

September – December 2024

The Essence of Assisi

Vol. 15, No. 1



Assisi Heights Spirituality Center

Rochester, MN 55901
1001 14th Street NW

www.rochesterfranciscan.org

The Essence of Assisi

is a publication of the
Sisters of Saint Francis
Volume 15 Issue 1

Assisi Heights Spirituality Center
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www.rochesterfranciscan.org

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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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unless otherwise noted.

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Welcome

Sabbath:

The Sabbath is the time spent liberated from our slavery to work. Today's economic forces are nibbling away at the freedoms the day offers. Our culture invariably supposes that action and accomplishment are better than rest and that doing anything is better than doing nothing. To succeed and to meet the expectations of our culture, we cannot rest. Our consumerist cultural slave master demands we work longer hours, with new annexed tasks bringing on stress. Add on the use of so-called time-saving devices such as emails and smartphones that keep us attached to work, thus stretching our responsibilities beyond the office and the time clock. Work and activity are leashed to us, like a shadow that is always there!



Sister Marlys Jax
Program Coordinator
Assisi Heights Spirituality
Center

Developing is an unbridled disease - a chronic low-grade anxiety/depression seeping into our bones. It is eating away at the "good life." It's a vicious circle. People spend many hours at weekday work, use the other days to shop, and sometimes take on a second job to make ends meet. Then it's time to deliver children to games, retrieve the puppy at doggie daycare, and pick up pizza for supper.

Vacations are spent moving at a breakneck speed also, packed with activities, places to go, new adventures, or toys to try out. Some vacations do not even offer a change of pace, only an accelerated pace at a different venue. There is no time left to rejuvenate your body, be neighborly, catch your breath, or recall sacred moments.

Even our attire has migrated to 'dress down' to save time for the after-church event. The southern African-American style is to 'dress up' wearing one's 'Sunday Best.' I learned that they do so to recall the story of their slavery. Sunday church was a time of liberation from their slavery to work. It was the day they could dress like the master! Sabbath was God's Day; a break from the non-stop degrading slave labor. They considered it as an opportunity to rest in what God offered, celebrating the 'divine dimension.' Their dignity was restored by dressing up, singing, and dancing.

Today we are losing our way. We have become masters of our slavery. The Sabbath offers liberation from work. Missing is the quiet that grants us wisdom. The Sabbath is the time spent remembering what time is for. From our Jewish friends, we get the word “Shabbat” which means to cease or stop or be unemployed. Let your life lie fallow of work, to rest. It is time to chill out! It is our choice to carve out time to experience a Sabbath. Sabbath is anything that offers a change of pace... simple things like tea and crumpets on the patio, dressing up for a special occasion, or choosing the hammock under the old oak tree. It is making spacious what was once hemmed-in, or having options versus obligations. It calls for a counter-cultural support group to liberate us from our activities and meet the Creator face to face. It is time to allow time for the Holy One... enjoying the refreshment, loving the rest, and feeling liberated.

Can we take one-seventh of the week, to surrender some of that commodity named time to discover a new and different quality?

The Assisi Heights Spirituality Center offers space for a change of pace and a time of liberation. It is time to reconnect everyday duties to the marvelous expansiveness of the divine dimension. It is space to re-cultivate the soul’s appreciation of rest, insight, wisdom, and beauty offered by the One we call Holy.

It is time to go slow and experience the true meaning of life!



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.

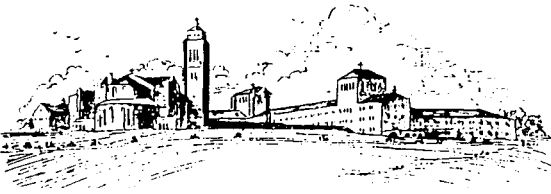
Location - 1001 14th Street NW, Rochester, MN 55901. Parking map may be found on page 48.

Cancellation - When an event is cancelled by the Assisi Heights Spirituality Center, your registration fee will be refunded in full. In case of inclement weather, please check your e-mail for additional information re: rescheduling.

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, refrain from attending. In the case of future outbreaks, we may request that you wear a mask. We appreciate your understanding.



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.

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.



Centering Prayer – Fall 2024

Every Tuesday at 6:00-7:00pm

Donations appreciated | In Person

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. 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 the quiet. The intent is to be 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, Massachusetts.

AHSC Open House

September 8, 1:30-3:30pm

Donations appreciated | In Person

See centerfold for complete details.

Trees – Woodland Adaption to Climate Changes

September 9, 6:30-7:30pm

\$15 | Outdoors

Walk around the grounds at Assisi Heights and observe the natural areas of management. Learn new data about tree species and the impacts of climate, and the best practices to ensure the health of the wooded community and management for Minnesota’s future climate.

Angela Gupta is a University of Minnesota Extension Professor of Forestry who specializes in terrestrial invasive species, and climate-ready woods, and has been the founding member of MN Women’s Woodland Network since 2008. She’s done early detection of invasive species education and outreach as part of the network. Angela earned her MA in Organizational Management from Spring Arbor University in Michigan, and a BS in Forestry from the University of Kentucky. Before joining the U of MN Extension, Angela was an industrial forester working with private landowners in Michigan and as a U.S. Peace Corp Agroforestry Extension agent in Kenya, East Africa.





Medicine Forest Walk

September 10, 6:00-7:15pm

\$10 | Outdoors

Join a naturalist on a short walk to explore some of the medicinal plants in the forest. Learn how many of the medicines synthetically made today originated from plants grown in our area. We'll also explore how the forest provides well-being benefits for all who walk among trees.

Sara Holger is a naturalist and program coordinator of the *Project Get Outdoors* program. She is the owner of the Driftless Naturalist LLC, in Wabasha, Minnesota, whose goal is helping people to gain an understanding and insight into the lessons the environment offers. Experience and enjoy the outdoors with Sara.

Stories in Stone 2024

September 11, 6:30-8:00pm

September 28, 1:30-3:00pm

\$15 | Outdoors/Indoors

Assisi Heights has stories engraved on 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 the author of five books about architectural history in our region. He volunteers at the History Center of Olmsted County and in the Mayo Clinic archives.

