

January – August 2025

# *The Essence of Assisi*

Vol. 15, No. 2



## Assisi Heights Spirituality Center

Rochester, MN 55901  
1001 14th Street NW

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

## *The Essence of Assisi*

is a publication of the  
Sisters of Saint Francis  
Volume 15 Issue 2

Assisi Heights Spirituality Center  
1001 14th Street NW | Rochester, MN 55901  
[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)

Contact:

**Sister Marlys Jax**, Program Coordinator  
507-529-3524

**Bob Taraba**, Event Coordinator  
507-280-2195

### ***Advisory Council Members:***

Tammy Adams, Patient Educator, Servant Leadership  
Don Baldus, Cojourner, Social Services Advocate  
Lonnie Fynskov, Wellness Coach for Cancer  
Jan Manahan, Cojourner Coordinator  
Ashok Patel, M.D., Mayo Clinic  
Bruce Rohde, Cojourner, Engineer, Construction  
Jim Voegeli, Community Volunteer  
Sister Linda Wieser, Spiritual Director, Therapist  
Kathleen Zarling, Clinical Nurse Specialist, Parish Nurse

The *Essence of Assisi* is published semi-annually. To register for an event, go to [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and select the date under “Events” or contact our event coordinator.

Images are courtesy of Assisi Heights Archives or Pixabay,  
unless otherwise noted.

# Table of Contents

---

- 2 – Welcome by Sister Marlys Jax
- 4 – Things to Know / Zoom / Outdoor
- 5 – Our Mission
- 5 – Land Acknowledgement Statement
- 6 – Events in Chronological Order
- 40 – Monthly Calendar Listing
- 48 – Walking Trails
- 49 – Meeting and Reflection Space
- 50 – Personal Retreats
- 51 – Tours
- 52 – Volunteer Opportunities
- 53 – Become a Franciscan Cojourner
- 54 – Guest Parking Map
- 55 – Directions
- 56 – Registration Forms



# Welcome

---

## Attention to the Mundane and Misfits

All around us things are shifting, systems are collapsing, institutions are failing. It's hard to look around at our world and see our losses. Waters are rising, families fleeing violence, homes bombed, people starving, elders abandoned, and many are just lonely. Intrinsic to all the losses is the loss of sacredness. It has slowly seeped away.

Our Mother Earth and Father Sky struggle to sustain the sacred. The world seeks to be in right relationship with all life forms – the extraordinary and the mundane. In crisis situations, the extraordinary fades and the mundane becomes important. Suddenly, we recall what was/is precious and sacred.

What was in the headlines during the recent hurricanes? Home, food, potable water. It was/is the relationship to family, neighbors, simply the need for clean water, housing, and electricity. It was the ordinary or simply the mundane that appeared as important on center stage.

Attention to the mundane is the cornerstone of reparation for the sacred in our world plight. Mundane miracles are in plain sight every day, but most often are passed over as unimportant and overlooked as sacred. Life pushes us into a divine reckoning about what it takes to find the sacred and be in right relationship with the sacred.

### Check-in: Misfits!

Here is where the misfits show their worth. Their strength is found in tickling our consciousness from the perimeter of the circle. They are the hurricanes, the homeless, the hungry and the haunted.



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

Misfits are human and non-human. Human misfits are on the edge, shunned, never quite able to gain power to enter the center, or be in relationship, and collectively display or feel their sacredness. Can they be worthy? They have been pushed to in-between places or to the edge, unable to feel welcomed and appreciated or part of social change of sacred sustainability. Non-human misfits are climate change, starvation, violence, war, loneliness and abandonment. They attempt to show strength and seek attention nonverbally to engage the human mind and move you toward recognizing the various ways the sacred exists. They tell us a story. Do we hear their message?

Are we prepared to let the misfits and the mundane teach us about sacred relationship?

Assisi Heights offers sacred space! Check out the programs that portray the sacred in the following pages OR create your own program in this sacred space.



# Things to know:

---

**Registration** - Registration for Assisi Heights Spirituality Center events may be completed online. Please visit our website at [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and select the “Events” category. We accept Visa, MasterCard and Discover for all online registrations and require payment in full. If you would like to pay by check or cash, please register by email at [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org), by phone at 507-280-2195, or mail in the enclosed form, found at the back of this issue. If questions, contact the AHSC Event Coordinator at 507-280-2195 or [ahsc@rochesterfranciscan.org](mailto: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.

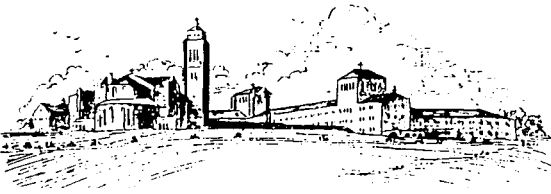
**Location** - 1001 14th Street NW, Rochester, MN 55901. Parking map may be found on page 54.

**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](mailto: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](http://www.rochesterfranciscan.org), you can:**

- View all the events sponsored by Assisi Heights Spirituality Center.
- Register and pay for a retreat online.
- Make an online donation to the Spirituality Center.
- Get directions to Assisi Heights.
- Learn about personal spiritual direction.
- Sign up to receive email notices of upcoming programs.
- Send an email to make suggestions for future speakers/programs.

## 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.





## Monday Meditation Meetup

**Mondays, January 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 spiritual awareness. No experience is necessary and all are welcome!

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

## Centering Prayer

**Every Tuesday at 6:00-7:00pm**

Donations Accepted | In Person

The practice of Centering Prayer is a sort of “boot camp” or initiation to mediation 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 totally available to the divine source within.

Sister Beth Lynn, OSC facilitates the practice. Sister Beth has 40 years of experience in this prayer form. This 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.

## T'ai Chi Chih Series

**Continuing Classes: Mondays**

**January 6, 13, 20, 27, February 3, 10, 17, 24, 6:00-7:00pm**

\$50 for a series of 8 Sessions | In Person

**Beginning T'ai Chi Chih: Tuesdays**

**January 7, 14, 21, 28, February 4, 11, 18, 25, 9:00-10:30am**

\$60 for a series of 8 Sessions | In Person

**Continuing Classes: Tuesdays**

**January 7, 14, 21, 28, February 4, 11, 18, 25, 11:00am-12:00pm**

\$50 for a series of 8 Sessions | In Person

Would you like to move towards 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 enjoy greater flexibility and balance, better general health, more serenity, increased joy, and an improved immune system. People around the world perform this practice for many different benefits.

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; we will work on movement questions for about 15 minutes, followed by a full practice with the group.

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



## January Day of Reflection

January 8, 9:00am-2:30pm

\$10 Retreat and Meal | In Person

**Overnight accommodations with breakfast are available for an additional \$72. Please call 507-280-2195 for information.**

Embrace the Journey and unleash the Potential of 2025! Today is day number 8 in the year 2025, and 357 days are still blank! This is a motivational urge to seize the blank canvas of 2025 and color it beautiful. Approach this year with attentiveness and focus. Come to a sanctuary at Assisi Heights and find a place of rest and reflection in the chapel, a quiet bedroom, or the great outdoors. Focus or refocus your spirit on your own. Drinks, snacks, and optional resources are awaiting your arrival. Dress comfortably and bring a sack lunch.

This retreat is facilitated by Sister Linda Wieser, who currently ministers as a Certified Life Coach and a Spiritual Director/Companion. She has served in this capacity for over 40 years.

# Music and Light on the Indoor Labyrinth

January 10, 6:00-7:00pm

\$15 | In Person

Call forth renewal and abundance for the New Year during an evening of music, spiritual readings, and walking meditation on a canvas labyrinth in Lourdes Chapel at Assisi Heights. 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 opening circle, followed by a community labyrinth walk, time for joyful and free movement, and end with a spiritual reading based on the theme of living an abundant life – body, mind, and spirit.

Wear comfortable clothing that allows for ease of movement. Bring a sacred item to carry during the walk to create a time of blessing for yourself and other attendees.

