

January – August 2023

The Essence of Assisi

The Spirituality of Flowers

Vol. 13, No. 2



Assisi Heights
Spirituality
Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

Welcome

The Spirituality of Flowers



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center

Mums genuflect in autumn, Poinsettias have the front row seat during the Christmas season, Roses stand guard on Valentine's day, Shamrocks brighten St. Patrick's Day, Sunflowers capture August, and the Zinnias finish off a blossoming garden. Holidays and significant events awaken their own floral species.

One year of my career was given over to planting and caring for plants and florals in a local greenhouse. Plants and flowers speak to the verities of the heart and soul: inspiration, stimulation, care, peace, compassion, and love. The power of flowers guides us through wonderful and challenging times alike. Color and scent are a source of strength that fill the niches of the soul, even when we are not aware of the need.

Four days before St. Patrick's Day, I visited my dying father delivering a simple green plant, not yet in bloom. "Oh, it's so green," was his comment. While his life was waning, his mind was on the spring planting cycle. My father was a tall man, once a strong farmer, kind as the day is long. Together, we recalled some meaningful memories. At the top of his list was the blessing of the land he so loved. He was proud of the fact that he never had a crop failure. He died the next day.

Our family's agenda was to finalize the details of funeral plans. I was in charge of flowers. Mother's only request was a single white rose to remember their firstborn child, Leon, and a red rose for her. We decided that rest of the florals were to reflect dad's rural farm roots. I crafted the casket bouquet of headed out oats and wheat and full ears of corn I had saved for this day.

Plants and flowers play a spiritual role in life-altering events, bringing symbolic presence and meaning. Blossoms move us beyond tears and fears symbolizing, in this case, that death is not a separation but a transformation with transcendence. The spray lay on his gravesite over spring, feeding local birds and cemetery critters. Memorial Day gave us the next opportunity to present a floral memory. Surprisingly, the cemetery caretaker clipped around the few oat kernels that sprouted on the gravesite next to a single 5-inch cornstalk. The cycle of life continued.

A Rutgers University study revealed that in anxious, unsettling times, flowers are a delightful and spiritual necessity. They are a source of strength, peace, and most of all, confidence. Flowers are the other side of silence drawing spiritual life out of challenging situations.

During these times of turmoil in our world, we must remember to stop and smell the roses and feast our eyes on the beauty that flowers bring to our life. And, as you review this issue of the Essence, may you find personal opportunities to bloom, grow, and flourish in your surroundings, and most of all, find peace.



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. 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.

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

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 43) & 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.)





**No cost to attend. Donations welcomed.
Preregistration is required.**

[Click here](#) to register.

Hugs Help is the story of how the author survived the tragic death of his mother and two daughters. A distracted semi-truck driver killed them in 2003. This book outlines how they suffered from the loss, grief, and what they did to live with and reduce the pain. Randy's book shares insights on what to do and what to say to those living with loss. **Hugs Help** is for those struggling with grief and what can be done to get through this loss. Mr. Stocker shares practical advice along with proven words, actions and gestures for both those who are grieving and those who support the grievers.

The author, Randy Stocker, is a real estate agent living in Rochester with his wife, Char. It is their story of tragic loss, survival, grief and healing.

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

Human Trafficking: The Public Health Response in Med City

**January 14, 9:00-11:00am
(Central Time)**

Location: Lourdes High School, 2800 19th Street NW, Rochester, MN 55901

Donations welcomed. Preregistration is requested.

Registration Deadline: January 12

[Click here](#) to register.

What are the Truths and Myths about Human Trafficking? Human Trafficking and exploitation are complicated issues. Learn more about the myths and the truths of trafficking. A panel of public health and safety professionals, as well as survivors, will outline ways to navigate risky and unsafe situations and identify healthy support systems available in our community. Discussions include hotel and massage parlor anti-trafficking policies, city licensing agencies and public health involvement. Parent and caregiver training options will be part of the program.





Qigong (via Zoom)

January 16, 23, 30, February 6, 13, 20, 27, March 6 (Series of 8 sessions.) 10:30-11:30am (Central Time)

\$60 prepaid/preregistered.
Preregistration is required.

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

[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 session, participants will learn Vitality Enhancement Qigong as well as other techniques. They are easily adaptable to every lifestyle and can be done while standing, seated, and even lying down.

Bonnie Sokolov began studying T'ai Chi in 1998. She 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 18, 25, February 1, 8, 15, 22, (Series of 6 sessions) 9:30-10:30am (Central Time)

\$55 prepaid/preregistered.
Preregistration is required.

Registration Deadline: January 16
(A Zoom link will be emailed to you on January 17.)

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

Growing up Amish, Navigating a Transformed Lifestyle (via Zoom)

**January 19, 6:30-7:30 pm
(Central Time)**

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

**Registration Deadline: January 17
(A Zoom link will be emailed to you on
January 18.)**

[Click here](#) to register.

Eddie Swartzentruber, originally from Harmony, Minnesota, traces some of the

values he brings to his new life beyond the Amish community. At age 17, Eddie decided that life in his community offered no happiness. Now eight years later, Eddie navigates everyday experiences while expanding his worldview. He will speak of his amplified image of God, his Christian message and reflections on the ills of today's society filtered by his Amish upbringing.

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

Lyrics of Lament, Uncover Hope: A Prayer for the New Year (via Zoom)

**January 23, 6:30-7:30pm
(Central Time)**

**No charge. Donations welcomed.
Preregistration required.**

**Registration Deadline: January 19
(A Zoom link will be emailed to you on
January 20.)**

[Click here](#) to register.

Our world stands on the precipice of moral and ethical questions. Violence, drugs and corruption haunts our nights. We search for legitimate security. Spend one hour in visual prayer, imploring each other to stand in solidarity with the suffering people on the margins. We pledge hospitality, resilience, solidarity and support. All faith perspectives welcome.

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

Peace and Good! (via Zoom)

**January 26, 2:00-3:00pm
(Central Time)**

**\$10 prepaid/pre-registered.
Pre-registration is required.**

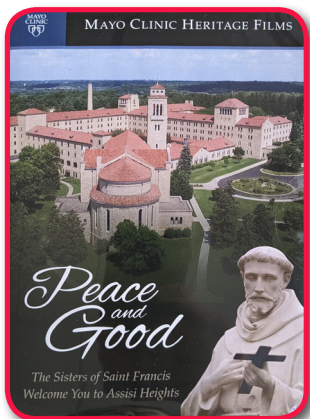
**Registration Deadline: January 24
(A Zoom link will be emailed to you on
January 25.)**

[Click here](#) to register.

