

THE OEF/OLF GREAT LAKES REGION INVITE YOU TO  
OUR ANNUAL GATHERING AT  
ASSISI HEIGHTS, ROCHESTER, MN

Thursday, October 4, 2018, 5:00pm  
To  
Saturday, October 6, 2018, 1:00pm\*



*\*With the option to arrive the evening of Wednesday, October 3, 2018 at 6:00pm to Commemorate St. Francis' Transitus with the Rochester Franciscan Sisters at 6:30pm to 8:00pm.*

**For directions, go to:**  
Assisi Heights Spirituality Center, 1001 14<sup>th</sup> St NW Rochester MN 55901  
PHONE: 1-507-280-2195

<https://www.rochesterfranciscan.org/contact-us1/key-contacts-email-address.html>

*Please see pages 2 through 4 for all options available for registration. For your convenience, transportation, maps, agenda and menu are on pages 5 through 8 in this packet. Please bring your own copy of this packet with you to our retreat.*

*Thank you.*

2018 OEF/OLF GREAT LAKES REGIONAL GATHERING REGISTRATION

NAME: \_\_\_\_\_ (Each person needs their own form.)

I AM WITH (CHECK ONE)  OEF  OLF  OTHER or Guest of \_\_\_\_\_

**Please check ALL that apply for your individual registration:**

**OPTIONAL: ASSISI HEIGHTS' TRANSITUS SERVICE OF ST. FRANCIS, Wednesday, October 3, 6:30pm – 8pm.** Arrive at 6pm. Meet at Chapel. Cost: None/Free Will Offering appreciated. Join the Rochester Franciscans in commemorating our Father in Faith's Transition from this world to the Heavenly Realm. **Please register INDIVIDUALLY for this event by going to: <https://www.rochesterfranciscan.org/whats-happening/public/991-transitus-of-st-francis.html>.** NOTE: Under ORGANIZATION input either OEF or OLF whether you are a member or guest of an OEF or OLF Member. This will help Assisi Heights keep track of those attending aside from Assisi Heights' retreat group meeting the same time we are. Print out and bring receipt with you to the retreat. All meals are on your own.

**OPTIONAL ACCOMMODATIONS: Wednesday, October 3, 7:00pm through Thursday, October 4, 7:00pm.** Cost: Please ADD an additional cost of \$40 for Lodging. All meals are on your own.

**OPTIONAL DINNER @ DENNY'S: Thursday, October 4, 5:00pm through 6:30pm.** Cost: Your separate check at restaurant; Not included in price of weekend. Room assignments will be given at the restaurant. If you aren't joining us for dinner, call Sr. Chris at 715-213-7576 when you get into town. NOTE: Assisi Heights front door locks at 10pm. If you need to arrive later than this on any evening, please call us and we can contact the night staff.

**OEF/OLF FULL RETREAT ACCOMMODATIONS: Thursday, October 4, 7:00pm through Saturday, October 6, 1:00pm.** Cost: \$200 for Friday morning's speaker: Pastor Shari Mason, Lodging and Meals (not including dinner on Thursday, October 4, 2018. NOTE: This cost is calculated with a certain number in mind. Cost may increase or decrease depending how many participants sign up.

**SESSION WITH PR. SHARI MASON & LUNCH ONLY, Friday, October 5, 9:30am through 12:30pm.** Cost: \$15.

**ASSISI HEIGHTS GUEST SPEAKER: FATHER ED SHEA, OFM - "My God and My All: The Spirituality of St. Francis", Friday, October 5, 6:30pm-8:00pm.** Cost: None/Free Will Offering appreciated. OEF AND OLF and Guests: PLEASE SELECT OPTION 2 WHEN REGISTERING. Please register INDIVIDUALLY for this event by going to: <https://www.rochesterfranciscan.org/whats-happening/public/my-god-and-my-all-the-spirituality-of-st-francis.html>. NOTE: Under ORGANIZATION input either OEF or OLF whether you are a member or guest of an OEF or OLF Member. This will help Assisi Heights keep track of those attending aside from the other retreat groups meeting this week. Print out and bring receipt with you to the retreat.

**PARTIAL RETREAT: Friday, October 5, 6:30pm through Saturday, October 6, 1:00pm. Preparation and Rite of Passage & Renewal Service followed by lunch.** Cost: \$65 for Friday night lodging, and Saturday's Breakfast and Lunch.