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.



## Contemplative Retreat

January 10, 6:30-8:30pm and  
January 11, 9:00am-3:00pm

\$45 includes snacks and a light lunch |  
In Person

Overnight accommodations with  
breakfast are available for an additional  
\$72. Please call 507-280-2195 for  
information.

*“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 for a time of reflection and solitude. Participants will be guided with inclusive prayer experiences to see the Holy that all is. There will be input and alone time in the cordial and pristine space of Assisi Heights to awaken you with hope, joy and light. Beverages, snacks and Saturday lunch are included. Wear comfortable clothing and come with an open heart.

This retreat is facilitated by Franciscan Sister Linda Wieser, who currently ministers as a Certified Life Coach and Spiritual Director / Companion. She has served in this capacity for over 40 years.

# Sound Meditation Experience

January 11, 9:00am-10:15am

February 7, 6:30-7:45pm

March 18, 6:30-7:45pm

April 15, 6:30-7:45pm

May 10, 9:00-10:15am

\$35 per session | In Person

Immerse yourself in a transformative Sound Meditation experience that blends guided meditation with the healing vibrations of ancient instruments. Sessions begin with a guided meditation designed to center your mind and open your heart, setting the stage for deep healing. As you settle into a comfortable space, the harmonious sounds of these powerful instruments will wash over you, helping to release stress, ease tension, and restore balance to your body, mind, and spirit. Join us for this soul-nourishing journey and discover the profound effects that sound and meditation can have on your well-being.

Please wear comfortable clothing and bring a yoga mat, one or two pillows, blanket(s) or a cushion to lie on, and a water bottle. Chairs are also available. Keep in mind that as we lie still, our bodies tend to cool down, so come prepared to stay warm and comfortable.

Maria Voorhees-Reincke is a Sound Healer. She found music offered her “the more” to life. Music of piano and percussion served her in Concert band, Jazz band, Marching band, and Drum corps. It kept the beat in her soul and lifted her spirit. Further certified education confirmed her powerful healing qualities. She knows healing intuitively and uses her energies to benefit the holistic health of her clients.





## Qigong

**January 13, 20, 27, February 3, 10, 17, 24, March 3, 10:30-11:30am**

**\$60 | 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 youthful vitality, maintain health even into old age, and helps speed recovery from illness.

Qigong practice includes gentle movement with postural alignment, deep breathing techniques, and relaxation/meditation practices. During this session, participants will learn Vitality Enhancement Qigong, as well as other techniques. They are easily adaptable to every lifestyle and can be done while standing, seated, and even lying down.

Bonnie Sokolov began studying T'ai Chi in 1998. She was certified to teach T'ai Chi Chih in 2001. In 2008, she graduated from the Institute of Integral Qigong and T'ai Chi.



## MAG'S BAGS

**January 18, 1:00-3:00pm**

Donations appreciated | In Person

An opportunity to make your own fashionable purse using recycled chip bags! You could be sporting a very popular handbag! Great gift idea too! Come be entertained while learning the secrets of success in the construction process. With a PowerPoint, Sister Marguerite will explain the various stages in making a purse. Sister Marguerite Gaasch has made over 400 unique purses over 10 years. They are sold in the Assisi Height's Gift Shop. Come and see, you might be tempted to try this craft yourself. Limited registration.

## How Can We Be Silent? Prayer Service

**January 20, 6:30-7:15pm**

Donations Appreciated | via Zoom

All around us things are shifting, systems are collapsing, and institutions are failing. It's hard to look around at our world and count our losses. Waters are rising, families are fleeing violence, homes bombed, people are starving, elders are abandoned, and many are just lonely. How can we be silent? Martin Luther King was not silent but stood in solidarity with those who suffered. We pray with his heart on this day, living in his memory. We gather to pray for the issues that confront us!

## Breath!

**January 21, 6:30-7:30pm**

**February 11, 6:30-7:30pm**

**March 25, 6:30-7:30pm**

**April 8, 6:30-7:30pm**

**May 12, 6:30-7:30pm**

\$45 per session | In Person

During our hour together, you will be empowered, through education and experience, and create awareness with your breath, which will lead to alternative perspectives. You will feel seen and supported as we reset for the week and create expansion while exploring movement and our breath.

Please bring a yoga mat, water bottle, blanket, and an open mind. (Yoga mats and small blankets will be available).

The intent of this session is to provide education to empower a better understanding of personal health and overall happiness with simple tools. The main focus is connecting physical and emotional well-being by sharing powerful connections between alternative modalities and Western medicine.

Anna Marie Spartz is a registered Respiratory Therapist, Wellness Coach, and business owner.







## Gather at the Crossroads: Facing Life's Transitions with Confidence, Courage, and a Healthy Dose of Humor - A Mini-Retreat

January 24, 6:30-8:00pm and  
January 25, 9:00am-4:00pm

\$115 | In Person

*Fee includes healthy snacks and a continental breakfast and lunch on Saturday. Overnight accommodations are available for an additional charge. Please call 507-280-2195 for information.*

If you're transitioning from what was to what could be, this session invites you to embrace the possibilities and create a life that reflects your truest self. We've all been there, standing at the crossroads of 'what was' and 'what could be.'

During this retreat, we will find strength in our stories, power in our voices, and wisdom in our choices. Through engaging exercises, reflective discussions, and

plenty of humor, we'll explore how to confidently step into your new chapter, unlocking the unique story only you can tell.

Let's embark on this journey together and discover the vibrant future that awaits you.

Teri 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.

## Grief of the Loss of a Pet

January 28, 6:30-7:30pm

\$15 | via Zoom

The loss of a pet, or the impending loss of a pet, is heartbreaking for many. As others, you may be feeling or thinking the following:

- I knew I would be sad, but I was not prepared for this depth of grief.
- I feel guilty that my grief is similar to or even greater than when I lost a human family member or friend.
- I have so many kinds of feelings ranging from sadness, fear, anger, guilt, and loneliness.
- I don't want to be around other people; they don't understand and minimize the fact that a part of my family is now missing.
- Will I ever feel like "myself" again? How do I get there?



The loss of a cherished pet can make you feel like you have lost your purpose and have no one to turn to who understands. You are not alone, and I do understand your broken heart. Please join me to understand the above topics as well as strategies to help with your healing.

Leigh Ann Gerck, MA, LPC, has been in the counseling field for over fifteen years. She is certified in Pet Loss & Grief Companionship, 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. Having grown up on a farm, Leigh Ann's childhood playmates included baby calves, horses, bunnies, dogs, and 32 cats that set up house in a boxcar, which also served as her playhouse. This upbringing introduced her, at a very young age, to the human-animal bond and instilled in her a deep understanding of and love for, this extraordinary relationship. These relationships, including the pain of losing a beloved pet, helped Leigh Ann write a children's book about pet loss and grief called *Dear Brave Friend*, which was a first-place winner in the 2020 Next Generation Indie Book Awards.



## Crystal Bowls - Harmonic Healing

**January 30, 2:00-3:00pm**

**February 27, 2:00-3:00pm**

**June 11, 6:00-7:00pm |**

**Inner Courtyard**

**July 24, 6:00-7:00pm |**

**Inner Courtyard**

**August 20, 6:00-7:00pm |**

**Inner Courtyard**

**\$25 | In Person**

Sound baths are a therapeutic modality using sound vibrations from various instruments, such as quartz crystal bowls and chimes, to create harmonic frequencies that resonate with the body's natural energy centers or chakras to promote physical, emotional, and spiritual well-being.

Sound bath is experienced while lying on the floor or grass, or sitting in chairs. Participants are encouraged to bring a mat, blanket and/or a pillow to enhance their comfort.

We begin with an introduction to the sound bath followed by a short, guided meditation to relax and focus on breath. The majority of our time together is spent experiencing the sounds and vibrations

of the quartz crystal bowls and other instruments. At the end, the participants will be given the opportunity to share their experience if they wish.

