

January – July 2022

The Essence of Assisi

Waiting with Hope

Vol. 12, No. 02



Assisi Heights Spirituality Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

Welcome

Parable of the Ups and Downs

Once upon a time, not so many moons ago, a pandemic plagued on the planet and turned people's lives upside down. In-person meetings were down, home offices were up, students were down but teachers had to be up, dining in was down, yeast sales were up, toilet paper was up and then down, hair and haircuts were both down. Zoom came up. Assisi Heights Spirituality Center programs were up and then down.

Ah, this is the parable of ups and downs!

What makes an up an up and a down a down is that sometimes ups are more skilled at keeping downs down, than a down can leverage an up, down. Ups do not interact with the downs, but downs at times try to mimic the strategies of the up. Really, they end up down and exhausted. Downs tire of telling their story of being down while attempting to strive for equity.

Ups have little interest in seeking equity or how systems can be re-invented to better the downs. Downs know more about ups than ups know about downs. Downs detect loopholes in ups' system of justice. Many times the insightful solutions come from the downs. Ups take for granted that up is normal for ups and that downs are required to keep the ups, up. Ups work hard to keep their image and status. Ups have the control and seats of honor.

Can the ups hold hands with the downs? Do they realize life is not about power but service? Can ups and downs collaborate to find solutions for the common good thus building a vibrant, authentic, human community?

Pope Francis holds hands with poor, refugees and climate migrants. In the spiritual life, the quest is to reverse the flow down to up. There are numerous examples in Scripture where downs are up and ups are down. The Beatitudes list the poor in spirit (though down) will be given the 'kingdom' of heaven (which is an up), meek will inherit the land, the hungry will be filled (up) and the persecuted will receive reward in (up) in heaven.

Let us sit down with the downs and do soul work!



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center



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

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

On our website, www.rochesterfranciscan.org, you can:

- View all the events sponsored by Assisi Heights Spirituality Center.
- Register and pay for a retreat online.
- Make an online donation to the Spirituality Center.
- 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:

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.

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.

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

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.



Save the Date!

**January 8, 9:00am-11:00am
(Central Time)**

Educational opportunity (via Zoom) on
Human Trafficking.

Details coming soon!

Qigong I (Via Zoom)

**January 10, 17, 24, 31, February
7, 14, 21, 28, 10:30am-11:30am
(Central Time)**

\$60 preregistered/prepaid.

**Registration Deadline: January 6 (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.



Yoga: The Peaceful Path to Resilience (Via Zoom)

January 12, 19, 26, February 2, 9, 16, 9:30am-10:30am
(Central Time)

\$55 preregistered/prepaid.

Registration Deadline: January 10 (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.

T'ai Chi Chih – Continuing Classes (Thursday AM) (Via Zoom)

January 13, 20, 27, February 3, 10, 17, 24, (no class March 3), March 10, 9:00am-10:00am
(Central Time)

\$50 preregistered/prepaid.

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

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi”. 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.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

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

T'ai Chi Chih – Beginning Classes (Thursday AM) (Via Zoom)

**January 13, 20, 27, February 3,
10, 17, 24, (no class March 3),
March 10, 10:30am-12:00pm
(Central Time)**

\$55 preregistered/prepaid.

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

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi”. 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. In the beginner's class, you will learn and practice all nineteen movements and the final pose in eight weeks.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

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



T'ai Chi Chih – Continuing Classes (Thursday PM) (Via Zoom)

**January 13, 20, 27, February
3, 10, 17, 24, (no class March
3), March 10, 6:00pm-7:00pm
(Central Time)**

\$50 preregistered/prepaid.

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

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi”. 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.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

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

Franciscan Renaissance in the 13th Century & Now (Via Zoom)

**January 22, 9:30am-11:00am
(Central Time)**

\$15 preregistered/prepaid.

**Registration Deadline: January 20 (A link
will be sent to you one day prior to the
event.)**

[Click here](#) to register.

Imagining ourselves at the small chapel called the 'Portiuncula' near Assisi, Italy, we will recall the birthplace of the Franciscan movement that has motivated generation after generation through the centuries. Exploring the parallels of the 13th Century and our current situations places us in a renewal of the Franciscan movement - a Franciscan Renaissance.

Sister Ramona Miller, Congregational Minister of the Sisters of St. Francis, has led pilgrimages to Assisi, Italy for 30 years. She enjoys sharing her passion for the Franciscan legacy.

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

Journal Keeping: Creating Resilient Stories (Via Zoom)

**January 29, 9:00am-12:00pm
(Central Time)**

\$30 preregistered/prepaid.

Registration Deadline: January 27 (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, will 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.



What is a Cojourner? (Via Zoom)

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

No cost to attend. Preregistration is required.

Registration Deadline: January 30 (A link will be sent to you one day prior to the event.)

[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, Minnesota. Cojourners are adult men and women who may be single or married. They are from various professions and 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 and bring your 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.

Celebrate Your Friendships (Via Zoom)

**February 5, 9:00am-10:30am
(Central Time)**

\$18 preregistered/prepaid.

Registration Deadline: February 3 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

Based on a portion of the book, *Well Seasoned: The Beauty of Age*, you will make a list of five categories of friends and name the gifts they bring to your life. From this list, you'll select one friend, and experience a three step process to write a heartfelt message to them.

Besides having fun discovering the core of why your friends are special to you, you'll create the first draft of a letter you can send to a dear friend. This can be used as a blueprint for messages to send to other friends. You'll receive two downloadable worksheets.