This film tells the story of Assisi Heights, and its evolution through decades of change in the lives of the Sisters and their ministries. You'll see the public and private spaces in this unique building and meet some of the remarkable women who, in the tradition of St. Francis and St. Clare, seek to be a compassionate presence for peace and justice.

Sister Alice Thraen and Sister Marlys Jax will host the discussion and entertain your questions.

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



The Synod: Where are we NOW? (via Zoom)

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

**\$10 prepaid/preregistered.
Pre-registration is required.**

**Registration Deadline: January 24 (A
Zoom link will be emailed on January 25.)**

[Click here](#) to register.

Pope Francis called a Synod of Synodality that opened in 2021 and now is intended to continue until 2024. As we move though this historic event, certain questions arise: Where are we with the process? What have we learned? How will the synod impact the church moving forward? Dr. Kristin Colberg serves as the only theologian from the United States on the Theological Commission supporting the synod. She participated in many of the phases of this event and will lead us in reflecting on what the synod hopes to achieve, how it works, and in a

discussion of what it means for our local communities, the whole church, and us.

Kristin Colberg is an associate professor at Saint John's University and School of Theology and the College of Saint Benedict. She began studying theology as an undergraduate at the University of Notre Dame. A required class helped her see the ways that a theological tradition helps people make sense of their experiences of God, themselves, and the world. Since that time, she has focused on the question, "How can the church speak meaningfully to the questions of modern people?" Her research and writing related to this question center in the areas of ecclesiology and ecumenism. She has been appointed by the Vatican as a member of the Anglican-Roman Catholic International Commission (ARCIC) and the theological commission supporting the Synod on Synodality. She lives in St. Joseph, Minnesota, with her husband, Shawn, and two daughters, Mary Clare and Catherine.

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

Decoding the Driftless: A film of science exploration and adventure (via Zoom)

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

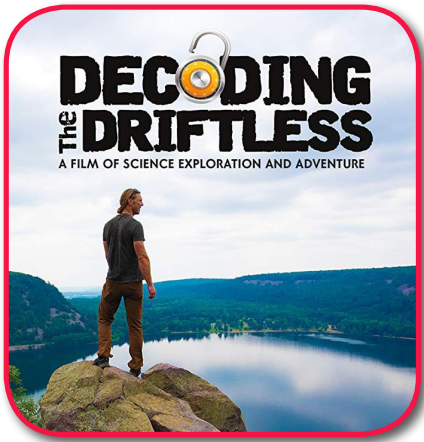
Donations welcomed. Preregistration is required.

Registration Deadline: January 26 (A Zoom link will be emailed on January 27.)

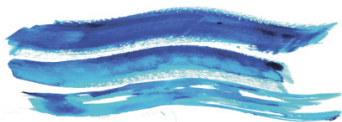
[Click here](#) to register.

Join us for a wild ride of adventure above, on, and below the amazing Driftless Region of southeastern Minnesota, southwestern Wisconsin, eastern Iowa, and western Illinois! Emmy award-winning filmmakers George Howe, Tim Jacobson, Rob Nelson, and Neil Rettig, have teamed up with Jonas Stenstrom of Untamed Science, to capture fantastic footage of the Driftless Region, and weave it into a compelling story, in a way never done before. You'll soar over ancient rugged bluffs, skim the surface of primordial rivers, venture deep underground to mysterious secret worlds, marvel at sacred archeological treasures, and hang perilously over massive rock cliffs. One thing for sure, you'll never forget this film, and you'll want to share it with everyone you know! George Howe is a founding member, educator, and film producer for "Sustainable Driftless Inc." He also works as an environmental consultant in the Driftless Area; his main clients are landowners, land trusts, area schools and Universities, and local governments. Discussion follows the film.

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



Three Rivers Restorative Justice



Respect · Accountability · Healing

What is Restorative Justice? (via Zoom)

**January 31, 6:30-7:30pm
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: January 27
(A Zoom link will be emailed on January 30.)

[Click here](#) to register.

Restorative Justice brings together those who have been harmed and those who have caused the harm and the community and family members effected to establish spaces for dialogue and transformative resolution. Crime is a violation of people's relationships. Justice involves victims, offenders in an effort to put things right while repairing the harm. Come learn the Southeastern Minnesota communities' efforts to offer an alternative to the criminal justice system.

Tim Haskamp, Education Coordinator, and Dondi McIntosh, Community Relations, for Three Rivers Restorative Justice (TRRJ) program, along with Sister Marlys Jax, TRRJ board member, will facilitate the evening.

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

"The Way" (via Zoom)

**February 4, 9:00am-3:00pm
(Central Time)**

No Charge. Donations accepted.
Preregistration is required.

Registration Deadline: February 2
(A Zoom link will be emailed to you on February 3.)

[Click here](#) to register.

"The Way" is a source of interconnectedness and spiritual grounding laced with Franciscan values for all. Translated in tangible and practical ways, and in the context of our current times, Michael and Beth will explore what it means to live the Gospel-centered life, highlighted within our rich Franciscan heritage and charism.

Beth Allen and Michael Krueger will facilitate this workshop. Beth Allen is the former director of the Franciscan Sisters of Perpetual Adoration (FSPA) Affiliate program. Currently, she serves as hospice chaplain for Gunderson Health System in La Crosse, Wisconsin. Michael Krueger is the current director of the FSPA Affiliate program in La Crosse, Wisconsin; with prior experience as a social worker and volunteer coordinator. He is a stay-at-home dad, associated with Catholic worker communities, and embedded in L'Arche spirituality.

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



Role of the Episcopal Church in the Minnesota Dakota and Ojibwe Removal (via Zoom)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: February 3 (A
Zoom link will be emailed on February 5.)

[Click here](#) to register.

This is the story of Bishop Henry B. Whipple's ministry at the time of the genocide of the Dakota and Ojibwe during his episcopacy. Bishop Whipple gained a reputation as a humanitarian and advocate of the Native Americans. He championed their cause because of what he saw as abusive and corrupt policy against the Native Americans. He

was referred to as "straight tongue" by the Dakota due to his honesty in dealing with them. Bishop Whipple is best known for his clemency pleas in favor of the Dakota Sioux who fought against the U.S. Government in the U.S./Dakota War of 1862.

