

September – December 2021

# *The Essence of Assisi*

Waiting with Hope

Vol. 12, No. 01



## Assisi Heights Spirituality Center

Rochester, MN 55901  
1001 14th Street NW

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

# Welcome

## Penny Postcards from Planet Earth's Pandemic

The past fifteen-month pandemic plummeted us to pause, ponder, prioritize and purge. We are left powerless. We are puzzled as to where to start to process this new plague. Assisi Heights Conservation Easement of Mother Earth presented the potential for reflection! Penny postcards tutored from the environment!

*Dandelions get up early.*

*Rhubarb waits to be plucked.*

*Petunias teach humility.*

*Onions begin life in the dirt.*

*Lilies request a genuflection.*

*Roses do not find fault with Zinnias.*

*Every leaf has compassion in its veins.*

*Tom Turkey wears colorful underwear.*

*Brother Fox combs his tail.*

*Soil holds secret potential.*

*Morning mist quiets the mind.*

*Rain blesses our Mother, the earth*



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

This plague, which may or may not be complete, coaches us to give priority to the verbs. Getting up, waiting, genuflecting, practicing humility and compassion, living without judging, preening, finding the potential and bestowing blessing on all we meet. We promise our purpose at Assisi Heights Spirituality Center is to yield to messages on the postcards!



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

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

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

- View all the events sponsored by Assisi Heights Spirituality Center.
- Register and pay for a retreat online.
- Make an online donation to the Spirituality Center.
- Get directions to Assisi Heights.
- Learn about personal spiritual direction.
- Sign up to receive email notices of upcoming programs.
- Send an email to make suggestions for future speakers/programs.

# Things to know:

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## Registration

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

## Deadlines

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

## Cancellation

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

## Scholarships

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

## Program titles containing: (Via Zoom), please read below:

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If you have never used Zoom, it is very important to download the Zoom application on your computer/device IN ADVANCE.

[CLICK HERE](#) to view a video for instructions.

Select the video: “Join a Meeting.”

You will be sent a Zoom link via email prior to the event. If you are first time Zoom user, you will first need to download the software application on your computer/device. Zoom is free to download. All persons have to do this the first time you use Zoom on that computer/device. After that, you will only need to sign in with your email.

## **Assisi Heights Spirituality Center Advisory Council**

**Don Baldus** - Retired RCTC Math Instructor, Social Justice Advocate

**Dennis Brooks** - MN Public Radio

**Rev. Emily Carson** - MN ELCA Office

**Loretta Mogan** - 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

## **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 Elaine at 507-282-7441 or email: [elaine.frank@rochesterfranciscan.org](mailto:elaine.frank@rochesterfranciscan.org).





# Franciscan Archival Art Tour

**September 11, 1:30pm-2:30pm**

**\$15 preregistered/prepaid.**  
**Preregistration is required.**

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Tour participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Visit the Franciscan Sisters' newly designed collection of 140 years of historic artifacts and fine artistry. The pandemic has given us time and space to arrange the many artifacts of life and ministry including icons, designed fabrics, watercolor and calligraphy that tell the story of the Sisters of St. Francis. This display outlines the values inherent in Franciscan mission.

Sister Marlys Jax will guide the path and share some of the stories within these walls!



## Stories in Stone – Architecture Tour

**September 13, 6:30pm-8:00pm**

**\$10 preregistered/prepaid.**  
**Preregistration is required.**

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Tour participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Assisi Heights has stories engraved in the walls. Literally! However, many more anecdotes tell the stories that chronicle the history hidden within 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 embedded 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 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.

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

## Caregiving Fatigue in a Post-Pandemic World (Via Zoom)

**September 14, 2:00pm-3:30pm  
(Central Time)**

\$15 preregistered/prepaid.

**Registration Deadline: September 12**  
(A link will be sent to you one day prior to the event.)

[Click here](#) to register.

It is not overstated to say we have all had to exhibit both grace and grit in the middle of the global pandemic. Compassion can wear thin, easily and quickly. Some unintended consequences bring on fatigue. How can you reclaim composure, find ways to care for your soul, and

integrate practices to impact your quality of life?

Dr. Edward Creagan, MD, is a cancer specialist who practiced at Mayo Clinic for more than forty winters until his retirement from active medical practice in 2018. He was the first Mayo Clinic consultant board certified in hospice and palliative medicine. He is an author, marathoner, animal rescuer, husband, father, and grandfather. He keeps active on Twitter @EdwardCreagan and @AskDoctorEd. You are welcome to contact him at [www.askdoctored.com](http://www.askdoctored.com).

See page 2 for more information about attending our Zoom events.



## Mindful Self-Compassion (Via Zoom)

**September 15, 22, 29, and  
October 6, 13, 9:30am-11:00am  
(Central Time)**

\$45 preregistered/prepaid.

**Registration Deadline: September 13**  
(A link will be sent to you one day prior to each class.)

[Click here](#) to register.

Give a gift to yourself. Leave the domestic duties and responsibilities to celebrate you

and regain a freshness that will serve you for the rest of the year. This 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 your inner critic.

Some aspects to be examined:

- Learning to embrace yourself with imperfections and gain resilience.
- Deepening your self-compassion.
- Providing tools for invoking mindfulness and self-compassion as a daily routine.
- Helping face old wounds with new healthy methods of care.
- Assimilating the three core elements of mindful self-compassion: self-kindness, common humanity, and mindfulness.

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

See page 2 for more information about attending our Zoom events.