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



Decoding the Driftless: A Film of Science Exploration and Adventure

September 12, 10:00-11:30am

Donations appreciated | In Person and
via Zoom

"Join us for a wild ride of adventure above, on, and below the amazing Driftless Region! Emmy-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. Howe has led land conservation efforts for the Minnesota Land Trust and the Mississippi Valley Conservancy that have permanently protected over 15,000 acres of natural lands, including some of the rarest natural communities in America. Previously, Howe also worked as a research scientist for the U.S. Fish and Wildlife Service, publishing 21 scientific articles in aquatic toxicology.



Music and Light on the Labyrinth

September 13, 6:00-7:00pm

\$10 | Outdoors

Uplift your spirit and soothe your senses during an evening of music, spiritual readings, and walking meditation on the Assisi Heights labyrinth. The labyrinth will be illuminated by candles and luminarias, creating a beautiful and serene space. Music will flow out from the center of the labyrinth calling us into sacred movement. We will start with an open circle, followed by a community labyrinth walk, time for joyful and free movement, and end with a spiritual reading based on the theme of walking in the Light of Christ. Bring a yoga mat, blanket, or lawn chair as there is limited seating. Wear walking shoes and comfortable clothing that allows for ease of movement.

Dawn Marie Jacobson, MD, is an integrative medicine physician, musician, labyrinth walk facilitator, and yoga teacher. She intentionally selects a playlist of music that will enliven your body, clear your mind, expand your heart, and bring joy to your spirit.

Meet the Wilsons

September 14, 1:30-3:00pm

\$15 | Outdoors

At the upper end of the winding driveway to Assisi Heights, on the right side past Canticle Park, 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 “meet the Wilsons” and hear their personal stories on the front lawn overlooking the city below.

Ken Allsen is invested in this region. He is a historian of the early influencers and architectural structures upon which the city of Rochester was built. Sister Marlys Jax will tell the tales of living in the Wilsons’ house and share stories of the persons who have influenced the civic standards in the city. Diane Wroblewski, a nurse and quilter by profession, regularly brings to life the characters from our local history. These three individuals will impersonate the historical figures of Dr. Louis B. Wilson, and his wives, Maud Mellish and Grace McCormack.



Birding on a Hilltop

September 14, 9:00-10:30am

\$5 | In Person

Join us for a birding adventure in the backyard at Assisi Heights. This is a type of scavenger hunt to welcome the migrants and get a glimpse of the local feathered residents. Enjoy the sightings and sounds of these airborne creatures. Wear good hiking shoes, and, if you have them, bring a bird guidebook and binoculars. See you in the field!

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

Meet Edith Graham Mayo (via her Journal!)

September 18, 6:30-8:00pm

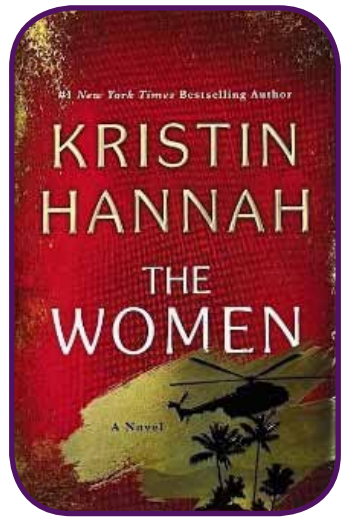
\$10* | In Person

Edith Graham Mayo was the wife of Dr. Charlie Mayo and Rochester’s first professionally trained nurse. She graduated from Chicago’s School of Nursing for Women and Children in 1889. In those days, a new nurse took a job as a private duty nurse or worked in a doctor’s

office. Edith had gotten a job working with a Chicago physician. But when she arrived for her first day of work, the doctor took one look at her and said “You’re too young and too beautiful,” and fired her. But old Dr. William Worrall had no qualms and hired Edith to be his office nurse. In time, he trained her to deliver anesthesia. When the Sisters of St. Francis were opening their hospital, Dr. Will lent Edith to the Sisters to help set up the surgery unit and train the Sisters to be nurses. Edith faithfully kept a detailed journal of her work. This presentation comes alive with Edith reading her journal, recalling the early procedures and techniques, how she accomplished her tasks and her reflections about nursing in Rochester. This program will touch your heart!

Diane Wroblewski is a nurse, a health care educator, an archivist, and a Cojourner with the Sisters of St. Francis.

** Nursing students may attend at no charge. Please contact Bob at 507-280-2195 to register.*



The Women: A Book Discussion

September 18, 2:00-3:00pm

\$10 | In Person and via Zoom

The Women, by Kristin Hannah, was #1 on the New York Times Best Sellers list. It is a realistic picture of the Vietnam era and what war did to a generation of Americans. It is about the women nurses in Vietnam and their readjustment struggles after returning from the war. The story will squeeze your heart and keep you turning the pages. It is a book not only for women, but a masterpiece that will engage all who lived through this wartime.

Prudy Knaak, a veteran book aficionado, will lead this discussion. She is a retired high school literature teacher and writing instructor hailing from Chicago. She has a Master of Science in Reading and has taught developmental reading at the Rochester Community and Technical College. Her passions are reading and gardening, in that order.

Yoga: The Peaceful Path to Resilience

September 18, 25, October 2, 9, 16, 23, 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 gentle practice along with breathing work and reflection.

This six-week class is suitable for the adult beginner as well as those with experience in yoga and 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.



Music and Light on the Labyrinth

September 20, 6:00-7:00pm

\$10 | Outdoors

See page 8 for complete details.



**TO HOPE AND ACT
WITH CREATION**
SEASON OF CREATION 2024

Taizé Prayer – Celebrating the Season of Creation

September 22, 6:30-7:30pm

In Person | Donations appreciated

Taizé Prayer is a repetitive prayer set to simple music, interspersed with meditation. Meditation is a form of contemplative prayer in which we move beyond words, thoughts, and images, opening ourselves to God's mysterious silence within us. There is no teaching or preaching. It is a short chant repeated over and over in the dark. Brother John, a Swiss, initiated this prayer form more than 70 years ago, in the small village commune of Taizé, France. As a community of brothers, they emphasize service, ecumenicalism, and reconciliation between divided faith traditions. Brother John said, "It is a time to rest in God and let the words listened to and sung penetrate one's being."

