

January – September 2024

The Essence of Assisi

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Assisi Heights Spirituality Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

The Essence of Assisi

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Assisi Heights Spirituality Center
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The *Essence of Assisi* is published semi-annually. To register for an event, go to www.rochesterfranciscan.org and select the date under “Events” or contact our event coordinator.

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Welcome

Reaching out to those on the Bottom Rung!

Scriptural texts often focus on those who exist on the bottom rung of society. God searches out the rejected, lost, sinners, lepers, marginalized and barren women. We repeatedly observe that God shows barren women favors. We hear of Sarah, who was barren until she birthed Isaac. Likewise, in the New Testament, we know of Elizabeth, who was barren and unusually old for childbirth, until she birthed John the Baptist. Young David was summoned from the sheep field, and was not numbered among his brothers, but was thought to be unavailable for leadership. Zacchaeus, a despised tax collector, was surprised by a famous honored guest stopping by his home. All were thought to be on society's lowest rung for a variety of reasons.



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center

Those images are counterculture and revolutionary; turning the ways of life in the world inside out. Those on the bottom rung are without power, without voice, and without choice. God elevates their status and they are given new life – a victory of sorts. Sometimes religion ends up defending conventionally accepted standards of behavior, instead of attending to the powerless or the source of human pain and powerlessness. They stand with the status quo instead of the suffering, or even exhibit clerical privilege over compassion. Instead of tipping the scales in favor of the rejected and lost lepers of 21st Century, they are passed over, ignored and abandoned.

Martin Luther King, Jr. wrote a letter called the *Dangers of Religion* from the Birmingham Jail on Good Friday, 1963. "I have wept over the laxity of the Church... The contemporary church is a weak, ineffectual voice with an uncertain sound. It is an arch defender of the status quo. The power structure of the average community is consoled by the churches silent – and even vocal – sanction of things as they are. If today's church does not recapture the sacrificial spirit of the early church, it will lose its authenticity, forfeit the loyalty of millions, and be dismissed as an irrelevant social club with no meaning for the 20th century."

Our God seeks those at the bottom. Pope Francis reads scripture and hears the calls from the bottom. It's imperative for us to be attentive, look out for those living on the edge: the forsaken, the barren, the broken and the bullied on the bottom rung. Our mission is to give power and voice to those in need. As we begin 2024, the last year of the first quarter of the 21st Century, let us open our hearts to the starving, homeless, refugees, immigrants, Indigenous peoples, Jews, Muslims, Ukrainians, Palestinians, Russians, gay and lesbians, and the suffering in the Central Americas and more. The call of God is subversive. Our message is to legitimize those on the bottom rung of society and the world.

Many of our Spirituality Center programs this year reach out to those on the bottom. We hope you will join us in giving attention to these issues. Bottoms UP!



Our Mission

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, found at the back of this issue. If questions, contact the AHSC Event Coordinator at 507-280-2195 or ahsc@rochesterfranciscan.org. Advance registration helps us make important decisions regarding printed materials and seating arrangements.

Event Times - All programs listed are in the Central U.S. Time Zone.

Location - 1001 14th Street NW, Rochester, MN 55901. Parking map may be found on page 48.

Cancellation - 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 the AHSC Event Coordinator at ahsc@rochesterfranciscan.org or call 507-280-2195 to inquire about scholarship availability.

Zoom Events - If you have never used Zoom, it is very important to download the Zoom application on your computer/device IN ADVANCE. To view a video for instructions, type: <https://learn-zoom.us/show-me> into your search bar. Select the video: “Join a Meeting.” You will be sent a Zoom link via email prior to the event. If you are firsttime 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.

Special Considerations for In Person Events - Since Assisi Heights is home to the Sisters of Saint Francis, we ask that you monitor yourself for any symptoms of illness. If you have symptoms, we ask that you notify us and refrain from attending. In the case of future outbreaks, we may request that you wear a mask. We appreciate your understanding.

Events Offered on Multiple Dates



Centering Prayer

Every Tuesday, 6:00-7:00pm

No fee. Donations appreciated.

In Person

No need to register, just show up! All are welcome.

The practice of Centering Prayer is a sort of “boot camp” or initiation to meditation and/or contemplation. Centering Prayer is one of many approaches. It is the place where peace and quiet meet. Centering Prayer familiarizes us with God’s first language, which is silence. In order to hear the language of God, we must learn to be still and to rest in God. The allure of this relationship comes into being in quiet. The intent is to be totally available to the divine source within.

The practice is facilitated by Sister Beth Lynn, OSC. Sister Beth has 40 years of experience in this prayer form. The modern movement in Christianity was initiated in 1970 by three Trappist monks – Fr. William Menninger, Fr. Basil Pennington and Abbot Thomas Keating – at St. Joseph Abbey in Spencer, MA.



Chants for Peace and Life: An Introduction to Vedic Chant

March 4

March 11

March 18

March 25

6:00-7:00pm

\$20 for series | In Person

Vedic Chants are an ancient and vast collection of Indian Sanskrit hymns drawn for the Vedas over 3500 years ago and preserved by oral tradition to this day. These beautiful chants are considered sacred foundational guides to spiritual life and can be transformative for all peoples. Vedic chants are the source of mantras used in meditation.

In these sessions, we will learn the basic concept of Vedic chant – using the traditional method of listen and repeat. These three chants, guide us to a peaceful heart, health and nourishment of body and spirit and clarity.

All are welcome to participate. No knowledge of Sanskrit is necessary. No musical or vocal ability is needed. Just an open ear and heart.

Patricia Barrier, RYT-500, is a registered yoga teacher who has studying Vedic Chant for 10 years. She meets weekly with her chant teacher and a dedicated group of chanters.

Sound Bath – Relax, Release, and Renew Yourself by Listening to Sound

May 18

June 15

July 31

September 14

6:00-7:00pm

\$12 per session | In Person



Enjoy an uninterrupted 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; there is no need for any special clothing, musical instruments, or equipment. However, you may wish to bring 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 like Tibetan bowls, tongue drums, chimes, Native American style drums, flute, rattles and other instruments. Each person will have their own unique experience and enjoy the rejuvenating benefits 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 are as numerous as there are songs. Give yourself the gift of relaxing, releasing, and renewing by listening to soothing sound!

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 Tai Chi Chih teacher, and a Reiki practitioner. She enjoys connecting with nature by gardening and hiking.

Drumming for Peace in Our World

June 7

July 5

August 2

September 6

6:30-8:30pm



No fee. Donations appreciated. | Canticle Park

Our world hungers for Peace... Peace in the world community. Let us make *community* a verb! Drums are tools of experiencing the connections and relationships to living things and the Creator. This outdoor program will include prayers and drumming as you watch the descending summer sun approach the horizon. Bring your own drum or other rhythmic instruments and a chair. This event is led by Rochester's Omni Drummers.

Mindful Meditation with Music

July 15

July 22

July 29

6:30-7:30pm



\$10 each session | In Person

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. Cellphones are not invited.

These sessions will be facilitated by a variety of spiritual guides and local musicians in the Rochester community.