Father Ben Scott is an Episcopal priest whose family homesteaded land near Rock Dell, with land patents issued in 1861 under Abraham Lincoln. Immediately, the Dakota were removed from their tribal lands. He, his wife, and their family, live on that land now.

He received Holy Orders in the Episcopal Church in 1960, and served in rural and urban congregations in Minnesota and New York City. Before retiring in 2000, he was the Bishop's Archdeacon in Southern Minnesota.

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

How I Found God in Prison! (via Zoom)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: February 7 (A
Zoom link will be emailed on February 8.)

[Click here](#) to register.

"My name is Ralph. I graduated from high school, joined the Navy, but migrated to the Marines. I served in guerilla warfare in

Vietnam, was wounded twice and received a Bronze Star. Leaving the military, I got my college degree and had a career at IBM for 26 years. I married and had two children.

"When I was arrested, I felt like life was over. I felt like God had abandoned me. In 1994, I was 47 years old with a 100-year sentence. Though the North Carolina prison system is considered Christian, it leaves a lot to be desired. I observed much evil in prison. Eventually, God and I found each other.

"I spent 27 years in incarceration, and was released from prison one year ago. Reflecting on my life, I wish to share how I discovered God as my support, and the new values and gifts I have come to appreciate. My spiritual life has grown through very dark moments, but blossomed in prison." Join us as we explore the changes God made in Ralph's life.

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

Have Time for a Selfie? (via Zoom)

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

**\$10 prepaid/pre-registered.
Pre-registration is required.**

**Registration Deadline: February 9
(A Zoom link will be emailed on
February 10.)**

[Click here](#) to register.

It's not the usual kind of selfie, but it is a

new way to experience and reflect on your life.

This interactive and guided experience will address areas of our lives that we can claim as strength of our person, letting go of what we learn through changes that often happen within us.

We will address the necessary and significant life experience of grieving. This will happen through an interactive approach, as we understand what is going on within us. In addition to receiving new insights, we will be drawn to expressing gratitude, while building strategies for a future filled with hope. We invite you to come with an openness to experience what emerges.

Sister Christine Stanoch is a Rochester Franciscan who believes that taking time for reflection helps us live meaningful lives. It is important to stop and become present to ourselves on this life journey we are all experiencing. Sister Chris has enjoyed several different ministries, including working on her masters in spirituality and pastoral counseling from Loyola University of Chicago. She also spent a residency at Mayo Clinic serving as a Chaplain. Currently, she is volunteering with Mayo Hospice and is a co-facilitator in their bereavement program.

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



Peace and Good! (via Zoom)

**February 18, 2:00-3:00pm
(Central Time)**

**\$10 prepaid/pre-registered.
Pre-registration is required.**

**Registration Deadline: February 16
(A Zoom link will be emailed on February 17.)**

[Click here](#) to register.

See page 7 for entire series description.

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

Stations and Stories (via Zoom)

**February 23, March 2, 9, 16,
23 & 30, 6:30-8:00pm
(Central Time)**

Register for each session or as a series of six.

Donations welcomed. Preregistration is required.

Registration Deadline: February 21 (A Zoom link will be emailed one day prior to each session.)

[Click here](#) to register.

During this Lenten season, we will use the Stations of the Cross as a foundation

to reflect 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. Herein lie the stations of faith, stations of doubt, and stations of grief, death, or some other significant development in your life.

Using words, music 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.

Reflectors for this 2023 Lenten series include: John Murphy (Beloit, Wisconsin), Mary Ayshford (Byron, Minnesota), Fr. Jim Kunz (Rochester, Minnesota), Tom DeZell (Madison, Wisconsin), Reneé Lippay (Fargo, North Dakota), and Bescye Burnett (Holly Ridge, North Carolina).

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





Divine Encounters (via Zoom)

**March 1, 8, 15, 22, 29,
(5-session series) 6:30-8:00pm
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: February 26 (A Zoom link will be emailed February 28.)

[Click here](#) to register.

The Lenten series of rituals and presentations, including drama and songs, are based on the foundational treatise of the Holy Trinity. You may be drawn into the questions about the grand mystery of the THREE AS ONE. No, this is not a mathematical problem. Yes, it is the most profound revelation of God, first outlined in the church in the Fourth Century. Who is God? Do you know all three of the

Divine Persons as one God? 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 inspirational artist in all creativity.

Sister Briana McCarthy, an artist, playwright, performance director and spiritual counselor, will direct these rituals and presentations. She has been an educator on both elementary and college levels. She holds Master's degrees in Theater, Education, Spirituality, and Counseling. Briana's clients are people involved alcohol and drug additions, and sexual and ritual abuse. She was active on our committee to raise awareness of Human Trafficking. She enjoys swimming, golfing, reading, writing and spending time with good friends and family.

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

Stations and Stories (via Zoom)

**March 2, 6:30-8:00pm
(Central Time)**

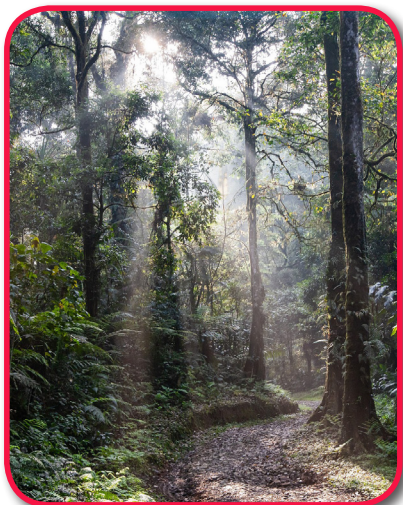
Donations welcomed. Preregistration is required.

Registration Deadline: February 28
(A Zoom link will be emailed March 1.)

[Click here](#) to register.

See page 12 for entire series description.

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



Stations of the Forest: A Lenten Reflection Film (via Zoom)

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

Donations accepted. Preregistration is required.

Registration Deadline: March 5. (A Zoom link will be emailed on March 6.)

[Click here](#) to register.

Stations of the Forest is a Columban Education Program that uses the Lenten Stations of the Cross to lament the gradual death of part of God's creation, the rainforest. This short film is a modern sorrowful reflection of the environmental devastation caused humans on planet earth — our common home.

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

Rochester: An Urban Biography, Past, Present and Future - A Book Discussion (via Zoom)

March 7, 6:30-8:00pm
(Central Time)

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: March 5. (A Zoom link will be emailed on March 6.)

[Click here](#) to register.

