



Francis House News

Trenton Diocesan Spiritual Center and Retreat House

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4 WAYS TO MAKE THE SPIRITUAL EXERCISES

The Spiritual Exercises of St. Ignatius are a core offering at Francis House. *The Exercises* deepen your capacity for prayer and intimacy with God, free you from attachments, clarify your purpose and teach discernment of spirits, the art of finding God in all things.

The *Exercises* provide a structure for your prayer, as you commit to 30 – 60 minutes of prayer daily.

34 WEEKLY ZOOM MEETINGS

SPIRITUAL EXERCISES OF ST. IGNATIUS

34 Tuesdays 3:00 – 4:30 PM
September 15 – May 18

On Zoom to alleviate travel each week. In this full version, we will experience the *Spiritual Exercises of St. Ignatius*, which corresponds to a 30-day retreat at a retreat house. You are committing to one hour of prayer every day and a weekly meeting. We will use *The Ignatian Adventure* by Kevin O'Brien, SJ, for prayer and *The Gift of Spiritual Intimacy* by Monty Williams, SJ, as reading between sessions. Led by S. Marcy. Donation: \$450

9 MONTHLY ZOOM MEETINGS

THE NEW SPIRITUAL EXERCISES THROUGH THE LENS OF TEILHARD DE CHARDIN

9 Tuesdays 7:00 – 8:30 PM
September 22 December 15 March 9
October 20 January 12 April 13
November 17 February 9 May 11

This monthly series on Louis Savary's, *The New Spiritual Exercises*, travels the classic Ignatian journey of grace, the life of Christ and discernment. Savary reframes it through Teilhard's vision of an evolving, Christ-centered cosmos. If you've experienced the *Exercises* before, prepare to go deeper. If you haven't, prepare to be inspired. We will use *The New Spiritual Exercises* by Louis Savary. Led by Donna Degnan. Donation: \$200

10 MONTHLY ZOOM MEETINGS

THE IGNATIAN SPIRITUAL EXERCISES THROUGH THE LENS OF MONTY WILLIAMS

10 Wednesdays 7:00 – 8:30 PM
September 9 December 2 April 7
October 7 January 6 May 5
November 4 February 3 June 2
March 3

Monty Williams is a Jesuit from his core, and his version of the *Ignatian Spiritual Exercises* gives witness to a depth of understanding of the human condition and Ignatian Spirituality for today. People have been asking me to offer this version for years. Here it is! I can't wait! I have to say it is my favorite! We will use *The Gift of Spiritual Intimacy* by Monty Williams, SJ. Led by S. Marcy. I have some books if you need one. I will be inviting Monty to join us for a visit during one of our Zoom meetings. Donation: \$225

8 WEEKLY ZOOM MEETINGS

MEETING CHRIST IN PRAYER

8 Mondays 7:00 – 8:30 PM
September 21, 28 October 5, 12, 19, 26
November 2, 9

This is a shortened version of the *Spiritual Exercises* of St. Ignatius. You will be invited to pray about 30 minutes each day. You will learn to pray more deeply, grow in friendship with God and come to know Jesus more intimately. We will use *Meeting Christ in Prayer* by John E. Sassani and Mary Ann McLaughlin. Led by Katherine Andrews. Donation: \$150

Please register for every program online at FHOP.org, by email FHOP@verizon.net or by phone 609-877-0509.

RETREAT OPPORTUNITIES

IN-PERSON ONLY

PERSONAL RETREAT DAYS

Wednesdays 9:30 AM – 2:30 PM

September 9 December 2 March 3

October 7 January 6 April 7

November 4 February 3 May 5 June 2

Not a series. Take a day away from the busyness of your life to rest a while in the Lord and experience God's presence. Come to Francis House for silence, personal prayer and optional spiritual direction. The day begins and ends with a brief prayer together. Please bring your lunch. Come to as many as you can. Donation: \$10; \$40 with Spiritual Direction.

SILENT DIRECTED RETREAT WEEKENDS

6:30 PM Friday to 1:00 PM Sunday

Sept. 18 – 20 Jan. 15 – 17 March 12 – 14

Oct. 9 – 11 Feb. 5 – 7 April 9 – 11

Nov. 6 – 8 March 5 – 7 May 7 – 9

Dec. 18 – 20 May 14 – 16

Please register early. These fill quickly. These weekends include Sunday Liturgy, Spiritual Direction, optional Centering Prayer periods and delicious meals, of course! Donation: \$250/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date.