Garden Meditation

August 5

August 12

August 19

6:30-7:30pm

\$10 each session | Canticle Park

In a time of shifting ideologies, the respite of a garden can be rejuvenating. Take a moment to soak up the stillness, enjoy the scents...a sweet floral aroma, and smell the moist soil. Feel and see energy evolving all around in this generous landscape. Flowers are usually in various stages of growth, from buds to blossoms. Fragrances waffle with the sun's encouragement. Scents provoke perfumed attraction of winged insects and conjure up memories of specific occasions. Poetry interspersed in this guided mediation is designed to open doorways in the mind and spirit, inspiring and aligning your life in surprising ways!

Each session is different. They will be led by a variety of spiritual leaders in the Rochester Franciscan Community.

Lenten Season 2024:

This holy season begins on Ash Wednesday, which falls on Valentine's Day this year! Women are celebrated in month of March. Let this season be a pilgrimage of the heart. Join us on Tuesday evenings as we honor the memory of the women on the way to Calvary.

February 20, 6:30pm

Prayer Service in the Style of Taizé, *The Passion of Mary*
by Charles Peguy - (AHSC)



February 27, 6:30pm

Mary's Gaze in meeting her son, Jesus (Via Zoom)

March 5, 6:30pm

Veronica's Gaze (Via Zoom)

March 12, 6:30pm

The Gaze of the Women of Jerusalem (Via Zoom)



March 19, 6:30pm

The Gaze of Mary Embracing her Son in Preparation for Burial (Via Zoom)



March 26, 6:30pm

The Gaze of *Two Mothers* by Velma West Sykes; a portrayal (AHSC)

Tours

A Green Environmental Land Tour

May 25, 1:30-2:30pm

June 1, 10:30-11:30pm

July 16, 6:30-7:30pm

\$15 per tour | Canticle Park

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



Awaken Your Senses by Walking

May 28, 9:30-11:30am

June 25, 5:30-7:30pm

July 30, 9:30-11:30am

August 27, 5:30-7:30pm

September 17, 9:30-11:30am

\$5 per tour | Canticle Park

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 a steward of our natural environment, and guide for others. She draws on practices of forest bathing, a deep relaxation amongst trees in order to de-stress and boost health and wellbeing in a natural way. Loretta serves on the Chester Woods Park board and is a longtime volunteer, working on such projects as invasive species removal to restore both woodlands and prairies.

Wilson House Tour

June 1

July 13

August 10

September 7

1:30pm-3:00pm

\$15 per tour | Canticle Park

Visit the home of Louis B. Wilson on Walnut Hill, hidden in the southeast corner of the Assisi Heights grounds. The house was designed by Harold Crawford and built in 1924. Louis Wilson lived there with his second wife, Maud Mellish and a third wife, Grace McCormack. Come inside and learn its history and see its unique architectural features.



Historical Artifact Crawl

June 20, 6:30-7:30pm

July 10, 6:30-7:30pm

July 23, 6:30-7:30pm

August 3, 1:00-2:00pm

August 6, 6:30-7:30pm

\$15 | In Person

Join in a first-time artifact crawl to learn the Rochester Franciscan History. See Mother Alfred's Desk, and grand piano for music lessons to raise money for building St. Marys Hospital, Nursing graduates Florence Nightingale type lamp, Mother Augustine's rocking chair, the ground-breaking shovel for Assisi Heights, College of St. Teresa model site plan, the original switchboard, Sister Dolore's hard hat and many more treasures that tell the story of the Sisters of St. Francis. Register early, as space is limited.



Architecture Tour: Stories in Stone

June 22, 1:30-3:30pm

July 18, 6:30-8:00pm

July 27, 1:30-3:00pm

August 14, 6:30-8:00pm

\$15 | In Person

Assisi Heights has stories engraved in the walls. Literally! However, many more anecdotes tell the stories that chronicle the history hidden in the walls. Come up close and see some of the architectural features, aesthetic design aspects and a few of the often-overlooked artistic Franciscan features. Hear the stories stored in stone. Unravel the mystic nature of Assisi Heights. Wear walking shoes for this indoor and outdoor event.

Ken Allsen is an architectural historian residing in Rochester. He teaches regularly for the RCTC LIFE Program and is author of five books about architectural history in our region. He volunteers at the History Center of Olmsted County and in the Mayo Clinic archives.

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

Assisi Heights Tour: Stories of Franciscan Life

**Mondays and Thursdays,
2:00pm**

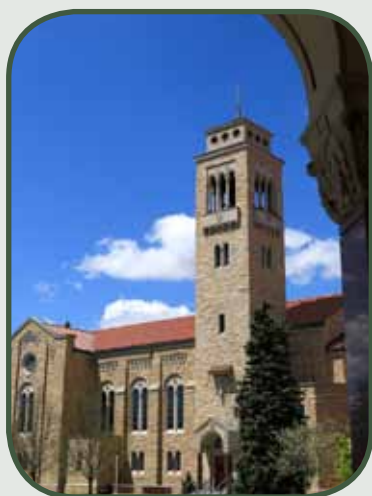
Saturdays, 1:30pm

Preregistration is required at least 1 day in advance.

No fee. Donations appreciated.

Call 507-282-7441, ask for Sister Alice to register.

Visit the hilltop home of the Sisters of St. Francis, once on the edge, but now again in the middle of the city of Rochester, MN. Hear the stories and ministries that have evolved to meet the changing times. A unique building with resemblances of earlier connections to St. Francis / St. Clare in Assisi, Italy. Though the building tells its own story, it is the lives of Sisters that make the tour vibrant!



Events in Chronological Order



Qigong

**January 8, 15, 22, 29 February
5, 12, 10:30-11:30am
(Series of 6)**

\$50 | In person and via Zoom

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.

Bonnie Sokolov was certified to teach Tai Chi Chih in 2001, and graduated from the Institute of Integral Qigong and Tai Chi in 2008.

Human Trafficking and Sexual Exploitation Awareness

January 13, 9:00am-Noon

No fee. Donations appreciated.

In Person

FBI Special agent, Brenda Born, FBI Victim Specialist, Lisa Smith and Victim Witness Specialist, RaeAnn Costa, MS, US Attorney's office, will be part of panel to explain what sextortion is and discuss some of the techniques and tactics used to sextort innocent minor victims that may slip into being trafficked.

Participants will learn about safety planning resources available for youth, parents and caregivers. Our goal is to provide information and education to empower youth who are vulnerable and at risk for exploitation. The effort is to develop a basic understanding of Human Trafficking and Sexual Exploitation and how to talk to youth about this crime and to share preventive strategies.

Co-sponsored by Franciscan Sisters Human Trafficking Committee and Olmsted County Victim Services.