Rochester, Minnesota's third largest city, is known as home of the Mayo Medical Center, but what else? Centuries ago, the Dakota and Ho-Chunk peoples gathered along Wazi Ozu Wapka (Zumbro River). European immigrants found their way to the area and a city was built on an economy of wheat and milling. Rochester's spectacular history is threaded with innovative success and less known struggles. Long ago it was a stopping place for the stagecoach between St. Paul, Minnesota, and Dubuque, Iowa. Today it is a growing community, striving to pave new paths forward.

Mayor Kim Norton and Jamia (Mia) Erickson will discuss Rochester's past, present, and future with a special focus on equity and opportunity. Virginia Wright- Peterson, moderator and author, is committed to collecting, preserving, and sharing stories that illuminate issues from the past that are relevant today.

Virginia is the author of *Women at Mayo*

Clinic: The Founding Generation and A Woman's War, Too: Women's Work During WWII. She has a Ph.D. in English and has taught writing for more than fifteen years. Currently, she serves as Vice Chancellor for Finance and Campus Resources at the University of Minnesota-Rochester.

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



Stations and Stories (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: March 7 (A Zoom link will be emailed March 8.)

[Click here](#) to register.

See page 12 for entire series description.

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

Peace and Good! (via Zoom)

March 14, 6:30-7:30pm
(Central Time)

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: March 10 (A Zoom link will be emailed on March 13.)

[Click here](#) to register.

See page 7 for entire series description.

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

Stations and Stories (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: March 14 (A Zoom link will be emailed March 15.)

[Click here](#) to register.

See page 12 for entire series description.

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

Burning our Burdens (Outdoor Program)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: March 18

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Each of us carries burdens that cause us to live with regrets and undue anxiety. Our "shadow self" exhibits an impaired life, seeking a resolution to bring back our spirit of joy. Join us on this Spring Equinox day to release that which weighs us down. The evening begins with an introduction by naming and claiming the root of our heaviness. It is followed by a walking reflection to the heartbeat of the earth, writing and burning our burden(s), and feeling the release and restoration.

Prepared and facilitated by Sister Linda Weiser, a spiritual director and life coach, and Sister Marlys Jax, who serves as program coordinator of the Spirituality Center. This is an outdoor event. In the event of inclement weather, the session may be rescheduled. Please check for updates prior to the session.

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



Stations and Stories (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: March 21 (A Zoom link will be emailed March 22.)

[Click here](#) to register.

See page 12 for entire series description.

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

Stations and Stories (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: March 28 (A Zoom link will be emailed March 29.)

[Click here](#) to register.

See page 12 for entire series description.

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

Peace and Good! **(via Zoom)**

April 12, 6:30-7:30pm
(Central Time)

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: April 10 (A Zoom link will be emailed on April 11.)

[Click here](#) to register.

See page 7 for entire series description.

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

To Speak for Trees: **My Life Journey from** **Ancient Celtic Wisdom** **to a Healing Vision for** **the Forest – A Book** **Discussion (via Zoom)**

April 13 & 20 (2 session series)
6:30-8:00pm (Central Time)

\$15 prepaid/preregistered.
Preregistration is required.

Registration Deadline: April 11 (A Zoom link will be emailed on April 12.)

[Click here](#) to register.

Diane Bereford-Kroeger is a world recognized Irish botanist and medical biochemist residing in Canada. She is a

visionary who has opened up amazing insights into the secret life cycle of the natural world, especially of trees. With her systematic knowledge, she has created a quiet revolution by scientifically proving that trees are a living library of medicine to share with the human community. Trees carry an abundance of natural antibodies and other healthy substances that can help stabilize our climate. Diane's work and book combines western science with traditional concepts of the ancient world. Maternal elders raised her and taught her the ways of the Celtic triad: mind, body, and soul.

Kathy Woytych is the facilitator of this book discussion. She is a writer living in Middleton, Wisconsin, and comes with lived experience in the other cultures and countries of Ireland, England and Scotland. Kathy is a Cojourner with the Rochester Franciscan Sisters.

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



Saint Francis and the Eucharist (via Zoom)

April 17, 6:30-8:00pm
(Central Time)

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: April 13 (A Zoom link will be emailed on April 14.)

[Click here](#) to register.

Saint Francis faced similar concerns in the 13th Century, as we do today, regarding reverence for the Eucharist. Portions of his writings will be highlighted that may provide insights for the Eucharistic Renewal now underway in the United States.

Sister Ramona Miller, a Rochester Franciscan, has spent over thirty years leading pilgrimages to Assisi, Italy, where she grew to know and understand Saint Francis' thought process. She believes the Franciscan movement is timeless, and therefore provides guidance for contemporary issues.

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



Green Fire: Aldo Leopold and the Land Ethic for Our Time (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: April 14 (A Zoom link will be emailed on April 17.)

[Click here](#) to register.

Green Fire is a biographical documentary film about the legendary conservationist thinker, Aldo Leopold. He is the father of 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. The film is 73 minutes in length, and will be followed by discussion.

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

The Spirituality of Cats! (via Zoom)

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

Donations welcomed. Preregistration is required.

Registration Deadline: April 21 (A Zoom link will be emailed on April 24.)

[Click here](#) to register.

***“Everything I know, I
learned from my cats.”***

Please note: Cats know every religious tradition and they observe many of these practices every day. For instance, rest, quiet reflections in the morning sun, purrs of gratitude, playfulness, and keeping invaders at bay are daily activities. Cats have no human compulsions to compete or win. They know how to move to a safe place when tornadoes are within earshot. Friendly cuddles, the gourmet feasts, and warmed nighttime laps are always appreciated. Sigmund Freud said, “Time with cats is never wasted.”

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

Sister Jennifer Corbett is a nurse by profession and steeped in biblical theology; having lived and taught in Israel, accompanying master students. Currently, she is retired and lives in the country with

her cat, Zoe. Jennifer and Zoe visit the cemetery on sunny days.

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

By Sea, By Land: Navigating Our Cultural Journeys (via Zoom)

**April 29 & May 6 (2-session
series), 10:00am-Noon
(Central Time)**

\$30 prepaid/preregistered.
Preregistration is required.

Registration Deadline: April 27 (A Zoom link will be emailed on April 28.)

[Click here](#) to register.

