is a promise in its beginning. Unfurling of the apple blossoms is a mystery of adventure, holding nothing back while learning to find the ease of risk, only to be at home with the gifts of sun, rain and wind – all in awesome admiration!

Give this day to yourself to be alone. In addition, a private bedroom will welcome your solitude. Visit Assisi Heights to experience the quiet atmosphere, listen for the bird songs while walking the labyrinth, or sketching in your own contemplative journal of creation in early May. All are welcome!



The Only Plane in the Sky - Book Discussion

May 7, 11:30am-1:00pm

\$15 preregistered/prepaid, includes lunch.

This oral history of 9/11 was written by Garrett M. Graff for a son who was born after this tragic event. His book captures the enduring portrait and emotions of an unforgettably sad day in U.S. history. You probably remember where you were standing when you heard the news. The author recounts the stories of valor, doomed flights, collapsing buildings, and a few little-told stories.

Sister Claren Sellner is an avid reader and enjoys facilitating book discussions.

Moms and Memories - Celebrating Mother's Day

May 9, 10:30am-12:00pm

\$30 preregistered/prepaid.

Celebrate with your mother, or favorite mother figure, over an elegant brunch. Moms are chefs, nurses, taxi drivers, coaches, tear catchers, washer-women, surgeons, and negotiators; all anchors for our becoming the person we were meant to be. This program will include stories that touch your heart. Bring your own story. Sometimes memories sneak out of our eyes and roll down our cheeks!

Hosted by Sisters of St. Francis and Compassion Rochester, MN.



Beginner's Bird Sleuth Explorer Class and Contest

May 16, 10:30am-12:30pm

Canticle Park Gazebo, Assisi Heights

10:30am drop off - 12:30pm pick up with 20 minutes after class for parental discussion about future birding opportunities.

For bird sleuths, ages 8-12 years. Limited to 10 participants.

We are excited to announce that the MN DNR has approved a grant for "No Child Left Inside." This grant allows 10 children to receive a pair of binoculars, MN Field guide, a logbook, and registration fee.

This event is for young explorers interested in learning about birds. Your explorer will learn how to be curious and observant when it comes to bird watching. They will learn to keep their ears tuned and eyes open and how to record what they notice.

Since there is a limited number of participants, we are centering this event

around a contest. If you have a child expressing interests in learning basic birding skills and a yearning to further these skills, this contest is for him or her. Without (or with a little) help, please have your child submit a composition of 200 words or less expressing their desire to learn birding skills and why they love birds. Pictures or drawings can be part of their composition. 10 children will be awarded a place in this class from the entries received.

Contest forms can be picked up and dropped off at Assisi Heights or you can contact Loretta Mogan for instructions and forms to enter this contest. E-mail: whiskycobra1@gmail.com.

This program is facilitated by Loretta Mogan, a bird watcher and leader for many years. This event is co-sponsored by the Leadership Team of Compassionate Rochester MN.

Architectural History of Our First Motherhouse on Center Street

May 18, 9:00am-10:30am

Donations appreciated

Beginning in 1877, the old academy and 'Motherhouse' on West Center Street, known as Academy of Our Lady of Lourdes, grew to occupy a full city block. Eventually, the Franciscan Sisters required more space. A new facility, called Assisi Heights, opened in 1955. This lecture will explore in detail the evolution and growth of this lost building, so important in the history of our city.

Ken Allsen is an architectural historian residing in Rochester. He teaches regularly for the RCTC LIFE Program and is the author of five books about architectural history in our region. He is a volunteer private detective who can be found searching the crannies of the Olmsted County History Center and in the archives at Assisi Heights and Mayo Clinic.

Dinner and Dialogue

June 5, 11:00am-1:00pm

(See page 7 for description)

Aldo Leopold Shack and Farm and Leopold Legacy Center Tour

June 6, 7:30am-5:30pm

\$45 preregistered/prepaid.

Register early, limit 12.