Tai Chi Chih: Movement with Meditation (Winter Classes)

Beginning: Tuesdays, 10:30am-Noon, January 16, 23, 30, February 6, 13, 20, 27, March 5. (Series of 8)

Continuing AM: Tuesdays, 9:00-10:00am, January 16, 23, 30, February 6, 13, 20, 27, March 5. (Series of 8)

Continuing PM: Mondays, 6:00-7:00pm, January 15, 22, 29, February 5, 12, 19, 26, March 4. (Series of 8)

\$50 | In Person

Are you looking for calm in your daily routine? Consider circulating and balancing your inner energy or “chi” in the peaceful and serene space at Assisi Heights. The form is composed of nineteen easy, slow moving meditative movements and one pose. People around the world perform this practice for many different benefits. Tai Chi Chih is very adaptable and benefits persons with any physical condition or age. It may be done seated or standing and requires no special dress or equipment. You may find yourself enjoying greater flexibility and balance, better general health, more serenity, increased joy and an improved immune system.

This is an 8-session series, not a drop-in class. In the beginner’s class, you will learn and practice all 19 movements and the final pose in 8 weeks. The continuing class is for those who have already learned the form and will work on any questions for about 15 minutes, followed by a full practice with the group.

Judy Trousdell is an accredited Tai Chi Chih instructor and has been practicing the form herself for many years.

Why do we Weep? A Lament to Uncover Peace

January 17, 6:30-7:30pm

No fee. Donations appreciated.

Via Zoom

Our world stands on the precipice of several moral and ethical questions. Wars, violence, drugs and corruption haunts our nights. We search for legitimate peace and 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.





Learning and Chanting Green Tara Mantra

January 20, 9:30-11:00am

\$30 | In Person

January 20 is Tara's Blessing Day. Tara is the most beloved of all the female enlightened beings in the Tibetan Buddhist pantheon. With the essence of active love and compassion she is known as, the "Mother of all the Buddhas". Learn the meaning of her Mantra, "Om Tare Tuttare Ture Soha" and what her mantra means, and how to say it in Tibetan. During this one-hour class, we will chant together for 21 minutes while seated in chairs.

Natalie Jo Barker traveled to Nepal in 2017 and was magnetized by the sound she experienced in Tibetan monasteries. She has been practicing the Tara Mantra for 8 years and is authorized to share this practice through the blessing of Yogi Karma Gomshen Rinpoche (Nepal).

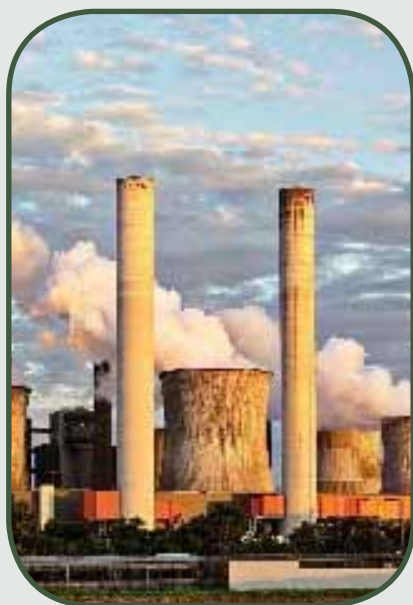
Energy Appreciation

January 22, 6:30-8:00pm

\$10 | In person and via Zoom

Everything you do requires energy, and so does our home, our food production and preparation, and our vehicles to travel. We take this energy for granted, but as resources deplete, it will be beneficial to understand and appreciate it more.

Ivan Idso is passionate about everything sustainable. He renovated a home built in the 1890's into to a near-zero energy home with many new technologies incorporated into its walls. He completed a Permaculture Design course in 2018. This is a whole systems approach to developing sustainable human settlement. It is rooted in horticulture and agriculture and touches on regional technology and architecture that Ivan incorporated into his home.





Creature Feature: Grieving the Loss of a Pet

January 24, 6:30-8:00pm

\$15 | Via Zoom

This class delves deep into the sacred moments with our finned, feathered, furry and fuzzy cousins. We depend on our pets to expand our spirituality so genuinely and effortlessly. However, when our cherished pet passes away, we struggle with knowing how to deal with our feelings of grief and loss.

- “I knew I would be sad, but I was not prepared for this depth of grief.”
- “I have so many kinds of feelings – ranging from sadness, fear, anger, guilt, and loneliness.”

The loss of a cherished pet can make you feel like you have lost your purpose and have no one to turn to that understands. “You are not alone, and I, Leigh, do

understand your broken heart. Please join me to understand the above topics as well as strategies to help with your healing.”

Leigh Ann Gerk, MA, LPC, has been in the counseling field for over fifteen years. She is certified in Pet Loss & Grief Companioning and is the founder and owner of Mourning to Light Pet Loss, providing individual and family counseling for anyone grieving the loss of a pet. She lives in Loveland, CO.



What Does it Mean to be Franciscan in Today's World?

January 25, 6:30-8:00pm

\$15 | Via Zoom

Our presenter, Friar Tony Luevano, will talk about his journey as a friar and share his thoughts on the Franciscan vision in this chaotic world. Tony is recently professed as a Friar Minor in the Saint Barbara Province in California. He spent a year-long Clinical Pastoral Education (CPE) at St. Marys Hospital in Rochester. Currently, Tony works as a chaplain offering spiritual care at St. Anthony Foundation located in the Tenderloin district of San Francisco, which provides essential services to the homeless.

Contemplative Retreat Morning

January 27, 9:00am-12:00pm

\$25 | In Person

*"Open the doors of our hearts
Awaken us to hope, awaken us to joy,
Awaken us to the coming of light."*

-Velma Frye

After the Holiday Bustle and New Year Beginnings, you are invited to come to a retreat morning of reflection and solitude. Participants will be guided with inclusive prayer/meditation experiences to see the Holy in all that is. There will be input and alone time in the gentle softness of Assisi Heights to awaken you to new hope, joy and light. Drinks, fruit and snacks will be available. Come with an open heart and wear comfortable clothing.

Franciscan Sister Linda Wieser will facilitate the retreat. She currently ministers as a Certified Life Coach and Spiritual Director / Companion. She has been offering spiritual direction and retreat ministry for over 40 years.



Successful Aging and Our Brain: What We Never Learned in School!

February 1, 6:30-8:00pm

\$15 | Via Zoom

Learn 3 insider tips on managing the aging process by being adaptable, understanding the concept of "brain health" and the crucial importance of community and connectedness to modify the aging transition.

Demystify the lifestyles of individuals living in Blue Zones – the regions of the world with the largest percentage of individuals 100 years of age or older. Understand the crucial importance of hearing and fitness.

Our presenter, Dr. Edward T. Creagan, will also focus on the most significant factor in creative aging from long-term Harvard studies. Dr. Creagan is a board-certified medical oncologist and the first Mayo board-certified hospice and palliative care consultant. He is the author and editor of the book, *Mayo Clinic on Healthy Aging*.

“Your Daughters will Prophecy: A Living Testament of Perseverance and Resilience in the Midst of Life’s Disappointments”

Book Discussion

**February 5, 12, 19, 26,
7:00-8:00pm (Series of 4)**

\$15 | Via Zoom

This is an important book for all interested in the issue of Women in Ministry. It offers encouragement to all women who feel God’s call to ministry but find roadblocks placed in their way because the ministry to which they feel called has been typically been “for men only.” Dr. Brantley, in her book, courageously opens the door to her personal struggles in ministry and allows her readers to look inside. She reminds us that nothing is impossible with God.

