“Open the Door” Exercises in Personal Fulfillment

Thursday Evenings, September 8, 15, 22, 29 and October 6 & 13, 2011
7:00 pm – 9:00 pm, $80 for all six sessions.
Participants need to purchase the book in advance.
Pre-registration recommended by September 1, 2011.

Joyce Rupp’s book, *Open the Door*, will be our guide as we explore the image of the “door” as a powerful means to a personal discovery of Divine fullness. Through reading, creative expression and sharing, participants will be guided to the treasure that lies within and the potential for goodness and fulfillment.

Artist, musician, art therapist, spiritual director, teacher and workshop facilitator, Lavonne Lovstad, MA, SpD, seeks to integrate the whole person through the visual arts and spirituality. She brings versatility, compassion and healing to her work with individuals and groups. All are welcome.

Taizé Evening Prayer for Peace

Wednesday, September 21, 2011, 7:00 pm - 8:00 pm

Join us as we pray for peace in our world, styled after the prayer of the monks of Taizé, France. Input, quiet reflection and song comprise this contemplative experience. Peace Day was established in 1981 to coincide with the opening of General Assembly at the U.N., providing an opportunity for express practical acts of peace on a shared date. All are welcome. No charge, free will donations accepted. Advance registration not required.

Upcoming Programs

September 8, 15, 22, 29 and October 6, and 13: “Open the Door” Class

September 13: Meet and Read - Kitchen Table Wisdom: Stories that Heal

September 21: Taizé Evening Prayer for Peace

September 24: Theology Day: Medieval Women, Modern Times

October 2: Blessing of the Animals

October 2: Journey of Peace: Widen the Space of Our Tents

October 3: Transitus: The Memorial of the Passing of Saint Francis

October 15: Polish Your Brilliance! Optimize Life with the Divine Within

October 18: Meet and Read - Dakota

October 26: Creating Mandalas: Come Enter the Circle to Add Color and Meditate Your Way to Inner Peace!

November 4-6: Sacred Threads: Quilting as a Sacred Art Form

November 11-12: Virtual Pilgrimage

November 15: Meet and Read - Still Alice

November 17: Let’s Talk About It... Living and Dying Well

December 5, repeated on December 8: Spend Some Real Face Time: Spiritual Direction 101

December 18: Holiday Organ-Piano concert of favorite Christmas songs

December 20: Meet and Read - The Monastery of the Heart: An Invitation to a Meaningful Life

See inside for additional programs and complete registration information or go to www.rochesterfranciscan.org.
Dear Friends of the Assisi Heights Spirituality Center,

As I write this, I am attending my own retreat away from Assisi Heights. While dining here, I noted that the word on my napkin ring is “thyme.” The pronunciation is “time” - a good word to ponder during retreat! To regularly take time away, to be with nature, myself and God is essential for me. It provides space to re-center, to re-ground me in my search for and journey to God.

The Assisi Heights Spirituality Center may be just the place for you to take time away for quiet or to enrich your life. Our programs are many and varied. In particular, I’d invite you to explore the possibility of spiritual direction—a strong part of the lives of those serious about prayer and their relationship with God. Anything happening in one’s life may be shared in these conversations. Call me if you are interested and I’ll explain how to make arrangements for you to meet with a spiritual director!

Carol Marie Hemish, SSND

Meet and Read: A Book Discussion Group
September – December 2011

$10 per session or $35 for all four sessions if registered by September 13, 2011. Includes a light lunch.

Participants are responsible for their own books. Come having read the book and be prepared to respond to these questions:

• What attracted me to this book?
• What did I resist or find difficult to hear?
• What difference might this book make in my life, if any?

Tuesday September 13, 2011, 11:45 am -1:00 pm
Kitchen Table Wisdom: Stories that Heal
by Rachel Naomi Remen
Winner of the 1996 Wilbur Award for Best Work of Spiritual Non-Fiction, the stories in this best-seller address the spiritual issues of suffering, meaning, love, faith and miracles from the perspective of a physician, who is also the patient.

Tuesday October 18, 2011, 11:45 am -1:00 pm
Dakota by Kathleen Norris
This best-selling classic is about life on the Great Plains of the upper Midwest and its influence on the human spirit. In it, Kathleen Norris gives us assurance that wherever we go, we chart our own spiritual geography.

Tuesday November 15, 2011 11:45 am -1:00 pm
Still Alice by Lisa Genova
In her first novel, Genova presents an accomplished woman who is slowing losing her thoughts and memories to a harrowing disease, even as she discovers that every day brings a new way of living and loving.