## Yoga: The Peaceful Path to Resilience (Via Zoom)

**September 16, 23, 30, October 7, 14, 21, 9:15am-10:15am (Central Time)**

**\$55 preregistered/prepaid.**

**Registration Deadline: September 14 (A link will be sent to you one day prior to each class.)**

[Click here](#) to register.

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 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 have a yoga mat and towel ready. This is a six-session series, not a drop-in class.

Patricia Barrier is a registered yoga teacher (E-RYT200/RYT500). She teaches gentle and adaptive yoga, beginner yoga and Vinyasa flow classes at public and private venues in the local area.

See page 2 for more information about attending our Zoom events.



## Reading Tree Cookies

September 18, 10:30am-12:00pm

Ages: 7-12 years.

\$10 preregistered/prepaid. Limited to 10 participants. Preregistration is required.

Location: Assisi Heights Canticle Park (1001 14th Street NW, Rochester, MN 55901)

[Click here](#) to register.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot & meet the instructor in the grassy area. Despite the signage, we are open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Come join this gathering as we investigate and trace environmental and historical changes using a cross-section of a tree, or a “tree cookie.” This is one way to learn about tree growth by looking at a tree’s annual rings. Tree rings show patterns of change in the tree’s life and can sometimes tell us the tree’s location in the forest. Limited to 10 participants. Register early.

Loretta Mogan is a Master Naturalist dedicated to teaching environmental-related matters and locally preserving, restoring, maintaining and protecting natural habitat.

## Stories in Stone – Architecture Tour

September 18, 1:30pm-3:00pm

\$10 preregistered/prepaid. Preregistration is required.

Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)

[Click here](#) to register.

Special Notes: Tour participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

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Ken Allsen is an architectural historian residing in Rochester. He teaches 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. Sister Marlys Jax, has an architectural design degree with a passion for the story behind the stone. She is the program planner for the Spirituality Center.

# Exploring the Dark of the Night

September 20, 8:30pm-9:30pm

**Rain Date: September 21,  
8:30pm-9:30pm**

Donations accepted. Preregistration is required.

Location: Assisi Heights Canticle Park  
(1001 14th Street NW, Rochester, MN  
55901)

[Click here](#) to register.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot & meet the program leaders in the grassy area. Despite the signage, we are open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights. All unvaccinated participants are requested to wear their masks while on Assisi Heights property.

We live in chaotic and troubled times. What could conjure up hope or bolster community, country, and church in this anguished darkness? Darkness presides. So what does darkness teach? Learn about the moon and what darkness teaches. Dress for an outdoor event and bring a yoga mat or chair. In case of inclement weather, the event will be held September 21st at the same time.

Sister Rita Brom and Sister Marlys Jax will lead this adventure. Let us embrace darkness!

# The Happiness Project (Via Zoom)

September 23, 30, 10:30am-  
11:30am (Central Time)

\$20 preregistered/prepaid.

Registration Deadline: September 21  
(A link will be sent to you one day prior to each class.)

[Click here](#) to register.

Have you ever asked yourself, "Am I really happy?" Author Gretchen Rubin asked herself that question which began her journey to identify strategies that can improve or enhance your happiness. She then wrote the book, "The Happiness Project." In this class, we will look at what her research tells us about how to improve our happiness. She looks at the 12 months of the year and identifies methods to help you find your way to more contentment and happiness each month. Come join us to review these 12 strategies and begin to look at ways to incorporate them into your life.

Barb Schroeder, MS, RN, will lead this class. Barb retired after serving for 40 years at Mayo Clinic. She uses health coaching to help clients find their way on their journey of life. She has used the ideas from the book for patients dealing with cancer and organ transplant. This class has been helpful for caregivers and all who want to make the most of each day.

See page 2 for more information about attending our Zoom events.

## Blessing of Animals

**September 26, 1:30pm-3:00pm**

Donations appreciated. Preregistration is required.

Location: Assisi Heights Canticle Park  
(1001 14th Street NW, Rochester, MN 55901)

[Click here](#) to register.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot & join the group in the grassy area. Despite the signage, we are open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights. All unvaccinated participants are requested to wear their masks while on Assisi Heights property.

A Festival of Animals! Come feathered, furry, or finned! Come join other animal lovers to celebrate the special grace that pets bring to our community. Whether your paws are padded, hoofed or webbed – all are welcome!

Arrive with the ‘Top Dog’ or the ‘Purrfect 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”!

Animal Whisperers will conduct the blessings in Canticle Park at Assisi Heights.

## What is a Cojourner? (Via Zoom)

**September 27, 6:30pm-8:00pm  
(Central Time)**

No cost to attend. Preregistration is required.

Registration Deadline: September 23  
(A link will be sent to you on September 24.)

[Click here](#) to register.

Cojourner is the name given to a lay associate engaging in a spiritual journey 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, or may be ordained or vowed religious from 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. Cojourning explores a wide range of opportunities for growth and deeper connection.

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

See page 2 for more information about attending our Zoom events.



## Francis & Clare of Assisi and Broadway

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

**\$12 preregistered/prepaid.**  
Preregistration is required.

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Program participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

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.

## The Power of Restorative Justice to Name & Help Heal Harm (In-Person)

**September 29, 6:30pm-8:00pm**  
**(Central Time)**

Attn: This is a hybrid event, meaning it will be held in-person (limited attendance) and via Zoom. Please be sure you are registering under the correct viewing option.

