

September – December 2022

# *The Essence of Assisi*

Reapers of the Flame!

Vol. 13, No. 1



Assisi Heights  
Spirituality  
Center

Rochester, MN 55901  
1001 14th Street NW

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

# Welcome

## Reapers of the Flame!

Dominating the nightly news for weeks on end are the stories of the wildfires that have repainted the green palette black! Fire, a mythological gift of the gods, has scorched the grasslands, forests and homes. Paradise burned! Smoke has drifted like a dismal souvenir downwind zigzagging, crossing mountains and state lines, observing no stop signs. People downhill participate unwillingly in a highly combustible future.



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

The world is at a pivotal point between survival and destruction. A million deaths have been tallied as COVID-19 wormed its way around the country. Mutations still hang around. Global warming is threatening, economic insecurity is looming, and the supply chain disrupted. A Russian invasion has ignited inflation. Racism still exists; women are still being demeaned, battered, and raped. Political divisions deepen daily. Politicians exploiting religion. Polarization of wealth, dysfunctional government structures, obsessive competition, and inert and regressive churches seem to be trending.

The earth is speaking out with tornadoes, floods, hurricanes and fires. Resources are being depleted at an alarming rate. Do we see the clues? Can we hear/see the deeper questions?

The Desert Mothers said it this way: Ammas Theodosia asked Ammas Sarah, "Ammas, as much as I can I pray, and I fast and I meditate. What else can I do?" The old woman stood up, stretched out her hands to the heavens. Her fingers became like a lamp of fire. She said, "If you will, you can become the feminine flame of God, and kindle the divine fire through tears and hard work!"

God has left the world in our hands! Our work is to 'stay in the fire' to save this planet from destruction by turning around the God of fire, inviting our youth and appealing to our wisdom, people to live alternatively with less, build bridges, unfold reconciliation by bringing both sides together, lifting up the marginalized, and ushering in peace to all peoples.

Our task is to wrestle with the issues, kindle fire with humility, and 'not let the fire go out!'

P.S. Check out the 'fires' at 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](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. 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.



## Program titles containing: (Indoor Program), please read below:

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Several class series offerings will take place indoors at Assisi Heights. Participants are required to be fully up-to-date with COVID-19 vaccination (as defined by the CDC.) Proof of vaccination will be requested from all participants at the start of the first class session. Participants are required to wear a mask at all times while inside the building (please no cloth masks.) A mask will be provided, if you do not have your own. Participants should refrain from attending if experiencing any symptoms of COVID-19 or other illness or have been exposed to any persons infected with COVID-19. Please park in one of the designated visitor parking lots (parking map included on page 30) & enter into the building through the main entrance. A short health screening will be completed upon entry into the building (Please arrive 10-15 minutes early.) 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. (Event is subject to updated COVID-19 guidelines.)

## Program titles containing: (Outdoor Program), please read below:

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Events taking place outdoors will be held in Assisi Heights Canticle Park & 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 on page 31) & 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. Participants should refrain from attending if experiencing any symptoms of COVID-19 or other illness or have been exposed to any persons infected with COVID-19. (Event is subject to updated COVID-19 guidelines.)





*Photo courtesy of Jim Voegeli*

## Meet the Wilsons (Outdoor Program)

**September 10, 2:00pm-3:00pm (Central Time)**

**\$15 preregistered/prepaid.**

**Location: Assisi Heights Canticle Park (1001 14th Street NW, Rochester, MN 55901)**  
[Click here](#) for map.

[Click here](#) to register.

Near the upper end of the winding driveway to Assisi Heights sits the former home of Dr. Louis B. Wilson, now known as Walnut Hill. This property was just outside the city limits of Rochester when Dr. Wilson purchased it in 1923. When he married Maud Mellish, in 1924, the couple immediately moved into a newly-built guest cottage on the site. In 1925, a much larger house designed by architect Harold Crawford was completed and the Wilsons occupied it. We invite you to come “meet” the Wilsons and hear their personal stories on the front lawn overlooking the city below.

Ken Allsen is invested in this region as an historian of the early influencers and architectural structures upon which the city of Rochester is built. Sister Marlys Jax will launch into telling the tales of living in the Wilsons' house and stories of the persons that have influenced the civic standards in the city. Diane Wroblewski, a nurse and quilter by profession, regularly brings to life characters remembered in our history books. These characters will bring to life Dr. Louis B. Wilson, and his wives, Maud Mellish and Grace McCormick.

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

See page 3 for more information about attending our [Outdoor](#) events.



## **Green Fire: Aldo Leopold and a Land Ethic for Our Time** **(Via Zoom)**

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

No cost to attend. Preregistration is required.

Registration Deadline: September 11  
(A Zoom link will be emailed to you on September 12.)

[Click here](#) to register.

Green Fire is a biographical documentary about the legendary conservationist thinker, Aldo Leopold. He is the father of the national wilderness system, wildlife management and ecological restoration. His foundation's mission is to foster a land ethic awakening an ecological consciousness in people to care for our Common Home. Learn what it means to "think like a mountain." The film deals with land health, wilderness philosophy, resource management, and a 'community' definition of soil, water, plants, animals and humans.

Green Fire explores Leopold's personal

journey of observation and understanding. It reveals how his ideas resonate with people across the entire American landscape, from inner cities to the most remote wild lands. The film challenges viewers to contemplate their own relationship with the land. This 73-minute film will be followed by discussion.