7-DAY SILENT DIRECTED RETREATS

Begins 6:30 PM Ends 10:00 AM

September 20 – 27 Sunday to Sunday

January 24 – 31 Sunday to Sunday

May 16 – 23 Sunday to Sunday

Daily Liturgy, Spiritual Direction and optional Centering Prayer periods are included. Donation: \$750/\$100 non-refundable deposit with registration. Balance is required 3 weeks in advance of the start date.

5-DAY SILENT DIRECTED RETREATS

Begins 6:30 PM Ends 10:00 AM

February 21 – 26 Sunday to Friday

May 23 – 28 Sunday to Friday

Daily Liturgy, Spiritual Direction and optional Centering Prayer periods are included. Donation: \$550/\$100 non-refundable deposit with registration. Balance is required 3 weeks in advance of the start date.

4-DAY SILENT DIRECTED RETREAT

Begins 6:30 PM Ends 10:00 AM

October 18 – 22 Sunday to Thursday

Daily Liturgy, Spiritual Direction and optional Centering Prayer periods are included. Donation: \$450/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date.

THE GOD WHO WON'T LET GO

September 11 – 13

6:30 PM Friday – 1:00 PM Sunday

Things come and go, life twists and turns, and sometimes we get lost. Journey with Fr. Peter van Breemen as he guides us through the vicissitudes of life. We will use excerpts from *The God Who Won't Let Go*, as we discover that God is the one constant in the midst of change. Donation: \$250/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date. Led by Katherine Andrews.

OVERNIGHT RETREAT FOR WOMEN REIMAGINING LIFE, ADJUSTING TO CHANGE

October 1 – 2

6:30 PM Thursday – 4:00 PM Friday

This retreat is for women who are adjusting to change in their lives. There are times in our life journey when we are visited with sudden or unwanted change. God invites us to reimagine our lives and become aware of what brings hope and energy to this time of life. What am I passionate about now and what is true for my authentic self? God is still creating me! Donation: \$100/\$50 non-refundable deposit with registration. Led by S. Marcy.

CARING FOR YOUR NEGATIVE FEELINGS

October 16 – 18

6:30 PM Friday – 10:00 AM Sunday

Caring for your negative feelings is one of the kindest things you can do for yourself. Learn to carry them in such a way that they are healed from within and no longer weigh you down. If you are troubled by your negative emotions, pack them up and bring them along! Donation: \$250/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date. Led by S. Marcy.

CENTERING PRAYER WEEKEND RETREAT

December 11 – 13

6:30 PM Friday – 1:00 PM Sunday

A Centering Prayer weekend provides the time, space and discipline needed to experience the inner stillness which occurs when given the opportunity for frequent Centering Prayer periods alone and in common. Donation: \$250/\$100 non-refundable deposit with registration. Commuters are welcome, all meals included. Balance is required 2 weeks in advance of the start date. Led by S. Marcy.

CERTIFIED SPIRITUAL DIRECTORS WEEKEND RETREAT

February 26 – 28 6:30 PM Friday – 1:00 PM Sunday

SAVE THE DATE!

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

TUESDAY NIGHT CENTERING PRAYER INTO THE SILENT LAND

10 Tuesdays 6:30 – 8:30 PM

September 8	December 1	April 6
October 6	January 5	May 4
November 3	February 2	June 1
	March 2	

A series for those who want to learn and practice Centering Prayer and have it become a way of life. You will notice that it changes your life radically. The evenings begin with two 20-minute Centering Prayer periods, with some Scripture between. We view a short Thomas Keating video on Centering Prayer and use *Into the Silent Land* by Martin Laird, OSA, between sessions...a restful monthly evening retreat. Led by S. Marcy. Donation: \$200

LIVING CONTEMPLATIVELY

9 Saturdays 9:15 AM – 3:30 PM

September 12	December 5	March 6
October 3	January 9	April 3
November 7	February 13	May 1

This program calls out to those who desire to live more contemplatively in the world, to grow in union with God and others and to become more aware, intentional and free. God liberates us and heals us through the practice of contemplative prayer. Wonderful spiritual reading will support our contemplative prayer throughout the year. It's well worth a day a month and an hour of prayer a day. Bring your lunch. Led by S. Marcy. Donation: \$350