Jan M. Whalen, MASL, is an award-winning author, speaker and designer of The Perfect Age® line of greeting cards. She has created life-changing seminars and workshops to help others exude confidence, write their life stories, and celebrate their age. Two of her books are: *Rock Solid Confidence: Presenting Yourself with Assurance, Poise and Power*, and *Well Seasoned: The Beauty of Age*.

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



See No Stranger: A Memoir and Manifesto of Revolutionary Love – Book Discussion (Via Zoom)

**February 8, 22, March 8,
6:30pm-8:00pm (Central Time)**

\$15 preregistered/prepaid.

Registration Deadline: February 6 (A link will be sent to you one day prior to each session.)

[Click here](#) to register.

How do we love in a time of rage? How do we fix a broken world while not breaking ourselves? Valarie Kaur, a Sikh activist, filmmaker and civil rights lawyer, describes revolutionary love as the call of our time. A radical, joyful practice extends in three directions: to others, to our opponents, and to ourselves. It enjoins us to see no stranger, but instead look at others and say, “You are a part of me I do not yet know.” Starting at the place of wonder, the world begins to change. This practice can transform a relationship, a community, a culture and even a nation. *See No Stranger* helps to imagine new ways of being with each other and ourselves, so that together we can begin to build the world we want to see. Valarie Kaur is founder of the Revolutionary Love Project.

Kathy Woytych is a retired writer and teacher who currently resides in Middleton, Wisconsin. Kathy is also a Cojourner with the Rochester Franciscan Sisters. During the late 80s and 90s, Kathy had the privilege of working at two

different multicultural high schools in the Chicago area, where the hallways were always abuzz with students speaking many different languages. Students flourished in opportunities to share their native dances, stories and music with others. Kathy also had the opportunity to live in a suburb of Liverpool, England for a year and marvels at how lovely it is to feel at home in another culture.

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



The Architectural Story of Assisi Heights: 1952-Present (Via Zoom)

**February 15, 2:00pm-4:00pm
(Central Time)**

\$10 preregistered/prepaid.

Registration Deadline: February 13 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

In 1955, the Rochester Franciscan Sisters moved into their new home on Walnut Hill in northwest Rochester, Minnesota. They named the new property 'Assisi Heights' after the original Franciscan foundation in Assisi, Italy. This presentation focuses on the design and construction of the building that began in 1952. Ken Allsen, an architectural historian, will use archival and current photos with some plan drawings to tell the story of this building, one of the great landmark structures in the city.

Ken Allsen resides in Rochester with his wife Nancy. He is the author of five books about a variety of architectural structures and their history in southeastern Minnesota. He volunteers at the History Center of Olmsted County and Mayo Clinic archives.

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

The Way of Love: The Passion of Thérèse of Lisieux (Via Zoom)

**February 26, 9:00am-12:00pm
(Central Time)**

\$25 preregistered/prepaid.

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

[Click here](#) to register.

Two notebooks and a letter, highly edited and rearranged, became *The Story of A Soul*, a spiritual classic written by a young woman who entered her cloister at 15 and died there at the age of 24. That classic made Thérèse (1873-1897) the most well-beloved saint of the 20th century worldwide. However, a more profound story unveils when her work is read as she wrote it; a spoiled child matures into an insightful young woman struggling with spiritual darkness and the apparent absence of God as she faces death.

In her short life, Thérèse developed a creative form of spirituality out of the limitations of her own personality, her imperfections, and stifling environment. While she is most famous for her "little way of love" – a way to God, accessible to anyone, the apparent absence of God in the last 18 months of her life wrought in her a deep, unitive mysticism. Her ingenious response "democratizes" the "Dark Night of the Soul" for us.

The 3 presentations, *The Way of Imperfection*, *The Way of Love*, *The Way*



of *Darkness* (plus a conclusion with discussion) will be accompanied by the 19th century photos; many of them of life inside the Carmelite community, taken by Thérèse's sister, Celine.

Suzanne Guthrie creates *Soulwork Toward Sunday*, a weekly online retreat on the coming Sunday's Gospel. She served the church as an Episcopal parish priest, and a college, university, and convent chaplain. She is a frequent contributor to *Christian Century* and other publications. A mother of four and grandmother of two, Suzanne and her husband, Bill, live in New York's Hudson Valley. She came to appreciate Thérèse reluctantly.

You can find *Soulwork Toward Sunday* at: <http://EdgeOfEnclosure.org>

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



The Beekeeper of Aleppo – Book Discussion (Via Zoom)

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

Donations appreciated. Preregistration required.

Registration Deadline: February 24 (A link will be sent to you on February 25.)

[Click here](#) to register.

Christy Lefteri's 2019 prize-winning novel, *The Beekeeper of Aleppo*, tells of a young Syrian couple fleeing from their country's civil war in 2015-2016. It is a gripping story, with a focus on the toll the couple's suffering takes on them on their relationship, and how they find hope in the middle of such troubles.

Rosemary Grebin Palms is a retired professor of humanities. She taught for forty-three years at Pratt Institute in the English/Humanities Department in Brooklyn, New York. Rosemary is a Cojourner with the Rochester Franciscans and lives in New York City.

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

Visio Divina: Practices for a Lenten Journey (Via Zoom)

March 5, 9:30am-11:30am
(Central Time)

\$10 preregistered/prepaid.

Registration Deadline: March 3 (A link will be sent to you one day prior to the event)

[Click here](#) to register.

Visio Divina is a form of prayer that uses visual elements instead of words to set your mind on prayer. Visio Divina is translated as “divine seeing”. Rebecca will lead us through the practice of praying with art to reflect on our world and connect us with the season of Lent.

Dr. Rebecca Berru Davis is Assistant Professor in Theology at St. Catherine University in St. Paul, MN. She earned her degree at the Graduate Theological Union in Berkeley, CA in the area of Art and Religion with a focus on Liberation Theology.