**\$15 preregistered/prepaid.**  
Preregistration is required.

**Registration Deadline: September 27**

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Program participants attending in-person will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Father Dan Griffith will begin by describing restorative justice and its varied applications. Next, Griffith will explore the biblical and theological foundations of restorative justice, restorative practices, and will explain how restorative justice interfaces effectively with the aim of

Catholic social teaching to promote justice and human flourishing.

Griffith will describe how restorative justice has been used in the Archdiocese of St. Paul and Minneapolis to help heal the harm of clergy abuse. Additionally, Fr. Griffith will address how clericalism continues to contribute to an ecclesial culture in the Catholic Church that fosters insularity and attendant harm. Finally, Griffith will present restorative justice and restorative practices as uniquely and ably positioned to respond to the present harms from racial injustice, polarization, and the global pandemic.

Fr. Daniel Griffith, a priest of the Archdiocese of St. Paul and Minneapolis, was ordained in 2002. A native of Wisconsin, Griffith has lived in the Twin Cities since 1989. He currently serves as pastor of Our Lady of Lourdes in Minneapolis, on the faculty of the University of St. Thomas School of Law and was recently appointed archdiocesan liaison for restorative justice and healing. Fr. Griffith's passion for social justice and the healing ministry of Jesus Christ comes together in his work in the area of restorative justice. Griffith has spoken and written nationally and locally on the topic of restorative justice and its power to heal harm.



## The Power of Restorative Justice to Name & Help Heal Harm (Via Zoom)

**September 29, 6:30pm-8:00pm  
(Central Time)**

**Attn: This is a hybrid event, meaning it will be held in-person (limited attendance) and via Zoom. Please be sure you are registering under the correct viewing option.**

**\$15 preregistered/prepaid.  
Preregistration is required.**

**Registration Deadline: September 27 (If attending via Zoom, a link will be emailed to you on September 28)**

[Click here](#) to register.

Father Dan Griffith will begin by describing restorative justice and its varied applications. Next, Griffith will explore the biblical and theological foundations of restorative justice, restorative practices, and will explain how restorative justice interfaces effectively with the aim of Catholic social teaching to promote justice and human flourishing.

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See page 2 for more information about attending our Zoom events.

## Nature: Vision, Imagery & Meaning

**October 2, 9:00am-11:00am**

**\$25 preregistered/prepaid.**  
**Preregistration is required.**

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Program participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and

preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Meet me: Denise Dupras. By day, I work as a General Internist taking care of patients ages 16+ with medical problems and concerns. I have worked at Mayo Clinic for 28 years. When I completed my training, I built a home in northwest Rochester and became very interested in birds and then nature photography. It wasn't long until the spirit of adventure took over and I set out on a quest to see and photograph the beauty of nature, both near and far. It soon became apparent that there was much more than was evident with a first glimpse. More importantly, I began to realize the experience is what made the moment special, not necessarily the image.

My goal in photography has been to share my experience of the moment with those who view my images. I believe that photography, while capturing a moment, invites reflection into one's soul.

What is it that you see? What do you feel? Does it stir your heart? Does it connect you with family, friends, or God?

I will share some of my images and share my thoughts about the meaning they hold, before inviting you to go out in nature and capture your own images. Come casual with walking shoes and a camera. We will then gather and share our stories in imagery.





## Franciscan Archival Art Tour

**October 2, 1:30pm-2:30pm**

**\$15 preregistered/prepaid.**  
Preregistration is required.

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Tour participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Visit the Franciscan Sisters' newly designed collection of 140 years of historic artifacts and fine artistry. The pandemic has given us time and space to arrange the many artifacts of life and ministry including icons, designed fabrics, watercolor and calligraphy that tell the story of the Sisters of St. Francis. This display outlines the values inherent in Franciscan mission.

Sister Marlys Jax will guide the path and share some of the stories within these walls!

## Goodbye Clutter (Via Zoom)

**October 5, 12, 10:00am-12:00pm (Central Time)**

**\$20 preregistered/prepaid.**

Free Additional Option: November 2, 10:00am-11:00am (Central Time) series follow-up & check-in. Registration for the 2-part October series automatically registers you for the free follow-up session. Please let us know if you are unable to attend the follow-up session.

**Registration Deadline: October 3 (A link will be sent to you one day prior to each session.)**

[Click here](#) to register.

Is your inbox 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, you don't like, or never wear? Can you find things amidst the piles in your office, or kitchen counter? What does your garage look like, or the inside of your car? If any of these areas apply 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.

There are several authors that have developed ways to create a more, serene, and orderly environment, so we can have the time and energy to create the life we want to live.

By getting rid of the things we don't use, don't need, or don't love, we free our minds and our shelves for what we truly value.

We will discuss several approaches for uncluttering our lives. Come prepared with a list of where you might want to start getting rid of clutter. Leave with a plan of where you will say goodbye to 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. The process of decluttering can help make more room for happiness.

See page 2 for more information about attending our Zoom events.

## After the Last Border - Book Discussion (Via Zoom)

**October 7, 2:00pm-3:30pm  
(Central Time)**

\$10 preregistered/prepaid.

**Registration Deadline: October 5 (A link will be sent to you one day prior to the event.)**

[Click here](#) to register.