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

See page 2 for more information about attending our [Zoom](#) events.



## **Yoga: The Peaceful Path to Resilience** **(Indoor Program)**

**September 14, 21, 28,**  
**October 5, 12, 19,**  
**9:30am-10:30am (Central Time)**

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

Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for parking map.

[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 bring a yoga mat and towel. 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 3 for more information about attending our [Indoor](#) events.

## **Saints in Our Region – Solanus Casey: Priest, Porter, Prophet – Film (Via Zoom)**

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

No cost to attend. Preregistration is required.

Registration Deadline: September 12  
(A Zoom link will be emailed to you on September 13.)

[Click here](#) to register.

This extraordinary film explores the heroic life of a remarkable modern day mystic. Father Solanus Casey, Franciscan Friar, is from Oak Grove, Wisconsin. He was relegated to doing little more than being a door attendant in his monastery. However, God would transform the role his superior assigned him, appointing it a far greater significance to be continued even beyond his earthly life of a prophet, healer, and intercessor.

Known as a wonder-worker and powerful instrument of divine healing and hope, he touched countless lives. His untiring attention to the sick and poor, along with his wise counsel brought an unprecedented out pouring of grief at his death in 1957. More than 20,000 people attended his funeral! Pope Francis beatified him in 2017. Join us to learn of his simple spirit.

See page 2 for more information about attending our [Zoom](#) events.



## Rochester's Porch Stories (Via Zoom)

**September 14, 21, 28,  
October 5, 6:30pm-7:30pm  
(Central Time)**

**\$12 (entire series) preregistered/prepaid.**

**Registration Deadline: September 12**  
(A Zoom link will be emailed to you 1 day prior to each session.)

[Click here](#) to register.

Join in this community activity, forming a circle to listen. The circle, as a primal container for energy and consciousness, is a place to engage with our stories and create an emotional connection. When we build a circle with an intention in mind, we automatically create a sacred space. We call it story-stitching, from our front porch to yours!

September 14, 6:30-7:30pm, Being “told” you were too young or too old to do something.

September 21, 6:30-7:30pm, Scared to death, but living to tell the story.

September 28, 6:30-7:30pm, Living with a “life scar.”

October 5, 6:30-7:30pm, Being encouraged to do what you did not want to do, but liking it.

These are suggestions as story starters. Each week, new ideas will emerge. A team of story quilters will stitch the tales together.

See page 2 for more information about attending our [Zoom](#) events.



## The Sunflower – Book Discussion (Via Zoom)

**September 22, 29, October 6,  
6:30pm-7:30pm (Central Time)**

**\$15 preregistered/prepaid.**

**Registration Deadline: September 20**  
(A Zoom link will be emailed to you 1 day prior to each session.)

[Click here](#) to register.

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

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

T. Thomas (Thom) Nustad BA, M.Div., is moderator of this book discussion



series. 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, Wisconsin. He is married to Dr. Lori Carrell, Chancellor of University of Minnesota-Rochester.

See page 2 for more information about attending our [Zoom](#) events.



## **Celebrate Equinox** **(Outdoor Program)**

**September 22, 7:30pm-9:00pm**  
**(Central Time)**

**(Weather Back-up Date:**  
**September 23, 7:30pm-9:00pm)**

Donations appreciated. Preregistration is required.

Location: Assisi Heights Canticle Park  
(1001 14th Street NW, Rochester, MN  
55901) [Click here](#) for map.

[Click here](#) to register.

Let us mark together the moment in time when our Brother Sun stands directly above the equator, marking the moment summer ends and fall begins in our northern hemisphere. Equinox is a Latin word that means 'equal night'. All over the world night and day are equal, as the earth's axis is tilted neither away, nor toward the sun. Let us gather to be grateful for nature's generous gifts during this harvest season. It is time to gather our communal appreciation for our beautiful, but fragile world.

Celebrate how? Hug a tree, meander the footpaths, walk the labyrinth, visit the prairie, count turkeys, greet the deer. On the other hand, howl at the moon, sit at the fire pit in gratitude, sip cool water, drum to the heart beat of the earth, breathe fresh air, and feel the earth. Or harvest prairie seeds, listen to the birds/night sounds, and meditate on receiving and releasing. Let the energy of the fall equinox balance what you give and receive. A ritual naming our abundance, balance and gratitude will close the evening.

Join us for a spontaneous night in Assisi Heights Canticle Park, beginning at 7:30pm. Participants will be able to visit the grounds before gathering back together with the group for the ritual at 8:00pm. Led by our seasoned celebrators!

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

See page 3 for more information about attending our [Outdoor](#) events.



## Blessing of Animals (Outdoor Program)

**September 25, 1:30pm-3:00pm  
(Central Time)**

Donations appreciated. Preregistration is required.

**Location:** Assisi Heights Canticle Park  
(1001 14th Street NW, Rochester, MN  
55901) [Click here](#) for map.

[Click here](#) to register.

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.

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

See page 3 for more information about attending our [Outdoor](#) events.

## Archangel Connections! (Via Zoom)

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

\$20 preregistered/prepaid.

**Registration Deadline:** September 22  
(A Zoom link will be emailed to you on September 23.)

[Click here](#) to register.