**LUNCH ONLY: Saturday, October 6, 11:30am through 1:00pm.** Cost: \$15

**MOBILITY SCOOTER:** Cost: \$20/day. First come, first served.

**IMPORTANT DATES & INSTRUCTIONS:**

**My Total Cost is: \$\_\_\_\_\_ (Calculate ALL costs you checked above.)**

A Check for the above amount must be made out and mailed to: Sr. Christine Petersen, OEF. 853 Norwich Court. Nekoosa, WI 54457-9120 and received by Monday, September 17, 2018.

**NOTE:** To fulfill our contract requirements with Assisi Heights, no refunds will be reimbursed after Monday, October 1,

**You may register 1 of 3 ways:**

1. **PREFERRED METHOD:** Scan and email Registration Form(s), pages 2 through 4, by Monday, September 17, 2018 to Sr. Kathleen at [peace4all5000@centurylink.net](mailto:peace4all5000@centurylink.net). OR
2. **Via USPS:** Allowing for mailing delays, mail a **SIGNED COPY** by Monday September 10, 2018 to: Sr. Kathleen Dlugosz, P.O. Box 17370 Lot 2410, St. Paul, MN 55117-0370. OR
3. **By phone:** Call Sr. Kathleen at 651-645-1190 by Monday, September 17, 2018. **NOTE:** Follow phone prompts carefully. If not available, leave a message. You'll receive a call back within 24 hours. At Assisi Heights you will be asked to sign your forms.

**FOR ADDITIONAL INFORMATION ABOUT ASSISI HEIGHTS TOURS, GIFTSHOPT, ETC. GO TO:**  
<https://www.rochesterfranciscan.org/tours.html>

Any questions, please contact Sr. Christine Petersen, OEF at [capoef@solarus.biz](mailto:capoef@solarus.biz) or call 715-213-7576 OR Sr. Kathleen Dlugosz, n/OEF at [peace4all5000@centurylink.net](mailto:peace4all5000@centurylink.net) or call 651-645-1190.

**REGISTRATION INFORMATION:**

Please print and provide one registration form (pages 2 through 4) for each person attending in your party. We look forward to having you participate in our gathering!

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

(H) PHONE: \_\_\_\_\_ (W) PHONE: \_\_\_\_\_ (C) PHONE: \_\_\_\_\_

ANY SUGGESTIONS AND/OR GIFTS YOU WOULD LIKE TO SHARE WITH THE GROUP FOR THE WEEKEND (i.e., Music, Prayers, Meditation, Downtime Activities, etc.):

\_\_\_\_\_  
\_\_\_\_\_

SPECIAL DIETARY REQUEST(S) (i.e., Diabetic, Vegetarian, Vegan, Gluten Free, Food Allergies, etc.):

\_\_\_\_\_  
\_\_\_\_\_

SPECIAL ACCOMMODATION(S) REQUEST (i.e., Handicap Shower, Bathroom, Wheelchair Accessibility, Parking, etc. If a scooter is needed, please refer to cost on page 2.):

\_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT INFORMATION ~ Your *information will be kept confidential; will be used for emergency purposes only; and it is completely voluntary for you to provide this information. You may choose what information you wish to share for emergency purposes. By no means is sharing your personal medical information mandatory to participate in this event. It is with good intentions for event participants that this information is requested in the event of a medical emergency or situation that would require medical attention.*

NAME(S): \_\_\_\_\_ RELATIONSHIP(S): \_\_\_\_\_

(H) PHONE: \_\_\_\_\_ (W) PHONE: \_\_\_\_\_ (C) PHONE: \_\_\_\_\_

KNOWN MEDICAL CONDITION(S): Add additional information by attaching another sheet of paper.

\_\_\_\_\_

KNOWN ALLERGY(IES): Add additional information by attaching another sheet of paper.

\_\_\_\_\_

\_\_\_\_\_

MEDICATION(S): Add additional information by attaching another sheet of paper.

\_\_\_\_\_

\_\_\_\_\_

**REGISTRATION INFORMATION – Continued for:** \_\_\_\_\_:

In the event of a medical emergency, do you give representatives sponsoring this event or the facility the authority to share the above emergency information to emergency medical personnel, if needed and/or you are unable to do so?

