Reflections on Cojourning:

"Cojourning has been one of my most important lifetime journeys. The strong Franciscan women have guided me with their compassion, wisdom and rich lifetime experiences. The Franciscans have led me to pursue opportunities of grace, spiritual endeavors and personal growth. I have been given the gift of experiencing the holiness of life and the deep connections with community, faith, prayer and service."

- Cojourner Melinda Holtegaard

"Cojourning is a precious gift to our Franciscan Community. Cojourners partner with us in respectful mutuality as together we build up our global community. Personally they have inspired me by their lives and commitment to their covenant. As friends and companions they enliven and give light to our common journey. I have been connecting with Cojourners for over 20 years."

- Sister Bernadine Jax

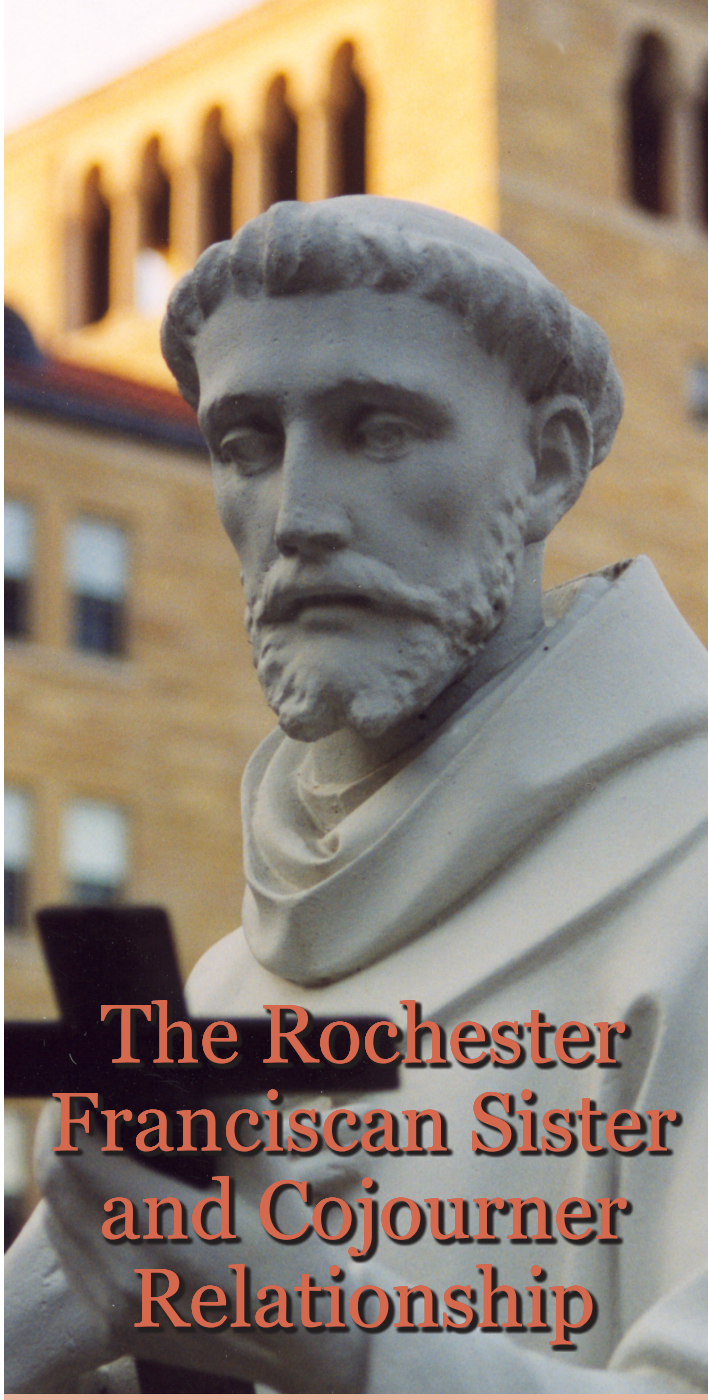
If you have any questions, please contact:

Cojourner Coordinator
cojourner@rochesterfranciscan.org

Cojourner Candidate Liason
srcoj@rochesterfranciscan.org

Sisters of Saint Francis
Rochester, Minnesota

1001 14th Street Northwest
Rochester, Minnesota 55901
507-282-7441
www.rochesterfranciscan.org



The Rochester Franciscan Sister and Cojourner Relationship

An invitation to living more deeply and intentionally the life and spirit of Saints Francis and Clare of Assisi.