Jessica Goudeau authors the story of two refugee families and their needed resilience as they fight to survive and belong in America. Mu Naw is from Myanmar and struggles to settle after decades in refugee camps. Despite critical times of humanitarian need, she experiences an America that has turned its

back on welcoming others. Hasna is from Syria and separated from her children by the sudden ban of refugees from Muslim countries. Both women navigate shifting USA policies, and end up settling in Austin, TX. They learn firsthand the best and worst of what America has to offer.

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

See page 2 for more information about attending our Zoom events.



## Pie Baking

**October 9, 9:00am-11:00am**

\$25 preregistered/prepaid. Limited to 8 participants. Preregistration is required.

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

**Special Notes:** Class participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights

is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

Begin with gratitude for God's harvest of abundance. Then learn the tricks of the trade in making your very own pie guided by an expert with 50+ years of experience. This hands-on class will assist you in all the aspects of creativity in making a tasty apple pie to take home. Hear the seventy-year history of the Assisi Heights apple orchard. Learn about the best apples for baking, and how to make crusts flaky. Enjoy it with your family as a surprise of your newfound skill. Come share family stories. Limited to 8. Must be 16 years of age and beyond. Bring your own apron and rolling pin.

Louise Kalmas has baked all her life, starting in 4-H at age 9, and culminating with bread and pie demos at the State Fair. In the fall season you can catch the Walch sisters making 65 pies on a Saturday. If not tending the vegetables in the garden, you will find Louise in the raspberry patch or mowing a large lawn. She lives on a farm in the Rollingstone/Winona area. By profession, she is first a homemaker, then a nurse, and last, a financial manager!

## The Spirituality of Cats (Via Zoom)

**October 11, 6:30pm-7:30pm  
(Central Time)**

\$5 preregistered/prepaid.

**Registration Deadline: October 7 (A link will be sent to you on October 8.)**

[Click here](#) to register.

"Everything I know in the spiritual life, I have observed in my cats." Please note, cats know every religious tradition and they observe many of these practices every day. Rest, quiet reflections in the morning sun, purrs of gratitude, playfulness, and keeping invaders at bay. They know how to move to a safe place when tornadoes are within earshot. Friendly cuddles, the gourmet feasts, and warmed nighttime laps are always in view. "Time with cats is never wasted."  
-Sigmund Freud

Come expand the lessons, truths, and values echoed in the great universal spiritual practices donated by cats which resonate with your soul and spirit. Sister Jennifer links what she has learned from a variety of spiritual teachers in a variety of faith traditions to her cat!

Sister Jennifer Corbett is a nurse by profession and steeped in biblical theology, having taught and lived in Israel, accompanying master students. Currently, she serves in leadership for the Congregation and activates the Peace and Justice ministries. Zoe lives with Jennifer.

Sister Marlys Jax brings 30 years of cat-sitting stories to the level of God's giftedness and how it translates into practice in all religious traditions.

See page 2 for more information about attending our Zoom events.





## **T'ai Chi Chih – Meditation with Movement (Continuing Classes - Tuesdays)**

**Tuesdays, October 12, 19,  
26, November 2, 9, 16, 30,  
December 7, 9:00am-10:00am**

**\$50 preregistered/prepaid.  
Preregistration is required.**

**Location: Assisi Heights (1001 14th Street  
NW, Rochester, MN 55901)**

**Special Notes: Class participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.**

**[Click here](#) to register.**

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 nineteen easy, slow moving, meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and it 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 eight-session series, not a drop-in class. 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. On the side, she is a world traveler!

## **Franciscan Archival Art Tour**

**October 12, 6:30-7:30pm**

**\$15 preregistered/prepaid.  
Preregistration is required.**

**Location: Assisi Heights (1001 14th Street  
NW, Rochester, MN 55901)**

**Special Notes: Tour participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend.**



Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

[Click here](#) to register.

Visit the Franciscan Sisters' newly designed collection of 140 years of historic artifacts and fine artistry. The pandemic has given us time and space to arrange the many artifacts of life and ministry including icons, designed fabrics, watercolor and calligraphy that tell the story of the Sisters of St. Francis. This display outlines the values inherent in Franciscan mission.

Sister Marlys Jax will guide the path and share some of the stories within these walls!



## **T'ai Chi Chih – Meditation with Movement (Beginning Classes - Wednesdays)**

**Wednesdays, October 13,  
20, 27, November 3, 10, 17,  
December 1, 8, 6:00pm-7:30pm**

**\$55 preregistered/prepaid.  
Preregistration is required.**

**Location: Assisi Heights (1001 14th Street  
NW, Rochester, MN 55901)**

**Special Notes: Class participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend.**

**Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.**

[Click here](#) to register.

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T'ai Chi Chih is very adaptable and it 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 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.

Judy Trousdell is an accredited T'ai Chi Chih instructor and has been practicing the form herself for many years. On the side, she is a world traveler!

## Braiding Sweetgrass – Book Discussion (Via Zoom)

October 13, 20, 27, November 3,  
6:30pm-8:00pm (Central Time)

\$20 preregistered/prepaid.

Registration Deadline: October 11 (A link will be sent to you one day prior to each session.)

[Click here](#) to register.

*Braiding Sweetgrass* is as exquisite as it is profound, as the author, Robin Wall Kimmerer reflects on the natural world and our relationship to it. As an indigenous woman and scientist, she explores myth and the world around us with equal sacredness. At a time of our rising consciousness of racism, this equally important intersection with colonialism expands our consciousness. Discussion questions will be sent prior to each session.

Sister Patricia Jean Schlosser has been a social worker in Chicago, IL, and a social justice activist for the last 50 years. She recently moved to Rochester. She has a particular interest in the intersectionality of our systems and institutions.