This workshop explores how to connect with the seven Archangels. They stand in the presence of God and are ready to serve! Learn how to call upon the Archangels and discover how they support you with their abundant love, guidance, and healing. We will explore the gifts that each of the Archangels brings and the color and crystal vibration associated with each one.

You don’t need extraordinary psychic or intuitive skills. This workshop will introduce simple techniques that will help you open your centers of awareness to the gifts and blessings of the Archangels. 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.



## Building Bridges & Bridging Differences (Via Zoom)

September 27, October 4, 11,  
18, 6:30pm-8:00pm  
(Central Time)

\$25 preregistered/prepaid.

Registration Deadline: September 25  
(Zoom links will be emailed to you one  
day prior to each session.)

[Click here](#) to register.

Build your capacity and ground yourself into the work of bridging differences through research-based intrapersonal, interpersonal and intergroup skills and strategies critical to constructive dialogue and understanding across group lines.

This course will explore and practice skills such as: perspective-taking and giving; self-distancing; and active listening and compassionate speaking – all of which

are critical to better conversations and connections. The risks and skills of ‘bridging’ will be discussed.

This series is co-sponsored by Building Bridges and Compassionate Rochester MN. Paula Smith is a retired school psychologist and author of *Core Goodness*, a K-3 mental health curriculum. She served as a volunteer mediator for the court system in Eau Claire, Wisconsin. As a member of Compassionate Rochester MN, Paula previously taught courses in mindful self-compassion through the Assisi Heights Spirituality Center.

See page 2 for more information about attending our [Zoom](#) events.

## Wisdom in Female Form: Awakening Stories from *The Hidden Lamp* (Via Zoom)

October 8, 9:00am-3:00pm  
(Central Time)

\$25 preregistered/prepaid.

Registration Deadline: October 6 (A Zoom link will be emailed to you on October 7.)

[Click here](#) to register.

We know throughout the ages, and in all religious traditions, there have been women teachers and sages, yet their stories and teachings have often been lost – or nearly lost. In the 2,500 year history of Buddhism, there have been many wise women, and a few of their stories have survived. *The Hidden Lamp* (©2013, Wisdom Publications) is a collection of 100

of these wisdom stories. These awakened women were nuns, queens, mothers, grandmothers, old and young. Each of them has something to contribute to us in our lives.

In this interactive online retreat, led by one of the co-authors of *The Hidden Lamp*, we will reflect on a few of these stories as mirrors for our own journey, through contemplation, journaling, Lectio Divina and small group sharing. No previous experience with Buddhism or meditation is required, and it is not necessary to have the book to attend the retreat.

Rev. Zenshin Florence Caplow is a Zen Buddhist priest and teacher, as well as a Unitarian Universalist Minister, writer, editor, and coach. She is co-editor, with Susan Moon, of *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women*, and teaches retreats, workshops and study groups focused on these stories.

See page 2 for more information about attending our [Zoom](#) events.



## T'ai Chi Chih—A Moving Meditation (Monday Continuing Classes) (Indoor Program)

October 10, 17, 24, 31,  
November 7, 14, 28, December  
5, 6:00pm-7:00pm  
(Central Time)

\$50 preregistered/prepaid.  
Preregistration is required. Registration is limited.

Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for parking map.

[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 meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and benefits persons of any physical condition or age. It may be done while seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy, and an improved immune system.

This is an 8-session series, not a drop-in class. The Continuing class is for those who have already learned the form. We will work on any questions for about 15 minutes, followed by a full practice.

Judy Trousdell is an accredited T'ai Chi Chih instructor and has been practicing the form herself for many years.

See page 3 for more information about attending our [Indoor](#) events.

## **A Picture Story of the Not-So-Hidden Class Named “Homeless”** **(Via Zoom)**

**October 10, 6:30pm-8:00pm**  
**(Central Time)**

**\$12 preregistered/prepaid.**

**Registration Deadline: October 6**  
**(A Zoom link will be emailed to you on October 7)**

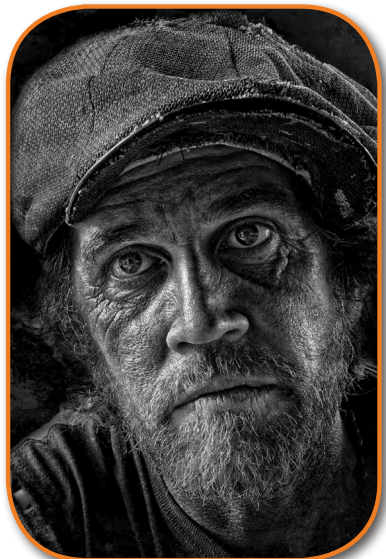
[Click here](#) to register.

Gary Koenig's visual biography began more than 10 years ago. Today, he tallies up more than 800 faces of the homeless. Beneath the veneer of the Med City, once called a number one city, is an under-told story of those who live unsheltered at night. The challenges are difficult and multifaceted. Some may have run into hard times, lost their jobs, adopted addictions of many types, or suffer from mental illnesses. Often crime is close. This vulnerable population all have had a mother. All have names. All have faces.

Gary Koenig is a native-born Rochester resident and freelance photographer who has captured the essence of these hearty souls who call the street 'home.' Gary will narrate his black and white photo journal in which his images, “seize the eyes of the soul.”

Winona State University nursing students compliment the photos with real stories of working with the homeless.

See page 2 for more information about attending our [Zoom](#) events.