Barbara Anderson is a local Rochester practitioner of Sound Therapy. She studied with Vickie Gould and Life Changing Energy, earning Certification in Crystal Singing Bowls and Tuning Forks. She has created the company Harmonic Waves, with the goal of helping people increase their health and well-being through sound bath therapy.



## February Day of Reflection

February 5, 9:00am-2:30pm

\$10 | In Person

**Overnight accommodations with breakfast are available for an additional \$72. Please call 507-280-2195 for information.**

February is the border between winter and spring. Though February is short and appears dormant, its capacity is budding with potential. It is the gateway for endings and branding-new beginnings. Time can be reserved to rest your body, mind, and spirit at Assisi Heights. You'll have access to the changing nature outdoors, a quiet bedroom, and space for reflection in the Chapel, with optional resources for your perusal. Bring your tired self and a sack lunch. Drinks and snacks are available.

This retreat is facilitated by Sister Linda Wieser who currently ministers as a Certified Life Coach, and a Spiritual Director/Companion. She has served in this capacity for over 40 years. She serves as the Retreat Committee Chairperson at Assisi Heights.

## Storytelling

February 1, 3:00-4:00pm

Donations appreciated | In person and via Zoom

In this busy modern-day world, storytelling has become somewhat of a lost art. We all love a good story and have one that is just waiting to be shared. Experience the wonderful world of storytelling. Come prepared to share a true personal story that doesn't exceed 5 minutes or just come to listen. Storytelling is truly a gift that is meant to be passed on. Your story theme might be a fear, something funny, a mystery yet to be resolved, or even an experience of divine intervention! If you have a story, tell it! Come listen to an afternoon of stories waiting to be told!



## Sound Meditation Experience

February 7, 6:30-7:45pm

March 18, 6:30-7:45pm

April 15, 6:30-7:45pm

May 10, 9:00-10:15am

\$35 per session | In Person

See description on page 9.



## Yoga: The Peaceful Path to Resilience

February 12, 19, 26, March 5,  
12, 19, 9:30-10:30am

\$60 for a series of 6 | 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 some breath work and reflection.

This six-week class is suitable for the adult beginner as well as those experienced in yoga who wish to deepen their practice. Please bring a yoga mat and towel. This is 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.



## Breath!

February 11, 6:30-7:30pm

March 25, 6:30-7:30pm

April 8, 6:30-7:30pm

May 12, 6:30-7:30pm

\$45 per session | In Person

See description on page 12.



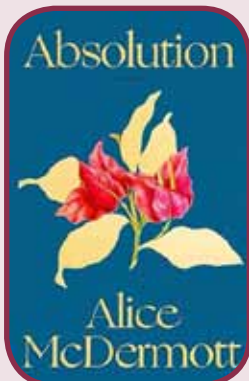
# Absolution - A Book Discussion

February 18, 2:00-3:00pm

\$10 | In Person and via Zoom

*Absolution* is the story of Tricia, who was once a naïve young newlywed living in Saigon in 1963, married to an engineer working for US Navy Intelligence. Sixty years later, Tricia looks back on that time... of her yearning for children, of her altruistic impulses toward the suffering people of Vietnam, and of her influential friendship with another American wife. The story is told through letters. Author Alice McDermott confronts the unresolved mysteries and ironies of America's tragic interference in Southeast Asia.

A Minnesota native and a Cojourner with the Rochester Franciscans, Rosemary Grebin Palms earned degrees from the College of St. Teresa in Winona, Minnesota, and the University of Texas in Austin. She strives to be a peacebuilder with Pax Christi in New York City, where she has lived since 1971 and partakes in that city's rich cultural offerings. After a 45 year-career in teaching, she enjoys novels, folk dancing, tennis and keeping up with her two children and four grandchildren.



## What is a Cojourner?

February 20, 6:30-8:00pm

April 22, 6:30-8:00pm

Donations Accepted | In Person and via Zoom

Cojourner is the name given to a lay associate with the Sisters of St. Francis, Rochester, MN. Cojourners are adult men and women who may be single or married. They are from various professions, various faith traditions, ordained or vowed religious of other communities. Cojourning describes a relationship in which individuals and the Sisters of St. Francis get together, who believe in similar values, 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 it is like growing locally alongside religious women. This connection may be what you are seeking spiritually. Teri Sanneman Cojourner Coordinator will moderate this discussion.



## I Should've Been Dead: Lessons from a Crack Addict Who Broke Free

**February 25, 6:30-8:00pm**

**\$10 | In Person and via Zoom**

Rory Londer felt the flip of a switch inside when he tried crack cocaine for the first time. He knew he needed more. For nearly two decades, he chased after this love. Even if it meant couch hopping, living out of motels and his car, or worse, wandering the streets. When he was ready to turn things around, feelings of failure and shame weighed him down. He encountered people in his life who lifted him and gave him a sense of worth. He has given back to the recovery community ever since. He's real, raw, honest, and straight-forward. His words will echo loudly if you're affected by addiction, sitting in self-pity, or paralyzed by fear. His words will move you to act. And if addiction hasn't impacted you, the lessons he learned from the streets around compassion are ones that any one of us can take away.

## Crystal Bowls - Harmonic Healing

**February 27, 2:00-3:00pm**

June 11, 6:00-7:00pm |

Inner Courtyard

July 24, 6:00-7:00pm |

Inner Courtyard

August 20, 6:00-7:00pm |

Inner Courtyard

**\$25 | In Person**

See description on page 14.

## March Day of Reflection

**March 6, 9:00am-2:30pm**

**\$10 | In Person**

Overnight accommodations with breakfast are available for an additional \$72. *Please call 507-280-2195 for information.*

Spring is the time the earth wakes up to the yawning winds and you feel like humming. Come explore this tiny portion of the planet with its budding blossoming trees reflecting the giftedness of your life and the glory of God's creation at Assisi Heights. Spend a day of quiet in our sanctuary home, chapel or the great outdoors. Optional resources, drinks and snacks will be available. Bring your whole self and a sack lunch and enjoy a day on your own.

This retreat is facilitated by Sister Linda Wieser who currently ministers as a Certified Integrative Life Coach, Spiritual Director/Companion for over 40 years.