See page 2 for more information about attending our Zoom events.

## T'ai Chi Chih – Meditation with Movement (Continuing Classes - Thursdays)

Thursdays, October 14, 21, 28,  
November 4, 11, 18, December  
2, 9, 6:00pm-7:00pm

\$50 preregistered/prepaid.  
Preregistration is required.

Location: Assisi Heights (1001 14th Street  
NW, Rochester, MN 55901)

**Special Notes:** Class participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

[Click here](#) to register.

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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. 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. On the side, she is a world traveler!

## Qigong (Via Zoom)

**October 18, 25, November 1,  
8, 15, 22, 29, December 6,  
10:30am -11:30am  
(Central Time)**

**\$60 preregistered/prepaid.**

**Registration Deadline: October 14 (A link will be sent to you prior to each class.)**

[Click here](#) to register.

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 series, 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 was certified to teach T'ai Chi Chih in 2001. In 2008, she graduated from the Institute of Integral Qigong and T'ai Chi.

See page 2 for more information about attending our Zoom events.





## **Karst: Underground Life of Southeast Minnesota (Via Zoom)**

**October 19, 6:30pm-8:00pm  
(Central Time)**

**\$10 preregistered/prepaid.**

**Registration Deadline: October 17 (A link will be sent to you one day prior to the program.)**

[Click here](#) to register.

Much of Southeast Minnesota is covered by karst. The term 'karst' is used to describe unique landforms and hydrology formed by precipitation and groundwater dissolving carbonate sedimentary rock. Karst is often characterized on the surface by the presence of sinkholes, caves, and springs, but where these features are absent, there can still be rapid connections between the land surface and underlying aquifers. Connections to large underground pathways allow for rapid transit of water, creating unpredictable ground water travel times and flow directions. This makes karst aquifers particularly vulnerable to human activities and complicates remediation efforts for issues like spills or surface applications of chemicals.

John Barry is senior hydrologist at the Department of Natural Resources. His responsibilities include completing countywide aquifer-mapping projects using geologic and geochemical data and geographic information systems. He is a collaborative partner with Minnesota Geological Survey, Minnesota Department of Agriculture, Minnesota Pollution Control Agency, and soil and water districts.

## **Hospice: Myths, Facts & Benefits (Via Zoom)**

**October 18, 6:30pm-8:00pm  
(Central Time)**

**\$10 preregistered/prepaid.**

**Registration Deadline: October 14 (A link will be sent to you on October 15.)**

[Click here](#) to register.

Navigating the end-of-life questions requires forethought. We decide or someone decides for us. Being 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 beyond our control unfold. The focus of this presentation is to uncover the myths, facts, and benefits of hospice and palliative care.

Maureen Bigelow, RN, has 36 years of experience as a nurse and 6 years as a hospice nurse, walking with persons on their final journey toward eternal life.

See page 2 for more information about attending our Zoom events.

## Fierce Self-Compassion Introduction (Via Zoom)

October 25, 6:30pm-8:00pm  
(Central Time)

Free introductory class. Preregistration is required.

Special Note: This is a free (optional) introductory class to the Fierce Self-Compassion series that begins on November 1st. Separate registration is required to attend the follow-up series.

Registration Deadline: October 21 (A link will be sent to you on October 22.)

[Click here](#) to register.

Self-compassion isn't just a good idea, it's something we can do. We can train our brains and build new habits to respond to mental, physical, and emotional pain with compassion. This class is based on Kristen Neff's pioneering work in the field of self-compassion. Her new book, *Fierce Self-Compassion*, will help you understand and develop both tender and fierce self-compassion. It will teach you how to combine them to create a "caring force" that can be used in all areas of your life. These experiential exercises will assist in personally evaluating your self-compassion and well-being.

Paula Smith, a steering committee member of Compassionate Rochester, MN, a school psychologist, and a certified Dynamic Mindfulness Trainer through Niroga Institute, will facilitate this program.

See page 2 for more information about attending our Zoom events.

## Biomineralization: Life Harnessing Mineral Growth for Over Four Billion Years (Via Zoom)

October 26, 6:30pm-8:00pm  
(Central Time)

\$15 preregistered/prepaid.

Registration Deadline: October 24 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

The survival of all forms of Life on Earth through geological time has depended on controlling mineral growth within the environments it inhabits. This process, called *biomineralization*, had been an essential, unavoidable and ubiquitously disturbed force of nature that has caused essential strategic benefits (like forming bones for muscle attachment), as well as profound practical problems and impediments (such as the growth of kidney stones). This presentation will explore the scientific renaissance being driven by newly developed molecular and microscopy tools, into the process of biomineralization. Results are reframing our basic approaches to the grand challenges that face society regarding the environment, energy, medicine, and space exploration.

Bruce Fouke is a professor in Geology, Integrative Biology at the Carl R. Woese Institute for Genomic Biology at the University of Illinois Urbana-Champaign. He also serves as Director of the Illinois Roy J. Carver Biotechnology Center. His



progressive geological and biological (geobiology) research investigates how living and fossil organisms have developed biomaterialization strategies to survive environmental change. This includes the study of: (1) the control of sea surfaces temperature and coral skeletal growth; (2) the global emergence of infectious marine diseases; (3) enhanced hydrocarbon recovery; (4) the survival of heat-loving (thermophilic bacteria in hot springs; (5) the developments of antibiotic resistance in response to antibiotic treatments; (6) timing of the last flow of water in ancient Roman aqueducts; (7) microbe-human-water rock interactions during kidney stone formation.