## T'ai Chi Chih—A Moving Meditation (Tuesday Continuing Classes) (Indoor Program)

**October 11, 18, 25, November 1, 8, 15, 29, December 6, 9:00am-10:00am (Central Time)**

\$50 preregistered/prepaid.  
Preregistration is required. Registration is limited.

**Location:** Assisi Heights (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for parking map.

[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 meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and benefits persons of any physical condition or age. It may be done while seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy, and an improved immune system.

This is an 8-session series, not a drop-in class. The Continuing class is for those who have already learned the form. We will work on any questions for about 15 minutes, followed by a full practice.

Judy Trousdell is an accredited T'ai Chi Chih instructor and has been practicing the form herself for many years.

See page 3 for more information about attending our [Indoor](#) events.

## T'ai Chi Chih—A Moving Meditation (Wednesday Beginning Classes) (Indoor Program)

**October 12, 19, 26, November 2, 9, 16, 30, December 7, 6:00pm-7:30pm (Central Time)**

\$55 preregistered/prepaid.  
Preregistration is required. Registration is limited.

**Location:** Assisi Heights (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for parking map.

[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 meditative movements and one pose. People around the world perform this practice for many different benefits.

T'ai Chi Chih is very adaptable and benefits persons of any physical condition or age. It may be done while seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy, and an improved immune system.

This is an 8-session series, not a drop-in class. In the Beginner's class, you will learn and practice all nineteen movements and one pose.

Judy Trousdell is an accredited T'ai Chi Chih instructor and has been practicing the form herself for many years.

See page 3 for more information about attending our [Indoor](#) events.

## Deciding to Choose or Choosing to Decide? (Via Zoom)

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

\$20 preregistered/prepaid.

**Registration Deadline: October 11**  
(A Zoom link will be emailed to you on October 12.)

[Click here](#) to register.

This salon-style workshop explores five aspects of making decisions that are aligned with your values. It is based on Jan Whalen's latest book, *Conversations with Well Seasoned Women: Explore the Beauty and Wisdom of Age*. Since you make 35,000 decisions per day, it's important to lean on the wisdom you've gained through life experiences and be intentional in what you choose to say or to do. Your choices—like stepping stones—become the decisions that guide your life. This workshop will give you the opportunity to explore your decision-making history, learn from the experience of others, and offer strategies for you to move forward with confidence every day.

Jan Whalen, MASL, is president of Whalen Voices, LLC. Proud of her Harmony, Minnesota roots, she's an award-winning author, speaker, story creation coach and writing mentor with a mission to celebrate the "Well-Seasoned Woman" through stories. She has a Master of Arts in Servant Leadership from Viterbo University in La Crosse, Wisconsin, and years of experience facilitating life-changing workshops and seminars. Jan currently resides in Colorado.

See page 2 for more information about attending our [Zoom](#) events.

## Qigong (Indoor Program)

**October 17, 24, 31, November 7, 14, 21, 28, December 5,  
10:00am-11:00am  
(Central Time)**

\$60 preregistered/prepaid.  
Preregistration is required. Registration is limited.

**Location: Assisi Heights (1001 14th Street NW, Rochester, MN 55901)** [Click here](#) for parking map.

[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.

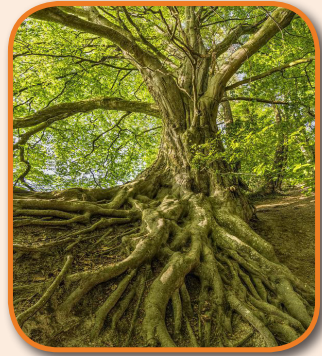
The gentle rhythmic movements of Qigong reduce stress, build stamina,

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 3 for more information about attending our [Indoor](#) events.



## Rootless: Why Reclaiming Culture Makes Us Better People (Via Zoom)

**October 17, 24, 6:30pm-8:00pm  
(Central Time)**

**\$21 preregistered/prepaid (Total cost for the two-part series.)**

**Registration Deadline: October 13**  
(Zoom links will be emailed to you prior to each session.)

[Click here](#) to register.

How does someone living in post-emigration culture in America find meaning and belonging when original roots are severed? Who are we now, whether the roots were cut last week or a hundred years ago? Does it matter? For many, the delicate dance of becoming American has meant burying grief, language, and cultural practices.

Using narrative, image, essay, poetry, and cultural exercises, participants will learn new ways to reclaim culture for personal growth and more authentic community

connections based on love, respect, and new ways of finding common ground.

This two-session workshop will explore reasons to reclaim culture as well as practical exercises. A sharing circle will be included to present reclaimed narratives and images to strengthen these reconnected roots. This workshop is suitable and welcoming to people of all cultural backgrounds.

Jill Johnson is a community cultural image and narrative worker who explores the meaning of Nordic oral tradition and emigration culture. She is currently at work on a collection of essays on cultural meaning and belonging and is on the third and final image and narrative installation cycle about personal cultural grief, meaning, and belonging.

Johnson has been a cultural worker throughout her career. She was on the staff of Concordia College Swedish Adult Language Village, the Nordic Culture Clubs, and the Scandinavian Hjemkomst Festival. She was the founder and executive director of the Nordic Arts Alliance, and was the curator at the New York Mills Regional Cultural Center. She worked with education and cultural arts for the Latina/x women's and children's organization Mujeres Unidas/Women United in Moorhead, MN. She has presented numerous exhibitions and workshops and has received grants from the Minnesota State Arts Board, regional arts councils, the Swedish Council of America, and multi-year scholarships to the Uppsala International Summer Session in Sweden. Much of her folkways studies have been undertaken in Sweden and Denmark.

