



*Sisters of Saint Francis*  
**Assisi Heights Spirituality Center**

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**Assisi Heights Spirituality Center: A Place to Nourish Your Spirit**



**I dwell in possibility!**

Emily Dickinson

In the midst of the COVID-19 epidemic, we met its twin sibling, racism. Months after the pandemic hit the world running, a second cancer emerged. Ninety-eight colors of racism appeared on the world canvas. WE experienced these two syllable cancers, *CO-VID* and *rac-ism*, as real. It seems they come without an eraser and both appear to have no expiration date. Racism\* was already smoldering in our midst unacknowledged and unresolved. Both events stacked up onto other world crises, unmasking the glaring inequities that are eroding the “common good”. In response to the myriad issues, we at the Assisi Heights Spirituality Center have had to pause from our usual programming.

The Assisi Heights Spirituality Center shares a roof with a long-term health care facility. So, together with the Assisi Heights Pandemic Committee, we have chosen the safest route. We are “in cocoon” similar in nature to the caterpillar/butterfly. We hope to emerge in due time, beautiful and ready to fly.

The caterpillar undergoes remarkable transformation, known as metamorphosis. We have used this cocoon time to transform, to reflect, pray and restore the luster of every wooden door, polish every inch of terrazzo flooring and admire the gift of the outdoor landscape.





For us, we have wrestled with changing gears. We are stopped in our tracks, disengaged from usual life, separated and isolated. We have no control. This pandemic is not a rescue operation but a transformation operation.

While cocooned, we pondered how we might better “be a compassionate presence for peace in this world striving for justice and reverence for all creation.” Assisi

Heights Spirituality Center will remain cocooned until deemed safe to emerge.

For now, our programs will continue to provide sessions adapted to this new reality. Until we meet again in person, we are offering several programs via ZOOM video-conferencing, [starting in September](#). It is but one way in this new reality to connect with you, our guest participants, near and far. The best part, you can be safe at home, no need to dress up and no travel time! You can participate with your own computer and/or smart phone.



Just register online, and you will be sent the ZOOM link the day before the event. You will be able to see and hear the presenter and join in the discussion. All other scheduled in-person events for the fall will be subject to change given the climate of the pandemic at the time.

Assisi Heights is a place to nourish your spirit! Our fall offerings are designed to offer resilience to sustain your inner spirit life. Programs such as:

- [Healthy Aging Strategies](#)
- [Voting With a Good Conscience](#)
- [Lessons at the End of Life: We Decide or Someone Decides for Us](#)
- [The Five Invitations: Discovering What Death Can Teach Us About Living Fully](#)
- [The Practice of Journaling: Opening the Door to Unconditional Acceptance](#)
- [Introduction to Waking Up to Whiteness & Implicit Bias\\*](#)
- [Mindful Self-Compassion](#)

On the practical side, the AHSC is also offering events such as, [Goodbye Clutter](#) and on a less tangible side, [Communicating with Your Guardian Angels](#). For the younger set we have: [Trees for Many Reasons: The Story of the Lorax](#) by Dr. Seuss, and [Beginner's Birding Class](#). Back by popular demand are **Yoga, T'ai Chi Chih, Qigong, Centering Prayer**, and many others.

Check our website for other options! [www.rochesterfranciscan.org/events/](http://www.rochesterfranciscan.org/events/)

**Sister Marlys Jax**  
AHSC Program Coordinator

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*"I find a special energy in the Assisi Heights Spirituality Center. I feel a sense of caring and compassion. I am thrilled to have this space to share with others on the journey." Barbara Schroeder, AHSC Advisory Council Program Presenter*

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**If you have event questions, contact S. Marlys Jax at 507-529-3524  
For registration questions, contact Jessica at 507-280-2195**

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