Tuesday December 20, 2011, 11:45 am -1:00 pm
The Monastery of the Heart: An Invitation to a Meaningful Life by Joan Chittister
This book is a help in finding spirituality in our daily lives. Chittister’s words get inside you and make you want to watch, listen, read, learn and pray. It is a powerful read for those who want to see meaning in everything they do.
Theology Day:
I Died Singing: Medieval Women, Modern Times
Saturday, September 24, 2011, 8:30 am - 12:00 pm
$25 includes lunch. Pre-registration recommended by September 19.

Do you often wonder how you can integrate an active faith life into your daily routine? In the Middle Ages, lay women who wished to live God-centered lives, without joining the monastery, found new ways of expressing their devoted service to God and to their local society. The solutions the “beguines” found did not always sit well with local or ecclesiastical authorities, but a great mystical movement developed from their ranks. We will look at their way of life and some documents coming from influential spiritual figures among them. You’ll be inspired to find new ways to live your faith in ordinary life!

Sister Helen Rolfson, OSF, Professor Emerita of Theology at Saint John’s University, is a translator of Medieval Dutch spiritual texts, an ecumenist and has visited nearly 30 beguinage sites in Belgium and the Netherlands. She is a delightful presenter on this unusual topic. This is the third in our annual Theology Day series. All are welcome.

Journey of Peace:
Widen the Space of Our Tents
Sunday, October 2, 2011, 4:00 pm - 6:00 pm

You are invited to celebrate the 25th anniversary of the Day of Prayer for Peace, when religious leaders of all faith traditions came together in Assisi, Italy, to pray for peace. Our prayer service will begin at 4:00 pm in Lourdes Chapel and close at Canticle Park, where various faith traditions will host a ‘tent’ in which religious symbols and finger foods associated with their faith will be shared. All are welcome! No charge, free will donations accepted.

Transitus:
The Memorial of the Passing of Saint Francis
Monday, October 3, 2011, 7:00 pm - 8:00 pm

Join us as Franciscans all over the world gather to commemorate St. Francis’ passing from earthly life to everlasting life. All are welcome. No charge, free will donations accepted.

Blessing of the Animals
Sunday, October 2, 2011, 2:30 pm
Pre-registration is recommended by September 29.

In the Spirit of Saint Francis, the Rochester Franciscans invite all animal lovers and their pets to a special service. Bring your furry, feathered, finned or otherwise adorned friends for a special blessing. Come, celebrate all of creation, and meet other pet owners. Note: Animals must be on short leashes or in cages.

No charge, free will donations accepted

Continue on next page.
Leilani (Gibbs) Henry, MA, is a demonstrated leader in the field of workplace creativity and wellbeing. She is the founder of Being and Living Enterprises, and is the creator of Brain Jewels®, a multisensory coaching process for transformation and healing. Leilani’s lifelong experience in the arts is integrated into her unique approach to getting the spirit, mind and body to talk to each other. All are welcome, especially women!

Creating Mandalas: Come Enter the Circle to Add Color and Meditate Your Way to Inner Peace
6:30 pm - 8:00 pm. $30 per session.
$55 for both sessions if paid by October 20, 2011. Includes materials to keep and take with you. 
**October 26 (Introductory Session 1)**
**November 9 (Session 2)**

Pre-registration recommended by October 20, 2011.

“Mandala” means “magic circle” in Sanskrit. It is a universal image used since ancient times as an integrative and centering symbol.

Introductory Session I will provide background explanation for creating mandalas and guidance to do your own. $30 includes the session and all materials.

Session II will build on Session I using new art materials. It is helpful to have some prior experience with mandalas or knowledge of the process. No artistic ability needed for this process; just an open heart and willingness to explore possibilities.

S. Bernadine Jax, OSF, has taught “Mandala” classes and sells her watercolors, photography and mandalas at SEMVA art gallery and other places in Rochester, MN.

Sacred Threads: Quilting as a Sacred Art Form
**Friday, November 4, 2011,** 3:00 pm through **Sunday, November 6, 2011,** 3:00 pm.
$165 includes overnight accommodations for two nights. Non-refundable registration fee is due September 1. Final payment is due October 5.

Quilters often view their work as a spiritual experience. During this retreat there will be input and time to reflect on the spiritual journey inspired by quilting.

*Our presenters:* Sister Mary Eliot Crowley, OSF, has been quilting for 11 years. Having first hand-quilted a queen-sized log cabin quilt, she has since been doing smaller projects. The gift that quilting is to the quilter, as well as the recipient, keeps her cutting and sewing intentionally with every project. Kathy Flippin has been quilting for over 20 years. She will provide learning opportunities throughout the weekend for all those interested.