Creativity is a birthright. Culture is a human right. And the fusion of the two helps us gain clarity and understanding of ourselves and others in the world. This workshop will help you discover your cultural roots, your original language, and your ancestral story. We will explore deeper concepts and effects of emigration, immigration, and ambiguous loss. Using image, poetry, wisdom literature, research, journaling, exercises, treasure hunts, and contemplation, we will construct cultural narratives that deepen meaning, belonging, and connection. In addition, we will explore the ways that we can use our new knowledge for creating a more caring and connected world. This workshop is suitable for all people of all cultural and ethnic backgrounds and experiences.

Jill Johnson is a community cultural and

installation artist, writer, and poet. Her work has been shown in galleries, cultural centers, museums, universities, and forests. She has received her certificate as a Community Teaching Artist from California State University-Los Angeles and has earned CEUs in Ambiguous Loss from the Confer program. She has studied at United Theological Seminary in the Twin Cities, and extensively in Sweden and Denmark, including multiple years with the Uppsala International Summer Session. Jill was the founder and executive director of Nordic Arts Alliance, a nonprofit focused on international contemporary arts. In addition, she has worked for the Swedish Adult Language Program at Concordia College, for Nordic Culture Clubs, and the Scandinavian Hjemkomst Festival. She worked with migrant worker women and children for many years. Originally from Anoka, Minnesota, Jill currently resides in Fargo, North Dakota.

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



**Celebrating World
Labyrinth Day
Our Labyrinth
(Outdoor Program)**

**May 6, 12:00-1:00pm
(Central Time)**

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

Registration Deadline: May 4

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[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 blueprint for well-being. The mind joins the body with the spirit.”

Come, learn the history and experience the balance of body, mind and spirit as a meditation in slow motion. This is an outdoor experience. In the event of inclement weather, the session may be rescheduled. Please check for updates prior to the session.

Sister Linda Wieser is a spiritual director and life coach. She relishes walking the labyrinth and will lead the way.

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

Peace and Good! **(via Zoom)**

May 10, 6:30-7:30pm
(Central Time)

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: May 8 (A Zoom link will be emailed on May 9.)

[Click here](#) to register.

See page 7 for entire series description.

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

Mindfulness in Nature **at Assisi Heights** **(Outdoor Program)**

May 16, 9:30-11:30am
(Central Time)

Donations welcomed. Preregistration is required.

Registration Deadline: May 14

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Awaken all your senses by mindfully walking in nature. You will experience a profound restoration effect by aligning with the rhythms of nature. This awareness will allow you to find balance, joy and serenity within yourself. By slowing down and pacing yourself to the rhythm of nature, this will expand and deepen your knowledge of the healing powers of nature. Meet in Canticle Park. Wear walking shoes. Bring a walking stick if you choose.

Loretta Mogan, a Minnesota Master Naturalist, is herself a steward of our natural environment, and teacher and guide for others. A certified Shinrin Yoku Guide from Whitewater State Park has trained her. This Japanese Practice is a process of deep relaxation amongst trees in order to de-stress and boost health and well-being in a natural way.

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

A Green Environmental Land Tour (Outdoor Program)

**May 16, 6:30-7:30pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: May 14

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[Click here](#) to register.

The green season has now arrived! 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 easement, and environmental land practices. We will explore prairies, solar panels and other 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, the session may be rescheduled. Please check for updates prior to the session.

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

Sound Bath: Relax, Release, and Renew Yourself (Outdoor Program)

**May 20, June 3, August 16,
September 7, 6:00-7:00pm
(Central Time)**

\$8 per session or \$32 for all four sessions, prepaid/preregistered. Preregistration is required.

Registration Deadline: May 18 for May 20 event

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[Click here](#) to register.

Enjoy yourself for an hour as you listen to soothing sounds. 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 use a mat, pillow, and knee support if lying down or a comfortable chair if sitting.)

The sound bath performer creates sounds using a variety of instruments, such as 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! Bring a chair or mat. In the event of inclement weather, the session may be rescheduled. Please check for updates prior to the session.

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.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**May 24, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: May 22

**Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.**

[Click here](#) to register.

Awaken all your senses by mindfully walking in nature. You will experience profound restoration effect by aligning to the rhythms of nature. This awareness will allow you to find balance, joy and serenity

within yourself. By slowing down and pacing yourself to the rhythm of nature will expand and deepen your knowledge of the healing powers of nature.

Assisi Heights Spirituality Center is collaborating with **Chester Woods** offering an alternative natural space to experience the goodness and gifts of nature. Meet in Chester Woods Park at the Fishing Pier Parking Lot. 8378 Highway 14 East, Eyota, MN

Loretta Mogan, a Minnesota Master Naturalist, is herself a steward of our natural environment, and teacher and guide for others. A certified Shinrin Yoku Guide from Whitewater State Park has trained her. This Japanese Practice is a process of deep relaxation amongst trees in order to de-stress and boost health and wellbeing in a natural way. Loretta serves on the park board at Chester Woods and is a longtime dedicated volunteer at Chester Woods, working on such projects as buckthorn removal and prairie seed collecting and many others.





A Mystical Walk on Hallowed Earth (Outdoor Program)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: May 23

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

*Wander on this footpath with unhurried
step, hushed voice and reflective heart,
Rest awhile along the way,
Feel the heartbeat of the earth and
Hear the whisper of the Holy one
Who fashions your spirit.
Take nothing from this journey except
Peacefulness of the body,
Nourishment of the Soul
Inspiration of the mind and
Consolation of the heart.*

- Sister Marlys Jax

A guided, silent stroll exploring the topography of Assisi Heights' 110 acres, held sacred by Franciscans who reverence all of creation. Enter the contemplative walk, enabling the senses to lean into the awesome messages of the Divine. Join other contemporary spiritual seekers searching for additional ways to enhance your consciousness of God's life along the footpaths. Occasionally, the walk will stop at significant places where readings from the world's Mystics will be shared.

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

Sister Ramona Miller, a Franciscan scholar, will present the mystics. Sister Marlys Jax, program director for the Spirituality Center, will guide wandering the land.

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

History Hike (Outdoor Program)

**May 27, 1:30-2:30pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: May 25

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Enjoy hiking the land on hill, exploring the beauty and natural topography as we celebrate 74 years of ecological stewardship. Once home of the Dakota peoples, this hike will traverse the 110-acre site learning about the plot, the people and current easement plan. Hikes are on uneven terrain, rough gravel, and not stroller-friendly. Dress appropriately for conditions, and bring water. We will end at Canticle Park with a summer treat!

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

Resident docents, who have soaked in the beauty of this homeland, will lead the hike.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**May 31, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: May 29

**Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.**

[Click here](#) to register.