# T'ai Chi Chih Series - Spring

## Continuing Classes: Mondays

**March 10, 17, 24, 31, April 7, 15,  
21, 28, 6:00-7:00pm**

\$50 for a series of 8 sessions | In Person

## Continuing Classes: Tuesdays

**March 11, 18, 25, April 1, 8, 16,  
23, 29, 11:00am-12:00pm**

\$50 for a series of 8 sessions | In Person

## Beginning Classes: Thursdays

**March 13, 20, 27, April 3, 10, 17,  
24, May 1, 6:00-7:30pm**

\$60 for a series of 8 sessions | In Person

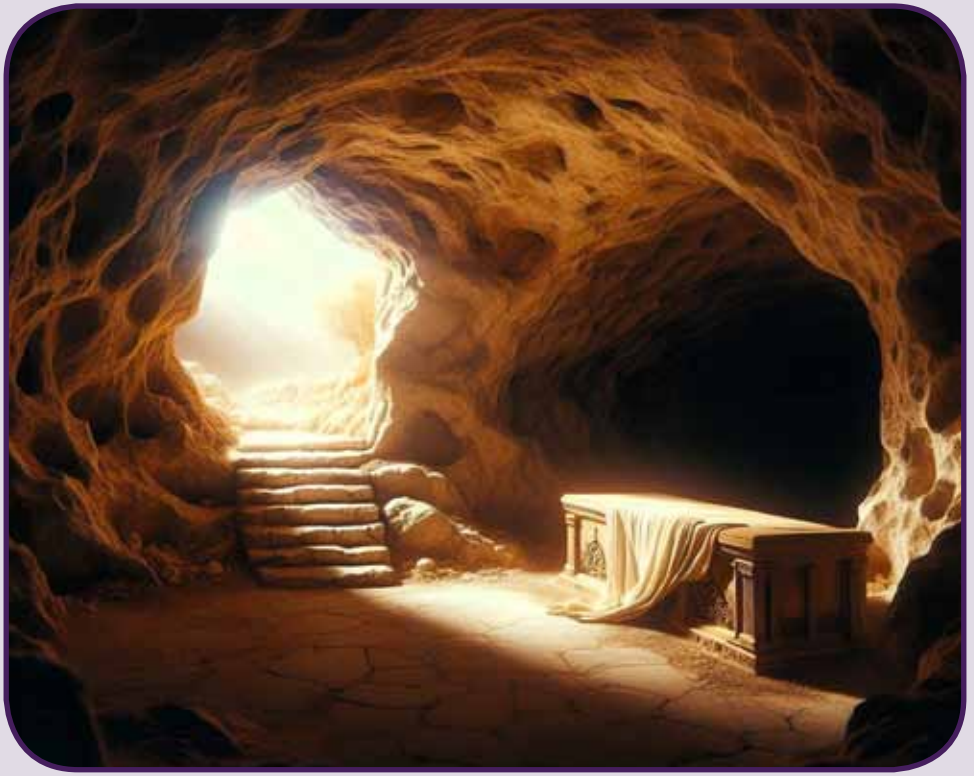
Would you like to move towards better health and more happiness? Consider learning T'ai Chi Chih, a moving meditation. You will be circulating and balancing your inner energy or "chi" in the peaceful and serene space at Assisi Heights. The form is composed of nineteen easy, slow moving meditative movements 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, better general health, more

serenity, increased joy, and an improved immune system. People around the world perform this practice for many different benefits.

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; we will work on movement questions for about 15 minutes, followed by a full practice with the group.

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





## Stations of Resurrection

**March 12, 6:30-8:00pm**

March 19, 6:30-8:00pm

March 26, 6:30-8:00pm

April 2, 6:30-8:00pm

April 9, 6:30-8:00pm

**Donations Appreciated | via Zoom**

In this season of Lent, it is time to rise up and recall our Resurrections. We have all had experiences ending in unexpected consequences, difficult encounters, unforeseen hurts with out-of-the-blue blunders. We recall readily the stories of distress. Join us, listening for the threads of grace and strength developed as a result of being faithful to our life of integrity. These stories are modeled after the virtues exhibited in the Stations of the Cross of Jesus on the Road to Calvary.

Come, celebrate the fullness of Life in these Resurrection stories.



## Sound Meditation Experience

**March 18, 6:30-7:45pm**

April 15, 6:30-7:45pm

May 10, 9:00-10:15am

\$35 per session | In Person

See description on page 9.



## Stations of Resurrection

**March 19, 6:30-8:00pm**

March 26, 6:30-8:00pm

April 2, 6:30-8:00pm

April 9, 6:30-8:00pm

Donations Appreciated | via Zoom

See description on page 20.



## Peregrines!

**March 20, 2:30-3:30pm**

Donations Appreciated | In Person

Learn about the Peregrine! The peregrine is a crow-sized falcon with blue-grey feathers, white under belly and a black head. They are strong hunters with superior eyesight that can fly up to 240 mph and as high as 3500 ft. Since DDT was outlawed, they are one of our “comeback” feathered friends.

Naturalist Jacqueline Fallon, will speak about her work as Peregrine Falcon Coordinator and her connections with the Mayo Clinic peregrine recovery program.





## Grounded Spirit: A Mini-Retreat

**March 22, 9:00am-3:00pm**

**\$75 Includes snacks and a light lunch | In Person**

Join us to explore the art of grounding into your life while deepening your spiritual connection. Grounding is all about anchoring yourself in the present moment, and letting go of distractions and anxieties to cultivate inner peace and self-trust. You'll learn practices to establish a solid foundation for spiritual exploration, allowing you to access your inner wisdom more effectively. By grounding yourself, you'll open the door to a richer spiritual experience and connect more profoundly with the greater forces beyond you. Join us to embrace the present, connect with your inner self, and explore the spiritual possibilities that await.

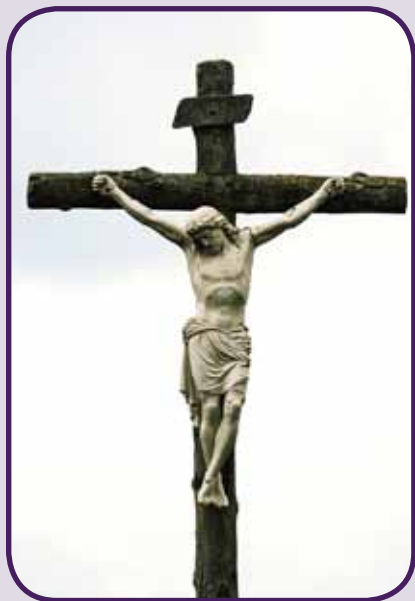
Terri Allred's passion is transformation — not just any transformation, but the kind that fundamentally alters lives. She firmly believes in the potential for growth and renewal that resides within each person, waiting to be awakened. Terri's services, which includes life coaching and Reiki, are designed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

## The Passion and Death of Jesus Christ According to Doubting Thomas: A Prayer and Reflection Service

**March 24, 6:30-7:30pm**

**Donations Appreciated | via Zoom**

Thomas was one of the 12 apostles who had "bouts with doubt." He demanded physical proof of the wounds. Unless he could touch the wounds, he would not believe that Jesus had risen from the dead. He was a skeptic needing evidentiary proof. Doubt deepens us. It is the struggle with these questions that gives rise to the depth of solid commitment. "Why" is more important than the doubt. John Powell says "Repressed doubt has a high rate of resurrection." In the end, Thomas was the first to declare Jesus as divine in his words "My Lord and My God."



## Breath!

March 25, 6:30-7:30pm

April 8, 6:30-7:30pm

May 12, 6:30-7:30pm

\$45 per session | In Person

See description on page 12.



## Stations of Resurrection

March 26, 6:30-8:00pm

April 2, 6:30-8:00pm

April 9, 6:30-8:00pm

Donations Appreciated | via Zoom

See description on page 20.



## Silent Mini-Retreat for Lent

March 29, 9:00am-12:00pm

\$35 | In Person

Our bodies, minds, and spirits experience an abundance of information daily. We hear stories and interact with others in ways that are of personal, community, global, and cosmic significance. Have you made time for yourself, your true Self, in this ocean of activity?

This silent half-day mini-retreat provides an opportunity to renew body, mind, and spirit in the company of others during the Holy Season of Lent. Our time together includes embodied practices such as a gentle morning stretch, silent prayer, reflection on sacred poetry, a community labyrinth walk, and a restorative guided imagery practice called yoga nidra.

Why share these activities in silence, together, as a group? As Deborah Smith Douglas, Oblate, O.S.B. Cam., mentions in her booklet, "On Silence," that we have largely lost the sense of silence in our culture and are increasingly afraid of it. Practicing silence allows an experience of deep rest, a reconnection with our true Self, and an awakening of the peace that surpasses all understanding. Feeling this transformation personally, and seeing this peace shine back on the faces of the group, makes silence a blessing.

Please bring a pillow, a blanket or two, a mat to lie down on, and a journal to reflect on your experiences.

Dawn Marie Jacobson, MD, is an integrative medicine physician, musician,

yoga teacher, and labyrinth walk facilitator. She delights in creating sacred events to enliven your body, clear your mind, expand your heart, and bring joy to your spirit. She sees patients in person and online through Minnesota Vitality and Anti-Aging Center.



## Stations of Resurrection

**April 2, 6:30-8:00pm**

Donations Appreciated | via Zoom

See description on page 20.

## Breath!

**April 8, 6:30-7:30pm**

**May 12, 6:30-7:30pm**

\$45 per session | In Person

See description on page 12.

## Stations of Resurrection

**April 9, 6:30-8:00pm**

Donations Appreciated | via Zoom

See description on page 20.