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



The Divine Encounters (Entire Series)

March 8, 15, 22, 29, April 5, 12,
6:30pm-8:00pm (Central Time)

Donations appreciated. Preregistration is required. Limited seating available. (Registration for single sessions are also available. Visit the “Single Session” registration pages for those options.)

Location: Assisi Heights, 1001 14th Street NW, Rochester, Minnesota.

Special Notes: 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. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

You are invited to experience a series of rituals and presentations on a foundational topic of the Christian Faith; namely, the Trinity. Beginning in the experience of ritual space, you will be drawn into questions and interests in who the three are in relationships. As our brother Richard Rohr, OFM, states, “A mystery is not something you can’t understand. A mystery is something you can endlessly understand in God’s time.” The question before us: Do you want to enter the holy of all holiness? Then, “Come and See,” as Jesus said.

During this Lenten series, you will experience, in drama and in song, the revelations on the life of the Trinity. You will be drawn into questions, perhaps your own questions, about the grand mystery of three as one. No, this is not a mathematical problem. Yes, this is the most profound revelation of God's first outline in the Church in the fourth century. Who is God? Do you know all three of the Divine Persons? Come and experience new insights. As a group we will journey together discovering, with the graces of the Holy Spirit, who God really is as a relational lover, a compassionate brother, and an inspirational artist in all creativity.

Session One: March 8 (Ritual – Assisi Heights Lourdes Chapel)

Session Two: March 15 (Presentation: Rublev's Famous Icon – Assisi Heights Spirituality Center)

Session Three: March 22 (Ritual – Assisi Heights Lourdes Chapel)

Session Four: March 29 (Presentation: Trinity I – Assisi Heights Spirituality Center)

Session Five: April 5 (Ritual – Assisi Heights Lourdes Chapel)

Session Six: April 12 (Presentation: Trinity II – Assisi Heights Spirituality Center)

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan. She taught elementary education for seven years, spent three years teaching at the College of St. Teresa, Winona, Minnesota and had various administrative positions before starting her own counseling

practice in Albuquerque, New Mexico. Currently, Briana is actively volunteers at Lourdes High School, at the Jeremiah Project, and offers presentations at Minnesota Adult and Teen Challenge. She continues to see clients, both at St. John's Parish and Assisi Heights.

Briana enjoys golfing, swimming, travel, reading, writing and spending time with good friends and family.



The Divine Encounters (Single Session)

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

Donations appreciated. Preregistration is required. Limited seating available.

(Registration for the entire series is also available (March 8, March 15, March 22, March 29, April 5, & April 12). Visit the "Entire Series" registration on page 13 for this option.)

Location: Assisi Heights, 1001 14th Street NW, Rochester, Minnesota.

Special Notes: 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. (Event is subject to updated COVID-19 guidelines).

[Click here](#) to register.

See page 13 for entire series description.

Session One: March 8 (Ritual – Assisi Heights Lourdes Chapel)

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

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

**March 9, 16, 23, 30, April 6, 13,
9:30am-10:30am (Central Time)**

\$55 preregistered/prepaid.

Registration Deadline: March 7 (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.



Stations and Stories – Entire Series (Via Zoom)

**March 9, 16, 23, 30, April 6, 13,
6:30pm-8:00pm (Central Time)**

Donations appreciated. Preregistration is required.

Registration Deadline: March 7 (A link will be sent to you one day prior to each session.)

(Registration for single sessions are also available. Visit the “Single Session” registration pages for those options.)

[Click here](#) to register.

During this Lenten season, we will use the Stations of the Cross as a foundation to reflect on our own spiritual journeys in terms of stations – whether it be as young adults, mid-life or wisdom years. The station stops may be related to life’s daily handouts such as illnesses, growing relationships, or just new experiences. Here lie the stations of faith, stations of doubt, and stations of grief, death, or some other significant development in your life.

Using words or imagery, you are encouraged to enter the process of taking a Gospel text and putting personal life stations to it. In effect, the script expands the meaning between the station and your story as prayer emerges in the moment. There we encounter the heart. There we meet the place where wisdom we did not know we had can greet us. There we can greet that which we call God.

Presenters include: Eileen Lundy, Austin,

Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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

Stations and Stories – Single Session (Via Zoom)

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

Donations appreciated. Preregistration is required.

Registration Deadline: March 7 (A link will be sent to you one day prior to the session.)

(Registration for the entire series is also available (March 9, March 16, March 23, March 30, April 6, & April 13). Visit the “Entire Series” registration page for this option. Refer to page 16)

[Click here](#) to register.

See column at left for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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



The Divine Encounters (Single Session)

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

Donations appreciated. Preregistration is required. Limited seating available.

**Location: Assisi Heights, 1001 14th Street
NW, Rochester, Minnesota.**

Special Notes: 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. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 13 for entire series description.

**Session Two: March 15 (Presentation:
Rublev's Famous Icon – Assisi Heights
Spirituality Center)**

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

Stations and Stories – Single Session (Via Zoom)

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

Donations appreciated. Preregistration is required.

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

[Click here](#) to register.

See page 16 for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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





The Divine Encounters (Single Session)

**March 22, 6:30pm-8:00pm
(Central Time)**

Donations appreciated. Preregistration is required. Limited seating available.

**Location: Assisi Heights, 1001 14th Street
NW, Rochester, Minnesota.**

Special Notes: 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. (Event is subject to updated COVID-19 guidelines).

[Click here](#) to register.

See page 13 for entire series description.