NOTE: Books are available for participants for \$10 donation by contacting Teri Sanneman at tess0418@hotmail.com. Books will be mailed out one week before the first session.

Our facilitator is Teri Sanneman, a nurse by profession, an educator, a Cojourner with the Sisters of St. Francis. Teri resides in South Carolina, where she invests her time as active member of Holy Ground Catholic Community, where she facilitates church services and supports spiritual development.

Dakota 38 - A Film

February 7, 2:30-3:45pm

No fee. Donations appreciated.

In Person and via Zoom

In August of 1862, The US-Dakota War of Dakota Uprising began. The five-week war was the result of Dakota Native peoples rising up while facing starvation and possibility of displacement by white settlers. When the warring ended, Dakota men were imprisoned and accused in participating in the war and sent to trial. Transcripts were flawed, evidence was biased and rare, and defendants were poorly represented. Trials took place in a language unknown by the Dakota. President Lincoln reviewed the transcripts, commuted the sentence of two, and sent the order to Governor Sibley. On December 26, 1862, 38 prisoners were hanged in Mankato, MN, and buried on a sandbar in the Minnesota River.

Note: In an effort to educate ourselves of Indigenous people’s history and untold stories in this region, we will schedule other true-to-fact movies we deem credible.





Losar (Tibetan New Year) Singing Bowls

February 10

Session 1: 9:30-10:15am

Session 2: 10:45-11:30am

\$20 per session | \$35 for both sessions

In Person

LOSAR: 'Lo' means year or age, and 'sar' means new, fresh. So, the full meaning of Losar is a new year or the beginning of a new era! This is an auspicious time to refresh our energy and start a new year with positive vibrations.

Singing Bowl Meditation uses the pure tones of quartz bowls to guide the body to deeper states of calm as a person lays or sits quietly. Singing bowls are a way to feel and maintain a relaxed state of mind, body and spirit. Sound Relaxation Meditation can be a great starting point for those newer to meditation or support for those who have a daily practice. Sustained notes serve as an anchor to eliminate the background chatter in your mind. This program is practiced sitting or lying down. (Please bring your own mat, blanket, or eye covering.)

Natalie Jo Baker has spent 15 years practicing meditation and subtle body relaxation through a variety of modalities.

Praying with Icons

February 15, 2:30-3:30pm

No fee. Donations appreciated.

In Person

"Icon" refers to the Greek word for images of the invisible God. Icons reached their definitive forms in the 9th Century. The goal of the icon is to carry us beyond the material of which an icon is made. Icons are visual theology written in images. Learn about Icons and how to pray with them. The presentation will include other information about 'writing' icons and a time of individual prayer with a variety of icons.

Sister Marlys Jax will lead this presentation. She serves as program director of the Assisi Heights Spirituality Center. She has written three icons under the direction of Sister Clairvaux McFarland, OSF, Iconographer.





Lectio Divina

February 17, 10:30-11:30am

No fee. Donations appreciated.

In Person

Lectio Divina is a Sacred Reading. It is a deliberately slow, repetitive reading of a sacred text, that leads one to a sense of being embraced by the arms of God. It is an invitation to reflective listening to the Word to grasp its meaning and savor its intent. The process unfolds in four stages: *lectio* (reading), *meditatio* (meditating) *oratio* (praying) and *contemplation* (contemplating). The Lenten texts will be used for this ancient method of prayer with other companions in the group.

Lent 2024: The Passion of Our Lady by Charles Peguy

February 20, 6:30-8:00pm

No fee. Donations appreciated.

In Person

Join us this Lenten Season by participating

in the sentiments of a Mother in this poem – “Mother Mary” to be exact. This poem is very touching. Imagine a mother watching her son carrying a crude cross through the streets with a jeering crowd and seeing him crucified. She was heartbroken. And imagine what mothers on our streets today experience: being broken, living in pain, in Ukraine, Gaza, Israel, and Palestine. Pray with us in the style of Taizé.

Charles Peguy (1873-1914) was born into a French peasant family. His life had a rollercoaster pattern of relationships; including being raised as a devout Catholic. He became a Socialist, had an agnostic system of beliefs and, in 1908, re-converted to Catholicism, although he remained a non-practicing Roman Catholic. He was a profound thinker, a noted poet and essayist whose style was simple, repetitive and biblical in nature, always focusing on the theology of hope. He died in during WWI. He is considered a Christian mystic.





Learning Firsthand About Native American Cultural Clash

February 21, 6:30-8:00pm

\$15 | In person and via Zoom

Betty and Shirley were born and raised in Rochester. Their mother, Nora, was from the Spirit Lake Dakota (Sioux) Nation in North Dakota and attended Indian boarding school, from age 5 through high school, in Marty, South Dakota. Their dad, Burnett, was Norwegian from Tioga, North Dakota. Diversity was learned at the kitchen table. They have been on a journey, since 2001, when their mother passed away; learning for the first time about their Dakota history and heritage. They wanted to know why their mother was so embarrassed to be Native American. This presentation will take you through their growing up years, how they learned about Minnesota's cultural clash between the Dakota and the early settlers, and how they learned to forgive from the many elders they met on their journey.

Come hear these stories and meet Betty Smith and Shirley Greising in person.

Yoga: The Peaceful Path to Resilience

**February 21, 28, March 6, 13,
20, 27, 9:30-10:30am
(Series of 6)**

\$60 | In Person

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.





Lent 2024: Mary's Gaze in Meeting Her Son, Jesus

February 27, 6:30-8:00pm

No fee. Donations appreciated.

Via Zoom

Lama was in Rochester a few years ago, he responded to the question, "How can I be more compassionate in my difficult work situation?" with the statement, "First, be compassionate with yourself." Two Rochester Franciscans, Cojourner Kileen Smyth and Sister Linda Wieser, will facilitate a sharing of beliefs, skills and behaviors that can may help participants to live into Self Compassion. In the lovely quiet setting of Assisi Heights, there will be time for input, alone time, prayer/meditation and optional group sharing.

Come with an open heart and wear comfortable clothing. Drinks, fruit and snacks will be provided. Please bring your own sack lunch.

"Self-compassion is not a virtue-it is a commitment. It's not something we have or don't have-it's something we chose to practice." - Brene Brown



Compassionate Living Retreat for Women

March 2, 9:00am-2:00pm

\$30 | In Person

March is Women's History Month. To celebrate, we invite all women of any age, life stage or belief system to join a circle of compassion. When the Dalai

Chants for Peace and Life: An Introduction to Vedic Chant

March 4, 6:00-7:00pm

\$20 | In Person

See page 6 for description.

Lent 2024: Veronica's Gaze

March 5, 6:30-8:00pm

No fee. Donations appreciated.

Via Zoom



Al-Anon Four Step Inventory Retreat

Friday, March 8, 2024, 6:00-8:30pm and Saturday, March 9, 9:00am-3:00pm

\$25 | Via Zoom

This course is designed to facilitate the work of a Fourth Step Inventory in the Al-Anon program. *Step Four* is an inventory, a list of characteristics, thought and behavior patterns, relationships, and events that make us who we are (from *How Al-Anon Works*, p. 51). A personal inventory helps us to take stock of ourselves and fosters balance in our lives and our relationships.