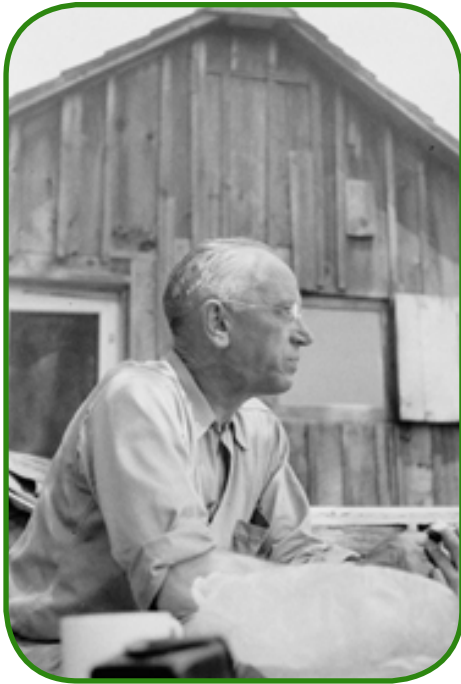
We welcome you to experience a peek into the life and work of Aldo Leopold and his family. By witnessing this area, you will feel like Leopold himself is inviting you into a “thinking community,” inspiring you to develop a land ethic capable of meeting the social and ecological challenges of what we face today. Suggestion: You may want to see the Earth Week film, *“Green Fire”* on April 22, as prologue to the tour.

This trip to Baraboo, WI, will include a guided tour of the Leopold Shack and Farm, followed by the Aldo Leopold Legacy Center. Following lunch and a visit to the gift shop, we will join another guided tour of the Aldo Leopold Center to hear about

how this building fits into the surrounding environment. We will find out how local materials were used in the building and how this LEED building uses 70% less energy than a typical building its size. Talk about renewable energy and energy efficiency! After this, we will explore the exhibit hall, memorial, and hiking trails. We will discuss what we saw during the trip back home.

Group facilitators: Loretta Mogan was initially introduced to the life and work of Aldo Leopold as a volunteer at the University of Wisconsin-Madison Arboretum. She is currently a member of Friends of Chester Woods. Both of these parks follow Leopold’s Land Ethic.

Jim Voegli has a vested interest in education and sustainable practices in the care of the land.



Architecture Tour - Stories in Stone

June 9, 6:30pm-8:00pm or
June 20, 1:30pm-3:00pm or
July 13, 6:30pm-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, aesthetic design aspects and a few of the often-overlooked artistic Franciscan features. Hear the stories stored in stone. Unravel the mystic nature of Assisi Heights. Wear walking shoes for this indoor and outdoor event.

Ken Allsen is an architectural historian residing in Rochester. He teaches regularly for the RCTC 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 with a passion for the story behind the stone. She is the program coordinator for the Assisi Heights Spirituality Center.



Trees for Many Reasons – The Story of The Lorax by Dr. Seuss

June 13, 10:30am-11:30am

\$10 preregistered/prepaid.

Ages 7-13

Register early. Class is limited to 12 students.

The Lorax, by Dr. Seuss, examines the importance of conserving natural resources. This lesson will increase knowledge of the earth's ecosystem and the need for the preservation of our natural resources as a lifestyle change. Humans have always depended on trees for survival. Trees are the lungs of the planet! We will teach the importance of planting trees and observe the results of this action. A bonus for participating, your child will bring home their own tree to plant and nurture. Our hope is that this lesson will imprint the urgent need to conserve and protect our environment. This activity is from the Project Learning Tree (PLT).

Loretta Mogan has been trained by PLT and able to share this great tradition in educating children. She is also a member of the Leadership Team for Compassion Rochester, MN.

Architecture Tour - Stories in Stone

June 20, 1:30pm-3:00pm

(See page 32 for description)

Architecture Tour - Stories in Stone

July 13, 6:30pm-8:00pm

(See page 32 for description)

Franciscan Art Tour

July 30, 2:00pm-3:30pm

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

Visit the Franciscan Sisters' 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.



Outdoor Drumming Circle and Fire Ceremony

July 31, 7:00pm-9:00pm

Preregistration required.

Donations
appreciated

Join us for a seasonal outdoor drumming circle and fire ceremony under the full moon. Drumming is a time-honored method of healing which helps us release tension, lift stress, dispel negative feelings, and restore energy. It 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 and taken to a place deep inside where we are keenly aware of our unified mind and body and the connection between the two.