Facilitated by Rochester Franciscan Sisters and Cojourners.



Celebrate Equinox

September 22, 7:45-9:00pm *

Donations appreciated | In Person

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

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

Join us! Attend this spontaneous night event in Canticle Park led by seasoned Solstice Celebrators!

* Rain date: September 23, 7:30-9:00pm

Mindful Eating Workshop

September 23, 30, October 14, 21, 6:30-8:00pm

\$20 (4-session series) | In Person

This workshop is for anyone who would like a fresh approach to improving their relationship to food. With mindfulness as the foundation, these four sessions will provide participants with tools, understanding, and procedures to assist in developing long-term, sustainable practices that support a healthful approach to eating and food-related thoughts and behavior.

This workshop uses the book *"Mindful Eating"* by Dr. Jay Chozen Bays as a guide to help restore our natural sense of balance, satisfaction and delight with food. (Purchase of the book is not required.)

Paula Smith is a retired school psychologist/psychotherapist and professional harpist. A long-time meditator, Paula currently serves as the co-director of the Rochester Meditation Center. She previously taught *Introduction to Mindfulness and Mindful Self-Compassion* classes through the Spirituality Center.

Larry Laber is a certified Meditation teacher and currently serves on the Board of Directors for the Rochester Meditation Center. He is an advocate for sustainable food practices.





Loneliness Crisis: Who Can We Count On?

September 26, 6:30pm-7:45pm

\$15 | In Person and via Zoom

When have you experienced feeling lonely? Who can you turn to who understands how you feel inside? We know loneliness is part of the human experience. But who can we count on to take the edge off, listen with heart, comfort the disheartened, and bring you inner strength? This presentation will name some of the symptoms and characteristics of loneliness and social isolation and its impact on our health and well-being.

Kathy Zarling is a Nurse Educator and Clinical Nurse Specialist in Adult Health. She has 40 years of working in acute health care, developing educational programs and leading support groups as well as creating a variety of wellness activities seeking optimum health.

Music and Light on the Labyrinth

September 27, 6:00-7:00pm

\$10 | Outdoors

See page 8 for complete details.

Setting Compassionate Boundaries: Navigating Relationships with Kindness and Clarity

September 28, 9:00am-2:00pm

\$35 | In Person

In this interactive retreat, participants will explore the art of setting compassionate boundaries to enhance their relationships and well-being. Through engaging activities and reflective discussions, attendees will learn how to communicate their needs effectively while respecting others' perspectives. We'll cover techniques for recognizing personal limits, expressing boundaries with empathy, and handling boundaries with grace. By the end of the session, participants will be equipped with the tools to create healthier, more respectful interactions in both personal and professional contexts.

Terri Allred is a certified Spiritual Coach and Life Coach, Restorative Justice Facilitator, Reiki Master, Certified Heart Math Institute Practitioner, Certified Neuro-Linguistics Programming Practitioner.



Stories in Stone 2024

September 28, 1:30-3:00pm

See page 7 for complete details.



Blessing of Animals

September 29, 1:30-3:00pm

Donations appreciated | Outdoors

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

Arrive with the 'Top Dog' or the 'Purrfect Feline' and you will leave with your tail-waggin' friend and a blessed attitude. All are winners of a genuine blessing at "Assisi's Best in Show"!

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

The Divine Encounters Ritual: A Journey of Understanding the Trinity

**September 29, 6:00-7:30pm
or Monday, September 30,
6:00-7:30pm**

**Donations appreciated | Lourdes Chapel,
Assisi Heights**

The Divine Encounters Ritual is an opportunity to engage as a community of faith in an experience on the Trinity. The Trinity is the core foundational belief and grounding of the Christian life. Every time we make the Sign of the Cross, we are mindful of the Trinity. Trinity is the face of God with three distinct entities serving as one. Come and experience a ritual, rich in exploring the Trinity in dialogue, song, dance, and visuals as a communal gathering.

A diverse group of local parish members, eight Sisters, Cojourners, and Dynamic Rochester Franciscans will assist us in becoming more conscious of our Triune God, both historically and contemporarily.





Relieve Pain and Discomfort the Natural Way

**October 1, 8, 15, 22, 29,
November 12, 10:00-11:30am**

\$45 | In Person

Learn Asian Methods of Pain Management! While our bodies continue to age, come learn simple easy ways to enhance your health. This workshop includes instructions on how to massage acupressure points to alleviate pesky pains, practice safe gentle stretches to limber up tight muscles and improve balance. While seated in a chair, acquire skills in calm breathing techniques that can reduce stress, anxiety, and pain while improving mental and physical well-being. This class can benefit elders or individuals living with limited physical activity.

Catherine Park is an artist, a master Yoga instructor since 1987, and an ambassador of Korean culture. Her coursework seeks to improve sleep patterns and balance.

Chants for Peace and Life: An Introduction to Vedic Chant

October 1, 8, 15, 6:00-7:00pm

\$20 for the series of 3 | In Person

Vedic Chants are an ancient and vast collection of Indian Sanskrit hymns drawn for the Vedas (Hindu Scriptures) 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 listening and repeating. These three chants guide us to a peaceful heart, health, 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.

Music and Light on the Labyrinth

October 4, 6:00-7:00pm

\$10 | Outdoors

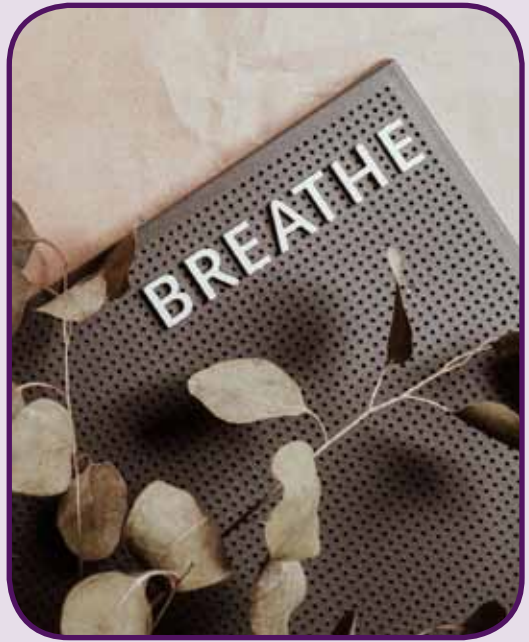
See page 8 for complete details.