Step Four makes it possible to learn about ourselves, our strengths and weaknesses,

our unconscious habits and unrecognized talents, our unspoken shame, secret delights, and hidden passions. If you have been affected by someone else's drinking or destructive behaviors and wish to find balance in your life this is a course for you.

Teri Sanneman is a long-time, grateful member of Al-Anon. She has experience in walking others through the steps of the Al-Anon Program. She is a nurse, educator and a Cojourner with the Sisters of St. Francis. She invests her time as an active member in Al-Anon, and supporting spiritual development at Holy Ground Catholic Community.

Minnesota's Hooded History: The Ku Klux Klan in the 1920's Minnesota

March 11, 6:30-8:00pm

\$15 | In person and via Zoom

This presentation explores the roots and role of the Ku Klux Klan within the state's past, as well as what may have attracted followers in the post-war era, and post-pandemic depression of the decade. This event is open to all who are interested in the history of organized prejudice, nationalism and nativism within this regional geographic area.

Nancy Vaillancort is a southern Minnesota Historian who has written several books on local history. She has worked at the Owatonna Public Library for 30 years, and is now the manager of the Blooming Prairie Branch Library.

Chants for Peace and Life: An Introduction to Vedic Chant

March 11, 6:00-7:00pm

\$20 | In Person

See page 6 for description.



Lent 2024: The Gaze of the Women of Jerusalem

March 12, 6:30-8:00pm

No Fee. Donations Appreciated.

Via Zoom



Forgiveness - An Invitation for New Possibilities

March 16, 9:00-3:00pm

\$30 | In Person

This retreat day will focus on how to keep your “inner harvest” clear and bright by releasing resentments and hurts of the past. The planned practices will help one to accept forgiveness and live the invitation to new freedom. In this time together, participants will be invited to examine their own past wounded history with some prayer/reflection alone, as well as with rituals to release the pain that imprisons the heart and spirit.

Sister Linda Wieser will facilitate the day. She currently minsters as a Certified Life Coach, and Spiritual Director. She has been teaching meditation for over 30 years.

Chants for Peace and Life: An Introduction to Vedic Chant

March 18, 6:00-7:00pm

\$20 | In Person

See page 6 for description.

Burning Our Burdens

March 18, 6:30-8:00pm

\$15 | In Person

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 Rochester Franciscan Sisters Linda Weiser and Marlys Jax. Sister Linda is Spiritual Director and Life Coach, and Sister Marlys, serves as program coordinator of the Assisi Heights Spirituality Center.



Lent 2024: The Gaze of Mary Embracing her Son in Preparation for Burial

March 19, 6:30-8:00pm

No fee. Donations appreciated.

Via Zoom

Chants for Peace and Life: An Introduction to Vedic Chant

March 25, 6:00-7:00pm

\$20 | In Person

See page 6 for description.



Lent 2024: Two Mothers: A Performance based on the poem by Velma West Skyene

March 26, 6:30-8:00pm

\$15 | In Person

As we enter this Holy Week, come and experience the passion of two mothers who experienced the mystery of death of their sons with a shared sorrow. By entering into the dialogue between these women, we begin to know the ache of their human hearts. May we join our hearts to lift up the conditions and passions of our world, our church, our community and our families. This will be a time of prayer, reflection and sharing based on the interactive dialogue of these two mothers.



The Seed Keeper

Book Discussion

**April 3, and April 10,
6:30-7:45pm (Series of 2)**

\$15 | Via Zoom

The Seed Keeper, Diane Wilson's first novel, reminds us that the seed of healing and restoration of the people and the land in fact are the same thing. The stories of Rosalia "Rosie" Iron Wing are heart breakers of colonial violence decimating indigenous families and violence to the land by the corporate agriculture industry. This orphaned 12-year-old survived foster care, but sought to go back to the place where her stories were left behind in her ancestor's bones. Her great aunt is the seed to mature her story and that of her family, finding her resilience and potential. The setting of the book is in Minnesota near Mankato, MN area.

Sister Patricia Jean Schlosser, a Rochester Franciscan, will facilitate this discussion. She has a passion for justice, which prompts her to advocate for people in need. She is a social worker by profession and has 50 years of experience as social justice activist. Her interests seek to find the intersectionality of systems and institutions.

The Ripple Effects of Harm

**April 4 and April 11,
6:30-8:00pm (Series of 2)**

\$20 | In Person

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." —Dalai Lama

In Part One, you are invited to "participate" in an experiential activity to better understand the impact of harmful actions. In Part Two, you will "participate" in an experiential activity to learn how "Restorative Circles" are being used in various settings to bring about healing.

These sessions will be facilitated by Sister Sue Reif, a Rochester Franciscan who has been involved in the field of Restorative Justice for over 20 years. Sue worked as the Coordinator for Prison and Re-entry Ministry for the Archdiocese of Santa Fe, the Director of Restorative Justice for the Diocese of San Bernardino, and helped to start a nonprofit agency in the Los Angeles area for those affected by homicide. She serves on the Restorative Justice Committee of the California Catholic Conference of Bishops (CCC). At the present time, Sue is the Volunteer Coordinator at Assisi Heights.



Visio Divina: Practices for a Life Journey

April 6, 10:30-12:00noon

\$15 | In Person

Visio Divina is an ancient form of Christian prayer in which you allow your heart and imagination to enter into the sacred image such as an icon, stained glass or mosaic. Visio Divina is “Divine Seeing”. In silence look, see, notice and connect to an inspiration in a sacramental way. Rebecca will lead us through the practice of praying with art and provide us with additional images to reflect on our world and connect us with the season as we move through the liturgical year.

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

Qigong

April 8, 15, 22, 29, May 6, 13, 10:30-11:30am (Series of 6)

\$50 | In person and via Zoom

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. Simply stated, Qigong 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. Bonnie Sokolov began studying Tai Chi in 1998, and She was certified to teach Tai Chi Chih in 2001. In 2008, she graduated from the Institute of Integral Qigong and Tai Chi in 2008.

Tai Chi Chih-Movement with Meditation - Spring

Beginning classes: Tuesday, 10:30am-12:00, April 16, 23, 30, May 7, 14, 21, June 4, 11. (Series of 8)

Continuing classes Monday, 6:00pm-7:00pm, April 15, 22, 29, May 6, 13, 20, June 3, 10. (Series of 8)

Tuesday, 9:00am-10:00am, April 16, 23, 30, May 7, 14, 21, June 4, 11. (Series of 8)

\$50 | In person

See page 16 for description.



Hello Beautiful

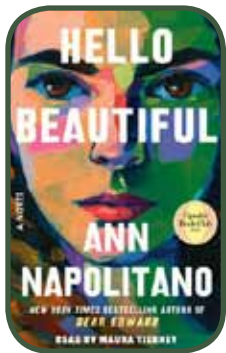
Book Discussion

April 23, 1:30-2:30pm

\$15 | In Person

Hello Beautiful by Ann Napolitano is a riveting account of what’s possible when you choose to engage with another in spite of their upbringing. Can your care and compassion make a broken person whole? A young man, William Waters knows tragedy. But a college scholarship gave him a different trajectory. He meets a young woman and her sisters who incorporate him into a new and different family composition. The novel shifts and takes on a multitude of nuances of complicated relationships. This book is a suggestion of Oprah Winfrey’s Book Club.