See page 2 for more information about attending our Zoom events.



## **Eucharist: Sacrament of Unity, Dinner of Division? (Via Zoom)**

**October 28, 6:30pm-8:00pm  
(Central Time)**

**\$15 preregistered/prepaid.**

**Registration Deadline: October 26 (A link will be sent to you one day prior to the event.)**

[Click here](#) to register.

Jesus scandalized his contemporaries by eating with anyone and everyone during his earthly ministry. However, the practice of the post-resurrection Church generally has been to guard the Eucharist carefully, reserving what is holy for people deemed holy. If the Body of Christ is both on the table and gathered at the table when Catholics celebrate the Eucharist, how can we pray that all might be united in Christ while decisions about who is welcome to share fully in the feast seem to promote divisions within this same Body? This presentation will consider communion practices in historical and contemporary perspective and how they relate to a Eucharistic spirituality that aims for consistency between believing, behaving, and belonging.

Anne McGowan is Assistant Professor of Liturgy at Catholic Theological Union in Chicago, IL, where she teaches courses on liturgy and sacraments including the Eucharist. She previously taught at the Yale Institute of Sacred Music, The University of Notre Dame and St. John's School of Theology and Seminary. She is married and has two children.

See page 2 for more information about attending our Zoom events.



# Journal Keeping: Creating Resilient Stories (Via Zoom)

**October 30, 9:00am-12:00pm  
(Central Time)**

**\$30 preregistered/prepaid.**

**Registration Deadline: October 28 (A link will be sent to you one day prior to the event.)**

[Click here](#) to register.

We all have been shaken, turned upside down, and challenged to our core during these pandemic times. Even if we could protect ourselves and stay safe, our ways of believing, understanding, and interacting have shifted. We had to stop.

Now, as the world opens up, what have we learned? Will we rush headlong back to the busyness the culture demands, the distractions, the pleasures denied during lockdown? Possibly. Or, can we choose to pause? Will we turn inward, hold tightly to the lessons forced upon us? Will we heed those lessons, reshape our stories, and step forward to live genuinely, from the heart, from the inner wisdom of the witness?

Journal writing can give us resilient stories to hold us as we step ahead with compassion, grace, and hope.

In this workshop, using meditation and prompts of various kinds (lists, free writing, letters), let us invite, nourish, and transform what reveals itself in our journals, in conscious community, gently opening a new page, informed by what we have survived.

Susan Kimball is a retired high school language arts and writing teacher, with over thirty-five years of teaching experience. She earned both her undergraduate and graduate degrees from Viterbo University in La Crosse, Wisconsin. A journal keeper for over forty years, her journal writing practice has provided unconditional warmth and revelation on her spiritual journey.

See page 2 for more information about attending our Zoom events.

# Fierce Self-Compassion (Via Zoom)

**November 1, 8, 15, 6:30pm-  
8:00pm (Central Time)**

**\$35 preregistered/prepaid.**

**Registration Deadline: October 28 (A link will be sent to you prior to each session).**

**Special Note: This 3-session series is a follow-up to a free (optional) introductory class that will be held on October 25th. Separate registration is required to attend the free introduction.**

[Click here](#) to register.

Self-compassion isn't just a good idea, it's something we can do. We can train our brains and build new habits to respond to mental, physical, and emotional pain with compassion. This class is based on Kristen Neff's pioneering work in the field of self-compassion. Her new book, *Fierce Self-Compassion*, will help you understand and develop both tender and fierce self-compassion. It will teach you how to combine them to create a "caring force"

that can be used in all areas of your life. These experiential exercises will assist in personally evaluating your self-compassion and well-being.

Paula Smith, a steering committee member of Compassionate Rochester, MN, a school psychologist, and a certified Dynamic Mindfulness Trainer through Niroga Institute, will facilitate this program.

See page 2 for more information about attending our Zoom events.

## **Celebrating the Women of the New Testament (Via Zoom)**

**November 3, 10, 17, 1:30pm-2:30pm (Central Time)**

**\$20 preregistered/prepaid.**

**Registration Deadline: November 1 (A link will be sent to you one day prior to each session).**

[Click here](#) to register.

Through nearly two millennia of the history of biblical interpretation, the women of the New Testament get little attention except when they are portrayed as sinners and supplicants. In fact, their lives were far more complex and filled with ambiguity. In Christian circles, their subordination to men was justified on the basis of Eve's role in bringing evil and sin into the world. However, if we dig deeply into their stories, the women of the New Testament are more often presented as heroines and models of the ideal Christian

life. They held roles of leadership within early church communities, even while early church writers argued against their right to do so. In three sessions, we will examine some of these New Testament stories to see what they tell us about the "real lives" of women in the earliest period of the Christian church. Perhaps we will discover that their lives were not all that different from our own.

Dr. Cathy Cory is recently retired from the Theology Department at the University of St. Thomas. She earned her Master of Arts degree in Theology from St. John's University and her Ph.D. in Christianity and Judaism in Antiquity from the University of Notre Dame. Her area of specialization is the New Testament, in particular, the Gospel of John and the Book of Revelation. She especially enjoys working with parishes and other adult faith formation groups to break open the word of God and reflect on its meaning for our lives today.

See page 2 for more information about attending our Zoom events.