Introduction of Seokmum-Hoheup Breathing Practice

October 5, 9:00am-12:00pm

\$15 | In Person

While doing Tai Chi, have you ever wondered about the relationship between breathing and energy? Have you wondered how to maintain that calm state of meditation more consistently? Healthy breathing is essential for our overall well-being; however, improving our ingrained breathing habits can be challenging, as they reflect our current state of body, mind, and spirit. This program focuses on guiding you towards natural lower belly diaphragmatic breathing. Instead of relying on short-term conscious breathing techniques, we aim to facilitate a natural change in our breathing style, reflecting your everyday life. Our enjoyable and accessible program aims to help you maintain healthy breathing and incorporate positive habits into your daily routine.



This is an extended workshop to go into detail about how breathing contributes to brain health related to aging. There will be hands-on practice on the renowned Seokmum-Hoheup program. Please bring your yoga mat.

If you already attended the previous presentation with Grand Master Cheon-Pyung, this is a perfect continuation program with Dr. Min. This is also a perfect workshop for new participants.

Dr. Paul Min, Ph.D., serves as an associate professor of radiology and a neuroscientist at Mayo Clinic, where he specializes in dementia research. This is not a program related to Mayo Clinic. Dr. Min is personally volunteering to promote healthy lifestyle through breathing practice to the public. All workshop fees will be donated to Assisi Heights Spirituality Center. Beyond his academic pursuits, Dr. Min has practiced Seokmum-Hoheup breathing for 20 years and currently offers instruction to local participants. He is deeply invested in understanding the impact of breathing on brain health, particularly in relation to oxygen and energy delivery as well as waste removal from the brain.



Monday Meditation Meetup

Mondays, October through April, 5:30-6:15pm

Donations Appreciated | In Person

Experience a regular group meditation practice using primarily 30-minute guided meditations. It is time to reflect or ponder for the purpose of raising your spiritual awareness. No experience is necessary and all are welcome!

Sponsored by the Rochester Meditation Center and Assisi Heights Spirituality Center.

Chants for Peace and Life: An Introduction to Vedic Chant

October 8, 6:00-7:00pm

\$20 for the series of 3 | In Person

See page 15 for complete details.

Exploring the Dark of Night

October 11, 7:30-9:00 pm

\$10 | Outdoors

“Nature is our primary revelation for everything we know....”
- Diamuid O’Murchu

In today’s world our lives are often hurried and chaotic as we fulfill the duties of everyday life. However, when daylight fades to darkness we begin to feel the need for calm and reflection. I invite you to join me in a time of solitude and reflection of the grounds of Assisi Heights to discover some of Earth’s unspoken mysteries. Wear comfortable clothing, bring a flashlight and a chair or mat you can carry to sit on.

Sister Rita Brom is a Naturalist Volunteer at Oxbow Park, steeped in the ability to identify, observe and categorize elements of nature and the environment. She interacts daily with science and the earth in the great outdoors.



Third Chapter Thriving

October 12, 9:00am-2:00pm

\$30 | In Person

Third Chapter Thriving is a retreat crafted to support women navigating significant life transitions, particularly as they approach midlife — a time ripe for rediscovery and reinvention. As you embark on a new chapter in life, you'll discover your core self, moving beyond the identities tied to your career or parenting roles. This transition offers an opportunity to reconnect with your true essence, set purposeful goals, and embrace change with newfound confidence. Step into your "third chapter" where the best version of you awaits discovery. Whether you're seeking a reinvention of self, a rekindling of passions, or a meaningful encore, Third Chapter Thriving empowers you to embrace this stage with enthusiasm, confidence, and purpose. Step into your next chapter with anticipation, knowing that the best is yet to come. Any woman facing a life transition is welcome.

Terri Allred is dedicated to guiding women in midlife through transformative journeys, helping them uncover their true stories and achieve their fullest potential. With a blend of encouragement, humor, and structured reflection, she provides clear, actionable plans for those standing at the crossroads of life. Terri's services, which include life coaching, and Reiki, are designed to foster personal growth and well-being, both virtually and in person.



Teresa of Avila

October 14, 6:00-7:30pm

Donations appreciated | In Person

On the vigil of the feast day of Saint Teresa of Avila, come and experience the rich and dynamic life of a Mystic, a Reformer and Foundress of Carmelite Houses, and a Doctor of the Church. We are praying that Teresa will appear and address all good people gathered on her Vigil.

Come and see a power-point presentation on Teresa's life and perhaps a second, Therese (Little Flower) will be shared along with prayers from these two Mystics and Doctors of the Church. Saint Teresa's feast day is October 15.

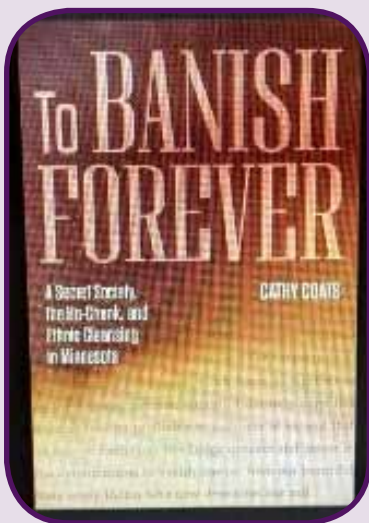
To Banish Forever – A Book Discussion

October 14, 6:30-7:30pm

\$10 | In Person

The Knights of the Forest, a secret organization in Mankato, Minnesota, lived with a charter “to banish forever every Indian who now desecrates our soil.” What is “our soil”? Residing in Blue Earth County, the Ho-Chunk people were threatened with death by the armed Knights of the Forest. Eventually, they were kicked off the land and out of the State. This was a mid-19th-century ethnic cleansing in Southern Minnesota!