Please check one:  Yes  No

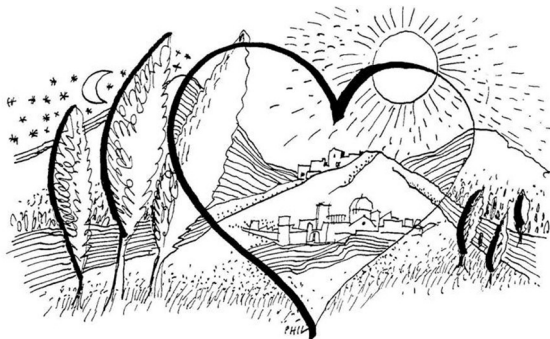
Above Registrant or Representative Please Sign: \_\_\_\_\_

Name of Representative & Relationship if different from Registrant: \_\_\_\_\_

Date: \_\_\_\_\_

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**HOW TO GET THERE**



If you find you need to use any of the below modes of transportation and are in Rochester with the need for a ride to and from Assisi Heights, two options are available 1) Call one of your OEF or OLF siblings attending the retreat or retreat contacts to arrange a complimentary ride; or 2) call *Med City Cab Co.* at 1-507-282-TAXI (8294) or book online at <http://www.medcitytaxi.com>. This cab company is the best allergy-friendly cab company in Rochester. When ordering, request a smoke-free cab.

**By Plane:** Fly into Rochester, MN (RST), Minneapolis/St. Paul International Terminal 1 in MN (MSP) or La Crosse, WI (LSE). [GROOME Shuttle](#) (formerly, GO RochesterDirect) is available from all Area Airport locations to drop you off and pick up directly to and from Assisi Heights. To book a shuttle ride call 1-800-280-9270 and ask for the Mayo rate.

**By Train:** Rail Service is available through Amtrak along “The Empire Builder Line.” To and from Oregon to Chicago with some stops in areas such as East Grand Forks and Minot, ND, St. Paul, Red Wing and Winona, MN and LaCrosse, WI. [GROOME Shuttle](#) (formerly, GO RochesterDirect) is available from all Area Airport and Amtrak locations in MN and WI to drop you off and pick up directly to and from Assisi Heights with the occasional transfer or short cab ride to a pick-up location. To book a shuttle ride, call 1-800-280-9270 and ask for the Mayo rate. **NOTE:** *You may experience a transfer at the Holiday Inn, Downtown Rochester or an Amtrak station. In addition, there are local bus companies that partner with Amtrak to connect at other locations along this route. Contact Amtrak directly for this information and any special accommodations that are needed.*

**By Automobile:** To be good stewards of the earth, we strongly encourage Retreatants to carpool whenever possible. Use the link below from Assisi Heights own online instructions. Or use your favorite online map tool to and from the address for Assisi Heights listed below:

Assisi Heights Spirituality Center, 1001 14th St NW Rochester MN 55901  
PHONE: 1-507-280-2195

<https://www.rochesterfranciscan.org/contact-us1/key-contacts-email-address.html>