Session Three: March 22 (Ritual – Assisi Heights Lourdes Chapel)

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

Stations and Stories – Single Session (Via Zoom)

**March 23, 6:30pm-8:00pm
(Central Time)**

Donations appreciated. Preregistration is required.

Registration Deadline: March 21 (A link will be sent to you one day prior to the session.)

[Click here](#) to register.

See page 16 for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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



T'ai Chi Chih – Continuing Classes (Thursday AM) (Via Zoom)

**March 24, 31, April 7, 14, 21,
28, May 5, 12, 9:00am-10:00am
(Central Time)**

\$50 preregistered/prepaid.

Registration Deadline: March 22 (A link will be sent to you one day prior to each session.)

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi”. 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.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She

enjoys connecting to nature by gardening and hiking.

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



T'ai Chi Chih – Beginning Classes (Thursday AM) (Via Zoom)

**March 24, 31, April 7, 14, 21, 28,
May 5, 12, 10:30am-12:00pm
(Central Time)**

\$55 preregistered/prepaid.

Registration Deadline: March 22 (A link will be sent to you one day prior to each session.)

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi”. 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. In the beginner's class, you will learn and practice all nineteen movements and the final pose in eight weeks.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

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

T'ai Chi Chih – Continuing Classes (Thursday PM) (Via Zoom)

**March 24, 31, April 7, 14, 21,
28, May 5, 12, 6:00pm-7:00pm
(Central Time)**

\$50 preregistered/prepaid.

Registration Deadline: March 22 (A link will be sent to you one day prior to each session.)

[Click here](#) to register.

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or "chi". 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.

Patty Stupca is an accredited T'ai Chi Chih teacher and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

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

Cokie: A Life Well Lived – Book Discussion (Via Zoom)

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

\$10 preregistered/prepaid.

Registration Deadline: March 24 (A link will be sent to you on March 25.)

[Click here](#) to register.

The extraordinary life of Cokie Roberts

serves as exemplar of a *life well lived!* Her influence on the lives of many women is notable. She was a trailblazer. She deeply cared about people and the world. Her convictions, her impressive intellectual capabilities, her quick wit and her tenacity forged a career in NPR and ABC admired by many. Authored by her husband Steven V. Roberts, the book serves as legacy that keeps on giving. Cokie Roberts served on the Board of Directors of Mayo Clinic.

Sister Barb Goergen, OSF, RN, NP, will moderate this discussion. Barb is a retired nurse practitioner, having spent 42 years in the field. She taught Nursing at the College of St. Teresa, worked at Mayo Clinic Pediatrics, served migrants in South Texas and lastly, spent 22 years in San Diego working in the areas of Asthma, Allergy, and Immunology. She continues to have a relationship with the Roberts family.

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



The Divine Encounters (Single Session)

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

Donations appreciated. Preregistration is required- Limited seating available.

**Location: Assisi Heights, 1001 14th Street
NW, Rochester, Minnesota.**

Special Notes: 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. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 13 for entire series description.

**Session Four: March 29 (Presentation:
Trinity I – Assisi Heights Spirituality
Center)**

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

Stations and Stories – Single Session (Via Zoom)

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

Donations appreciated. Preregistration is required.

Registration Deadline: March 28 (A link will be sent to you one day prior to the session.)

[Click here](#) to register.

See page 16 for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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

What You Need to Know About the Climate Crisis (Via Zoom)

April 4, 6:30pm-8:00pm (Central Time)

\$10 preregistered/prepaid.

Registration Deadline: March 31 (A link will be sent to you on April 1.)

[Click here](#) to register.

The earth is facing a climate crisis, driven by fossil fuels. The good news is a clear majority of Americans and people around the world are ready to leave fossil fuels behind and create a sustainable future together. The tools and technology to do it are here today. The choice is yours. We can solve the crisis. We can power our lives and economies without destroying our planet, but we have to act now. Come learn about the problem and solutions at hand.

Megan Gallagher is the Project Coordinator for Solar Connection. She is also a Climate Reality Leader, trained through the Climate Reality Project. Serving as Chairperson for Rochester EarthFest and the Green Building Committee for Rochester Area Builders, she strives to share her knowledge and experiences with the local community.

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





The Divine Encounters (Single Session)

**April 5, 6:30pm-8:00pm
(Central Time)**

Donations appreciated. Preregistration is required- Limited seating available.

**Location: Assisi Heights, 1001 14th Street
NW, Rochester, Minnesota.**

Special Notes: 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. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 13 for entire series description.

Session Five: April 5 (Ritual – Assisi Heights Lourdes Chapel)

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

Stations and Stories – Single Session (Via Zoom)

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

Donations appreciated. Preregistration is required.

Registration Deadline: April 4 (A link will be sent to you one day prior to the session.)

[Click here](#) to register.

See page 16 for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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





The Divine Encounters (Single Session)

**April 12, 6:30pm-8:00pm
(Central Time)**

Donations appreciated. Preregistration is required - Limited seating available.

Location: Assisi Heights, 1001 14th Street NW, Rochester, Minnesota.

Special Notes: 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. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 13 for entire series description.

Session Six: April 12 (Presentation: Trinity II – Assisi Heights Spirituality Center)

Sister Briana McCarthy, OSF, M.A., LPCC, is a retired licensed professional clinical counselor, educator, and a Franciscan.

Stations and Stories – Single Session (Via Zoom)

**April 13, 6:30pm-8:00pm
(Central Time)**

Donations appreciated. Preregistration is required.

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

[Click here](#) to register.

See page 16 for entire series description.