Our Discussion Facilitators: Barb Arel is an avid reader, former teacher and library regular, no matter what city she resides in. She enjoys any hobby related to fabric or yarn – sewing, quilting, crocheting and knitting. Mary Paquette is a voracious reader as well. She is a former nurse by profession, retired care-giver, gardener and a great cook and baker. Both reside in Pine Island.



Franciscan Music for the Soul with the Composer, Cathy Tisel Nelson

May 4, 9:00am-4:00pm

\$50 | In person

Come deepen your relationship with God through music created by Franciscan composer Cathy Tisel Nelson. Our time together will include presentations, prayer and ritual, reflection, as well as small and large group sharing. Franciscan Spirituality will be woven into the retreat. Experience the healing power of music inspired by St. Francis, St. Clare and the Holy Spirit. Cathy’s music depicts God as the source of healing, comfort and showered upon all creation.

Cathy resides in Rochester with her husband, Duane. She was musical liturgist for Rochester Franciscans, and Holy Spirit Catholic Church, where she serves as volunteer music liturgist. She has created music for the national office of the Franciscan Federation. She continues to deepen her Franciscan spirituality as a Cojourner with the Rochester Franciscans.

Celebrating World Labyrinth Day 2023

May 4, 12:30-1:30pm

\$10 | Canticle Park

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 for mediation and prayer. According to Veriditas, an organization that promotes labyrinths worldwide, *“They are used to quiet the mind, recover balance in life and encourage meditation, insight, self-reflection, stress reduction and to discover innovation and celebration. They are open to all people as an interfaith, cross-cultural blue print for well-being. The mind joins the spirit.”*

Come, learn the history and experience the balance of body, mind and spirit as a meditation in slow motion. We will “Walk as One at 1” joining other communities across our world creating a rolling wave of peaceful energy in every time zone. This is an outdoor experience.

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



The Secrets of the Assisi Heights Motherhouse Blueprints

May 8, 1:30-3:00pm

\$15 | Via Zoom

In 1955, the Rochester Franciscans moved from Center Street in downtown Rochester, to a new facility known as the Motherhouse of the Sisters of St. Francis, located atop a high hill on the north edge of the city. They named it Assisi Heights. This lecture will cover the architectural history of the original design and construction, plus a description of how it has adapted to meet the changing needs of the Sisters.

Ken Allsen is an architectural historian residing in Rochester. He teaches regularly for the RCTC LIFE Program and is author of five books about architectural history in our region. He is a volunteer private detective who can be found searching the crannies of the Olmsted County History Center and in the Assisi Heights and Mayo Clinic Archives.

Navajo Code Talkers

A Film

May 10, 2:30pm-4:00pm

No fee. Donations appreciated.

Via Zoom

The year was 1942. We were in the midst of World War II. Japanese and German forces were tapping into the United States' communication line. U.S. Marines had discovered a group of Native Americans, namely the Navajos who used a language with no written alphabet. These men were called Code Talkers. They were able to encrypt and transmit secret allied messages to the battlefield in their traditional language. The irony was that some of these men were punished during their youth at Government Boarding Schools for speaking their language!



Mother's Day Luncheon

May 11, 11:30am-1:00pm

\$32 per person / \$60 for two

In Person

Celebrate the day! Bring your mother or a special woman in your life to enjoy a luncheon in the serene setting of Assisi Heights! We have dusted the furniture, polished the floors and ironed the linens for your visit. Come experience the perfect pot of coffee or tea and savor refreshing cordials and tisanes with lunch. Learn the history of Mother's Day and hear some mother-daughter stories.

Birding on a Hilltop

May 15, 6:30-7:30pm

No fee. Donations appreciated.

Canticle Park

Discover the feathered cousins at Assisi Heights. Join us for a birding adventure in our back yard. It is a scavenger hunt to

welcome the migrators and get glimpse of the local residents. Experience a combination of the sights and sounds of these airborne creatures. Wear good hiking shoes, bring a bird guide book and binoculars if you have them, and join us for the sport of birding. See you in the field! In case of inclement weather, the walk may be rescheduled or canceled.

An experienced birder from the Zumbro Valley Audubon Society will guide the participants.

Sound Bath – Relax, Release, and Renew Yourself by Listening to Sound

May 18, 6:00-7:00pm

\$12 | In Person

See page 7 for description.

Green Fire: Aldo Leopold and the Land Ethic for Our Time

A Film

May 23, 2:30-3:30pm

No fee. Donations appreciated.

Via Zoom

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.

The film is 73 minutes in length, and will be followed by a discussion.

A Green Environmental Land Tour

May 25, 1:30-2:30pm

\$15 | Canticle Park

See page 12 for description.

Awaken Your Senses by Walking

May 28, 9:30-11:30am

\$5 | Canticle Park

See page 12 for description.



Aldo Leopold Shack and Farm and Leopold Legacy Center Tour

May 30, 7:30am-5:30pm

\$60 per person. Register early, Limit 12.

Meet in Assisi Heights Lobby for this bus tour.

We welcome you to experience a peek into the life and work of Aldo Leopold and his family. By witnessing this area, you will feel like Leopold, himself, is inviting you into a “thinking community” inspiring you to develop a land ethic capable of meeting the social and ecological challenges of what we face today. Suggestion: You may want to see the film “Green Fire” on May23, 2:30pm as prologue to the tour.

This trip to Baraboo Wisconsin, will include a guided tour of the Leopold Shack and Farm, then travel to the Aldo Leopold Legacy Center. Following lunch and a visit to the gift shop is another guided tour of the Aldo Leopold Center to hear about how this building fits into the surrounding environment. We will find out how local materials were used in the building, and how this LEED building uses 70% less energy than a typical building its size. Talk about renewable energy and energy efficiency! After this, we will explore the exhibit hall, memorial and hiking trails.

We will then head back home and during the trip back, we will discuss what we saw.

A Green Environmental Land Tour

June 1, 10:30-11:30am

\$15 | Canticle Park

See page 12 for description.

Wilson House Tour

June 1, 1:30-3:00pm

\$15 | In Person

Canticle Park

See page 13 for description.

Drumming for Peace in Our World

June 7, 6:30-8:30pm

No fee. Donations appreciated.

Canticle Park

See page 8 for description.





Sound Bath – Relax, Release, and Renew Yourself by Listening to Sound

June 15, 6:00-7:00pm

\$12 | In person

See page 7 for description.

Historical Artifact Crawl

June 20, 6:30-7:30pm

\$15 | In Person

See page 13 for description.

Architecture Tour – Stories in Stone

June 22, 1:30-3:30pm

\$15 | In Person

See page 14 for description.

Awaken Your Senses by Walking

June 25, 5:30-7:30pm

\$5 | Canticle Park

See page 12 for description.