Virtual Pilgrimage
**Friday, November 11, 2011,** 6:30 pm Registration. 7:00 pm - 9:00 pm Presentations. **Saturday, November 12, 2011,** 8:30 am - 3:30 pm.
$55 includes continental breakfast and lunch on Saturday. Optional overnight is an additional $30. Pre-registration recommended by November 4, 2011.

Vicariously, participants will walk the streets of Assisi, Italy and visit the sacred places of Saints Francis and Clare, the sources of the Franciscan tradition. The prayerful reflections of two experienced guides will provide further meditation on Franciscan spirituality as enrichment for adopting Franciscan values in our lives.

Sisters Ramona Miller, OSF, and Mary Eliot Crowley, OSF, have walked the streets of Assisi for many years as guides for pilgrims. Their life experience strengthens their teaching.
Let’s Talk About It... Living and Dying Well  
**Thursday, November 17, 2011, 6:30 pm - 8:30 pm**  
$5 suggested donation. Pre-registration recommended by November 11, 2011.

This is the first in a series that will help folks look at end of life issues, how to talk with one another about the implications of these issues, and how we can support one another on this spiritual journey.

Fr. Nick Mezacapa, Rector of Calvary Episcopal Church in Rochester, will present the why, when and how of talking with loved ones about the concerns at the end of life. Following the presentation, a panel will discuss the practicalities involved in honoring a person’s wishes.

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**Spend Some Real Face Time: Spiritual Direction 101**  
**Monday, December 5, 2011, 7:00 pm - 8:30 pm**  
Repeated on **Thursday, December 8, 2011, 9:30 am - 11:00 am**  
$10 per session. Pre-registration recommended by November 28, 2011.

Have you ever wondered what spiritual direction is all about? Come, explore this way of growing in your relationship with God, yourself and all creation. During this session, you will hear the history of spiritual direction, learn the difference between spiritual direction and/or psychological/spiritual counseling, get a taste of what happens during a spiritual direction session and hear from individuals how spiritual direction has made a difference in their lives and in their journey with God.

*Our presenters:* Carol Marie Hemish, SSND, Coordinator of the Assisi Heights Spirituality Center, has been involved in Spirituality ministries for over 30 years. Sister Madeleine Pellerin, OSF, brings many years of experience in health care and has recently completed her Spiritual Direction certification.

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**Holiday Organ-Piano Concert of Favorite Christmas Songs**  
**Sunday, December 18, 2011, 2:30 pm**

Relax amid the lovely strains of familiar carols. Join the Sisters of Saint Francis as they celebrate their Foundress Day, honoring Mother Alfred Moes.

Sister Carol Marie Hemish, SSND, pianist, and Bob Hachmeister, organist, share an hour of music for your relaxation and delight.

No charge, donations are welcome.

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We are grateful for the support and contributions of our Assisi Heights Spirituality Center Advisory Council members:

- Dawn Beckley
- David Brunner
- S. JoAnn Haney, OSF
- Joe O’Toole, Jr.
- Bob Schroeder
- Steve Sturm
- Andrea Thayer
- S. Linda Wieser, OSF
- Diane Wrobleski
# Registration Form

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**TO REGISTER:** Enclose this form and a check payable to AHSC.

Send to: Carol Marie Hemish, SSND, Assisi Heights, 1001 14th Street NW, Rochester, MN 55901

Questions? Call 507-280-2195 or email: ahsc@myclearwave.net

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**Follow us on Facebook!**
Keep up to date on Events at Assisi Heights

www.facebook.com
search “Rochester Franciscans”

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**Register Online!**
www.rochesterfranciscan.org
Click “What’s Happening” then “Events Calendar”
Please be sure to seal all sides of this form if enclosing payment by check.

Thank you!

S. Carol Marie Hemisch, AHSC Coordinator
507-280-2195 or ahsc@myclearwave.net
UPCOMING AHSC 2012 PROGRAMS

January 20-21, 2012:
Silent Overnight Retreat

February 14, 2012:
Annual Valentine’s Day Dinner for Couples

February 17-18, 2012:
Freedom Through Forgiveness: A Retreat

February 22 - April 7, 2012:
Retreat in Daily Life - Weekly during Lent

February 24-26, 2012:
Sacred Threads: A Quilting Retreat

March 3, 2012:
Day Retreat: The Life and Influence of Dorothy Day