

**Oasis Garden Planting has  
been moved to June 1st from  
9 am to noon**

Yes! It's that time again! Summer will be here before you know it!

For more than 30 years, Calvary parishioners have gathered en masse

in the Oasis garden on a morning in May to plant hundreds of flowers, creating a place of peace and beauty for the downtown community. This year, we'll plant on **Saturday, June 1, from 9 am to noon. (NOT on Sunday.)** No experience is required, and all ages are welcome. Come for the whole morning, or spend a half-hour planting with your children between your usual Saturday morning activities. Every little bit helps. Tools will be supplied. There are jobs for all - organizing, planting, mulching, watering and cleanup.

If you're willing to help set plants out before the planters arrive, come anytime between 8 am and 9 am.

To keep our Oasis Garden looking good, the gardening crew meets in the garden each Thursday morning from 9am to 11am through August. All are

welcome to join in - no reservation or gardening skill required. Questions? Contact Joan Rabe at 269-3162 or [joan.rabe@icloud.com](mailto:joan.rabe@icloud.com).

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## Prayer Posse Update

During June, July and August, the Prayer Posse will be meeting the 1st and 3rd Tuesdays, 4:15-6:15 PM @ Assisi Heights to pray and if time allows, discussion of selected chapters within the book, *The Gift of Years Growing Older Gracefully* by Benedictine nun Joan Chittister.

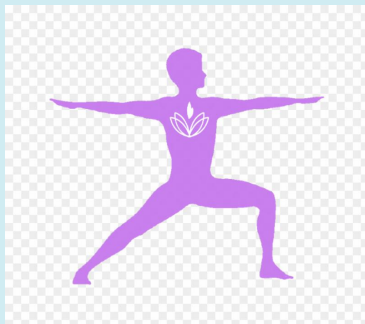
Feel free to contact Julie Roenigk ([jwroenigk@gmail.com](mailto:jwroenigk@gmail.com)) if you are interested.

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## This Week at Calvary

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### Sacred Circle Yoga and Meditation Spring Series: *The Yamas of Yoga* (Six-week Session)

The *yamas* are the ethical principles that guide the physical practice of yoga and encourage a “right way of living”. Patricia Barrier, registered yoga teacher, will begin each class with instruction on a *yama* that will inform our gentle yoga practice and end with a short meditation helping us to apply that principle to our daily life. In this way, we move from the physical practice to a living yoga that guides our actions and helps us to grow spiritually. The class is suitable for beginners as well as those experienced in yoga who wish to deepen their practice. All aspects of the practice are adaptable to a chair or can be done with assistive devices. Yoga equipment is provided or bring your own mat.

The six-week series will occur on the following dates: **Tuesday May, 28th, June 4th, 11th, 18th, 25th and July 2nd from 5:30- 6:30 pm in Crawford Hall.** The cost of the entire series is **\$90** payable upon registration. Scholarships are available for Calvary parishioners. Please register by calling Linda in the church office at (507)282-9429. Payment accepted by cash/check, credit card or PayPal. For more information please contact Stephanie Barsness at [subarsness@gmail.com](mailto:subarsness@gmail.com) or (507) 282-1229.



## Up Coming Events

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### **Open Labyrinth Walk- Thursday, May 30th and Thursday, June 27th from 5:30-7:30 pm in Crawford Hall**



Calvary Sacred Circle offers our monthly open labyrinth walk on Thursday, May 30th and June 27th from 5:30-7:30 pm in Crawford Hall.

The labyrinth is an ancient symbol and purposeful path representing a journey to our own center and back into the world. The labyrinth walk will be facilitated by parishioner Elise Lewis who will be available for guidance and questions. Instrumental accompaniment will be provided by local musician Francis Gurtz. There will be time for journaling, contemplative prayer or meditation. This event is appropriate for teens and adults and a free-will donation will be accepted. Please plan to arrive by 7:00 pm to ensure time for your walk. This event is open to the community, no registration is necessary and all are welcome.



### **Adult Forum: "We Come from the Flower", HAFA with artist/photographer Mike Hazard Sunday, June 2nd at 11:00**



We have rescheduled the adult forum on the *Hmong American Farmers Association (HAFA)* with artist/photographer Mike Hazard for **Sunday, June 2nd, 2019 at the special time of 11:00 am** so we can open it up to the Rochester community.

**"We Come from the Flower"**, a multi-media show currently on display at The Gordon Parks Gallery at Metropolitan State University in St Paul, portrays a year in the life of Hmong American farmers at their 155-acre farm in Dakota County, MN. Mike Hazard is artist in residence at The Center for International Education ([thecie.org](http://thecie.org)). We look forward to welcoming Mike as he teaches us with photos and video about this unique place in the history of Minnesota's local foods movement. You don't want to miss it!



PRAYERS

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