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.

What is Cojourning?

Cojourning describes a relationship in which individuals and the Sisters of Saint Francis desire to journey together, or "co-journey", sharing their lives, prayer, mission and ministry in the spirit of Saints Francis and Clare of Assisi and the foundress, Mother Alfred Moes. Cojourner is the name given to a lay associate with the Sisters of Saint Francis of Rochester, Minnesota.

Who are Cojourners?

They are adult women and men who extend the Franciscan charism of joy and reverence for all creation where they live, in their families and work places, and may be:

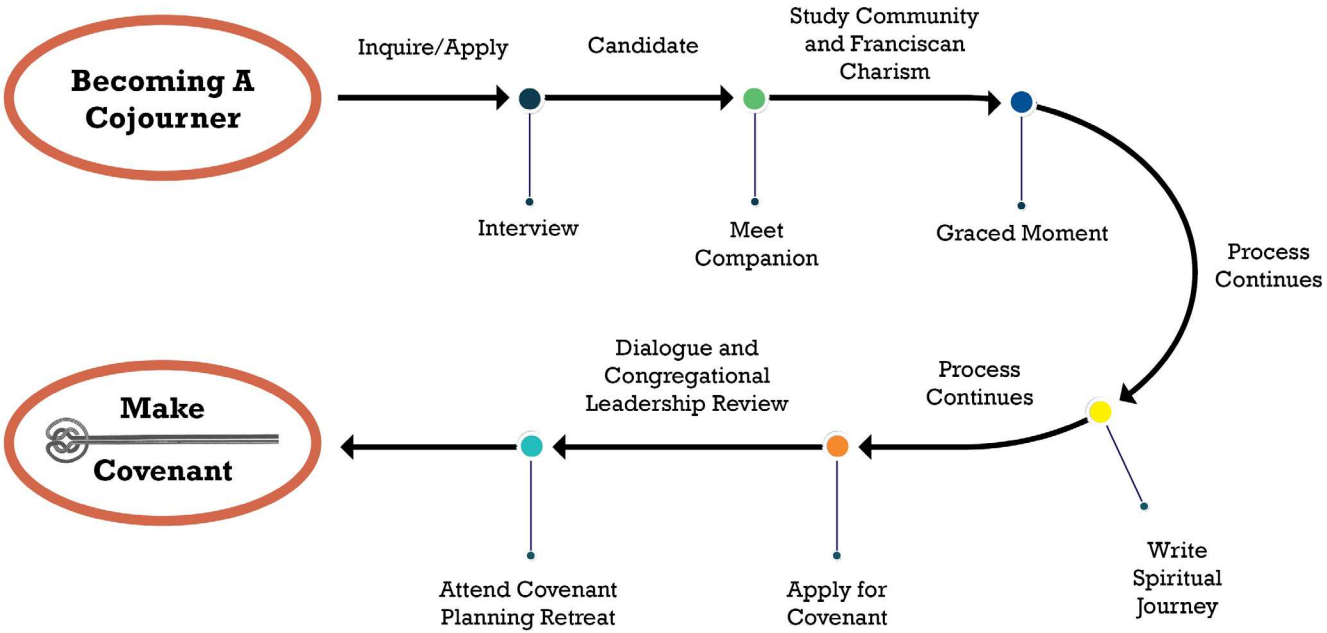
- single or married,
- from various backgrounds,
- of various faith traditions, and
- vowed, ordained, or secular laity.

Cojourners are not members of the Congregation of the Sisters of Saint Francis of Rochester, Minnesota. Instead, they seek to share their life's journey in mutuality of spirit with the Sisters and with each other.

Cojourners and Sisters seek to build community with each other because of their desire for spiritual growth, support and mission.

They share common values as:

- belief in God,
- reverence for life,
- interdependence of all the universe,
- concern for the poor, care of the earth, and
- commitment to justice and peace.

We invite you!

Get to know the Sisters and Cojourners. Join them on retreats, days of reflection and various events. You will have an opportunity to grow spiritually with their support.