See page 2 for more information about attending our [Zoom](#) events.



## An Attitude of Gratitude! (Via Zoom)

**October 25, 6:30pm-7:45pm  
(Central Time)**

**\$15 preregistered/prepaid.**

**Registration Deadline: October 23  
(A Zoom link will be emailed to you on  
October 24.)**

[Click here](#) to register.

Using the book, *The Boy, the Mole, the Fox and the Horse*, by Charlie Mackesy, the facilitators will share insights and invite reflections on incorporating perspectives of self into personal and world spirituality.

Sue Hoisington is a clinician and educator. She earned her doctoral degree from the University of St. Thomas in Psychology and has worked in addiction and mental health fields for over 30 years. Currently, she is employed at NUWAY, the University Counseling Center and also has a private practice. She is a Cojourner with the Sisters of St. Francis.

Sister Geneva Berns is an educator and national speaker on women's empowerment issues. She served for many years as a Spiritual Counselor for Chemical Addictions at the Betty Ford Center. She currently lives in Indian Wells, CA, where she serves as a commissioner on the local housing authority and volunteers at Catholic Charities.

See page 2 for more information about attending our [Zoom](#) events.



## What is a Cojourner? (Via Zoom)

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

No cost to attend. Preregistration is required.

**Registration Deadline: October 25**  
(A Zoom link will be emailed to you on October 26.)

[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 spiritual 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.

## Recapturing Dakota History (Via Zoom)

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

\$10 preregistered/prepaid.

**Registration Deadline: October 30**  
(A Zoom link will be emailed to you on October 31.)

[Click here](#) to register.

An overview of Dakota history from four Elders of the last known Dakota bands in the Rochester area will be presented, including the Dakota Conflict and efforts to restore the spiritual nature of the Indian Heights Park area.

Valerie DeCora Guimaraes is an enrolled member of the Ho-Chunk Nation with Dakota ancestry. Valerie has a doctorate



in nursing practice with a specialty in Transcultural Nursing Leadership. Valerie works solely with Native American patients at Mayo Clinic. She also has a passion for social justice issues with respect to reconciliation efforts, health equity, and education regarding the Dakota and Ho-Chunk people.

See page 2 for more information about attending our [Zoom](#) events.

## Hadewijch the Unknown Beguine (Via Zoom)

**November 3, 6:30pm-8:00pm  
(Central Time)**

**\$12 preregistered/prepaid.**

**Registration Deadline: November 1  
(A Zoom link will be emailed to you on November 2.)**

[Click here](#) to register.

Sister Helen Rolfson shares, “It has amused me that personal titles in the Middle Ages would describe people by their unique characteristics, such as Ethelred the Unready, Charles the Bald, Richard the Lion-hearted, etc. So, I made up one for the 13th century beguine Hadewijch (supposedly of Antwerp), whom I will call Hadewijch the Unknown. This Flemish woman was a writing mystic, known indeed for her poetry, letters, and visionary accounts in the Middle Dutch vernacular. She is mostly unknown to us today, but is at the forefront of the development of the phenomenon of semi-religious women called *beguines*.” In one of her earlier lectures, Sister Helen presented the beguine phenomenon. Now

she will begin introducing the spiritual riches of these women, starting with Hadewijch.



Our beguine-admirer, Sister Helen Rolfson, a Rochester Franciscan Sister for more than 60 years, had the task and opportunity to teach in elementary school, high school, college, graduate school, and Christian doctrine courses. Franciscan obedience led her, a Minnesotan by birth, to translate Flemish mystical texts, studying and working in Belgium, where her office was just a couple of blocks away from a 13th century residence of beguines (now a tourist attraction.) Retired from The School of Theology/Seminary at St. John's University, she gladly continues to share some of the riches of that tradition.

See page 2 for more information about attending our [Zoom](#) events.



*Photo of art owned by S. Helen Rolfson*



*Photo courtesy of the Carlisle Indian School Archives*

## The History of Indian Boarding School: Federal Policy, Native Survival & the Legacy of Today (Via Zoom)

**November 5, 9:30am-11:00am (Central Time)**

\$15 preregistered/prepaid.

**Registration Deadline: November 3 (A Zoom link will be emailed to you on November 4.)**

[Click here](#) to register.

This lecture will discuss the history of the Indian Boarding School system that dominated U.S. federal Indian policy over the turn of the century; a policy that forced thousands of Indigenous American Children into boarding school to be “assimilated” into “American” culture. Although the policy was abandoned in the 1920s, the legacy of this for the young people who survived it lives on. Why did the federal government choose this policy? How did indigenous peoples both resist and accommodate it? What was life like in an Indian Boarding School? How do we address the pain these boarding schools caused indigenous peoples today? These are some of the questions this lecture will explore.

Jennifer Koshatka Seman, PhD, lectures in history at Metropolitan State University of Denver, Colorado, 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 is back by popular demand. She has previously spoken on her book entitled, *Borderland Curanderos*, published in 2021. Jennifer is native to Rochester, attended St. Pius Grade school, and is a graduate of Lourdes High School.

See page 2 for more information about attending our [Zoom](#) events.