## Introduction of Seokmum-Hoheup Breathing Practice

**April 12, 9:00am-12:00pm**

\$25 | In Person

While doing T'ai 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 toward 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 which goes 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. Paul 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. 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. Note: This is not a program affiliated with the Mayo Clinic. Dr. Min is personally volunteering to promote a healthy lifestyle through breathing practice to the public.



## Sound Meditation Experience

April 15, 6:30pm-7:45pm  
May 10, 9:00am-10:15am

\$35 per session | In Person

See description on page 9.

## Two Mothers - A Performance

April 16, 6:30-8:00pm

\$15 | In Person

As we enter this Holy Week, come and experience the passion of two mothers, based on the poem *Two Mothers* by Velma West Skyene. The mothers experienced the mystery of death of their sons with a shared sorrow. By entering into the dialogue between them, 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.

Patricia Barrier and Lisa Dillon portray two mothers recalling the mystery and probing the unresolved puzzle of the death of a child.





## What is a Cojourner?

**April 22, 6:30pm-8:00pm**

Donations Accepted | In Person and via Zoom

See description on page 17.



## Creating Climate-Ready Woodlands

**April 23, 6:30-7:30pm**

\$15 | In Person | Outdoors

Learn strategies for climate adaptation while walking around the grounds at Assisi Heights, observing the natural areas of management. Learn new data about tree species and climate impacts, the best practices to ensure the health of the new 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, climate-ready woods, and is the founding member of MN Women's Woodland Network since 2008. She's done invasive species early detection education and outreach as part of the network.

## Historical Artifact Crawl

**April 30, 6:30-7:30pm**

**May 22, 6:30-7:30pm**

**June 19, 6:30-7:30pm**

**July 19, 1:00-2:00pm**

**August 13, 6:30-7:30pm**

\$15 per session | In Person

Join in an artifact crawl to learn the Rochester Franciscan History. What will you see? Mother Alfred's Desk and the grand piano used for music lessons to raise money to build St. Marys Hospital; nursing graduate Florence Nightingale Aladdin's lamp; Mother Augustine's rocking chair; the ground-breaking shovel for Assisi Heights; College of St. Teresa's model site plan; the original switchboard; Sister Dolore's hard hat and many more treasures that tell the story of the Sisters. Limited to 7 participants.



## Couples Retreat

**Saturday, May 3,  
8:30am-12:30pm**

**\$60 per couple | In Person**  
Includes a light lunch

In this 2025 Springtime, take a half-day at Assisi Heights to look over your spiritual practices to live intentionally with purpose for the common good. The morning invites your reflection, alone and together, on such topics as values and finding the sacred in everyday married and family life. Start with a continental breakfast, end with a light lunch, a renewed heart, and still time for your Saturday chores.

Co-Sponsored by Assisi Heights Spirituality Center and Teams of Our Lady.



## Sound Meditation Experience

**May 10, 9:00am-10:15am**

**\$35 per session | In Person**

See description on page 9.



## Mother's Day High Tea

**May 10, 1:30-3:00pm**

**\$30 preregistered and prepaid | In Person**

**Registration required one week in advance.**

Celebrate the day with your mother or bring another significant mother figure to enjoy High Tea in the serene setting at Assisi Heights. Mothers are or have been chefs, nurses, taxi drivers, and tear-catchers, negotiating all the lumps and bumps of others. Leave behind the cares of the household, but bring a story that touched your heart and hear the wisdom you carry. The day will include a perfect cup of coffee/tea and assortment of tasty culinary treats, live music, and a short program retelling some of the lessons taught by most every mother. Sometimes memories sneak out of our eyes and down our cheeks. Come prepared to smile!

We have dusted the furniture, polished the floors and ironed the linens for your visit. Come just for the experience! Please identify the names of your guests when registering.



# Breath!

**May 12, 6:30pm-7:30pm**

\$45 per session | In Person

See description on page 12.



## Birdwatching on Assisi's Hill

**May 17, 8:30-10:00am**

**August 9, 8:30-10:00am**

\$5 per session | In Person

Many bird species migrate in North America, having spent the winter in the warm climates of Central and South America. On their way north, birds often feed here before moving on. Discover our feathered cousins at Assisi Heights and join us for a birding adventure. It is a scavenger hunt to welcome the migrators and get a glimpse of the local residents. It is a combination of the sightings and sounds of these airborne creatures. Wear good hiking shoes, bring a bird guidebook and binoculars, if you have them, and join us for this sport of birding. See you in the field! In case of inclement weather, the walk may be canceled.

Experienced birders from the Zumbro Valley Audubon Society will guide the participants.



## Sound Bath—Relax, Release, and Renew Yourself by Listening to Sound

**May 17, 6:00-7:00pm**

**June 14, 6:00-7:00pm**

**July 15, 6:00-7:00pm**

**August 12, 6:00-7:00pm**

\$18 per session | In Person

Enjoy yourself for an hour as you listen to soothing sounds. Lie or sit in a comfortable position, close your eyes, and listen to sounds as they wash over you. The only thing required to participate in a sound bath is a comfortable position. You may want to bring a mat, pillow, and knee support if lying down or a comfortable chair if sitting. Most sessions take place in Wilson's Garden at Assisi Heights.

You will hear the sounds of Tibetan bowls, tongue drums, chimes, Native American-style drums/flutes, rattles, and other instruments. A Sound Bath may help relieve stress, fatigue, pain, depression, and anxiety, improve your mood, and reduce blood pressure and heart rate.

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



## A Green Environmental Land Tour

**May 21, 6:30-7:30pm**  
June 18, 6:30-7:30pm  
August 16, 10:00-11:00am

**\$15 per session | In Person**

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, the 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.

## Historical Artifact Crawl

**May 22, 6:30-7:30pm**  
June 19, 6:30-7:30pm  
July 19, 1:00-2:00pm  
August 13, 6:30-7:30pm

**\$15 per session | In Person**

See description on page 26.

## Wilson House Tour

**June 7, 1:30pm-3:00pm**  
July 12, 1:30pm-3:00pm  
August 2, 1:30pm-3:00pm

**\$15 per session | In Person**

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



## Sunrise and Birdsong on the Labyrinth

June 7, 6:00-7:00am

June 14, 6:00-7:00am

June 21, 6:00-7:00am

June 28, 6:00-7:00am

\$15 per session | In Person at the Assisi Heights Outdoor Labyrinth

Uplift your spirit and soothe your senses during a morning of birdsong, spiritual readings, and walking meditation on the Assisi Heights labyrinth. The labyrinth will be decorated with flowers, creating a beautiful and serene space. 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 honoring the Earth and all of creation. Bring a yoga mat, blanket, or lawn chair as there is limited seating. Wear walking shoes and comfortable clothing that allow for ease of movement. If moved to do so, bring a sacred item to carry during the walk that blesses the Earth, yourself, and other attendees.

**Note:** There will be a Summer Solstice celebration during the June 21st labyrinth walk.

Dawn Marie Jacobson, MD, is an integrative medicine physician, musician, labyrinth walk facilitator, and yoga teacher. She creates sacred events that enliven your body, clear your mind, expand your heart, and bring joy.

## Crystal Bowls - Harmonic Healing

June 11, 6:00-7:00pm

\$25 per session | In Person | Inner Courtyard

See description on page 14.



## Meet the Wilsons

June 14, 1:30-3:00pm

August 9, 1:30-3:00pm

\$15 per session | In Person at the Louis B. Wilson House Patio

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

Ken Allsen, Sister Marlys Jax and Patricia Barrier will portray the Wilsons.



## Sunrise and Birdsong on the Labyrinth

June 14, 6:00-7:00am

June 21, 6:00-7:00am

June 28, 6:00-7:00am

\$15 per session | In Person at the Assisi Heights Outdoor Labyrinth

See description on page 30.



## Sound Bath - Relax, Release, and Renew Yourself by Listening to Sound

June 14, 6:00-7:00pm

July 15, 6:00-7:00pm

August 12, 6:00-7:00pm

\$18 per session | In Person

See description on page 28.