Presenters include: Eileen Lundy, Austin, Texas; Julie Stevens, Rochester, Minnesota; Dave Plevak, Denver, Colorado; Mary Huettl, Woodbury, Minnesota; Kathy Johnson, Raleigh, North Carolina; and Don Baldus, Oronoco, Minnesota.

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



Twenty Ways to Celebrate Poetry Month (Via Zoom)

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

\$20 preregistered/prepaid.

Registration Deadline: April 17 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

April is National Poetry Month, the perfect month (also Shakespeare's birthday) for pausing to celebrate the joy, the healing potential, the wisdom of reading, listening to, and creating poetry. Joy Harjo, U.S. Poet Laureate tell us, "Without poetry, we lose our way." Poetry reaches where other language cannot. It illuminates meaning, fosters gratitude and lights our way. Poetry brings us back to what truly matters, those every day moments of being human we can so easily miss – or discount. Join us for an evening of slipping into the nourishing warmth of poetry, in community. We will read, listen, share, discuss as we celebrate poetry's extraordinary power to support the soul and foster hope in an uncertain world.

One way to begin is to sign up at Poets.org for a poem-a-day email before we meet in April. Cross off #20 from the list before we begin.

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.



Funeral of the Forest – Requiem for the Creatures (Via Zoom)

**April 20, 6:30pm-7:30pm
(Central Time)**

Donations appreciated. Preregistration is required.

Registration Deadline: April 18 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

We pause this Earth Week to remember all of the species and ecosystems that are dying or lost because of our carelessness, ignorance, or indifference. For 13.8 billion years, creation has been groaning and bringing to life, while becoming more complex and we, more conscious. We

want to recall our place and responsibility to care for our Mother Earth and all her creatures. We are all connected in one great family. Now our human species is ruining whole ecosystems and losing entire interdependent species. We pause to remember our place at the beginning of the Sixth Great Extinction of Planet Earth. This night we gather to call to mind, grieve and give thanks for the gift of all these 'brothers and sisters' that have been lost. Rochester Earth lovers bring this program to you.

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

Borderlands Curanderos (Via Zoom)

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

\$10 preregistered/prepaid.

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

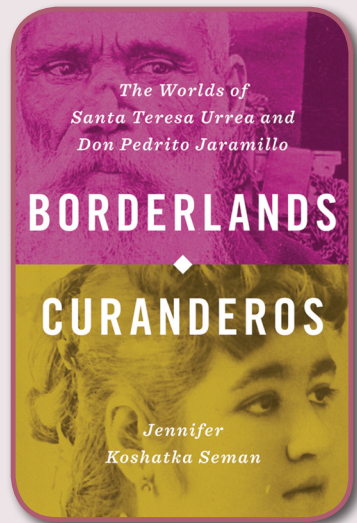
[Click here](#) to register.

Jennifer Seman will give a lecture presentation on her recently published book, *Borderlands Curanderos: The Worlds of Santa Teresa Urrea and Don Pedrito Jamarillo*. Santa Teresa Urrea (1873-1906) and Don Pedro Jaramillo (1873-1907) were two healers from Mexico who practiced curanderismo – a Mexican and Indigenous faith healing practice in the U.S.-Mexico borderland, amidst rapid social and political transformation in both Mexico and the United States. This presentation will shed light on the lives and healing practice of Urrea and Jaramillo, as well

as the U.S. borderlands at the turn of the century, within the overlapping contexts of race, state-building and institutionalized/professionalized medicine. This presentation will suggest that curanderismo, as practiced by Urrea and Jaramillo, contributed to the vitality of racially diverse communities in need of healthcare as well as religious and political inspiration; not unlike immigrants from Mexico and Central America who cross the border today to find opportunity in the 'American Dream', and refuge from oppressive regimes.

Jennifer Koshatka Seman, PhD, lectures in history at Metropolitan State University of Denver, where she teaches courses in U.S. history, Latin American history and Multicultural America. Her research focuses on how race, gender and spirituality interact between subaltern practices and institutional power. Jennifer attended St. Pius Grade School and is a graduate of Lourdes High School.

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



Faith & Restorative Justice – Path to Healing (Via Zoom)

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

\$15 preregistered/prepaid.

Registration Deadline: May 5 (A link will be sent to you on May 6.)

[Click here](#) to register.

This presentation will include a simple definition of Restorative Justice and how it easily intersects with our own faith journeys. Justice Geske will share stories of how working in restorative practices, she has watched survivors of many different crimes find healing, even at times a sense of forgiveness.

Judge Janine P. Geske served as the Distinguished Professor of Law at Marquette University and Director of the Law School of Restorative Justice Initiative. Previously, she served as the Milwaukee Circuit Judge (1981-1993) and on the Wisconsin Supreme Court (1993-1998). She has received a multitude of awards for her service to justice efforts in the community. She was selected in 2005-2015 as one of the “Best Lawyers in America” for her work in dispute resolution.

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

A Labyrinth Day 2022

**May 14, 11:00am-12:00pm
(Central Time)**

Donations appreciated. Preregistration is required.

Location: Assisi Heights Canticle Park, 14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and the Labyrinth. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

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 as 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. The mind and the mind with the spirit.”

Come join us for a Labyrinth Day as we walk and experience the beautiful outdoor Labyrinth on the grounds at Assisi Heights.

Elise Lewis is a Veriditas-trained Labyrinth Facilitator who relishes walking labyrinths, and will lead the way. She is also a Genealogist and Search Angel.

In the event of inclement weather, the program may be rescheduled. Please check for updates prior to the program.