See page 23 for entire series description.

Sound Bath: Relax, Release, and Renew Yourself (Outdoor Program)

**June 3, 6:00-7:00pm
(Central Time)**

\$8 prepaid/preregistered. Preregistration is required.

Registration Deadline: June 1

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[Click here](#) to register.

See page 22 for entire series description.

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



**Mindfulness in Nature
at Assisi Heights
(Outdoor Program)**

**June 6, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: June 4

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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

**A Green Environmental
Land Tour (Outdoor
Program)**

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: June 5

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 22 for entire series description.

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

**Mindfulness in Nature
at Chester Woods
(Outdoor Program)**

**June 7, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: June 5

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

**Mindfulness in Nature
at Chester Woods
(Outdoor Program)**

**June 14, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: June 12

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.



Garden Meditation (Outdoor Program)

**June 19, 6:30-7:30pm
(Central Time)**

Donations accepted. Preregistration is required.

Registration Deadline: June 16

Location: Assisi Heights Canticle Park (1001 14th Street NW, Rochester, MN 55901)
[Click here](#) for map, or see page 43.

[Click here](#) to register.

In a time of shifting ideologies, the respite of a garden can be rejuvenating. Right now, imagine being in a garden. Take a moment to soak up the stillness, enjoy the scents... a sweet floral aroma and smell the moist soil. Feel and see evolving energy all around in this generous landscape. Flowers are in various stages of growth, from bud to blossom. A variety of fragrances abound, with the sun's encouragement. Perfumed scents attract winged insects and conjure up our memories of specific occasions in our life. Poetry will be interspersed in this guided mediation, and is designed to open doorways in the mind and spirit, inspiring and aligning your life in surprising ways!

These sessions, all different, will be led by a variety of spiritual leaders in the Rochester Franciscan Community. In the event of inclement weather, the session may be rescheduled. Please watch for updates prior to the session.

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

**Mindfulness in Nature
at Assisi Heights
(Outdoor Program)**

**June 20, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: June 18

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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

**A Mystical Walk
on Hallowed Earth
(Outdoor Program)**

**June 22, 6:30-7:30pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: June 20

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 24 for entire series description.

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

**Mindfulness in Nature
at Chester Woods
(Outdoor Program)**

**June 21, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: June 19

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

**Celebrating Summer
Solstice (Outdoor
Program)**

**June 23, 7:00-9:00pm
(Central Time)**

Donations accepted. Preregistration is required.

Registration Deadline: June 21

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

During the summer solstice, we celebrate

longest day of sunlight. On this day, the northern hemisphere receives more sunlight than any other day in the year. Earth's northern pole's is at its maximum tilt to the sun; therefore, we experience more hours of sunlight. Solstice comes from the Latin word (sol) sun and stitium (still or stopped), when ancients noticed the sun stopped moving in the sky and in succeeding days retreated. Celebrate with frivolity, fire, stories, drumming and mindful imagery.

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

Garden Meditation **(Outdoor Program)**

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

Donations accepted. Preregistration is required.

Registration Deadline: June 23

Location: Assisi Heights Canticle Park (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 26 for entire series description.

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



Mindfulness in Nature **at Chester Woods** **(Outdoor Program)**

June 28, 9:30-11:30am
(Central Time)

Donations welcomed. Preregistration is required.

Registration Deadline: June 26

Location: Chester Woods Park - 8378 Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

History Hike (Outdoor Program)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: June 27

Location: Assisi Heights Canticle Park (1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 24 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

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

Donations welcomed. Preregistration is required.

Registration Deadline: July 3

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Qigong (Outdoor Program)

**July 10, 17, 24, 31, August 7, 14,
21, 28 (8 session series)
10:00-11:00am**

\$60 prepaid/preregistered.
Preregistration is required.

Registration deadline: July 7

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 5 for entire series description.

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

Mindful Monday Meditation with Music (Outdoor Program)

**July 10, 6:30-7:30pm (Central
Time)**

Donations accepted. Preregistration is required.

Registration Deadline: July 8

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Join us to explore mindfulness through inspiring texts, short readings or poetry with music of the Harp, Violin, Flute and Drums. This event is bringing like-minded people of the community together to create serene space, relish kindness, invite peace, love and gratitude in the outdoor cathedral at Assisi Heights, Canticle Park. Bring a chair. In the event of inclement weather, the session may be rescheduled. Please check for updates prior to the session.

These sessions lead by a variety of spiritual guides in the Rochester community. Music by Paula Smith, Joan Elkins and/or Sister Cecily Schroeffer.

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





T'ai Chi Chih on the Hillside (Outdoor Program)

July 11, 18, 25, August 1, 8, 15, 22 & 29 (8 session series)

6:00-7:00pm

\$60 prepaid/preregistered.
Preregistration is required.

Registration Deadline: July 7

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Are you in search of peace of mind and improved health? Consider balancing and circulating your intrinsic energy, or “chi” as the Chinese call it, in the tranquility of the Inner Courtyard at Assisi Heights. Begin at the sound of the bells and learn a set of 19 easy, slow, meditative movements practiced by people around

the globe. It is adaptive to any physical condition or age and requires no special equipment or dress. The rewards include tranquility, better health, and calmness. Other benefits may be physical, spiritual or emotional in nature. This is an 8-week series, not a drop-in class. In the event of inclement weather, the session may be rescheduled. Please check for updates prior to the session.

Bonnie Sokolov is an accredited instructor of T'ai Chi Chih. She is adjunct professor at Rochester Community Technical College teaching meditation and T'ai Chi Chih and in various community settings.

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

A Green Environmental Land Tour (Outdoor Program)

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: July 7

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 22 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**July 12, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: July 10

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Meet the Wilsons! (Outdoor Program)

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

\$15 prepaid/preregistered.
Preregistration is required.

Registration Deadline: July 11

Location: Assisi Heights Canticle Park,
walk to Wilson House (1001 14th Street
NW, Rochester, MN 55901) [Click here](#) for
map, or see page 43.

[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 Maude 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 and meet the Wilsons. Hear their
own personal stories on the front lawn
overlooking the city below. Bring a chair.
In the event of inclement weather, the
session may be rescheduled. Please watch
for updates prior to each session.

Ken Allsen is invested in this region as
a 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 Wilson's house and stories
of the persons that have influenced
the civic standards in the city. Diane
Wroblewski, a nurse and quilter by
profession, and a Cojourner with the
Rochester Franciscans, regularly performs
as characters remembered in our history
books. These three individuals will bring to
life the characters of Dr. Louis B. Wilson,
and his wives, Maud Mellish and Grace
McCormick.