## Stupid Things I Won't Do When I Get Old – Book Discussion (Via Zoom)

November 4, 11, 18, 10:00am-11:00am (Central Time)

\$20 preregistered/prepaid.

Registration Deadline: November 2 (A link will be sent to you one day prior to each session)

[Click here](#) to register.

The subtitle reads, “A highly judgmental, unapologetically honest accounting of all the things our elders are doing wrong.” This humorist looks at the gifts, stereotypes, and inevitable challenges of aging. The book is based on Steven Petrow’s popular New York Times article, “Things I’ll Do Differently When I Get Old”.

T. Thomas (Thom) Nustad BA, M.Div., is moderator of this book discussion. He was ordained in the United Methodist Church for the Wisconsin Conference and served a variety of congregations for 32 years. He served as Director of Development at the University of Wisconsin — Oshkosh and Director of Development at Lawrence University in Appleton, WI. He is married to Dr. Lori Carrell, Chancellor of University of Minnesota — Rochester.

See page 2 for more information about attending our Zoom events.

## West Side Story

November 8, 2:00pm-3:30pm

\$12 preregistered/prepaid.  
Preregistration is required.

Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)

Special Notes: Program participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

[Click here](#) to register.

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’s sister. Other social themes will be addressed in the 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.

# Communicating With Your Guardian Angels (Via Zoom)

**November 9, 6:30pm-8:00pm  
(Central Time)**

**\$30 preregistered/prepaid.**

**Registration Deadline: November 7 (A link will be sent to you one day prior to the event)**

[Click here](#) to register.

Guardian Angels are divine helpers that nurture, protect and guide us. They help to expand our awareness, transform our thought patterns, and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence and greater sense of purpose and connectedness.

You don't need extraordinary psychic or intuitive skills to dialogue with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions, and solutions to life's problems. You will discover your angel's name and receive a written message for your guardian angel.

Presenters are the Sister Seekers, Dianne Anderson and Marie Neher. The Sister Seekers' mission is to work together for the purpose of improving the world through teaching, healing, retreats, space

cleaning, and ceremony. Both are Reiki Master Teachers.

See page 2 for more information about attending our Zoom events.

## St. Elizabeth & Bread Making

**November 13, 9:00am-11:00am**

**\$25 preregistered/prepaid.  
Preregistration is required. Limited to 6 participants.**

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)**

**Special Notes: Class participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Program registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.**

[Click here](#) to register.

St. Elizabeth was born in Hungary, the daughter of the King. She was betrothed to King Louis IV of Thuringa, Germany. In her short life of 24 years, she chose to care for the poor in the hospital that she founded in Marburg, Germany. She is the patroness of bakers, homeless, and young brides. Learn so much more and her story of bread and roses while making/baking your own bread. Connect meditation and stress relief with the hungers of the world. Discover how kneading with tenderness, nurturing and proofing connect with



the homeless. Come with an apron and enthusiasm. Register early. Class is limited to 6 participants.

Sister Anne Walch started baking bread at age twelve and can do it by heart. The recipe is perfected with the touch of home! Enjoy the stories kneaded in the dough. You will not go home empty handed!

## **Beautiful Things (A Memoir by Hunter Biden) – Book Discussion (Via Zoom)**

**November 16, 6:30pm-8:00pm  
(Central Time)**

**\$10 preregistered/prepaid.**

**Registration Deadline: November 14 (A link will be sent to you one day prior to the session)**

[Click here](#) to register.

In his New York Times Best Seller, Hunter Biden narrates his life tragedies, losses, and his demise into substance abuse and the arduous task of sobriety. Bound by unfathomable love and family support, he emerges sober, newly married and able to appreciate beautiful things.

Sister Mary Eliot Crowley, OSF, currently serves as Vice President of the Congregation. When she is not in the office, she is either quilting or reading the latest book!

See page 2 for more information about attending our Zoom events.

## **God Jul Fest**

**December 11, 10:00am-12:00pm**

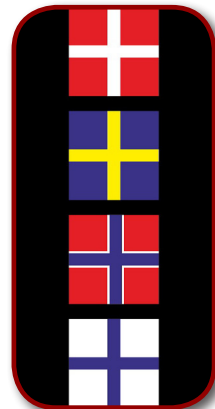
**\$40 preregistered/prepaid.  
Preregistration is required. Limited seating available.**

**Location: Assisi Heights Spirituality Center  
(1001 14th Street NW, Rochester, MN 55901)**

[Click here](#) to register.

Special Notes: Event participants will be required to wear masks and complete a check-in screening upon entry into the building. At this time, only vaccinated participants are invited to attend. Event registration will be limited and preregistration is required. Assisi Heights is open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights.

You are cordially invited to celebrate Christmas, Scandinavian-style. We invite you to come decked out in traditional Scandinavian attire to enjoy traditional culinary treats, Scandinavian art, music, and Scandinavian fellowship. Register early. Limited seating available.



# Become a Franciscan!

Have you, or someone you know considered:

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

Visit our website: [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and click the button "Become a Sister or Cojourner" on our home page.

For more information:

- Contact Sister Ann Redig at: [srcoj@rochesterfranciscan.org](mailto: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 and ask for Sister Sue Reif.