**FOR THURSDAY NIGHT DINNER @ DENNY'S AT 5PM – 6:30PM**

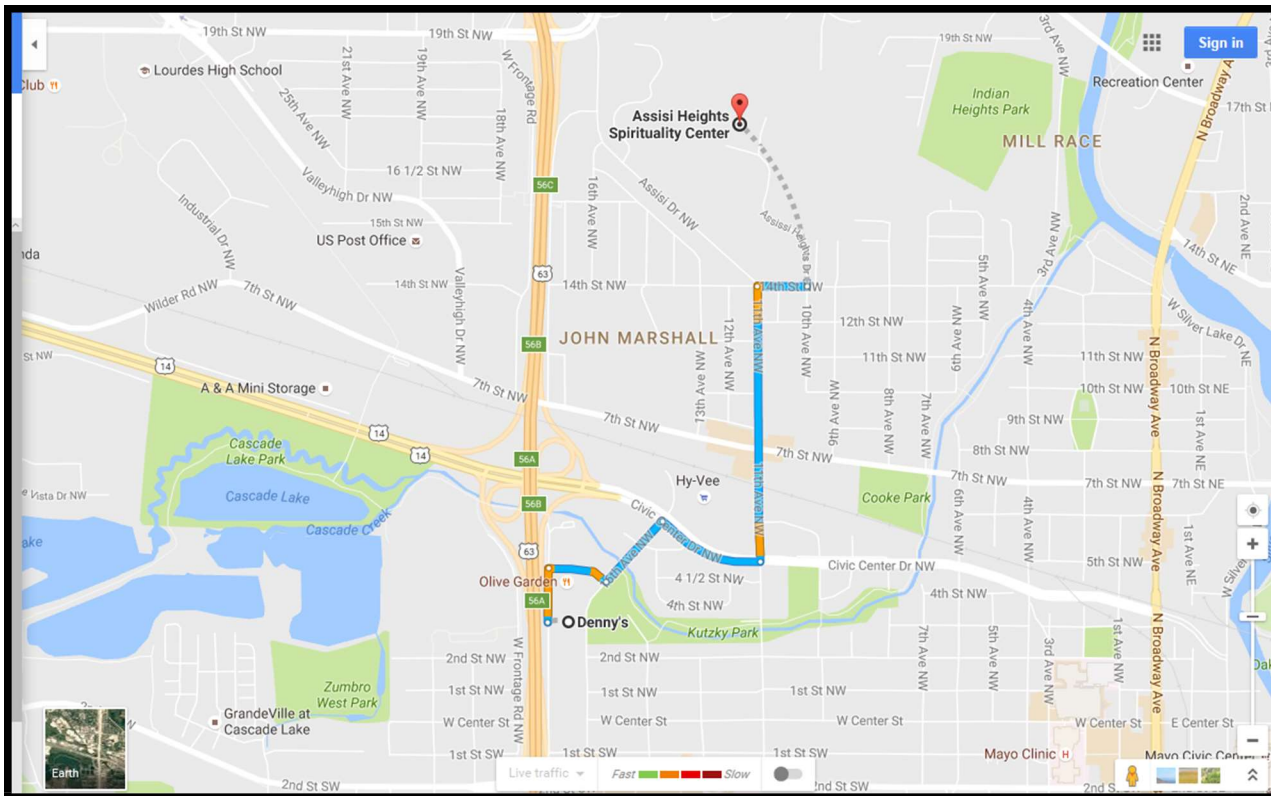
**LOCAL MAPS OF ASSISI HEIGHTS AND NORTH SIDE OF ROCHESTER:**

***From Assisi Heights to Denny's***

1. START AT: 1001 14th St NW, Rochester, MN 55901
2. Head south on Assisi Heights Dr toward 14th St NW 46 ft
3. Turn right at the 1st cross street onto 14th St NW 0.1 mi
4. Turn left onto 11th Ave NW 0.9 mi
5. Turn right onto 1st St SW 0.4 mi
6. Turn right onto 17th Ave SW
7. **Destination will be on the right** 0.3 mi