History Hike

**May 17, 6:30pm-7:30pm
(Central Time)**

\$12 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and the surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map

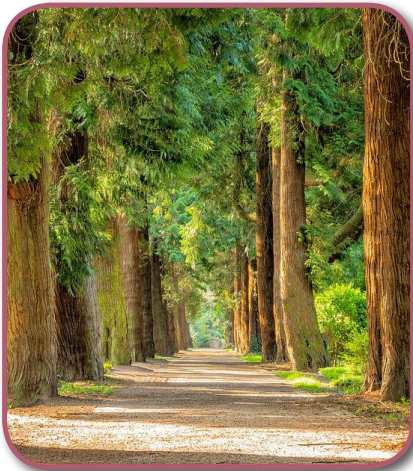
included above) and join the group in the grassy area. Despite the signage, we are open for limited sponsored events only, so you will still see the closure signs at the entrance to Assisi Heights. All participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

Enjoy one hour exploring the rich history and natural beauty of Assisi Heights. This hike will traverse the 110-acre site learning about the plot, the people, and the current easement plan. Hikes are on rough gravel, uneven terrain, and not stroller-friendly. Dress appropriately for conditions and bring water. We will end in Canticle Park and enjoy roasting s'mores!

Sister Marlys Jax will lead this expedition, relaying the history and antidotes of the people who farmed the land.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.



Sound Bath – Relax, Release, & Renew Yourself by Listening to Sound (Entire Series)

May 21, June 18, July 16,
6:00pm-7:00pm (Central Time)

\$32 for entire series, preregistered/
prepaid.

(Single session registration is available for \$12/session. Visit the “Single Session” registration pages for those options.)

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.

[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

Enjoy listening to calming, soothing sounds for an hour. Lie or sit in a comfortable position, close your eyes, and listen to sounds as they wash over you. The only thing required to participate in a sound bath is a comfortable position – no special clothing, no musical instruments, no equipment. (You may want to bring

a mat, pillow, and knee support, if lying down or a comfortable chair, if sitting.)

A sound bath performer creates sounds using a variety of instruments like Tibetan bowls, tongue drums, chimes, Native American-style drums, flute, rattles and other instruments.

Each person will have their own unique benefits and experience during and after a sound bath.

A sound bath may help relieve stress, fatigue, pain, depression and anxiety symptoms or alleviate confusion, tension, and anger. Also, a sound bath may improve mood, sleep and physical symptoms such as blood pressure and heart rate.

The possibilities for how a sound bath may support or help you is as numerous as there are songs. Give yourself the gift of relaxing, releasing, and renewing by listening to soothing sound!

Patty Stupca is a sound bath performer, an accredited T'ai Chi Chih teacher, and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

In the event of inclement weather, sessions may be rescheduled. Please check for updates prior to each session.



Sound Bath – Relax, Release, & Renew Yourself by Listening to Sound (Single Session)

**May 21, 6:00pm-7:00pm
(Central Time)**

\$12 for session, preregistered/prepaid.
(Entire series registration is available for \$32 for the series (May 21, June 18, & July 16). Visit the “Entire Series” registration page for that option).

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.

[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 29 for entire series description.

Patty Stupca is a sound bath performer, an accredited T'ai Chi Chih teacher, and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.

People are like Flowers (Via Zoom)

**May 24, 6:30pm-7:30pm
(Central Time)**

No cost to attend. Preregistration is required.

Registration Deadline: May 22 (A link will be sent to you one day prior to the event.)

[Click here](#) to register.

Jewels in the garden of the world present an array of floral images that match the state of our minds, hearts, and/or souls. Flowers tell a story of their own, but so often garden beauties connect the dots of our spiritual journey. This visual recital of color invites us to be reflective of the summer gifts in the cathedral of nature. Sit back, let these images conjure up stories that paint a picture of your life! Be amazed!

More information on the presenter(s) for this program will be coming soon!

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





A Green Land Tour

**May 26, 6:30pm-7:30pm
(Central Time)**

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

As winter has waned, the green season has dawned. The natural beauty of

Assisi Heights is dressed up. Now is the opportune time for an environmental pilgrimage-on-foot strolling through the “Temple of Nature”. The serpentine road carves its way past a colossal cut of limestone to expose a wall creating the hilly topography of Assisi Heights. We will discuss the history of the land, conservation practices of prairie, solar panels and other environmental issues.

Sister Marlys Jax will give an overview of the years of various environmental practices at Assisi Heights. Wear comfortable shoes and bring a walking stick if you so desire.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.

Assisi Tree Walk

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

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on

Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

In response to *Laudato Si*, encyclical of Pope Francis, the Franciscans are rising to the current and urgent call to respond to the cry of the earth to plant new native trees. Trees assist with the oxygen/carbon dioxide exchange, provide shade, give food for birds and, in mature days, give themselves over for construction materials. Our walk will traverse the property, observing, identifying and discussing the characteristics and benefits of different varieties of trees. Please wear walking shoes.

This program will be narrated by Angela Gupta, U of M Forester.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.



A Green Land Tour

June 7, 6:30pm-7:30pm
(Central Time)

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.



As winter has waned, the green season has dawned. The natural beauty of Assisi Heights is dressed up. Now is the opportune time for an environmental pilgrimage-on-foot strolling through the “Temple of Nature”. The serpentine road carves its way past a colossal cut of limestone to expose a wall creating the hilly topography of Assisi Heights. We will discuss the history of the land, conservation practices of prairie, solar panels and other environmental issues.

Sister Marlys Jax will give an overview of the years of various environmental practices at Assisi Heights. Wear comfortable shoes and bring a walking stick if you so desire.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.