## Empowered Women Can & Will Change Our World (Via Zoom)

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

**\$15 preregistered/prepaid.**

**Registration Deadline: November 6  
(A Zoom link will be emailed to you on  
November 7.)**

[Click here](#) to register.

Women are one of the most powerful investments we can make in building a better world. When we educate girls, we educate a village. Come and discover how we help women thrive instead of survive. Learn to recognize how you [women] are sometimes disempowered by the messages you give yourself, messages of other women, or even those perpetuated on social media.

Our government, our churches, and our family histories pass on personal or societal struggles to us, as women. You can make a difference by naming who and what empowers you and what you can actually do to strengthen your resilience and rebuild your life. A stronger, more confident you, will help you in controlling your life and your rights.

Sister Geneva Berns has been a Spiritual Counselor for Chemical Addictions at the Betty Ford Center, in California, for the last 30 years. Her focus has been on exploring women's issues of resilience. She continues to speak nationally at women's conferences to empower and strengthen women. She serves as a commissioner on the local housing authority and volunteers at Catholic Charities.

See page 2 for more information about attending our [Zoom](#) events.



*Photo courtesy of MN Historical Society*

## A Woman's War, Too (Via Zoom)

**November 10, 6:30pm-8:00pm  
(Central Time)**

**A Pre-Veterans' Day Blessing**

**\$12 preregistered/prepaid (No Cost to  
Veterans – Call 507-280-2195 to register  
at no charge if you are a veteran.)**

**Registration Deadline: November 8  
(A Zoom link will be emailed to you on  
November 9.)**

[Click here](#) to register.

Virginia Wright-Peterson will share the intrepid stories of women, with Minnesota connections, who made important contributions during World War II; including several with ties to the Mayo Clinic and Rochester. Her research led her to the stories of women who made bold, unconventional, and important contributions to the war effort. They enlisted in all branches of the military and worked for the military as civilians. They labored in factories, mines, meat-packing plants, and shipyards. They were also tireless peace activists and they worked to relocate interned Japanese-American citizens and European refugees. These women also served as cryptologists, journalists, pilots, riveters, factory workers, nurses, social workers, entertainers, and spies. Dr. Wright-Peterson has searched for stories that challenge our understanding of World War II, highlighting the significance of the instrumental roles held by women that have been too often marginalized and forgotten.

Virginia Wright-Peterson has been committed to collecting, preserving and sharing stories omitted from published histories, including the daily news. In her search for a broader perspective, she deployed to a military base in Iraq with the American Red Cross and taught as a Fulbright Scholar at the University of Algiers. Virginia Wright-Peterson has a Ph.D. in English and currently serves as Vice Chancellor for Campus Resources at the University of Minnesota-Rochester.

See page 2 for more information about attending our [Zoom](#) events.

## Exploring your Family Tree: An Introduction to Genealogy (Via Zoom)

**November 15, 6:30pm-7:30pm  
(Central Time)**

**\$12 preregistered/prepaid.**

**Registration Deadline: November 13  
(A Zoom link will be emailed to you on  
November 14.)**

[Click here](#) to register.

"If we know where we came from, we may better know where to go. If we know who we came from, we may better understand who we are." — *Anonymous*

Join Elise Lewis, a genealogist, for an introduction to genealogy and how to start exploring your family tree, to learn more about yourself and your history. DNA, adoption, and basic techniques will be discussed.

Elise Lewis holds her Genealogical Research Certificate, Forensic Genealogy Seminar & Genealogical Essentials from Boston University. She has also finished Genealogical Research-Institute of Pittsburgh, Practical Genetic Genealogy, & Advanced DNA Evidence courses. She is a "search angel" and has advocated for restoring the rights of adopted persons for over 25 years.

See page 2 for more information about attending our [Zoom](#) events.



## Inspired Birding in Colombia, South America (Via Zoom)

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

**\$14 preregistered/prepaid.**

**Registration Deadline: November 14 (A Zoom link will be emailed to you on November 15.)**

[Click here](#) to register.

Birding is an experience of paradise!

Jerry Pruett, a world-experienced birder, recently took two trips to Colombia during the winter of 2021/2022 to see exotic birds in their natural habitat. Colombia is home to 1,954 known species of birds, nearly 20% of the birds in the whole world! Colombia is in the northwestern portion of South America. It is bordered by the Caribbean Sea to the north, Venezuela on the east, Brazil to the southeast, Ecuador and Peru on the south, the Pacific Ocean to the west, and Panama to the northwest. His trip encompassed 6,700 miles and 7 distinct ecological regions. He was able to count 789 birds, leaving many more yet to see.

Jerry has been birding internationally since 1992, visiting 24 countries. He has also gone on birding trips to nearly all of the states, many times over, photographing his beloved bird species. You will be in awe!

See page 2 for more information about attending our [Zoom](#) events.



# A Soul Question for Our Time: What Does it Mean to Be Human in a Radically Warming Climate? (Via Zoom)

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

**\$10 preregistered/prepaid.**

**Registration Deadline: December 1**  
**(A Zoom link will be emailed to you on December 2.)**

[Click here](#) to register.

Climate change is not in the future, but is happening now. We witness daily to droughts, heatwaves, flooding, storms, food insecurity and growing national and international refugees. We live in a time of grief from the loss and, at the same moment, hold beauty of living in a holy time. How can we grow in an apprenticeship to grief and fling open our hearts to compassion and beauty? Explore the questions, insights and ways forward on this sacred journey as a human.