Through the fire ceremony, we reconnect our oneness with the Divine Universe. During this drumming circle, we will bring a natural object, e.g. a stick, a feather, and blow our intention into the fire for whatever wants to be released or healed. With fire, we release what no longer serves 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 Omni Drummers in the style of the Native Americans.

Become a Franciscan!

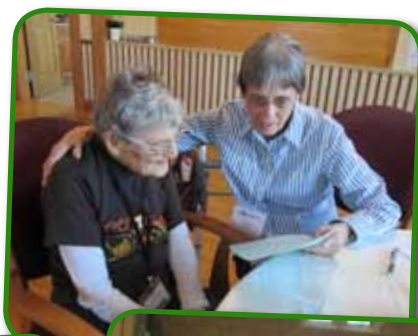
Have you, or someone you know considered:

- 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.



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 or special events



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.



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 - T'ai Chi Chih Winter - Continuing Series pg. 4 T'ai Chi Chih Winter - Beginner's Series pg. 4	8 - Meditation pg. 5	9 - Centering Prayer pg. 5	10	11 - Acu-Yoga pg. 6 Human Trafficking Survivors pg. 3
12	13	14 - Mindful Self-Compassion pg. 7	15 - Meditation pg. 5	16 - Centering Prayer pg. 5	17	18
19 - Tech Support for Seniors pg. 8	20 - Qigong pg. 8	21 - The Grandma Force pg. 9	22 - Meditation pg. 5	23 - Centering Prayer pg. 5 Circle of Song pg. 9	24	25 - Virtual Pilgrimage pg. 10
26 - Tech Support for Seniors pg. 8	27 - "Going Down the Ladder" - A Film pg. 10	28	29 - Meditation pg. 5	30 - Centering Prayer pg. 5 Circle of Song pg. 9 "Harvest of the Empire" - A Film pg. 11	31	

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 - Tech Support for Seniors pg. 8	3	4 - Divine Connections pg. 11	5 - Meditation pg. 5	6 - Centering Prayer pg. 5 Circle of Song pg. 9	7	8
9 - Tech Support for Seniors pg. 8	10 - Unarmed Civilian Protection pg. 11	11	12 - Meditation pg. 5	13 - Centering Prayer pg. 5 Circle of Song pg. 9	14	15
16 - Tech Support for Seniors pg. 8 Taize Prayer Service pg. 12	17	18 - "Paris to Pittsburgh" - A Film pg. 12	19 - Meditation pg. 5	20 - Centering Prayer pg. 5 Circle of Song pg. 9	21 - Can Francis Change the Church? pg. 13	22 - Joy of Living pg. 13
23 - Tech Support for Seniors pg. 8	24	25	26 - Meditation pg. 5	27 - Centering Prayer pg. 5 Circle of Song pg. 9	28 - Dinner and Dialogue pg. 7	29 - Leap into your Spiritual Life pg. 14 Healthy Aging Strategies pg. 14

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 - Who are the Palestinians? pg. 15	4 - Meditation pg. 5	5 - Centering Prayer pg. 5 Circle of Song pg. 9 Born with Wings pg. 13 When Greater Minnesota Led America pg. 16	6	7 - Thrive Beyond 65 pg. 16
8	9 - Burning our Burdens pg. 17	10	11 - Meditation pg. 5 Yoga pg. 17	12 - Centering Prayer pg. 5 Circle of Song pg. 9	13 - Dinner and Dialogue pg. 7	14 - Mary Magdalen and the Risen Savior pg. 18
15 - Taizé Prayer Service pg. 12	16 - Francis and Clare of Assisi and Broadway pg. 18	17 - T'ai Chi Chih Spring - Continuing Series pg. 18 T'ai Chi Chih Spring - Beginner's Series pg. 18	18 - Meditation pg. 5	19 - Centering Prayer pg. 5 Circle of Song pg. 9	20	21
22	23 - The Five Invitations pg. 19 St. Marys Hospital pg. 20	24	25 - Meditation pg. 5	26 - Centering Prayer pg. 5 Circle of Song pg. 9	27 - St. Hildegard of Bingen in Image and Music pg. 20	28
29	30	31				