Prudy Knaak, a veteran book aficionado, will lead this discussion. She is a retired high school literature and writing instructor hailing from Chicago. She has a Master of Science in Reading and has taught developmental reading at the Rochester Community and Technical College. Her passions are reading and gardening, in that order.



T'ai Chi Chih Series

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

\$50 for a series of 8 | In Person

Beginning Classes: Tuesdays,
9:00-10:30am, October 15,
22, 29, November 5, 12, 19,
December 3, 10

\$60 for a series of 8 | In Person

Continuing Classes: Tuesdays,
11:00am-12:00pm, October
15, 22, 29, November 5, 12, 19,
December 3, 10

\$50 for a series of 8 | In Person

Would you like to move to better health and more happiness? Consider learning T'ai Chi Chih, a moving meditation. You will be 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. T'ai Chi Chih is adaptable for anyone and can be done by 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 and general health, more serenity, increased joy and an improved immune system. People

continued...

around the world perform this practice for many different benefits.

The is an 8-session series not a drop-in class. In the beginner's class you will learn the 19 movements and the final pose in 8 weeks. The continuing class is for those who have already learned the form. Work continues with questions of proficiency and full practice.

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



Poetry Reading – Tom Gillaspay Shares His Poetry

October 15, 2:30-3:30pm

Donations appreciated | In person

Tom spent his professional career immersed in numbers, although his hobby was writing poetry. While Tom did write some poetry starting in high school, he did not share this with anyone until he was about 60 years of age. Since then, Tom has published four collections of poems, a children's book, edited a collection of stories by 8th-grade students in rural Kenya, and wrote the poetry for a musical piece for organ, percussion, and spoken word, entitled, "Shade In A Parched Land." He coordinates a weekly poetry class via Zoom, which began the first week of the pandemic, and he has taught classes on poetry appreciation and writing.

On this day, Tom will read selections from his book *Minnesota in the Raw*, as well as from his latest collection, *Pandemic Misneach*. Tom will also read a selection from a book of random poetry, *Pandemic's Corpse*, for which he was an editor.

Chants for Peace and Life: An Introduction to Vedic Chant

October 15, 6:00-7:00pm

\$20 for the series of 3 | In Person

See page 15 for complete details.

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

Join us for an Open House!



Assisi Heights Spirituality Center

Sunday, September 8 | 1:30 - 3:30 pm

Free and Open to the Public

The Sisters of Saint Francis invite you to experience the welcoming atmosphere of Assisi Heights and discover all that the Spirituality Center has to offer you.

What you will experience:

- Opportunity to Interact with Presenters for our Upcoming Programs
- Meet the Sisters and Learn about our Mission and Rich History
- Obtain Information about Renting Space for your Meetings
 - A Guided Tour
- Take time for Reflection and Renewal in our Chapel
 - Hand Massages - Walk the Labyrinth
 - Enjoy Calming Music and Light Refreshments
 - Special Gift Drawings - Games for Children



Sisters of Saint Francis

Assisi Heights Spirituality Center

Questions?

Contact Sister Marlys Jax at:

507-529-3524

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:

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Questions? Call 507-280-2195

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City: _____ State: _____ ZIP: _____

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Check enclosed for \$ _____

Please charge my credit card \$ _____

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Program Title: _____

Program Date: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

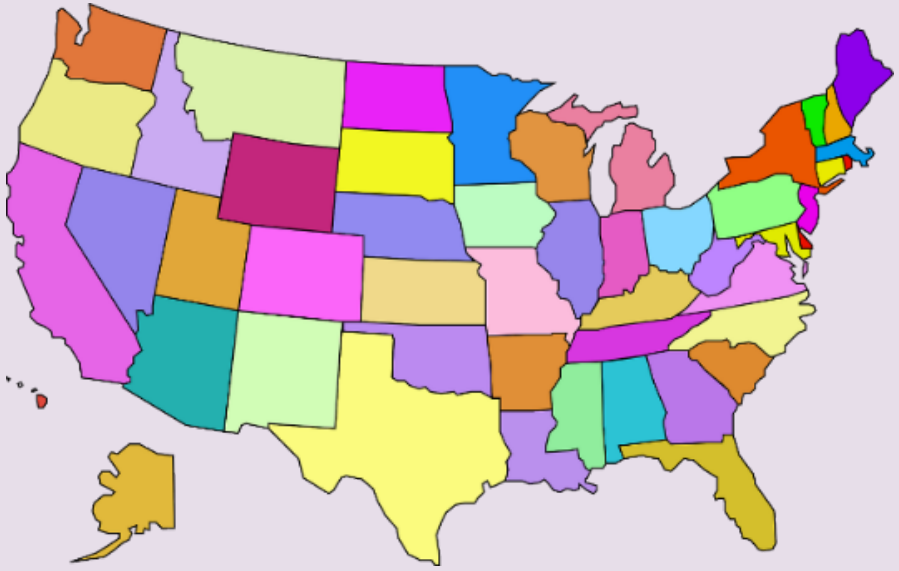
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Check enclosed for \$ _____

Please charge my credit card \$ _____

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Signature of card holder		Date



Minnesota Demographics and How it is Changing

October 15, 6:30-8:00pm

\$15 | In Person and via Zoom

What factors are driving population growth in Minnesota and what does this mean for Minnesota in the future? Tom Gillaspay, Former Minnesota State Demographer, will discuss trends in birth rates, migration with other states, and immigration as they combine to drive the state's population growth. Tom will discuss the aging of the population and its influence on growth in the labor force, increasing demand for health care, implications for the economy, and how these help drive trends in the components of population change. Finally, Tom will look into the future of Minnesota's population, which areas of the state will grow and which won't, and how Minnesotans will change.

Tom Gillaspay served as Minnesota State Demographer for 33 years, and is now retired. He holds a PhD in Economics from Pennsylvania State University, specializing in population economics. He also holds an MS in Agricultural Economics from Penn State and a BA from the University of Texas–Austin. During his tenure as State Demographer, Tom provided data on population and trends in population for a variety of government programs, advised six different governors on the implication of trends, and testified to Congressional committees on matters of population change and its implications.