TEILHARD READING GROUP

4 Fridays 1:00 – 2:30 PM

September 18 October 9 November 6 December 4

Our Study of Teilhard continues with the expertise of Sister Kathy Duffy. She will lead us in our reading of Teilhard's *The Eternal Feminine*. Please join us as we delve deeply into Teilhard's understanding and experience of the Presence of God in all things. Led by S. Kathy Duffy, SSJ. Donation: \$100

THE HOLY LONGING RONALD ROLHEISER

9 Thursdays 9:30 – 11:00 AM

September 17	December 17	March 18
October 15	January 21	April 15
November 19	February 18	May 13

Through examples and stories, Fr. Ronald Rolheiser, OMI, writes of the "yearning and search for meaning" we experience as humans. He explains the essentials of our life with God, community worship and putting faith into action. If you desire to deepen your relationship with God, please join us. Led by Katherine Andrews. Donation: \$200

DISCOVER THE "PRAYER-WAYS" OF THE 4 WOMEN DOCTORS OF THE CHURCH

4 Mondays 9:30 AM – 1:00 PM

Join us in this four-part adventure as we get to know our saint-sisters better, unpack some of their insights for our own spiritual lives and explore the pathways of prayer they inspire. We will use Terry Polakovic's book, *Women of Hope: Doctors of the Church* as our field guide. Led by Terry Ginther. Donation: \$100

September 21 – Praying with St. Hildegard of Bingen

September 28 – Praying with St. Therese of Lisieux

October 12 – Praying with St. Teresa of Avila

October 19 – Praying with St. Catherine of Siena

THE UNIVERSAL CHRIST RICHARD ROHR

9 Thursdays 1:30 – 3:00 PM

September 17	December 17	March 18
October 15	January 21	April 15
November 19	February 18	May 13

God invites and beckons us into relationship and community through the Trinity. It is an exciting realization as we open to understanding God's deep love for us. Richard Rohr's book, *The Universal Christ*, will be our guide in prayer and discussion this year. We will also spend some time in contemplative prayer each session. Led by Katherine Andrews. Donation: \$200

ZOOM ONLY COME FORTH

9 Fridays 7:00 – 8:00 PM

September 18	December 18	March 19
October 16	January 15	April 16
November 20	February 19	May 14

Jesus doesn't just call Lazarus out of the tomb; he calls you. In this monthly series with Fr. James Martin's *Come Forth*, we'll sit with the hard question at the heart of this miracle: What in me needs to die so I can truly live? Honest reflection, rich conversation, transformative prayer. Led by Donna Degan. Donation: \$175

ZOOM ONLY WHAT ISAIAH OF OLD MAKES NEW

4 Wednesdays 7:00 – 8:00 PM

September 9 October 7 November 4 December 2

What can Isaiah of 765 BC say to the modern world and to you who are extraordinarily busy with multiple activities and responsibilities? Come and see how his inspired words of wisdom speak to the human heart today. Led by Katherine Andrews. Donation: \$60

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

FRIDAY MORNING RETREAT

9 Fridays 9:15 AM – Noon

September 11	December 4	March 5
October 9	January 8	April 2
November 6	February 5	May 7

Essentially this is a morning set apart for God and you. Prayer provides perspective and so will our reading of *Learning to Pray* by James Martin, SJ. If you hunger for good reading, nourishing prayer and a sense of belonging to a community, come to these Friday mornings. We arrive distracted and frazzled and leave centered and refreshed. Led by S Marcy. Donation: \$250

ST. TERESA OF AVILA SWEET SOLACE FOR THE SOUL

9 Wednesdays 9:30 – 11:30 AM

September 16	December 16	March 17
October 14	January 13	April 14
November 18	February 17	May 12

Saint Teresa of Avila is a master teacher of the interior life and is still being read more than 500 years after her death! Why is this? Saint Teresa speaks to the longing for God that we all have within our hearts in response to God's insatiable desire for each of us. We are moved from reading to prayer without noticing. This year we will read St. Teresa's *Meditations on the Song of Songs* and her maxims from Volume Two of *The Collected Works of St. Teresa of Avila*. Led by S. Marcy. Donation: \$200

"THE CHOSEN" – SEASON 4

4 Wednesdays 11:00 AM – 12:30 PM

September 16 October 14 November 18 December 16

We discuss key themes in each episode of "The Chosen" series, focusing on Season 4 for the Fall. We will watch two episodes per month on our own (streaming from the app or online streaming or YouTube). Then, through prayer and discussion as a group, we will discover the message of the episode together. Led by Mary Lynn Nazzaro. Donation: \$75