“Until we can grieve for our planet we cannot love it—grieving is a sign of spiritual health. But it is not enough to weep... we have to put our hands in the earth to make ourselves whole again... I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift.”—Robin Wall Kimmerer, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*.

Sister Joan Brown, OSF, lives and works in Albuquerque, New Mexico, where she serves as the Executive Director of New Mexico Interfaith Power and Light (NMIPL). NMIPL is a national faith-based organization, working in more than 40 states to address climate justice. Originally from a small family farm in Kansas that still operates, her life has always revolved around the love of and care for creation and social justice. Her BA is from the University of Saint Mary in Leavenworth, KS, and she holds a Master's degree in Religion and Philosophy and Cosmology from the California Institute of Integral Studies. She believes that climate change is the greatest ethical, spiritual, and moral concern of our time, intersecting with many other concerns like poverty, racial justice, immigration, refugees, health and intergenerational justice. Climate justice work has been a focus for decades and led her to participate as an NGO in several UN COP meetings, including Paris in 2015. She was one of twelve recipients of the 2015 White House Champions of Change award for faith leaders working on climate change.

See page 2 for more information about attending our [Zoom](#) events.



## **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** - Compassionate Rochester, MN

**Tracy McCray** - KLSE Radio

**Barb Schroeder** - Retired Clinical Nurse Specialist, Life Coach

**Sister Linda Wieser** - Spiritual Director, Therapist

**Kathleen Zarling** - Mayo Nurse

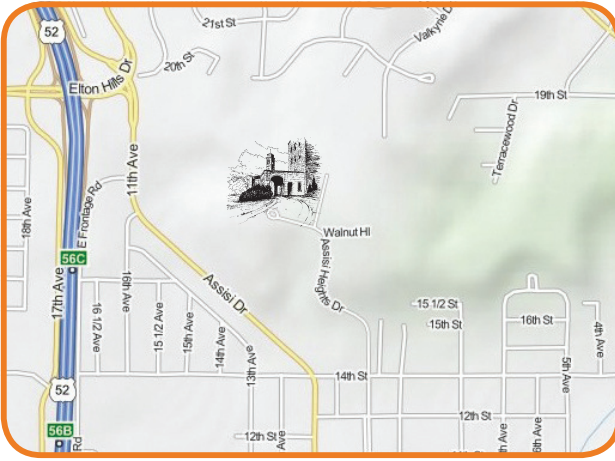
## **Spiritual Direction**

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).



# 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

# 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 JoAnn Haney 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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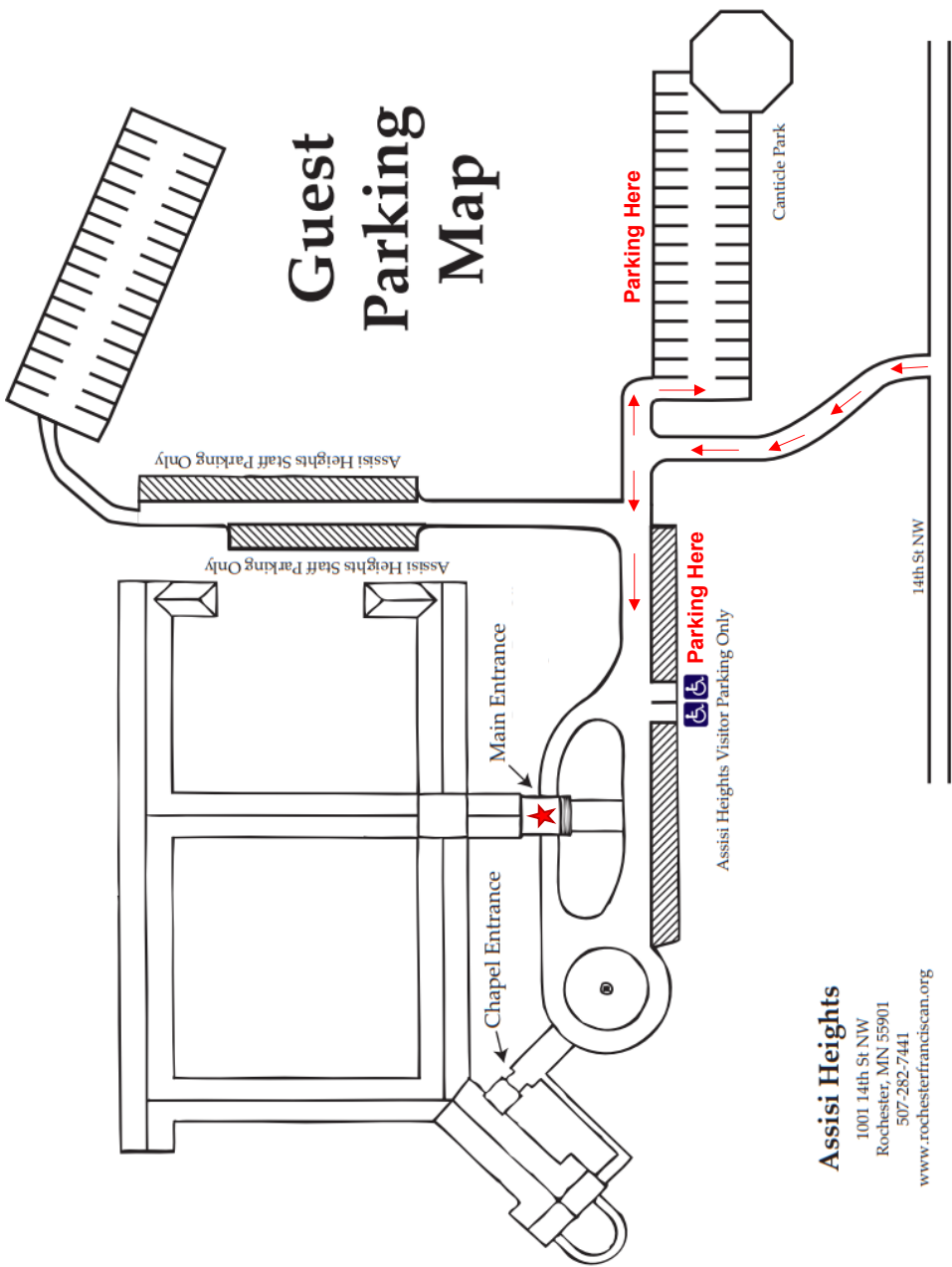
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# Indoor Programs