Al-Anon Retreat: Steps 5, 6, 7 and 8

**October 18, 6:00-8:30pm and
October 19, 9:00am-3:00pm**

**\$25 + Overnight option available for \$55
donation**

In Person and via Zoom

This course is designed to facilitate the work of Steps 5, 6, 7, and 8 in the Al-Anon program. Steps 5, 6, 7, and 8 ask us to unburden ourselves of our secrets, discuss the exact nature of our wrongs, become entirely ready for God to remove our defects, and finally, make a list of persons who we have harmed.

Continuing with Steps 5, 6, 7, and 8 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. This retreat is designed for individuals who have completed a Four Step Inventory and are prepared to take their Fifth Step.

Teri Sanneman is a long-time grateful member of Al-Anon. She has had 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 Holy Ground Catholic Community, supporting spiritual development.



Qigong

**October 21, 28, November 4, 11,
18, 25, December 2, 9,
10:30-11:30am**

**\$60 for the series of 8 | 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.

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 in 2001. In 2008, she graduated from the Institute of Integral Qigong and T'ai Chi.



The Counterfeiting Epidemic

October 22, 6:30-8:00pm

\$15 | In Person or via Zoom

Learn about the serious threat of receiving counterfeit products instead of the real thing. Counterfeiting is the largest criminal enterprise in the world, a primary means of funding terrorism and often involves organized crime.

Jim Voegeli will present a general overview and make suggestions of how you may prevent being a victim. He practiced trademark law for almost all of his legal career.

What is Spiritual Direction? Is it for YOU?

October 28, 6:30-7:30pm

\$10 | In Person and via Zoom

Just what is spiritual direction? Why do people seek it? Come hear one person's perspective on the value of spiritual guidance in your life. We each have our sacred story. Intimacy of the soul can happen when we open ourselves to another and to the Spirit that resides within. It is an ancient process of listening while accompanying another in their spiritual journey. It is an encounter to explore a deeper relationship of the spiritual aspects of being human. One usually seeks clarity on how the divine interacts in their daily life. Come and see! It might be for you!

Sister JoAnn Haney is a Rochester Franciscan, whose life work has been in spiritual formation and personal growth through campus ministry, directed retreat work, and spiritual guidance. Her experience in ministry took her to Nebraska, New Mexico, Indiana, Illinois, and Iowa. For the past 12 years, she has served in Rochester, Minnesota.





What is a Cojourner?

October 30, 6:30-8:00pm

Donations appreciated | In Person

Cojourner is the name given to a lay associate with the Sisters of St. Francis of Rochester, Minnesota. Cojourners are adult women and men who may be single or married. They are from various professions, and various faith traditions, and may be ordained or vowed religious of other communities. Cojourning describes a relationship in which individuals and the Sisters of St. Francis who believe in similar values, get together to share common interests and efforts in prayer, ministries, and justice activities in the spirit of Francis, Clare, and Mother Alfred. Cojourning explores a wide range of opportunities for spiritual growth and deeper connections to faith-in-action.

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

Dream Workshop

November 2, 9:00am-12:00pm

\$30 | In person

*“A DREAM uninterpreted is
like a letter not opened.”
- The Talmud*

Come and open up the dream letter that is waiting for you as you learn about your night dreams. Franciscan Sister, Linda Wieser, a Spiritual Director and a Certified Personal Life Coach, will facilitate the group. Sister Linda has training in Jungian Dream work and has utilized these skills with individuals and groups over the past 35 years. There will be input and sharing skills to amplify your dream. We will work on several dreams that the participants are invited to bring.

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

November 4, 6:30-8:00pm

\$15 | Via Zoom

Friar Tony Luevano will talk about his journey as a friar and share his thoughts on the Franciscan vision in this chaotic world. He is recently professed as a Friar Minor in the Saint Barbara Province in California. Tony 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.

The Practice of Contemplative Prayer

November 7, 6:00-7:00pm

\$5 | In Person

Contemplative Prayer is wordless, with an open mind seeking to merge with the Divine. It involves trust and surrender. It's been part of many religious traditions across the ages.

The class will include a description of the elements of contemplative prayer; watching a YouTube video on the Prayer of Quiet; and fifteen minutes of silent prayer, followed by a discussion for the participating members. Much of the content of the class can be found in the blog: <https://worshipsharinginprint.wordpress.com/2024/02/29/thepractice-of-contemplative-prayer/>.

Our facilitator, Michael Resman, is a local Quaker who has worked to live a spiritual life for over thirty years. His ministries have been prayer and writing.



A Morning of Magic

November 9, 10:00-11:00am

\$5 | In Person

Tickle your soul and let your spirit enjoy the light side of life! Delight in this performing art and be entertained by the illusion of seemingly usual actions that may trick logic or your memory. Be blessed by the surprise!

The Illusionist (not locally born) is a surprise too!

Exploring the Emotional Reactions to Illness

November 12, 6:30-8:00pm

\$15 | In Person and via Zoom

What are the normal emotional and psychological reactions to illness and disease? What are the most common signs and symptoms of psychological distress? Where do you find the wisdom, strength, and guidance in giving emotional care to friends and relatives in your family or local community? Lastly, how can a parish nurse give emotional care in their assessment, while ministering to the family of believers suffering from the stressors of illness?

Kathy Zarling is a Nurse Educator and Clinical Nurse Specialist in adult health. Currently, she serves as a Parish Nurse with an active program in her church community. She has 40 years of working in acute health care, developing educational programs and leading support groups as well as creating a variety of wellness activities seeking optimum health.

Singing Crystal Bowls

November 16

Session 1: 9:30-10:15am,

Session 2: 10:45-11:30am

**\$25 per session or \$35 for both sessions |
In Person**

During the fall equinox, when day and night are approximately equal in length, is considered a good time for a sound bath because it is a time of balance and transition. A sound bath involves immersive listening to various sound frequencies, which can help promote relaxation, inner harmony, and a sense of grounding. It can be particularly beneficial during times of transition, like during the equinox. Additionally, the fall season brings a sense of introspection and preparation for the colder months ahead, making it an ideal time to engage in a practice that promotes self-care and emotional well-being.

Natalie Jo Baker has spent 16 years practicing meditation and subtle body relaxation through a variety of modalities.