Assisi Tree Walk

**June 11, 9:30am-10:30am
(Central Time)**

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park, 14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

In response to *Laudato Si*, encyclical of Pope Francis, the Franciscans are rising to the current and urgent call to respond to the cry of the earth to plant new native trees. Trees assist with the oxygen/carbon dioxide exchange, provide shade, give food for birds and, in mature days, give themselves over for construction materials. Our walk will traverse the property, observing, identifying and discussing the characteristics and benefits of different varieties of trees. Please wear walking shoes.

This program will be narrated by members of the Climate Action Committee.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.

History Hike

**June 13, 6:30pm-7:30pm
(Central Time)**

\$12 preregistered/prepaid.

Location: Assisi Heights Canticle Park, 14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park

parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

Enjoy one hour exploring the rich history and natural beauty of Assisi Heights. This hike will traverse the 110-acre site learning about the plot, the people, and the current easement plan. Hikes are on rough gravel, uneven terrain, and not stroller-friendly. Dress appropriately for conditions and bring water. We will end in Canticle Park and enjoy roasting s'mores!

Sister Marlys Jax will lead this expedition, relaying the history and antidotes of the people who farmed the land.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.



Sound Bath – Relax, Release, & Renew Yourself by Listening to Sound (Single Session)

June 18, 6:00pm-7:00pm
(Central Time)

\$12 for session, preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 29 for entire series description.

Patty Stupca is a sound bath performer, an accredited T'ai Chi Chih teacher, and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.

Using Your Prophetic Voice (Via Zoom)

June 20, 6:30pm-8:00pm
(Central Time)

\$10 preregistered/prepaid.

Registration Deadline: June 16 (A link will be sent to you on June 17.)

[Click here](#) to register.

We are free agents to carry out a prophetic mission for those in need and make compassion, goodness, and kindness come alive. Sister Helen will tell her personal story of awakening to the needs of New Orleans prisoners and her dialogue with Pope John Paul II regarding the death penalty.

Sister Helen Prejean, CSJ, is a leading advocate for the abolition of the death penalty. She founded the group called SURVIVE to help families of victims and/or those related to the crime. She has written three books, *The Death of Innocents*, *River of Fire*, and *Dead Man Walking*, which also became a film in 1995 starring Susan Sarandon. It takes every ounce of inner fortitude for Sister Helen to stomach the anger of the death row prisoners that she visits. Likewise, she is utterly shocked with the grim circumstance of isolation and loneliness.

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

Sacred the Land, Sacred the Earth

June 29, 6:30pm-7:30pm
(Central Time)

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park, 14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

Explore the topography of the Assisi Heights 110 acres that is held sacred and preserved through the implementation of Franciscan values. Learn about stewardship practices that manage and sustain this piece of land entrusted to us. Indigenous Natives have called this place home before us. We acknowledge that Assisi Heights occupies the ancestral home of the Dakota. This sacred land is filled with stories of the indigenous peoples. We invite you to join us in reflecting on how their stories and traditional ecological knowledge can transform our collective story.

More information on the guide(s) for this program will be coming soon!

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.

A Green Land Tour

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

\$10 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

Special Notes: This event will take place outdoors, in Assisi Heights Canticle Park and surrounding grounds. Entry into the Assisi Heights building is not permitted at this time. Please park in the Canticle Park parking lot (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

As winter has waned, the green season has dawned. The natural beauty of Assisi Heights is dressed up. Now is the opportune time for an environmental pilgrimage-on-foot strolling through the “Temple of Nature”. The serpentine road carves its way past a colossal cut of limestone to expose a wall creating the hilly topography of Assisi Heights.

We will discuss the history of the land, conservation practices of prairie, solar panels and other environmental issues.

Sister Marlys Jax will give an overview of the years of various environmental practices at Assisi Heights. Wear comfortable shoes and bring a walking stick if you so desire.

In the event of inclement weather, program may be rescheduled. Please check for updates prior to the program.

Mindful Monday Meditation (Entire Series)

**July 11, 18, 25, 6:30pm-7:30pm
(Central Time)**

Donations appreciated. Preregistration is required.

(Single session registration is available on the individual dates. Visit the “Single Session” registration pages for those options).

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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 (Parking Map included above) and 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

participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

Join us to explore mindfulness through inspiring texts, short readings or poetry, followed by 15-minute guided meditations. This event is bringing like-minded people of the community together to create serene space, release tension and invite peace, love, and gratitude in the outdoor cathedral at Assisi Heights, Canticle Park. Please bring a chair.

These sessions will be led by a variety of spiritual guides in the Rochester community.

In the event of inclement weather, sessions may be rescheduled. Please check for updates prior to each session.

Mindful Monday Meditation (Single Session)

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

Donations appreciated. Preregistration is required.

(Entire series registration is available for all 3 sessions (July 11, July 18, July 25). Visit the “Entire Series” registration page for that option).

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 36 for entire series description.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.



History Hike

**July 13, 6:30pm-7:30pm
(Central Time)**

\$12 preregistered/prepaid.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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Sister Marlys Jax will lead this expedition, relaying the history and antidotes of the people who farmed the land.

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Sound Bath – Relax, Release, & Renew Yourself by Listening to Sound (Single Session)

**July 16, 6:00pm-7:00pm
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\$12 for session, preregistered/prepaid.

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[Click here](#) to register.

See page 29 for entire series description.

Patty Stupca is a sound bath performer, an accredited T'ai Chi Chih teacher, and a Reiki practitioner. She enjoys connecting to nature by gardening and hiking.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.

**Mindful Monday
Meditation
(Single Session)**

**July 18, 6:30pm-7:30pm
(Central Time)**

Donations appreciated. Preregistration is required.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 36 for entire series description.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.

**Mindful Monday
Meditation
(Single Session)**

**July 25, 6:30pm-7:30pm
(Central Time)**

Donations appreciated. Preregistration is required.