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





History Hike (Outdoor Program)

**July 15, 1:30-2:30pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: July 13

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 24 for entire series description.

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

Mindful Monday Meditation with Music (Outdoor Program)

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

Donations accepted. Preregistration is
required.

Registration Deadline: July 14

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 28 for entire series description.

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

Mindfulness in Nature at Assisi Heights (Outdoor Program)

**July 18, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is
required.

Registration Deadline: July 16

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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

Peace and Good! **(via Zoom)**

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

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: July 16 (A Zoom link will be emailed on July 17.)

[Click here](#) to register.

See page 7 for entire series description.

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

Mindfulness in Nature **at Chester Woods** **(Outdoor Program)**

July 19, 9:30-11:30am
(Central Time)

Donations welcomed. Preregistration is required.

Registration Deadline: July 17

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Cosmic Walk (Outdoor Program)

July 19, 6:30-7:30 pm (Central Time)

Donations accepted. Preregistration is required.

Registration Deadline: July 17

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Join us for a cosmic walking meditation recalling the scientific and spiritual aspects of our sacred origins. It is the unfolding story our universe, the story of terra firma beneath our feet, and the integration of our personal story as a human community. We will begin with the story of the universe, 13.7 million years ago, as we stroll on the land once traversed by the Dakota. We will ponder the mystery of creation, pausing at 25 posts along the way, to recall the sequence of creation. This new understanding of our universe and our natural world was developed in the 20th Century, through the work of physics, geology, astrology, archaeology, anthropology and history. As we walk, you will be awed by the ancient holy.

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

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

**Mindful Monday
Meditation with Music
(Outdoor Program)**

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

Donations accepted. Preregistration is required.

Registration Deadline: July 22

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 28 for entire series description.

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

**Mindfulness in Nature
at Chester Woods
(Outdoor Program)**

**July 26, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: July 24

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

**Mindfulness in Nature
at Assisi Heights
(Outdoor Program)**

**August 1, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: July 30

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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

**Mindfulness in Nature
at Chester Woods
(Outdoor Program)**

**August 2, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: July 31

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.



Singing Bowls at Sundown! (Outdoor Program)

August 2, 6:30-8:00pm (Central Time)

\$10 prepaid/preregistered. Preregistration is required.

Registration Deadline: July 31

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

[Click here](#) for map, or see page 43.

[Click here](#) to register.

Escape the racket of the world and treat your mind, body and spirit to the Tibetan Singing Bowls. These traditional historic singing bowls produce sounds that invoke deep states of relaxation, and opens us up to the divine. The evening is paired with poetry and prayer, floral scents and scenic views. All are welcome, including men! Wear comfortable clothing and bring chair or a mat if you choose to lie on the grass. In the event of inclement weather, the rain date is August 3 from 6:30-8:00pm.

We invite you to join us for an evening of captivating renewal in the presence of ageless bell sounds. Thomas Roberts, from La Crosse, Wisconsin, will bring you to a place of deep relaxation giving you inner balance and invigorating new energy. Happy New Day! Tom is a retired psychotherapist and a practicing Zen Buddhist. He is the author of the book, *The Mindfulness Workbook: A Beginners Guide to Overcoming Fear and Embracing Compassion*.

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

A Green Environmental Land Tour (Outdoor Program)

**August 8, 6:30-7:30pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: August 6

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 22 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

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

Donations welcomed. Preregistration is
required.

Registration Deadline: August 7

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Peace and Good! (via Zoom)

**August 9, 2:00-3:00pm
(Central Time)**

\$10 prepaid/preregistered.
Preregistration is required.

Registration Deadline: August 7 (A Zoom
link will be emailed on August 8.)

[Click here](#) to register.

See page 7 for entire series description.

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

Drumming for Peace in our World (Outdoor Program)

**August 10, 6:30-7:30pm
(Central Time)**

Donations accepted. Preregistration is
required.

Registration Deadline: August 8

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

Our world hungers for Peace. Peace in the
world community. Let us make community
a verb! This outdoor program will include
prayers and drumming around a warm
fire. Sister Cecily Schroepfer has been

drumming with the natives on Montana's Crow reservation for 30 years. Her background in music connects with a rich spiritual life of the earth seeking peace. Bring your own drum or other rhythmic instrument and a chair. In the event of inclement weather, the rain date is August 11, 6:30-7:30pm.

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



Mindfulness in Nature at Assisi Heights (Outdoor Program)

**August 15, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: August 13

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[Click here](#) to register.

See page 21 for entire series description.

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

Garden Meditation (Outdoor Program)

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

Donations accepted. Preregistration is required.

Registration Deadline: August 13

**Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.**

[Click here](#) to register.

See page 26 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**August 16, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: August 14

**Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.**

[Click here](#) to register.

See page 23 for entire series description.



Sound Bath: Relax, Release, and Renew Yourself (Outdoor Program)

August 16, 6:00-7:00pm
(Central Time)

\$8 prepaid/preregistered. Preregistration is required.

Registration Deadline: August 14

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 22 for entire series description.

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

Garden Meditation (Outdoor Program)

August 22, 6:30-7:30pm
(Central Time)

Donations accepted. Preregistration is required.

Registration Deadline: August 20

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN 55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 26 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

August 23, 9:30-11:30am
(Central Time)

Donations welcomed. Preregistration is required.

Registration Deadline: August 21

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.





Mindfulness in Nature at Chester Woods (Outdoor Program)

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

Donations welcomed. Preregistration is required.

Registration Deadline: August 28

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Mindfulness in Nature at Assisi Heights (Outdoor Program)

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

Donations welcomed. Preregistration is required.

Registration Deadline: September 3

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**September 6, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: September 4

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Sound Bath: Relax, Release, and Renew Yourself (Outdoor Program)

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

\$8 prepaid/preregistered. Preregistration is required.

Registration Deadline: September 5

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 22 for entire series description.

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

Mindfulness in Nature at Chester Woods (Outdoor Program)

**September 13, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: September 11

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Mindfulness in Nature at Assisi Heights (Outdoor Program)

**September 19, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: September 17

Location: Assisi Heights Canticle Park
(1001 14th Street NW, Rochester, MN
55901) [Click here](#) for map, or see page 43.

[Click here](#) to register.

See page 21 for entire series description.

