Born in Strasburg, North Dakota in 1929, Sister Rosalind began facing crossroads as early as eighth grade. Not uncommon for the time, Rosalind dropped out of school after the eighth grade to help out on the family farm. Shortly after her 18th birthday, Rosalind went on to enter the Order of the Sisters of St. Joseph of Carondelet in 1948.

In 1968, she became a licensed practical nurse and was assigned to Fargo, North Dakota. Sister Rosalind started practicing massage at the Family YMCA in Fargo in 1973. It was here where she gained the experience and knowledge to start her first clinic, in 1983, on Grand Avenue in St. Paul. The founding of the first school came a year later in 1984.

The schools are based on Christian principles and moral foundation. The mission of the school is to promote healing of the body, mind, and spirit through touch following Jesus' example. Sister Rosalind believes that God created our bodies to function in health to achieve the fullness of life. The schools seek to work in harmony with God's plan.

Her ministry believes that massage therapy instruction should take place in an environment conducive to learning, where an interdisciplinary team of educators can positively interact with students while maintaining high standards of practice. Through these fundamentals, the schools strive to produce massage therapists who are compassionate, highly professional, and well-trained.

To date, more than 2,000 students have graduated from schools bearing her name, where they can take 38 courses in everything from sports massage and foot reflexology to spirituality and massage.

Sister Rosalind's ministry has come a long way since her North Dakota farm days. Her journey did chalk up a few bumps along the road.

In 1983, her first public test of faith occurred when the vice squad raided her massage business on St. Paul's Grand Avenue. The story made worldwide news - a nun who was busted by the vice squad. The press made Sister Rosalind a poster girl for the art of therapeutic massage.

Today, the ministry of Sister Rosalind, Sister Rosalind Gefre Schools and Clinics of Massage, and her new nonprofit entity, Sister Rosalind Christian Ministries, is mirrored in the increasing popularity of massage among ordinary people. Experts say massage is increasingly popular among aging baby boomers and others who are coping with stressful life situations.

Some of Sister Rosalind's biggest fans can be found in the stands at the St. Paul Saints and Fargo Moorhead RedHawks games, where the Sister and her students have been giving massages for more than a decade.

The Minnesota Sister Rosalind Gefre Schools of Massage are located in Rochester, Mankato and West St. Paul, as well as in Fargo, North Dakota. All of the schools offer "Introduction to Swedish Massage" courses and a 800-hour certification program in Professional Massage Therapy. In addition, the West St. Paul campus and the Fargo campus also offer a 300-hour certification program in chair massage and reflexology.