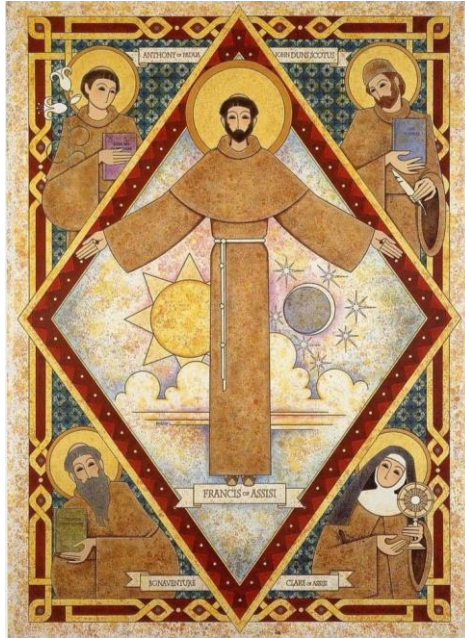


THE OEF/OLF GREAT LAKES REGIONS INVITE YOU  
TO OUR ANNUAL GATHERING AT

[ASSISI HEIGHTS, ROCHESTER, MN](#)



Thursday, October 3, 2019, 4:15pm

Through

Saturday, October 5, 2019, 1:00pm\*

*\*With the option to arrive the evening of Wednesday, October 2, 2019.  
If you do select this option, and to allow for proper planning time for the facility,  
please indicate what time you plan to arrive.*

**2019 OEF/OLF GREAT LAKES REGIONAL GATHERING REGISTRATION**  
 (Each person needs their own form.)

<b>NAME:</b>		<b>DATE:</b>
<b>I AM WITH (CHECK ONE)</b> <input type="checkbox"/> OEF <input type="checkbox"/> OLF <input type="checkbox"/> OTHER or Guest of:		
<b>Please select the items below that you wish to take part in and/or order putting the #1 under the quantity.</b>		
<b>Quantity</b>	<b>2019 INDIVIDUAL RETREAT COSTS</b>	<b>Price</b>
<b>FRANCISTIDE RETREAT</b>		
	Thurs., Oct., 3rd, 3:30pm through Sat., Oct., 5th, 1:00pm: Includes Walters conference room rental; All meals, snacks, max 6 cans soda or bottles of water, the All-Day Coffee Bar; small coffee & tea bar near our rooms; Fellowship, private tour and worship at Kinstone; Dinner and snacks with the Sisters before and after Transitus; and Saturday Assisi Heights Event: St. Clare: The Founding Days. NOT INCLUDED: Saturday evening dinner at The Monarch; Each will pay their own separate check.	\$230.00
<b>OPTIONAL CHOICES OUTSIDE FRANCISTIDE RETREAT</b>		
<b>Optional Extra Day: Wed., Oct. 2nd through Thurs., 3:30pm - ROOM</b>		<b>\$ 40.00</b>
	Wednesday Breakfast in Dining Rm.	\$ 5.00
	Wednesday Lunch in Dining Rm.	\$ 10.00
	Wednesday Dinner in Dining Rm.	\$ 5.00
<b>Optional Extra Day: Tues., Oct. 1st - ROOM</b>		<b>\$ 40.00</b>
	Tuesday Breakfast in Dining Rm.	\$ 5.00
	Tuesday Lunch in Dining Rm.	\$ 10.00
	Tuesday Dinner in Dining Rm.	\$ 5.00
<b>Optional Extra Day: Mon., Sept. 30th - ROOM</b>		<b>\$ 40.00</b>
	Monday Breakfast in Dining Rm.	\$ 5.00
	Monday Lunch in Dining Rm.	\$ 10.00
	Monday Dinner in Dining Rm.	\$ 5.00
<b>ADDITIONAL AMENITIES' COSTS</b>		
	Scooter Rental for 5 days (First come first serve basis.)	\$ 80.00
	Specialized Menu Requests - Add 20% to cost per item. List Items:	
	Specialty Items Ordered - Add 30% to cost per item. List Items:	
	Soda Can or Bottled Water ( <i>You may buy more than 1.</i> )	\$ 1.00
	Snacks packs outside of Francistide Weekend ( <i>You may buy more than 1.</i> )	\$ 1.35
	<i>Subtotal</i>	
	<i>Amount Paid</i>	
	<b>Total Amount Due</b>	

**IMPORTANT DATES & INSTRUCTIONS:** Please send a check for the "Total Amount Due" and mailed to:

Sr. Christine Petersen, OEF, 934 Round Oak Court, Nekoosa, WI 54457-9120 and received by Monday, September 16, 2019. If you are unable to make the full payment by the above due date, please contact Sr. Chris to make arrangements.