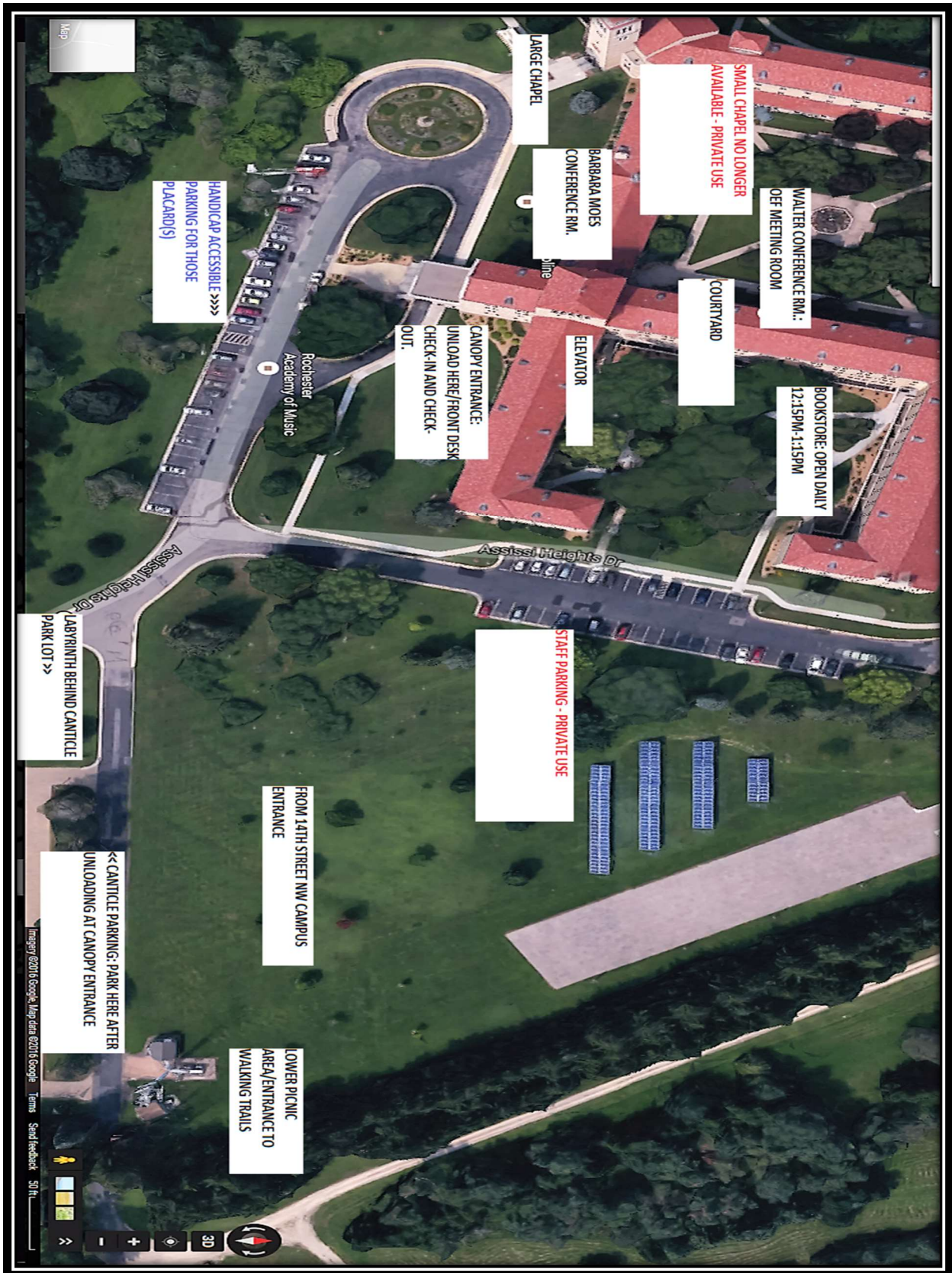
**From Denny's to Assisi Heights**

1. START AT: 286 17th Ave NW, Rochester, MN 55901
2. Head north on 17th Ave NW toward 4th St NW 0.1 mi
3. Turn right onto 4th St NW 0.1 mi
4. Turn left onto 16th Ave NW 0.2 mi
5. Turn right onto Civic Center Dr NW 0.2 mi
6. Turn left onto 11th Ave NW 0.6 mi
7. Turn right onto 14th St NW 0.1 mi
8. Turn left onto Assisi Heights Dr 46 ft



## ASSISI HEIGHTS CAMPUS MAP

Unload car at Canopy Entrance. Cars with Handicap plate or placard can park in lot across from Canopy Entrance. All others must park in Canticle Parking Lot near Lower Picnic Area and Labyrinth.



## 2018 OEF/OLF Great Lakes Regional Retreat Agenda

1. All gathering times will be in the Barbara Moes Conference Room throughout the weekend.
2. No alcohol is permitted on campus except for Sacramental purposes. We decided to use grape juice and gluten free bread for communion. This is to journey alongside those who may have special medical and dietary needs.
3. Special diet foods may be stored in the small kitchen near the sleeping rooms. During our group meals some dietary needs may be met. If Assisi Heights doesn't have a suitable replacement to accommodate your dietary needs, we will contact you before the retreat to work something out. We do have available to us small fridges near both the men's and women's sleeping areas.
4. Coffee, tea, cream, sugar, lemon, honey, sugar substitutes, and both hot and ice water will be available in our conference room. Feel free to get up, stretch, and get a beverage at anytime while we meet. We are casual during most of our time together.
5. In your rooms there are instructions how to gather and place used bed linens and towels before you leave the retreat. It works best to have this done and all your things packed before breakfast. You can then just pick up your items from your room without causing delays for our morning activities and can quickly get on the road after lunch.

### Wednesday, Oct. 3<sup>rd</sup>

**Optional Evening: 6pm:** Transitus Service with the Rochester Franciscan Sisters. Meet at Chapel at 6pm. Service is 6:30pm to 8pm followed by fellowship. Meals are on your own.