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

Questions? Call 507-280-2195  
or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



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

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

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

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

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

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

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

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

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



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Exp. date \_\_ - \_\_ Security code \_\_\_\_\_  
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Signature of card holder

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Rochester, MN 55901

To register online, go to:  
[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)  
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Questions? Call 507-280-2195  
or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



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

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

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

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

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

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

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

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

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



\_\_\_\_\_

Exp. date \_\_ - \_\_ Security code \_\_\_\_\_  
(on back of card)

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

\_\_\_\_\_  
Date



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

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

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

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

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

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

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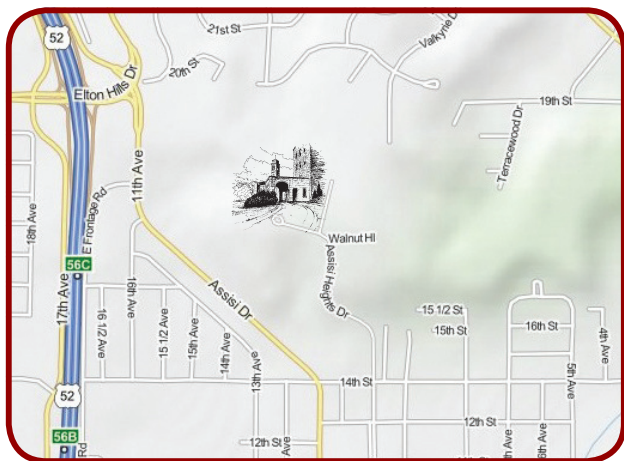
\_\_\_\_\_

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.

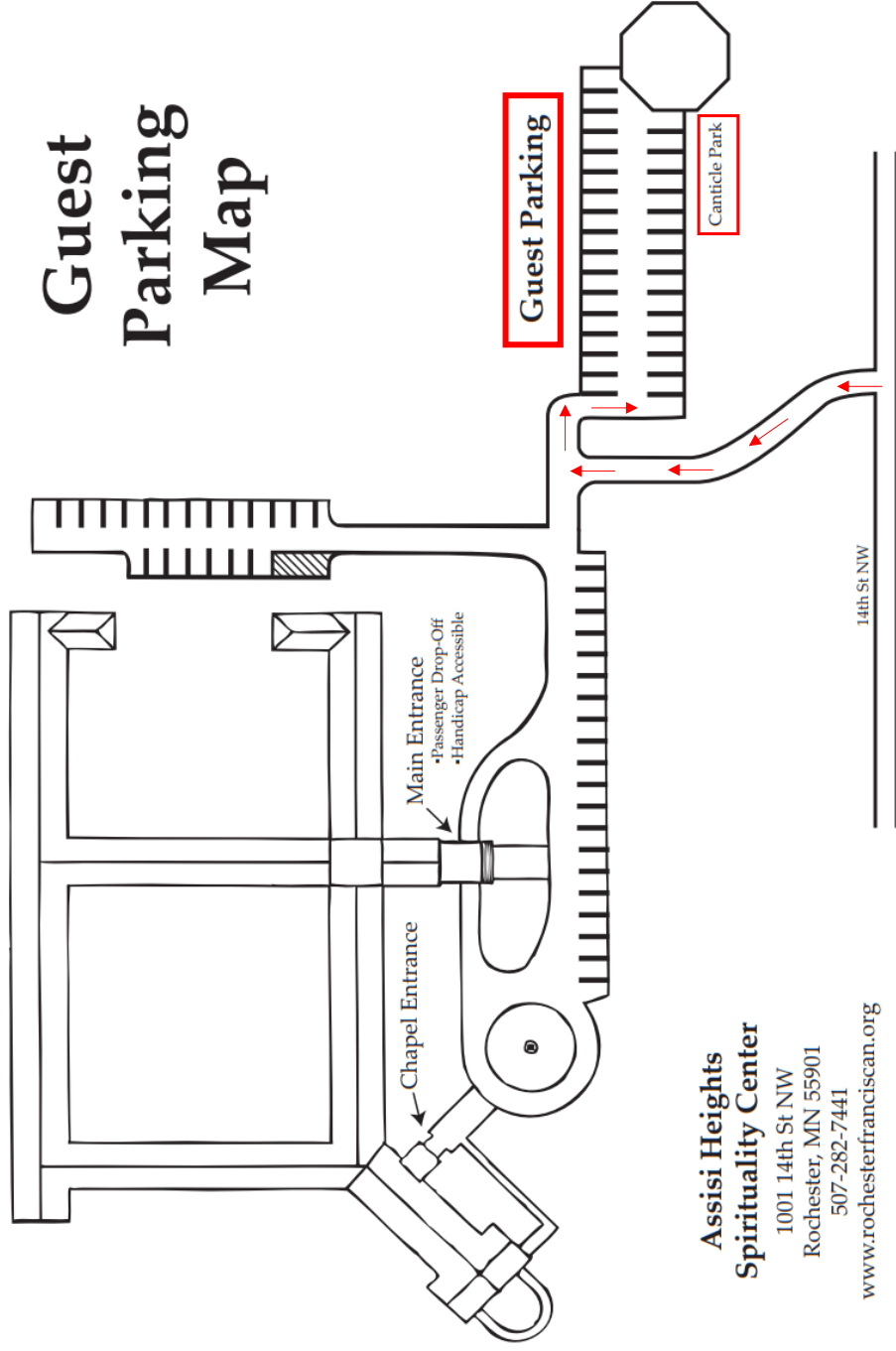
Merge onto US-52 N via EXIT 218 toward ROCHESTER.

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

North



**Assisi Heights  
Spirituality Center**

1001 14th St NW  
Rochester, MN 55901  
507-282-7441  
[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)