**NOTE:** To fulfill our contract requirements with Assisi Heights, no refunds will be reimbursed after Monday, September 30th. You may register 1 of 4 ways by sending COMPLETE & SIGNED Registration Form(s) - pages 2 & 3 (order by preferred methods) VIA:

- Email:** Scan and email **by Monday, September 16, 2019** to Sr. Kiara Mychal Hart at [peace4all5000@centurylink.net](mailto:peace4all5000@centurylink.net); OR
- FAX:** Send to Sr. Kiara Mychal Hart **by Monday, September 16, 2019**: Dial 1-612-486-9219; OR
- Phone:** Call Sr. Kiara at 651-645-1190 **by Monday, September 16, 2019**. NOTE: Follow phone prompts carefully. If not available, please leave a message. You'll receive a call back within 24 hours. At Assisi Heights you will be asked to sign your forms; OR
- USPS:** Allowing for mailing delays, mail **by Monday September 9, 2019** to: Sr. Christine Petersen, OEF, at 934 Round Oak Court, Nekoosa, WI 54457-9120.



**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.

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

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

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

## HOW TO GET TO ASSISI HEIGHTS...

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 [MED CITY CAB CO.](#) 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 Rochester Direct) 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.

**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 La Crosse, WI. [GROOME SHUTTLE](#) (formerly, GO Rochester Direct) 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.

**NOTE:** *You may experience additional stops around Downtown Rochester or at 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**

[MAP](#)



The Canopy Entrance at  
Assisi Heights

Statue of St. Francis



Center Garden  
of Round-About  
Main Entrance Parking Lot

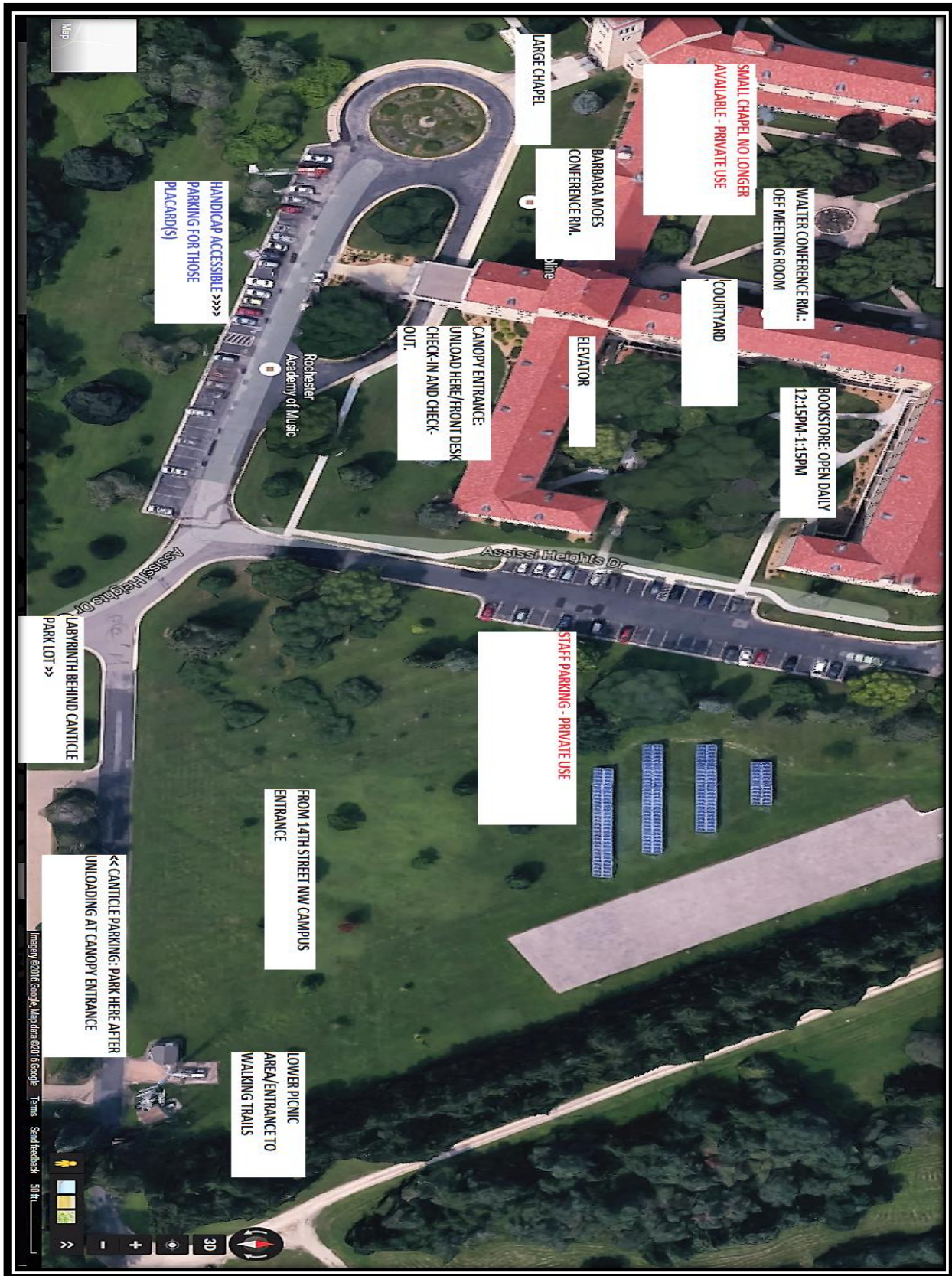
Peace Trail at Assisi Heights.  
Maps are available at the Front  
Desk in The Reception Area