### Thursday, Oct. 4<sup>th</sup>

**5pm:** Dinner @ Denny's Meet & Greet; Room assignments will be given at dinner.

**NOTE:** For driving directions, see page 5 of this packet.

**6:30pm – 8pm:** Caravan to Assisi Heights from Denny's. Unpack, settle in.

**NOTE:** For unloading and parking instruction, see page 6 of this packet.

**8pm – 10pm:** Introductions, initial regional business and fellowship-DECIDE WHICH MOVIE OR GROUP ACTIVITY FOR FRIDAY AFTERNOON. *EVENING SNACK: Chicago Mix Popcorn.*

### Friday, Oct. 5<sup>th</sup>

**8am:** Devotions (Matins) lead by Sr. Dale followed by *BREAKFAST FEAST: Buffet with Scrambled Eggs, Muffins, Bacon, Potatoes, Orange juice and Fresh Fruit.*

**9:30am – 11:30am:** GUEST SPEAKER (invited by Br. Joseph Thomas) - Pastor Shari Mason (Austin Congregational UCC) will be presenting "The Eight Pillars of Joy" from The Book of Joy by The Dalai Lama and Bishop Desmond Tutu. Through meditation and sharing, we will be discussing Perspective, Humility, Humor, Acceptance, Forgiveness, Gratitude, Compassion and Generosity. Pr. Shari will bring her insights from her training as a Spiritual Director (Franciscan Spirituality Center, LaCrosse) and years of leading a weekly meditation group. Discussion to follow.

## **2018 OEF/OLF Great Lakes Regional Retreat Agenda (Continued)**

**11:30am – 12:30pm:** *LUNCH; BAKED POTATO BAR: Soup du Jour, Tossed Salads & Dressings, Baked Potato, Salsa, Sour Cream, Butter, Steamed Broccoli, Cheese, Vegetarian Chili, and Crumbled Bacon. DESSERT: Rice Crispy Treats.*

**12:30pm – 4:30pm:** *GROUP ACTIVITY OR INDIVIDUAL FREE TIME. AFTERNOON SNACK: 100 Calorie Snack Packs to go will be available for you to take with you at lunch.*

**5:00pm:** *DINNER: Br. Craig's Chicken Masala with Capers. DESSERT: Assorted Baked Bars.*

**6:30 – 8pm: ASSISI HEIGHTS GUEST SPEAKER: FATHER ED SHEA, OFM - “My God and My All: The Spirituality of St. Francis”** - Without a doubt, St. Francis of Assisi is one of the most popular saints of all time and for good reason. His zest for life, his passion for the Gospel, his love for all creation speaks to the deepest desires of the human heart. Franciscan Father Ed Shea will share with us some insights after more than 30 years as a Franciscan. He has served in a variety of Chicago area parishes, including St. Joseph Back of the Yards Hispanic neighborhood. He currently works at St Peter's in the Loop, where he is Director of Youth Ministry. He is also involved with Theology on the Rocks and Theology on Tap. Father Ed loves to sing! He even sang the National Anthem at the Chicago White Sox game!

**8pm – 10pm:** Review “The Rite of Passage Service,” Group discussion: Our Rule of Life and Prayer; Socialize; discuss plans for next year. *EVENING SNACK: Trail Mix*

### **Saturday, Oct 6<sup>th</sup>**

**8am –** Matins led by Sr. Dale followed by *BREAKFAST FEAST: Buffet Style – Scrambled Eggs, Muffins, Sausage, Potatoes, Orange Juice and Fresh Fruit.*

**10am –** OEF Rite of Passage Service led by Br. Craig with Music provided by OLF.

**11:30am –** *LUNCH: Asian Buffet with Grilled Beef, Jasmine Rice, Stir Fry Vegetables, Egg Roll and Fortune Cookie. DESSERT: Special Order Cupcakes from Daube's Bakery.*

**1pm – Closing Prayer/Adjourn. SAFE TRAVELS FOR THE WAY HOME!!! SAVE THE DATE FOR NEXT YEAR'S OEF/OLF GREAT LAKES REGIONAL GATHERING: Thurs., Oct. 3 – Sat., Oct. 5, 2019 (Wed., Oct 2, 2019: optional.)**