Overcoming Self-Judgement with Self-Compassion

November 13, 6:30-8:00pm

\$15 | In Person

Throughout our lives, we absorb various messages that shape our self-perception, often emphasizing what we shouldn't do or highlighting our mistakes. This workshop delves into how these external admonitions can become internalized, morphing into self-judgment and criticism that echo within us as adults. By embracing curiosity and examining our thoughts and their origins, participants will learn strategies to transform critical internal voices into voices of self-compassion. Discover new, empathetic ways to understand yourself and foster a kinder internal dialogue.

Terri Allred's passion is transformation — not just any transformation — but the kind that fundamentally alters lives. She firmly believes in the potential for growth and renewal that resides within each person, waiting to be awakened. Terri's services, which include life coaching and Reiki, are designed to foster personal growth and well-being, both virtually and in person.



God Jul Fest 2024

December 7, 10:00am-12:00pm

\$40 | In Person

.....

***You are cordially invited
to celebrate Christmas Scandinavian-style!***

You may come decked out in traditional Scandinavian attire to enjoy traditional culinary treats, Scandinavian art, music, and Scandinavian fellowship.

Register early. Limited Seating.

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 - AHSC Open House	9 - Trees - Woodland Adaption to Climate Changes	10 - Centering Prayer Medicine Forest Walk	11 - Stories in Stone	12 - Decoding the Driftless: A Film of Science Exploration and Adventure	13 - Music and Light on the Labyrinth	14 - Meet the Wilsons Birding on the Hilltop
15	16	17 - Centering Prayer	18 - Meet Edith Graham Mayo The Women Yoga	19	20 - Music and Light on the Labyrinth	21
22 - Taizé Prayer Celebrate Equinox	23 - Mindful Eating Workshop	24 - Centering Prayer	25	26 - Loneliness Crisis	27 - Music and Light on the Labyrinth	28 - Setting Compassionate Boundaries Stories in Stone
29 - The Divine Encounters Ritual Blessing of Animals	30					

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Centering Prayer Relieve Pain Chants for Peace	2	3	4 - Music and Light on the Labyrinth	5 - Introduction of Seokmum-Hoheup Breathing
6	7 - Monday Meditation Meetup	8 - Centering Prayer Chants for Peace	9	10	11 - Exploring the Dark of Night	12 - Third Chapter Thriving
13	14 - Monday Meditation Meetup Teresa of Avila To Banish Forever T'ai Chi - Cont.	15 - Centering Prayer T'ai Chi - Beginning Classes T'ai Chi - Continuing Classes Poetry Reading Chants for Peace Minn. Demographics	16	17	18 - Al-Anon Retreat	19
20	21 - Monday Meditation Meetup Qigong The Counterfeiting Epidemic	22 - Centering Prayer	23	24	25	26
27	28 - Monday Meditation Meetup What is Spiritual Direction?	29 - Centering Prayer	30 - What is a Cojourner?	31		

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 - Dream Workshop
3	4 - Monday Meditation Meetup What Does it Mean to be Franciscan?	5 - Centering Prayer	6	7 - The Practice of Contemplative Prayer	8	9 - A Morning of Magic
10	11 - Monday Meditation Meetup	12 - Centering Prayer Exploring the Emotional Reactions to Illness	13 - Overcoming Self-Judgement	14	15	16 - Singing Crystal Bowls
17	18 - Monday Meditation Meetup	19 - Centering Prayer	20	21	22	23
24	25 - Monday Meditation Meetup	26 - Centering Prayer	27	28	29	30

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 - Monday Meditation Meetup	3 - Centering Prayer	4	5	6	7 - God Jul Fest
8	9 - Monday Meditation Meetup	10 - Centering Prayer	11	12	13	14
15	16 - Monday Meditation Meetup	17 - Centering Prayer	18	19	20	21
22	23 - Monday Meditation Meetup	24 - Centering Prayer	25	26	27	28
29	30 - Monday Meditation Meetup	31 - Centering Prayer				

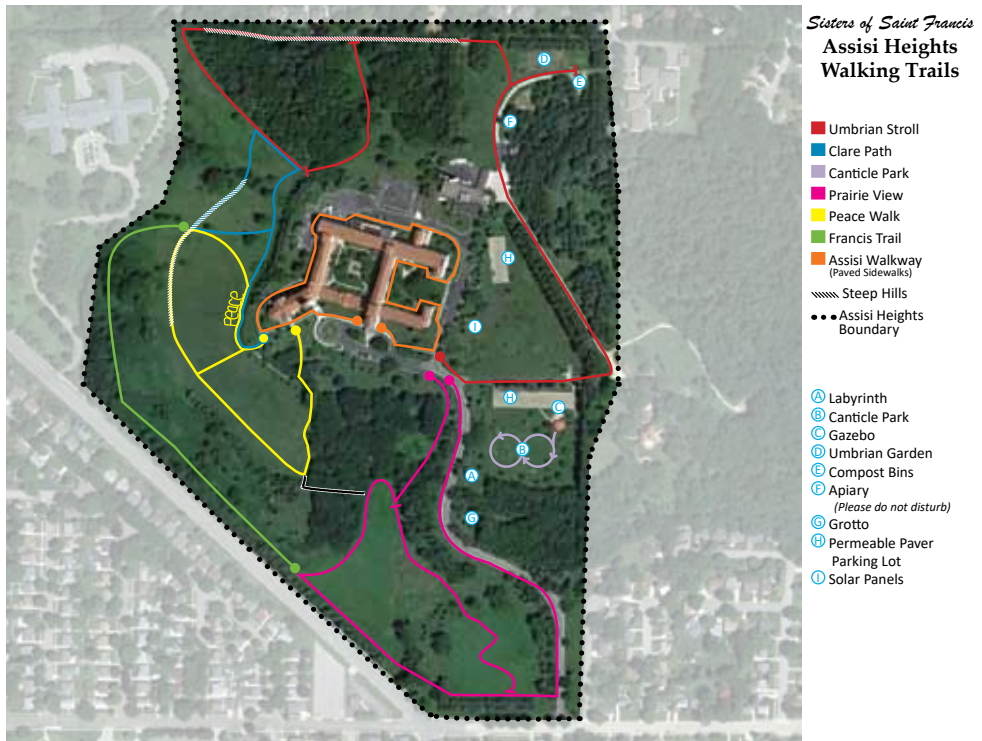
Walking at Assisi

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!