***If you do get stuck and still need a ride, call:  
Sr. Christine at 715-213-7576 or Sr. Kiara Mychal at 651-645-1190.***

## 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.



**2019 OEF/OLF Great Lakes Lighthouse Regional Retreat Agenda  
Assisi Heights, Rochester, MN**

1. *All gathering times will be in the Walters 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 any time 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.*
6. *The Sisters have a gift shop on the second floor that is open from 12:15pm to 1:15pm, seven days a week. Their gift shop sells Assisi Heights Honey, handcrafted items, cards and artwork created by the Sisters and their Cojourners, as well as books and DVDs about their Congregation.*



**Thurs., Oct. 3rd**

**3:30pm** – Pick up registration packet at Front Desk in Reception Area. This will have your room number.

**NOTE:** *Please see attached map. Unload your vehicle at the Canopy or Main Entrance. After unloading, please park your vehicle in the guest lot marked on your map. If you have a handicap placard or license plate, you may park in the lower parking lot bottom of stairs and across from the Canopy Entrance (where you unloaded your car). Doors close at 10:00pm. If you think you will be arriving later than 10:00pm, please call Sr. Chris at 715-213-7576. Someone of will meet you at the front door under the canopy.*

**4:30pm** – Meet outside Dining Room. Brief introductions.

**4:45pm** – Dinner in Dining Room with the Sisters.

**6:30pm** – Transitus Service in Main Chapel.

**8:00pm** – Snacks in Dining Room with the Sisters.

**9:00pm** – Meet in the Walters Conference Room: Introductions and Ice breaker; Create a "Parking Lot" of items we wish to discuss or bring to each other's attention. **NOTE:** *We will be meeting in this room all weekend while on Assisi Heights' Campus. If you wish to keep items in this room, please remember this room not be locked. There are other groups staying this weekend to celebrate Transitus. We are asked to stay in the areas our group is scheduled to be in during the weekend.*

**Fri., Oct. 4th:**

**8:00am** – Morning Devotions (Matins) with Communion: Thanksgiving for our Br. Baloo led by Br. Craig Robert Miller, OEF, immediately followed by a BREAKFAST FEAST: Scrambled eggs; Muffins; Sausage; Breakfast potatoes; Fresh fruit; Bagels & Cream Cheese.