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



Mindfulness in Nature at Chester Woods (Outdoor Program)

**September 20, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

Registration Deadline: September 18

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Mindfulness in Nature at Chester Woods (Outdoor Program)

**September 27, 9:30-11:30am
(Central Time)**

Donations welcomed. Preregistration is required.

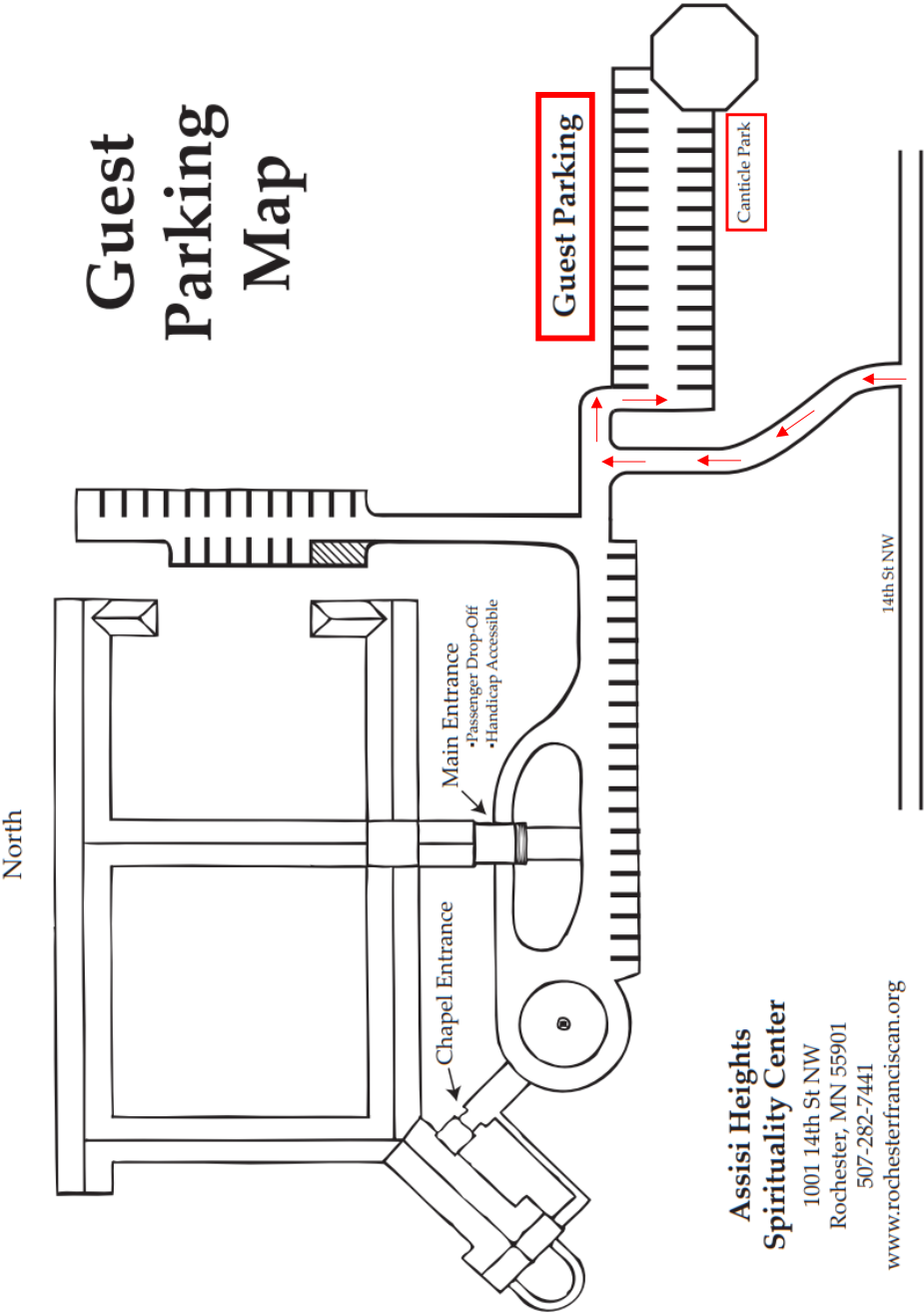
Registration Deadline: September 25

Location: Chester Woods Park - 8378
Highway 14 East, Eyota, MN.

[Click here](#) to register.

See page 23 for entire series description.

Outdoor Programs



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

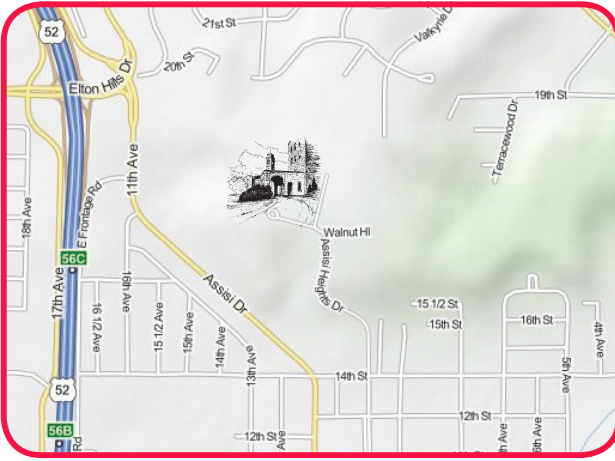
Spiritual Direction

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.



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 and click the button "Become a Sister or Cojourner" on our home page.

For more information:

- Contact Sister JoAnn Haney 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



Program Title: _____

Program Date: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ E-Mail: _____

Please note: if enclosed
amount is for a deposit, balance
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AHSC Event Coordinator
Assisi Heights Spirituality Center
1001 14th Street NW
Rochester, MN 55901

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✂

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 \$ _____

<input type="checkbox"/>		_____ - _____ - _____ - _____	
<input type="checkbox"/>		Exp. date __ - __ - __ - __	Security code _____ <small>(on back of card)</small>
<input type="checkbox"/>		_____	_____
Signature of card holder			Date

✂

Program Title: _____

Program Date: _____

Name: _____

Address: _____




City: _____ State: _____ ZIP: _____

Phone: _____ E-Mail: _____

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

Check enclosed for \$ _____

Please charge my credit card \$ _____

<input type="checkbox"/>		_____ - _____ - _____ - _____	
<input type="checkbox"/>		Exp. date __ - __ - __ - __	Security code _____ <small>(on back of card)</small>
<input type="checkbox"/>		_____	_____
Signature of card holder			Date

