

Visit Us

Tours of Assisi Heights

Tours are scheduled most Mondays and Saturdays at 2:00 PM by reservation. Please call 507-282-7441. Special group tours are available 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, go to www.rochesterfranciscan.org and select "What's Happening."

Assisi Heights Gift Shop

Hours are 12:15-1:15 PM, seven days a week. Please ask for a Visitor's Pass at the reception desk. 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.

Mass at Assisi Heights

Mass is held most Sundays thru Thursdays at 11:00 AM in Lourdes Chapel. Please use the Chapel entrance.

Spiritual Direction

People of all faiths are seeking spiritual direction. They often discover that these sessions benefit their relationships with others and all of creation. For more information, call 507-280-2195 or go to www.rochesterfranciscan.org.

Sisters of Saint Francis

www.rochesterfranciscan.org

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



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Search "Rochester Franciscans."



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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.

- 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.



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.



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.



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- 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

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

What We Do

Our Ministries

The Sister of Saint Francis, Rochester, Minnesota, are located throughout Minnesota and eight 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.

Join The Rochester Franciscans!

What is required to become a Rochester Franciscan Sister?

- Be a Catholic woman, between the ages of 20 and 45, in good physical and psychological health.
- Share a commitment to be a compassionate presence for peace in our world and strive for justice and reverence for all of creation.
- Have the enthusiasm to respond to God wholeheartedly within the community.
- Desire to follow Jesus in the spirit of Saint Francis, Saint Clare and Mother Alfred Moes.

How do you become a Cojourner?

- Make an inquiry, followed by an interview.
- Participate in an orientation process with a contact Sister (usually one to two years).
- Celebrate a Cojourning Covenant.
- Participate in a Franciscan Life Group with Sisters and Cojourners.