



Sisters of Saint Francis
Rochester, Minnesota

www.rochesterfranciscan.org

2025 Assisi Heights Retreats
Sisters of Saint Francis - Rochester, MN

Celebrating the Gifts of Hope and Wholeness in Our Beautiful and Broken World

Presenter: Sister Melannie Svoboda, SND



Thursday, May 15 (6:30 pm) through
Wednesday, May 21 (Noon) Central Time

This retreat will explore the amazing ways God breaks into our everyday lives through such things as the miracle of creation, moments of prayer, relationships, joys, and adversities in our times. Using scripture, prayer, music, short videos, and sharing, Sister Melannie will invite us to enter more deeply into the Mystery of God.

Part 1: Thursday, May 15 at 6:30 pm through Sunday, May 18 at Noon

Part one will focus on **the gift of hope** by exploring: the miracle of creation, the mystery of God's love for ***all creation with compassion and courage amid adversity and uncertainty.***

Part 2: Sunday, May 18 at 6:30 pm through Wednesday, May 21 at Noon

Part 2 will focus on achieving **greater wholeness** in our lives through: beauty, friendship, leisure, pain, and sorrow, into the surrender that leads to peace.

Melannie Svoboda, SND, is a Sister of Notre Dame of Chardon, Ohio. She holds a Master's in English from Indiana University, and a Master's in Formative Spirituality from Duquesne University. Her ministerial experience includes high school and college teaching, novice director, congregational leadership, spiritual direction, retreat ministry, and writing. Her books include *Sunflower Seeds of Hope*, *The Grace of Beauty*, *When the Rain Speaks*, and *Picking Strawberries (poetry)*. You can visit her blog "Sunflower Seeds" at melanniesvobodasnd.org.

Presenters will be in person at Assisi Heights, hosting two conferences per day (livestreamed via Zoom), at 9:00 am & 3:00 pm, with Liturgy at 11:00 am. The full schedule will be sent with your registration confirmation.