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Meditation pg. 5 Using Daily Affirmation Experiences pg. 21	2 - Centering Prayer pg. 5 Circle of Song pg. 9	3 - Dinner and Dialogue pg. 7	4 - Discernment Workshop pg. 21 Scam Alert! pg. 21
5	6 - Two Mothers! pg. 22	7 - 33 Men pg. 22	8 - Meditation pg. 5	9 - Centering Prayer pg. 5 Circle of Song pg. 9 Paschal Triduum - Holy Thursday pg. 22	10 - Paschal Triduum - Good Friday pg. 22	11 - Paschal Triduum - Holy Saturday pg. 22
12 - Paschal Triduum - Easter Sunday pg. 22	13 - The Practice of Journaling pg. 23 West Side Story pg. 23	14 - Lessons at the End of Life pg. 24	15 - Meditation pg. 5	16 - Centering Prayer pg. 5 Circle of Song pg. 9 The Sunflower pg. 24	17	18 - Watercolor Landscapes pg. 25
19 - Taizé Prayer Service pg. 12	20 - A Slice of Life: A Remarkable Woman! pg. 25	21 - If Only You Would Ask pg. 26	22 - Meditation pg. 5 "Green Fire" pg. 26	23 - Centering Prayer pg. 5 Circle of Song pg. 9	24	25 - "Decoding the Driftless" pg. 27 Learning the Labyrinth pg. 27
26	27	28	29 - Meditation pg. 5 From Scratch pg. 28	30 - Centering Prayer pg. 5 Circle of Song pg. 9		

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 - Journal to Inner Freedom pg. 28 Dinner and Dialogue pg. 7	2
3	4	5	6 - Meditation pg. 5	7 - Centering Prayer pg. 5 Circle of Song pg. 9 Ah, Spring pg. 29 The Only Plane in the Sky pg. 29	8	9 - Moms and Memories pg. 29
10	11	12	13 - Meditation pg. 5	14 - Centering Prayer pg. 5 Circle of Song pg. 9	15	16 - Beginner's Bird Sleuth Explorer Class and Contest pg. 30
17	18 - Architectural History of Our First Motherhouse on Center Street pg. 30	19	20 - Meditation pg. 5	21 - Centering Prayer pg. 5 Circle of Song pg. 9	22	23
24	25	26	27 - Meditation pg. 5	28 - Centering Prayer pg. 5 Circle of Song pg. 9	29	30
31						

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 - Meditation pg. 5	4 - Centering Prayer pg. 5 Circle of Song pg. 9	5 - Dinner and Dialogue pg. 7	6 - Aldo Leopold Shack and Farm and Leopold Legacy Center Tour pg. 31
7	8	9 - Stories in Stone pg. 32	10 - Meditation pg. 5	11 - Centering Prayer pg. 5 Circle of Song pg. 9	12	13 - Trees for Many Reasons pg. 32
14	15	16	17 - Meditation pg. 5	18 - Centering Prayer pg. 5 Circle of Song pg. 9	19	20 - Stories in Stone pg. 32
21	22	23	24 - Meditation pg. 5	25 - Centering Prayer pg. 5 Circle of Song pg. 9	26	27
28	29	30				

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Meditation pg. 5	2 - Centering Prayer pg. 5 Circle of Song pg. 9	3	4
5	6	7	8 - Meditation pg. 5	9 - Centering Prayer pg. 5 Circle of Song pg. 9	10	11
12	13 - Stories in Stone pg. 32	14	15 - Meditation pg. 5	16 - Centering Prayer pg. 5 Circle of Song pg. 9	17	18
19	20	21	22 - Meditation pg. 5	23 - Centering Prayer pg. 5 Circle of Song pg. 9	24	25
26	27	28	29 - Meditation pg. 5	30 - Centering Prayer pg. 5 Circle of Song pg. 9 Franciscan Art Tour pg. 33	31 - Outdoor Drumming Circle and Fire Ceremony pg. 33	

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: _____

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

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: _____

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

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: _____

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

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: _____

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

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

NONPROFIT ORG
U.S. POSTAGE
PAID
ROCHESTER MN
PERMIT NO. 114

"The Essence of Assisi"

is published semi-annually by the

Sisters of Saint Francis - Rochester, MN

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