**9:30am** – Regional business; OEF business; "Parking lot" discussion Items from night before.

**11:30am** – LUNCH: Wellness Spinach Chicken Penne and Angel Food Cake with Strawberries; Snack packs for Trip.

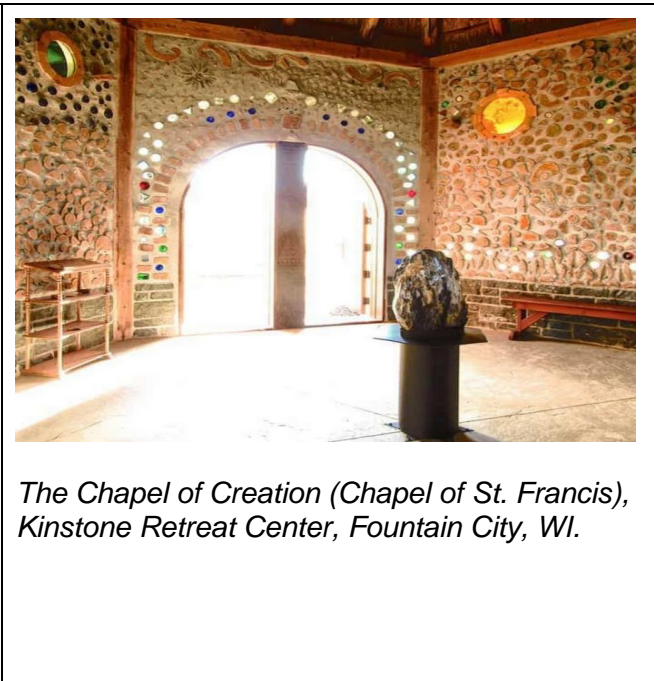
**2019 OEF/OLF Great Lakes Lighthouse Regional Retreat Agenda  
(CONTINUED)**

**1:00pm** – Leave for Fellowship Event: [Kinstone Megalith and Retreat Center](#); More [ABOUT](#) Kinstone and [DIRECTIONS](#): We will also provide maps from Assisi Heights to Kinstone to The Monarch back to Assisi Heights; **IMPORTANT**: Wear light colored clothing including socks, and closed toe, closed heel walking or hiking shoes. Bring your personal water bottle, snack provided at lunch, flashlight, bug repellent, sunscreen, hat, and light jacket. OK to bring backpack to carry items. ALSO see the [360° Virtual View](#) and [Aerial View](#). See the [thatcher](#) of The Chapel of Creation aka The Chapel of St. Francis. For more videos go to [YouTube.com](#) and search for "[Kinstone WI.](#)"

**2:30pm** – Meet at Education Building: [Virtual and Walking Tour](#). (Private Tour - See Experience #2) Cost included in our Retreat Registration.

**4:15pm** – Meet at The Chapel of Creation aka The Chapel of St. Francis.

**4:30pm** – [WORSHIP: Ribbons of Intention Fire Ceremony](#).



**6:30pm** – Leave for Restaurant. See enclosed map.

**6:45pm** – [DINNER: The Monarch Irish Public House](#); Please bring money for Dinner (this is the only extra item to pay for the weekend. Please see menu for prices.); We will return immediately after Dinner to Assisi Heights. Please meet in the Walters Conference Room.

[MENU](#)

[DAILY SPECIALS](#)

**9:00pm** – Wind Down The Day: Reflections and Hymn Sing; Music provided by Br. Jeff Brown, OLF.

**Sat., Oct. 5th**

**8:00am** – Morning Devotion (Matins) and Communion led by \_\_\_TBD\_\_\_ followed by BREAKFAST FEAST: Scrambled eggs; Muffins; Bacon; Breakfast potatoes; Fresh fruit; Assorted Danish.

**9:30am** – Class in Library/Basement under The Chapel: [St. Clare: The Spirit of The Founding Days](#); Cost is included in our Retreat Registration.

**11:00pm** – BOXED LUNCH: Wrap; Whole fruit; Chips and Cookie. Those who have a long drive may leave with their boxed lunch after Grace/Final Prayer and Farewells in the Walters Conference Room. Those who wish to stay may.

**12:30pm** – Pack up and walk through.

**SAFE TRAVELS FOR THE WAY HOME!!!**  
**SAVE THE DATE FOR NEXT YEAR'S OEF/OLF GREAT LAKES REGIONAL GATHERING:**  
**Thurs., Oct. 1 – Sat., Oct. 3, 2020 (Wed., Sept. 30, 2020: optional)**