Meet the Wilsons

June 27, 6:30-8:00pm

\$15 | Canticle Park

Visit the home of Louis B. Wilson on Walnut Hill, hidden in the southeast corner of the Assisi Heights grounds. The house was designed by Harold Crawford and built in 1924. Louis Wilson lived there with his second wife, Maud Mellish and a third wife, Grace McCormack. Come inside and learn its history and see its unique architectural features.

Drumming for Peace in our World

July 5, 6:30-8:30pm

No fee. Donations appreciated.

Canticle Park

See page 8 for description.

Qigong

July 8, 15, 22, 29, August 5, 12
10:00-11:00am (Series of 6)

\$50 | In Person and via Zoom

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. Simply stated, Qigong 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 Tai Chi in 1998. She was certified to teach Tai Chi Chih in 2001. In 2008, she graduated from the Institute of Integral Qigong and Tai Chi.



Historical Artifact Crawl

July 10, 6:30-7:30pm

\$15 | In Person

See page 13 for description.



History Hike

July 11, 6:30-7:30pm

\$15 | Canticle Park

Enjoy hiking the land on the hill, exploring the beauty and natural topography, as we celebrate 74 years of ecological stewardship. Once home to the Dakota peoples, this hike will traverse the 110-acre site learning about the plot, the people and current easement plan. Learn the history of the land, the buildings and the community of Sisters. Hikes are on uneven terrain, rough gravel, and not stroller friendly. Dress appropriately for conditions, and bring water.

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

Wilson House Tour

July 13, 1:30pm-3:00pm

\$15 | Canticle Park

See page 13 for description.



Mindful Meditation with Music

July 15, 6:30-7:30pm

\$10 | In Person

See page 8 for description.

Mindful Meditation with Music

July 22, 6:30-7:30pm

\$10 | In Person

See page 8 for description.

A Green Environmental Land Tour

July 16, 6:30- 7:30pm

\$15 | Canticle Park

See page 12 for description.



Historical Artifact Crawl

July 23, 6:30-7:30pm

\$15 | In Person

See page 13 for description.

Architecture Tour – Stories in Stone

July 27, 1:30-3:00pm

\$15 | In Person

See page 14 for description.

Architecture Tour – Stories in Stone

July 18, 6:30-8:00pm

\$15 | In Person

See page 14 for description.



Mindful Meditation with Music

July 29, 6:30-7:30pm

\$10 | In Person

See page 8 for description.

Awaken Your Senses by Walking

July 30, 9:30-11:30am

\$5 | Canticle Park

See page 12 for description.

Sound Bath – Relax, Release, and Renew Yourself by Listening to Sound

July 31, 6:00-7:00pm

\$12 | In Person

See page 7 for description.



Drumming for Peace in Our World

August 2, 6:30-8:30pm

No fee. Donations appreciated.

Canticle Park

See page 8 for description.

Historical Artifact Crawl

August 3, 1:00-2:00pm

\$15 | In Person

See page 13 for description.

Garden Meditation

August 5, 6:30-7:30pm

\$10 | Canticle Park

See page 9 for description.

Historical Artifact Crawl

August 6, 6:30-7:30pm

\$15 | In Person

See page 13 for description.

Wilson House Tour

August 10, 1:30pm-3:00pm

\$15 | Canticle Park

See page 13 for description.

Garden Meditation

August 12, 6:30-7:30pm

\$10 | Canticle Park

See page 9 for description.



Architecture Tour - Stories in Stone

August 14, 6:30-8:00pm

\$15 | In Person

See page 14 for description.

Garden Meditation

August 19, 6:30-7:30pm

\$10 | Canticle Park

See page 9 for description.



Awaken Your Senses by Walking

August 27, 5:30-7:30pm

\$5 | Canticle Park

See page 12 for description.

Drumming for Peace in Our World

September 6, 6:30-8:30pm

No fee. Donations appreciated.

Canticle Park

See page 8 for description.

Sound Bath – Relax, Release, and Renew Yourself by Listening to Sound.

September 14, 6:00-7:00pm

\$12 | In Person

See page 7 for description.

Wilson House Tour

September 7, 1:30pm-3:00pm

\$15 | Canticle Park

See page 13 for description.

Awaken Your Senses by Walking

September 17, 9:30-11:30am

\$5 | Canticle Park

See page 12 for description.



Meeting & Reflection Space at Assisi Heights



Assisi Heights offers an ideal setting for staff or group workshops, retreats for a partial day, full day or multiple days. We can accommodate groups of up to 150 persons. Our mission is that all life is sacred, everyone counts and we are connected to all creation. We support all seekers in searching for healing, health and wholeness. For date availability and fees, please contact: Bob Taraba, event coordinator at 507-280-2195 or Sister Marlys Jax, program coordinator at 507-529-3524.

Assisi Heights offers:

- Meeting space to accommodate up to 150 attendees
- Wireless internet access
- Elevator access to all floors
- A hospitable staff
- Scenic views and walking paths
- A bookstore
- Simple bedrooms

**Fees vary based on specific needs, equipment, and set-ups.*

Enjoy a Personal Retreat!

A personal retreat is time away from your busy life. St. Francis found silence and solitude in his life in a little church he rebuilt after it was abandoned and in ruins. He called it “Portiuncula”, meaning 'little portion,' referring to a small portion of the land near Assisi In Italy.

We follow this Franciscan tradition of making available a 'little portion' of space for you to feel welcomed for quality time to reflect, relax, pray and be renewed.

Advance reservations required, call 507-280-2195 for availability.

What you need to know:

- Pristine accommodations:
 - Single bed; linens and towels provided
 - Desk/Chair
 - Comfortable Recliner
 - AC/Seasonal Fan
 - Adjustable thermostat
 - Shared restrooms and showers on the corridor
- What to bring:
 - Personal journal / books
- Rates:
 - Overnight stays at \$55 per night
 - Nutritious meals available

- Spiritual Guidance:
 - What is it? It is an ancient process of deep listening while accompanying another in their spiritual journey. It is an encounter to explore a deeper relationship with spiritual aspects of being human. Spiritual guidance helps people to tell their scared stories, seek clarity on how the divine interact in their daily life.
 - May be requested/arranged during your stay (and beyond) at a rate of \$40-\$60 per session
- Quiet Atmosphere:
 - Chapel
 - Inner Courtyard
- Outdoor Options:
 - Scenic sunrise / sunset views
 - Summer florals / fall colors / winter whites
 - Seasonal creatures
 - Labyrinth
 - Seven Walking Trails



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 is provided.

Performers: Do you have a talent to share? We welcome music, dance, magic, bird calls or most any other talent you would like to share. Does your group need to host a dress rehearsal? We can host it here and provide you with an audience! For more information, please call Sister Sue Reif at 507-282-7441, and ask for extension 231, or email: reifsue@gmail.com.