## A Mystical Walk on Hallowed Earth

June 16, 6:30-7:30pm

\$10 | In Person

*Wander on this footpath  
with unhurried step,  
hushed voice and reflective heart,  
rest awhile along the way,  
feel the heartbeat of the earth and  
hear the whisper of the Holy one  
who fashions your spirit.  
Take nothing from this journey except  
peacefulness of the body,  
nourishment of the Soul  
inspiration of the mind and  
consolation of the heart.  
- Author Unknown*

Join us for a guided stroll exploring the topography of Assisi Heights' 110-acres held sacred by the Native Dakota and Ho Chunk peoples, and now by Franciscans. Enter the contemplative walk, enabling the senses to lean into the awesome messages of the Divine. Join other contemporary spiritual seekers searching for additional ways to enhance your consciousness of God's life on the footpath. Occasionally, the walk will stop at significant places where readings for peace of the earth will be shared. Wear good walking shoes.

Persons passionate about the environment will lead this event.





## A Green Environmental Land Tour

**June 18, 6:30-7:30pm**  
August 16, 10:00-11:00am

\$15 per session | In Person

See description on page 29.

## Historical Artifact Crawl

**June 19, 6:30-7:30pm**  
July 19, 1:00-2:00pm  
August 13, 6:30-7:30pm

\$15 per session | In Person

See description on page 26.

## Sunrise and Birdsong on the Labyrinth

**June 21, 6:00-7:00am**  
June 28, 6:00-7:00am

\$15 per session | In Person at the Assisi Heights Outdoor Labyrinth

See description on page 30.

## Architecture Tour - Stories in Stone

**June 24, 6:30-8:00pm**  
July 16, 6:30-8:00pm  
August 16, 1:30-3:00pm

\$15 per session | 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 and 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 planner for the Assisi Heights Spirituality Center.







## Sunrise and Birdsong on the Labyrinth

**June 28, 6:00-7:00am**

\$15 per session | In Person at the Assisi Heights Outdoor Labyrinth

See description on page 30.

## Qigong

**July 7, 14, 21, 28, August 4, 11, 18, 25, 10:30-11:30am**

\$60 | In Person at Assisi Heights Canticle Park 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 Chih in 2001. In 2008 she graduated from the Institute of Integral Qigong and T'ai Chi.





## T'ai Chi Chih in the Garden Courtyard

July 8, 15, 22, 29, August 5, 12, 19, 26, 6:00-7:30pm

\$60 pre-registered/prepaid; \$65 at the door | In Person

Are you in search of a still mind and improved fitness? Consider balancing and circulating your intrinsic energy of “Chi” as the Chinese call it. Step into the garden courtyard at Assisi Heights and you will immediately feel the tranquility. Begin with the sound of the church bells and learn a set of 19 easy, slow meditative movements practice by people across the planet. It is adaptive to every physical condition, age, and requires no special equipment or dress. The rewards include serenity, simple joy, and better health. Other perks may be physical, spiritual or emotional in nature.

Bonnie Sokolov is an accredited instructor on T'ai Chi Chih. She is an adjunct professor at Rochester Community and Technical College teaching T'ai Chi Chih and meditation.

## Wilson House Tour

July 12, 1:30pm-3:00pm

August 2, 1:30pm-3:00pm

\$15 per session | In Person

See description on page 29.

## Healing Yoga for Cancer

July 12, 19, 16, August 2, 9, 16, 10:00-11:00am

\$90 for the 6-class series | In Person

This 6-week yoga series offers an introduction to simple and effective yoga poses that can safely be done during cancer treatment. Each class includes a combination of movement, breathing practices, and guided visualizations that improve sleep, energy, mental focus, pain, emotional health, and more. This practice brings self-care into your healing journey and builds a supportive community in the process. Join us to create a positive connection with your body, calm your mind, soothe your spirit, and optimize your path of healing.

**Note:** Class size is limited to 12 people. Participants must be in cancer treatment and are welcome to invite one of their caregivers to attend with them.

Dawn Marie Jacobson, MD, is an integrative medicine physician, yoga teacher, musician, and labyrinth walk facilitator. She delights in sharing yoga, meditation, breathwork, and soundscapes to rejuvenate body, mind, and spirit.



# Self-Compassion Retreat

July 12, 9:00am-3:00pm

\$75 includes snacks and a light lunch | In Person

This retreat is designed to gently guide participants through the process of uncovering ingrained beliefs, examining their origins, and transforming them. By embracing curiosity and compassion, we can begin to shift our internal dialogue from one of harsh judgment to one of understanding and kindness.

Through guided practices and experiential learning, participants will explore the power of self-compassion as a tool for healing and personal growth. You'll be introduced to daily practices that nurture a kinder relationship with yourself, empowering you to replace critical voices with those of empathy and support. Together, we'll create a space where you can rediscover yourself through a lens of compassion, fostering a gentler and more loving approach to your inner world. Whether you're new to the concept of self-compassion or seeking to deepen your practice, this retreat offers a transformative journey towards a more nurturing self-understanding.

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 residing within each person is waiting to be awakened. Terri's services, which include life coaching and Reiki, are designed to foster personal growth and wellbeing, both virtually and in-person.





## Mindful Meditation with Music

**July 14, 6:30-7:30pm**

July 21, 6:30-7:30pm

July 28, 6:30-7:30pm

\$15 per session | In Person

Join us to explore mindfulness through inspiring texts, short readings, or poetry with music of the harp, violin, or cello. This event is bringing like-minded people of the community together to create a serene space, relish kindness, invite peace, love, and gratitude in the outdoor cathedral at Assisi Heights. Bring a chair and we'll sit in the Wilson flowering garden and flowing pool. Cell phones are not invited.

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

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

**July 15, 6:00-7:00pm**

August 12, 6:00-7:00pm

\$18 per session | In Person

See description on page 28.

## Architecture Tour - Stories in Stone

**July 16, 6:30-8:00pm**

August 16, 1:30-3:00pm

\$15 per session | In Person

See description on page 32.



## Historical Artifact Crawl

**July 19, 1:00-2:00pm**

August 13, 6:30-7:30pm

\$15 per session | In Person

See description on page 26.





## Mindful Meditation with Music

July 28, 6:30-7:30pm

\$15 per session | In Person

See description on page 36.

## Mindful Meditation with Music

July 21, 6:30-7:30pm

July 28, 6:30-7:30pm

\$15 per session | In Person

See description on page 36.



## Wilson House Tour

August 2, 1:30pm-3:00pm

\$15 per session | In Person

See description on page 29.



## Crystal Bowls - Harmonic Healing

July 24, 6:00-7:00pm

August 20, 6:00-7:00pm

\$25 per session | In Person |  
Inner Courtyard

See description on page 14.





## Birdwatching on Assisi's Hill

August 9, 8:30-10:00am

\$5 per session | In Person

See description on page 28.

## Sound Bath - Relax, Release, and Renew Yourself by Listening to Sound

August 12, 6:00-7:00pm

\$18 per session | In Person

See the description on page 28.



## Meet the Wilsons

August 9, 1:30-3:00pm

\$15 per session | In Person

See description on page 30.

## Historical Artifact Crawl

August 13, 6:30-7:30pm

\$15 per session | In Person

See the description on page 26.



## A Green Environmental Land Tour

**August 16, 10:00-11:00am**

\$15 per session | In Person

See the description on page 29.



## Architecture Tour - Stories in Stone

**August 16, 1:30-3:00pm**

\$15 per session | In Person

See the description on page 32.



## Crystal Bowls - Harmonic Healing

**August 20, 6:00-7:00pm**

\$25 per session | In Person | Inner Courtyard

See the description on page 14.