Location: Assisi Heights Canticle Park,
14th Street NW, Rochester, Minnesota.
[Click Here](#) for map.

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 (Parking Map included above) and 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 participants are requested to wear their masks while on Assisi Heights property. (Event is subject to updated COVID-19 guidelines.)

[Click here](#) to register.

See page 36 for entire series description.

In the event of inclement weather, session may be rescheduled. Please check for updates prior to the session.

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 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
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



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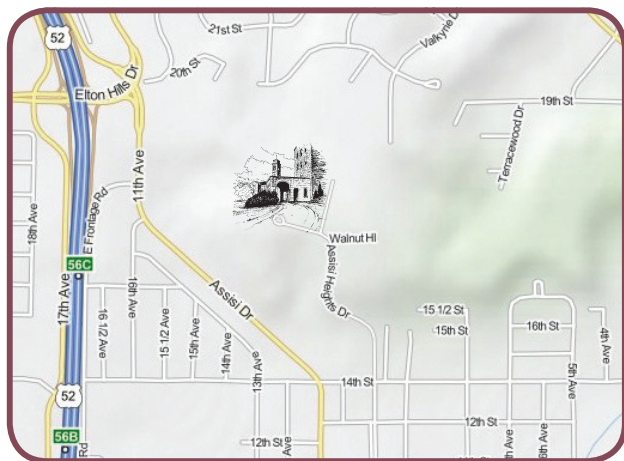
Please charge my credit
card \$ _____



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.

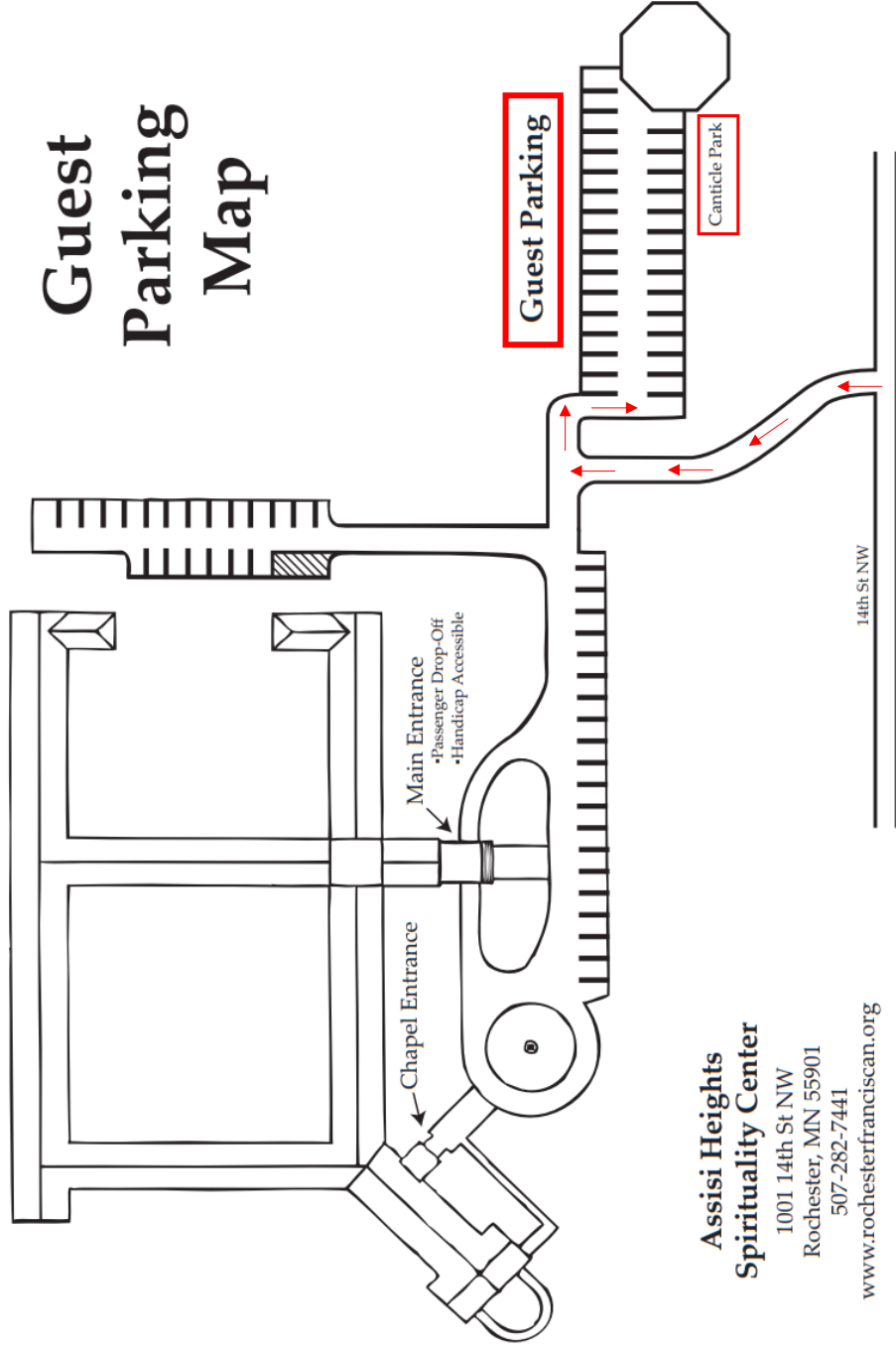
Merge onto US-52 N via EXIT 218 toward ROCHESTER.

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

North



**Assisi Heights
Spirituality Center**

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Rochester, MN 55901
507-282-7441
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