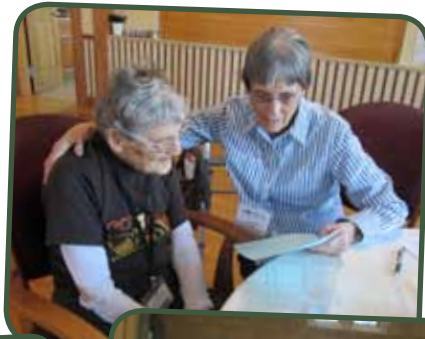


Become a Franciscan

Have you or someone you know considered becoming a Cojourner? Cojourners are women and men who wish to join the Rochester Franciscan Sisters on a spiritual journey!

For more information:

- Visit our website: www.rochesterfranciscan.org and scroll down and click on the button "Become a Sister or Cojourner"
- Call: 507-282-7441 and ask for Jan Manahan, or
- Email: srcoj@rochesterfranciscan.org



Walking at Assisi

Gather yourself and withdraw to the **slow lane**. Breathe mindfully, till your wondering mind rests. Walk slowly so your feet find soft pastures where the air embraces your heart. Connect with the healing elements of birds, blossoms and branches. Your destination is here and now.

- OR -

Come find your way to the **fast lane**. Breathe deeply of creations fresh air. Swift is your step till your pace informs your heart and works in sync with earth's drumbeat. Feel a wisp of the wind, and find inspiration for your mind, nourishment for your soul and consolation for your heart.

Come solo or companioned. Stop in at the Assisi Heights Lobby and pick up a tour of the trails and a walking pass to display, should you be greeted by security. (During turkey hunting season, mid-April – May, walking is limited to the perimeter of the buildings. Please confirm your hiking plans at the reception desk.) All are Welcome!

Land Acknowledgment Statement

We acknowledge with great respect that the sacred lands of Assisi Heights on which we live and make our home are the cultural and spiritual lands of the Dakota and Ho-Chunk peoples. As Franciscans we honor the lands and creatures as kin. We recognize the Catholic Church's involvement in the unresolved legacy of colonial-settler dominance and the unjust impact of forced assimilation on our Indigenous sisters and brothers. We realize that we share this land between us and commit to live in balance and harmony with Mother Earth and all her beings as we educate ourselves and build genuine relationships that support indigenous sovereignty and help restore justice.





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.

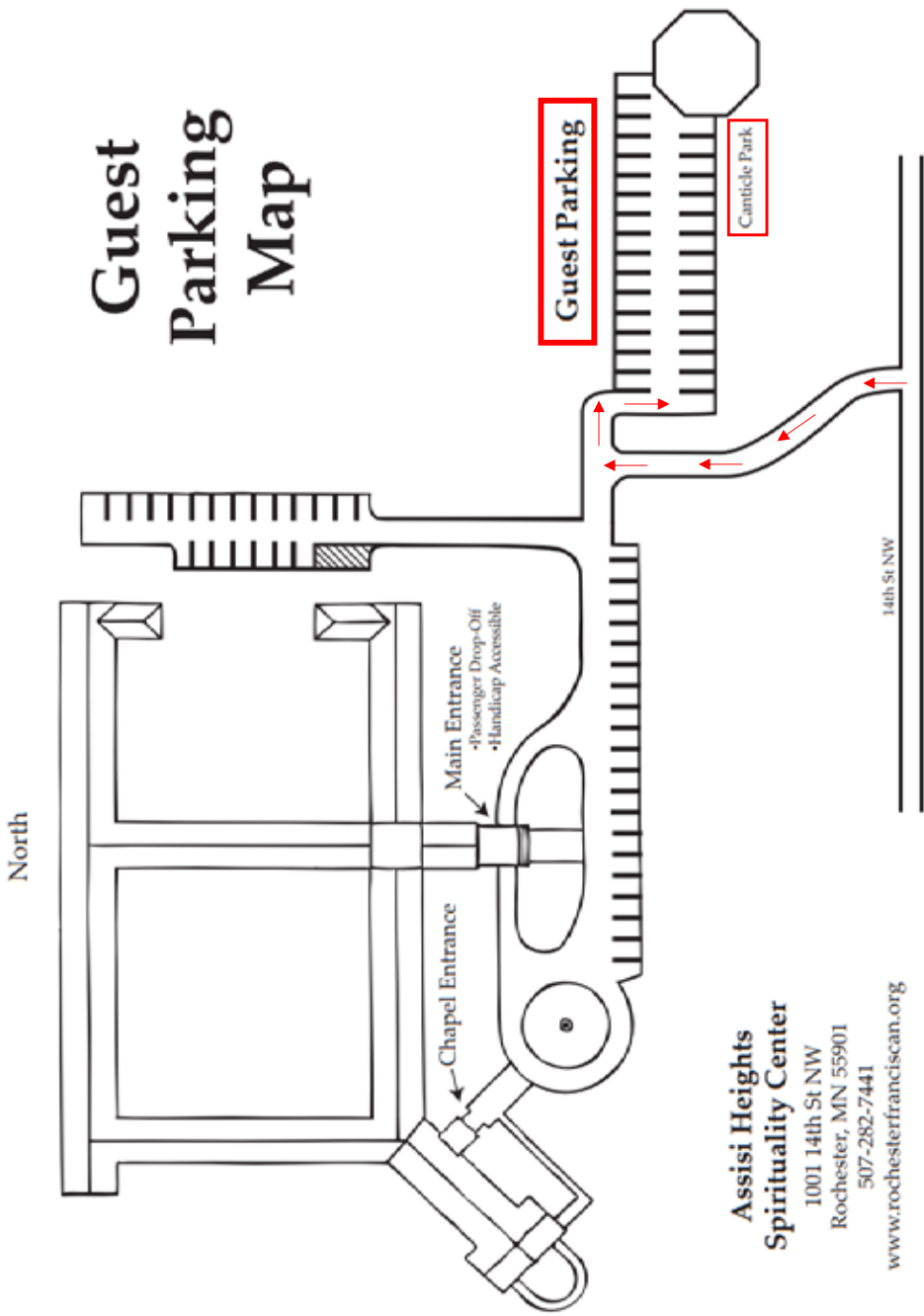
Merge onto US-52 N via EXIT 218 toward ROCHESTER.

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

Guest Parking Map



**Assisi Heights
Spirituality Center**
1001 14th St NW
Rochester, MN 55901
507-282-7441
www.rochesterfranciscan.org

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
is due upon arrival.

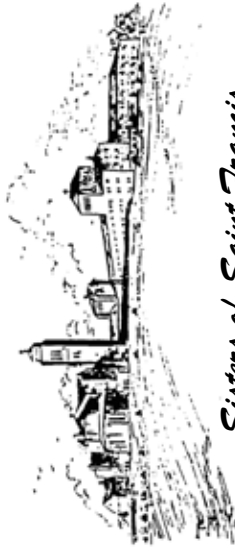
Check enclosed for
\$ _____

Please charge my credit
card \$ _____



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

Signature of card holder Date



Sisters of Saint Francis

Assisi Heights Spirituality Center

1001 14th Street NW, Suite 100

Rochester, MN 55901-2525

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If your address changes, you prefer to receive additional news via email, or be removed from the mailing list, contact:

AHSC Coordinator at 507-280-2195

or: ahsc@rochesterfranciscan.org