## Chimney Swift Sit

**August 22, 7:30-9:00pm**  
**(Rain Date: August 23, 7:30-9:00pm)**

Donations Appreciated | In Person

Chimney Swifts are charcoal-colored, tiny but mighty, feathered friends beneficial to our environment. They long to rest in a chimney after a long day's work in flight from dawn to dusk. They consume 12,000 flying insects per day. Their menu consists of gnats, mosquitoes, and biting flies. Since 1966, they have been a species-in-decline. Because of climate-changing temperatures, pesticides, and fewer and farther between chimneys, the Swifts also are having to adapt. On this night, the Zumbro Valley Audubon Society will sit to count the birds as they descend the Assisi Heights Boiler building chimney.



# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 - Monday Meditation Meetup pg. 6 T'ai Chi Chih Cont. pg. 6	7 - Centering Prayer pg. 6 T'ai Chi Chih Beg. pg. 6 T'ai Chi Chih Cont. pg. 6	8 - January Day of Reflection pg. 7	9	10 - Indoor Labyrinth pg. 8 Contemplative Retreat pg. 8	11 - Sound Meditation Experience pg. 9
12	13 - Monday Meditation Meetup pg. 6 Qigong pg. 10	14 - Centering Prayer pg. 6	15 - Brain Health pg. 11	16	17	18 - Trafficking is Still Here pg. 11 Mag's Bags pg. 12
19	20 - Monday Meditation Meetup pg. 6 How Can We Be Silent pg. 12	21 - Centering Prayer pg. 6 Breath pg. 12	22	23	24 - Gather at the Crossroads pg. 13	25
26	27 - Monday Meditation Meetup pg. 6	28 - Centering Prayer pg. 6 Grief of the Loss of a Pet pg. 13	29	30 - Crystal Bowls pg. 14	31	



# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 - Storytelling pg. 15
2	3 - Monday Meditation Meetup pg. 6	4 - Centering Prayer pg. 6	5 - February Day of Reflection pg. 15	6	7 - Sound Meditation Experience pg. 16	8
9	10 - Monday Meditation Meetup pg. 6	11 - Centering Prayer pg. 6 Breath! pg. 16	12 - Yoga pg. 16	13	14	15
16	17 - Monday Meditation Meetup pg. 6	18 - Centering Prayer pg. 6 Absolution - A Book Discussion pg. 17	19	20 - What is a Cojourner pg. 17	21	22
23	24 - Monday Meditation Meetup pg. 6	25 - Centering Prayer pg. 6 I Should Have Been Dead pg. 18	26	27 - Crystal Bowls pg. 18	28	

# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 - Monday Meditation Meetup pg. 6	4 - Centering Prayer pg. 6	5	6 - March Day of Reflection pg. 18	7	8
9	10 - Monday Meditation Meetup pg. 6 T'ai Chi Chih Cont. pg. 19	11 - Centering Prayer pg. 6 T'ai Chi Chih Cont. pg. 19	12 - Stations of Resurrection pg. 20	13 T'ai Chi Chih Beg. pg. 19	14	15
16	17 - Monday Meditation Meetup pg. 6	18 - Centering Prayer pg. 6 Sound Meditation Experience pg. 21	19 - Stations of Resurrection pg. 21	20 - Peregrines! pg. 21	21	22 - Grounded Spirit pg. 22
23	24 - Monday Meditation Meetup pg. 6 The Passion and Death of Jesus pg. 22	25 - Centering Prayer pg. 6 Breath! pg. 23	26 - Stations of Resurrection pg. 23	27	28	29 - Silent Mini- Retreat for Lent pg. 23
30	31 - Monday Meditation Meetup pg. 6					

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Centering Prayer pg. 6	2 - Stations of Resurrection pg. 24	3	4	5
6	7 - Monday Meditation Meetup pg. 6	8 - Centering Prayer pg. 6 Breath! pg. 24	9 - Stations of Resurrection pg. 24	10	11	12 - Intro of Seokmum- Hoheup Breathing pg. 24
13	14 - Monday Meditation Meetup pg. 6	15 - Centering Prayer pg. 6 Sounds Meditation Experience pg. 25	16 - Two Mothers - A Performance pg. 25	17	18	19
20	21 - Monday Meditation Meetup pg. 6	22 - Centering Prayer pg. 6 What is a Cojourner pg. 26	23 - Creating Climate pg. 26	24	25	26
27	28 - Monday Meditation Meetup pg. 6	29 - Centering Prayer pg. 6	30 - Historical Artifact Crawl pg. 26			

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 - Couples Retreat pg. 27
4	5	6 - Centering Prayer pg. 6	7	8	9	10 - Sound Meditation Experience pg. 27 Mother's Day High Tea pg. 27
11	12 - Breath! pg. 28	13 - Centering Prayer pg. 6	14	15	16	17 - Birdwatching on Assisi's Hill pg. 28 Sounds Bath pg. 28
18	19	20 - Centering Prayer pg. 6	21 - A Green Environmental Land Tour pg. 29	22 - Historical Artifact Crawl pg. 29	23	24
25	26	27 - Centering Prayer pg. 6	28	29	30	31

# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 - Centering Prayer pg. 6	4	5	6	7 - Wilson House Tour pg. 29 Sunrise and Birdsong pg. 30
8	9	10 - Centering Prayer pg. 6	11 - Crystal Bowls pg. 30	12	13	14 - Meet the Wilsons pg. 30 Sunrise and Birdsong pg. 31 Sound Bath pg. 31
15	16 - A Mystical Walk on Hallowed Earth pg. 31	17 - Centering Prayer pg. 6	18 - A Green Environmental Land Tour pg. 32	19 - Historical Artifact Crawl pg. 32	20	21 - Sunrise and Birdsong pg. 32
22	23	24 - Centering Prayer pg. 6 Architecture Tour pg. 32	25	26	27	28 - Sunrise and Birdsong pg. 33
29	30					

# July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Centering Prayer pg. 6	2	3	4	5
6	7 - Qigong pg. 33	8 - Centering Prayer pg. 6 T'ai Chi Chih in the Garden - pg. 34	9	10	11	12 - Wilson House Tour pg. 34 Healing Yoga for Cancer pg. 34 Self Compassion Retreat pg. 35
13	14 - Mindful Meditation With Music pg. 36	15 - Centering Prayer pg. 6 Sound Bath pg. 36	16 - Architecture Tour pg. 36	17	18	19 - Historical Artifact Crawl pg. 36
20	21 - Mindful Meditation With Music pg. 37	22 - Centering Prayer pg. 6	23	24 - Crystal Bowls pg. 37	25	26
27	28 - Mindful Meditation pg. 37	29 - Centering Prayer pg. 6	30	31		



# August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 - Wilson House Tour pg. 37
3	4	5 - Centering Prayer pg. 6	6	7	8	9 - Meet the Wilsons pg. 38 Birdwatching on Assisi's Hill pg. 38
10	11	12 - Centering Prayer pg. 6 Sound Bath - pg. 38	13 - Historical Artifact Crawl pg. 38	14	15	16 - A Green Environmental Land Tour pg. 39 Architecture Tour pg. 39
17	18	19 - Centering Prayer pg. 6	20 - Crystal Bowls pg. 39	21	22 - Chimney Swift Sit pg. 39	23
24	25	26 - Centering Prayer pg. 6	27	28	29	30