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.

- Pristine accommodations:
 - Single bed; linens and towels provided
 - Desk / Chair / Comfortable Recliner
 - AC / Seasonal Fan / Adjustable Thermostat
 - Shared restrooms and showers on the corridor
- Rates:
 - Overnight stays at \$55 per night
 - Nutritious meals available at additional charge
- Spiritual Guidance may be requested/arranged during your stay (and beyond) at a rate of \$40-\$60 per session
- Quiet Atmosphere:
 - Chapel
 - Inner Courtyard
 - Labyrinth
 - Seven Walking Trails



Assisi Heights Tour: Stories of Franciscan Life

Mondays and Thursdays, 2:00pm (Central Time)

Saturdays, 1:30pm (Central Time)

Preregistration is required at least 1 day in advance.

Register early, as tour group size is limited.

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!

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 Cojourner

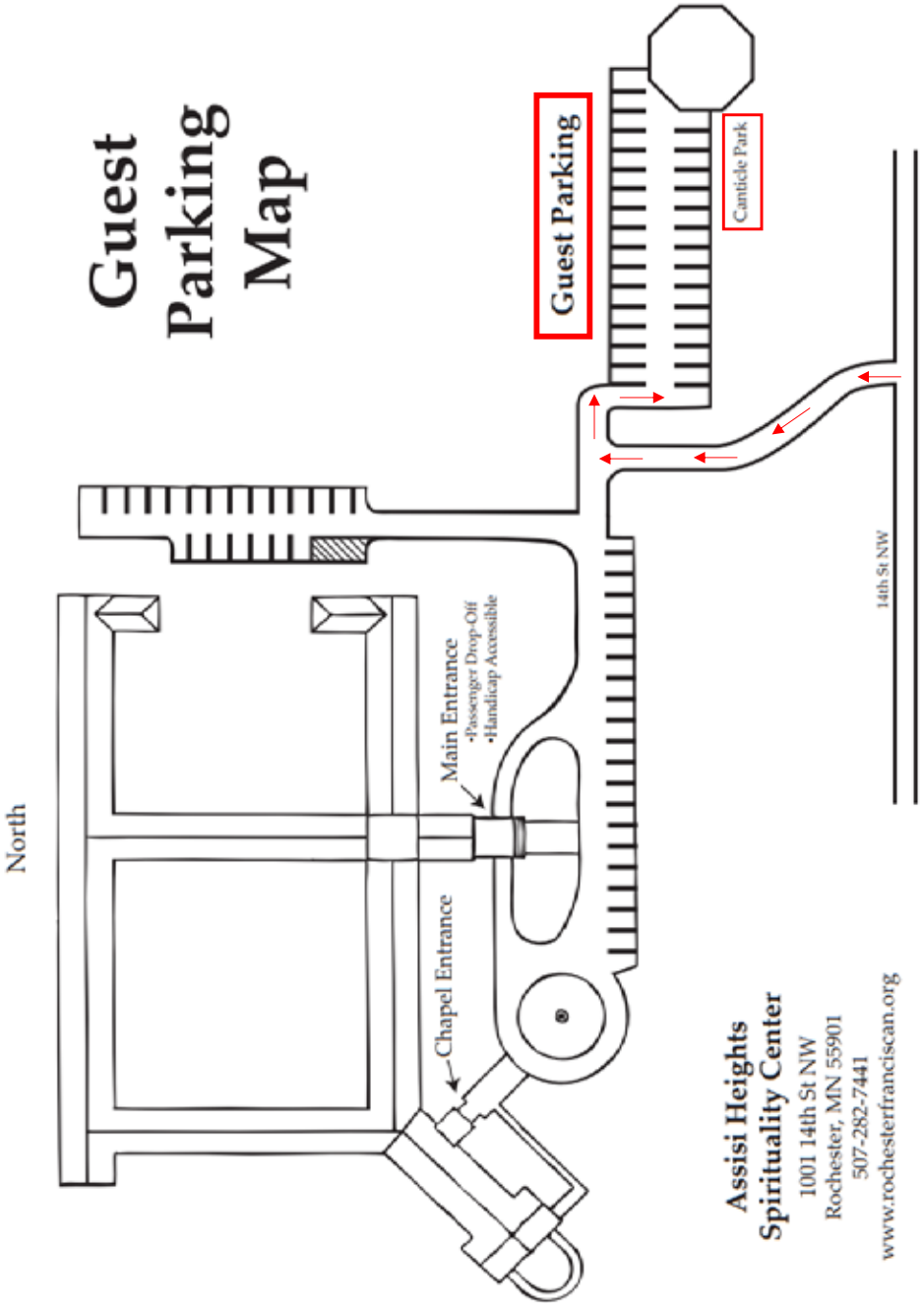
Have you or someone you know considered becoming a Cojourner? Cojourners are women and men who wish to join the Rochester Franciscan Sisters on a spiritual journey!

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



Guest Parking Map



**Assisi Heights
Spirituality Center**

1001 14th St NW
Rochester, MN 55901
507-282-7441

www.rochesterfranciscan.org

North



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

Registration Instructions

To register, mail this form and payment to:

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1001 14th Street NW
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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 \$ _____

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Signature of card holder	Date



Program Title: _____

Program Date: _____

Name: _____

Address: _____




City: _____ State: _____ ZIP: _____

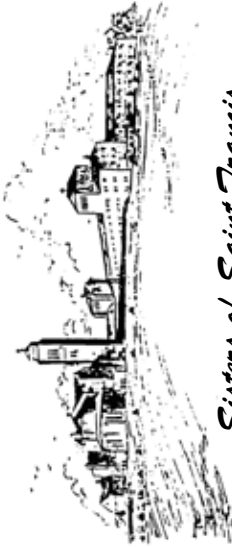
Phone: _____ E-Mail: _____

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



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"The Essence of Assisi"

is published semi-annually by the

Sisters of Saint Francis - Rochester, MN

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