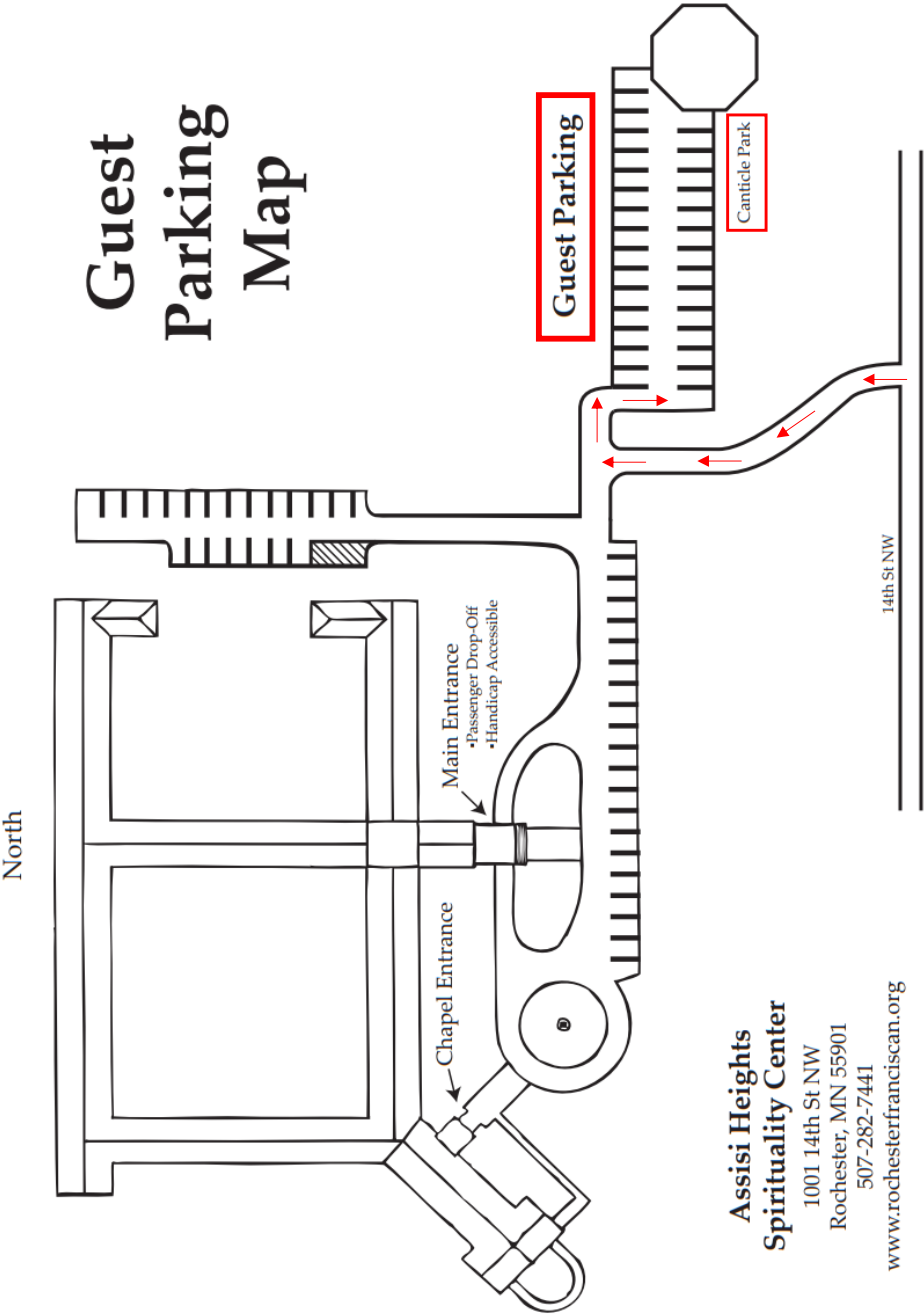
## Guest Parking Map



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

# Outdoor Programs

## Guest Parking Map



**Assisi Heights  
Spirituality Center**

1001 14th St NW

Rochester, MN 55901

507-282-7441

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

**Notes:**



**Notes:**

