Visit Us

Tours of Assisi Heights
Tours are scheduled at various times and by reservation. For an updated schedule, please call 507-282-7441 or visit our website: rochesterfranciscan.org/visit-assisi-heights/. Special group tours may be arranged upon request. There are no admittance fees; however, donations are welcomed and appreciated.

Assisi Heights Spirituality Center

Assisi Heights Spirituality Center (AHSC) provides a sacred space for individuals or groups. We are open to all faith traditions. Located in beautiful Assisi Heights, residence of the Sisters of Saint Francis, this venue was designed to host retreats, seminars and conferences. In addition, we sponsor events throughout the year. For more information, visit our website: rochesterfranciscan.org/spirituality-center/.

Assisi Heights Gift Shop
Our gift shop sells Assisi Heights honey, handcrafted items, cards and artwork created by our Sisters and Cojourners, as well as books and DVDs about our Congregation. Please call 507-282-7441 for Gift Shop hours or visit our website: rochesterfranciscan.org/visit-assisi-heights/. Upon arrival, please ask for a Visitor's Pass at the reception desk.

Mass at Assisi Heights
Mass is held most Sundays, as well as some weekdays, in Lourdes Chapel. For an updated schedule, call 507-282-7441, or visit our website.

Spiritual Direction
People of all faiths are seeking spiritual direction. For more information, call 507-282-7441, or visit our website: rochesterfranciscan.org/spiritual-direction/.

Sisters of Saint Francis
www.rochesterfranciscan.org
1001 14th ST NW
Rochester, MN 55901
507-282-7441

Find us on Facebook.
Search "Rochester Franciscans."

Sisters of Saint Francis
www.rochesterfranciscan.org
1001 14th ST NW
Rochester, MN 55901
507-282-7441

Sisters of Saint Francis
Rochester, Minnesota

Our Mission

Led by the Holy Spirit to embrace the Gospel life of continual conversion, through prayer, community and service, in the tradition of Francis, Clare and Mother Alfred, we, Rochester Franciscan Sisters and Cojourners, commit ourselves to be a compassionate presence for peace in our world, striving for justice and reverence for all creation.

Our History

For over 140 years, the Sisters of Saint Francis of Rochester, Minnesota, have pledged themselves to be faithful to the call of God and to each other.

• In 1877, Sister Mary Alfred Moes (shown below), along with her birth sister, Sister Barbara Moes, and 23 other Franciscan Sisters from Joliet, Illinois, came to Rochester, Minnesota, to establish a new community of Franciscan Sisters ready to serve as teachers.

• In 1883, Rochester was hit by a devastating tornado. The Franciscan Sisters provided care for the victims. Seeing the necessity for health care in the Rochester area, Mother Alfred persisted until Dr. William Worrall Mayo agreed to serve as director of a hospital to be built by the Sisters. Established in 1889, Saint Marys Hospital has been on the cutting edge of health care. Today, Saint Marys is part of the Mayo Clinic, serving people from all over the world.

• Meanwhile, the Sisters continued their ministries in education, staffing parochial schools in Minnesota and beyond, while also establishing academies in Owatonna and Rochester. In addition, their work included post-secondary education, and in 1894, they founded what would become the College of Saint Teresa in Winona, Minnesota. After the Second Vatican Council (1962-1965), many Sisters entered into areas of social service, spiritual care and service abroad. Others continued their ministries in health care and education.

• The Sisters continue to be involved in the world, partnering with the poor and vulnerable, offering a voice on behalf of those who have none. They are diverse in their personalities and ministries, yet are united by faith in God, the Franciscan tradition and the heritage of service.

Who We Are

The Sisters of Saint Francis
We Rochester Franciscan Sisters have a long history of doing what was needed by living the Gospel life of Jesus and spreading the Good News. That spirit continues today. We are committed to God and others through vows of poverty, consecrated celibacy and obedience in community.

Our Cojourners
Cojourners are persons who identify with this community in the spirit of shared mission and vision based upon common Franciscan values and concerns. Cojourners are men and women, single and married, vowed and ordained, of various faith traditions and walks of life. They desire to grow in spirituality, relating with the Rochester Franciscans, and have been mutually sharing life's journey.

Our Franciscan Values
We share a belief in God, reverence for life, concern for the poor, care for the earth, and a commitment to justice and peace for all.

What We Do

Our Ministries
The Sisters of Saint Francis, Rochester, Minnesota, are located throughout Minnesota and six other states, as well as Bogotá, Colombia.

Sisters are active in individual ministries in the areas of education, hospitality, international missions, healing and therapeutic work, human trafficking awareness, justice and peace, care for the earth, prayer and spiritual guidance and more. In addition, Sisters serve in various functions on boards and committees, as well as administration of the Congregation.

We Invite You

Request a Prayer
An important ministry of our Sisters is prayer. Any prayer requests received will be shared with all the Sisters at Assisi Heights and included during daily Mass. If you have a specific prayer request, please call 507-529-3539 and leave a message or visit www.rochesterfranciscan.org.

Join The Rochester Franciscans!

Become a Cojourner
Are you looking to grow deeper spiritually? Are you searching for something "more" in your life? Would you like spiritual enrichment and support within a community that fosters Gospel values? If you responded "yes" to any of these questions, the Sisters of Saint Francis and the Cojourners of Rochester, Minnesota, invite you to explore Cojourning.

For more information, visit our website: rochesterfranciscan.org/join-us/#cojourner.