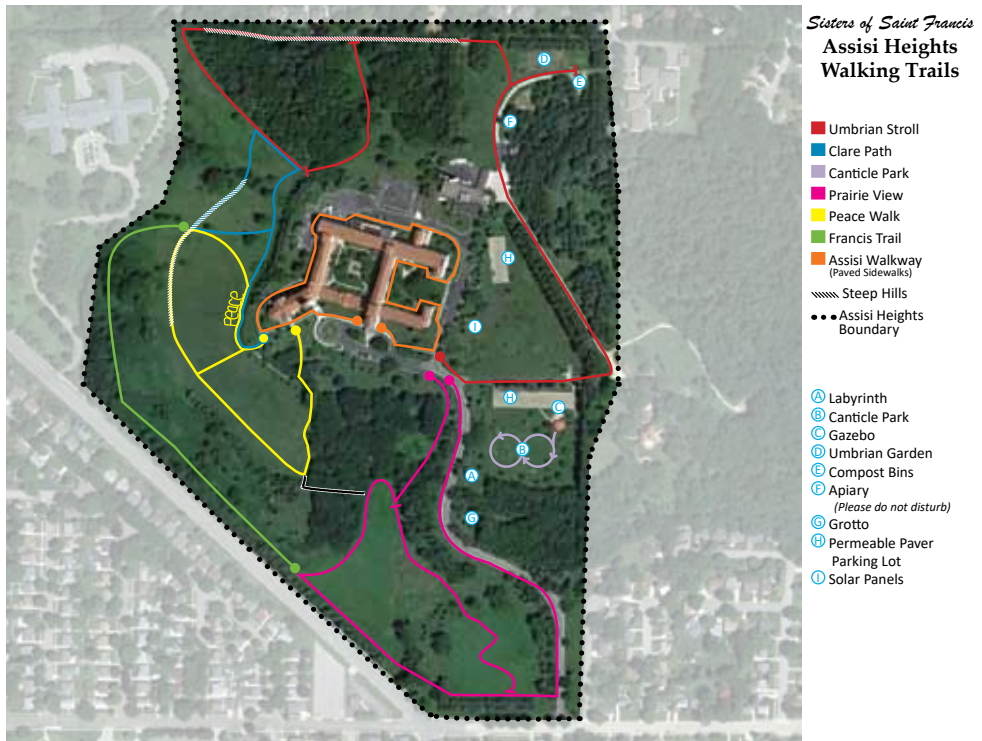
# Walking at Assisi

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. For groups of 10 or more, 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](mailto:reifsue@gmail.com).





# Become a Franciscan Cojourner

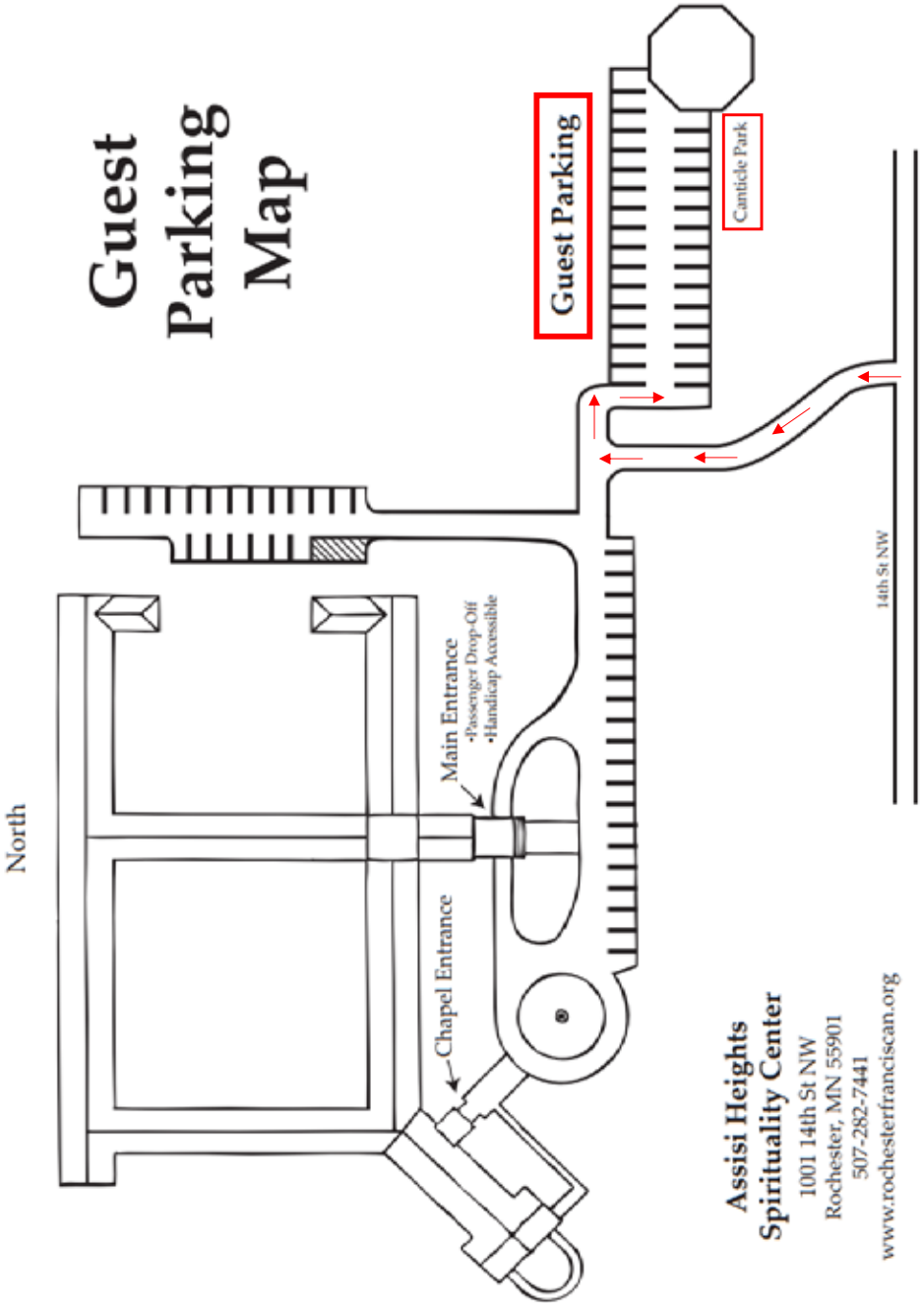
Have you or someone you know considered becoming a Cojourner? Cojourners are women and men who wish to join the Rochester Franciscan Sisters on a spiritual journey!

For more information:

- Visit our website: [www.rochesterfranciscan.org](http://www.rochesterfranciscan.org) and scroll down and click on the button "Become a Cojourner"
- Call: 507-282-7441 x144 to leave a message for Teri Sanneman
- Email: [cojourner@rochesterfranciscan.org](mailto:cojourner@rochesterfranciscan.org)



# Guest Parking Map



**Assisi Heights  
Spirituality Center**

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

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



## 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:

AHSC Event Coordinator  
Assisi Heights Spirituality Center  
1001 14th Street NW  
Rochester, MN 55901

To register online, go to:

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)  
and click on "Events"

Questions? Call 507-280-2195

or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Check enclosed for \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_

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



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Check enclosed for \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_

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

# Registration Instructions

To register, mail this form and payment to:

AHSC Event Coordinator  
Assisi Heights Spirituality Center  
1001 14th Street NW  
Rochester, MN 55901

To register online, go to:

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)  
and click on "Events"

Questions? Call 507-280-2195

or email: [ahsc@rochesterfranciscan.org](mailto:ahsc@rochesterfranciscan.org)



Program Title: \_\_\_\_\_

Program Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Check enclosed for \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_



\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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 \_\_\_\_\_

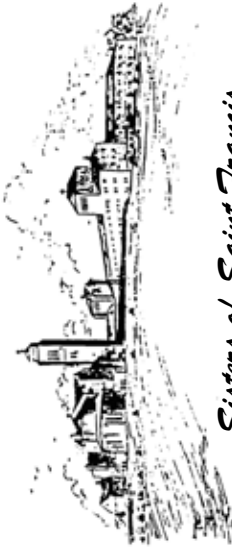
(on back of card)

\_\_\_\_\_

Signature of card holder

\_\_\_\_\_

Date



*Sisters of Saint Francis*  
Assisi Heights  
Spirituality Center

1001 14th Street NW, Suite 100  
Rochester, MN 55901-2525

NONPROFIT ORG  
U.S. POSTAGE  
PAID  
ROCHESTER MN  
PERMIT NO. 289

**"The Essence of Assisi"**

is published semi-annually by the

*Sisters of Saint Francis - Rochester, MN*

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](mailto:ahsc@rochesterfranciscan.org)