ZOOM ONLY FOR 12-STEPPERS EVERYWHERE! HINDS' FEET ON HIGH PLACES

9 Thursdays 7:00 – 8:00 PM

September 10	December 10	March 11
October 8	January 14	April 8
November 12	February 11	May 6

Hinds' Feet on High Places is a story of endurance, persistence, and reliance on God. This book has inspired millions to become sure-footed in their faith, even when facing the rockiest terrain. This beloved classic simplifies and captures the mystical journey in its entirety. This is a book you will never forget! Led by S. Marcy. Donation: \$150

ZOOM ONLY

O BLESSED NIGHT! DON'T BE AFRAID OF THE DARK

9 Tuesdays 6:00 – 7:00 PM

September 15	December 8	March 9
October 13	January 12	April 13
November 10	February 9	May 11

O Blessed Night, by Francis Nemeck and Marie Coombs offers us a way of making sense of the darkness and pain in our lives. Sometimes God offers us darkness as a means of setting us free from co-dependency, attachments and addictions of all kinds. The "nights" of the spiritual life are for that purpose. Often we can see more clearly in the dark! All of the mystics speak of the importance of the "nights." It is not an easy read but is so very worthwhile in helping us to get to the roots of our troublesome attachments. Are you willing? Led by S. Marcy. Donation: \$175

THE IMPACT OF GOD THE BEST OF ST. JOHN OF THE CROSS

9 Thursdays 1:00 – 3:00 PM

September 24	December 3	March 4
October 22	January 7	April 1
November 5	February 4	May 20

The Impact of God by Iain Matthew, OCD, is my all-time favorite book because it speaks of God's desire for us so passionately and intimately. God uses all the events of our lives to capture our attention, to make his way in, to make room for Himself and to bring us into full union. Iain Matthew captures the heart of John of the Cross. Most of us can't read John of the Cross directly so Iain makes it simple! Imagine that! If you want to be assured of God's relentless pursuit of you, please join us for this series. A little reading will lead you to a lot of prayer! We end each session with 20 minutes of Centering Prayer. Led by S. Marcy. Donation: \$200

LET THE PSALMS SPEAK

3 Fridays 9:30 AM – 12:00 Noon

October 9 & 23 & November 6

Explore the richness of the Psalms as we travel through this marvelous Old Testament book of prayers, hymns, entreaties and thanksgiving that can draw us closer to God who hears our cries and delights in our joys. Let the Psalms wash over you and lead you into intimacy with God in your everyday life. Led by Katherine Andrews. Donation: \$75

**Please visit our website at
FHOP.org.**

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

ENRICHMENT PROGRAM FOR CERTIFIED SPIRITUAL DIRECTORS

9 Thursdays 1:00 – 4:00 PM

September 17	December 17	March 18
October 15	January 21	April 15
November 19	February 18	May 13

Those who care for others also need to care for themselves. Those who help others pray also need to take time to be nourished. This monthly gathering will provide just that: time for prayer, sharing and peer supervision to enrich and nourish the gracious listeners who give themselves so generously as spiritual directors. We will read *The Art of Spiritual Direction* by Jos Moons, SJ. Donation: \$350

SUPPER WITH THE LORD REFLECTIONS BETWEEN JESUS AND HIS DISCIPLES ON MEALS SHARED

4 Tuesdays 9:30 – 11:00 AM
October 6, 13, 20, & 27

Throughout the four Gospels – which share with us the inspired message of Jesus – we find numerous times when Our Lord shared a meal with his disciples, with the crowds following Him, and with sinners. In this program, we will examine about a dozen of those meals, discussing the elements of Jesus’ teaching that can be found in each.

Each week, we will cover three Gospel passages. Participants will be expected to have reviewed the passages in advance, so that they might bring their own insights and expectations of critical elements from each meal. Such insights may include looking at the participants at the meal, words spoken by Jesus, and specific aspects of Jesus teaching. Led by Father Jim Grogan. Donation: \$85

FRIDAY NIGHT SPIRITUAL READING GROUP THE RETURN OF THE PRODIGAL SON

9 Fridays 6:30 – 7:30 PM

September 11	December 4	March 5
October 9	January 8	April 2
November 6	February 12	May 7

It is amazing that every time we hear this parable it is somehow new and God uses it for our strength and consolation. We are all 3 characters in the story: the younger son, the older son and the father of them both. This book makes a profound difference in how you see yourself and others! Good reading for a Friday night! I think you will enjoy the discussion. We will read *The Return of the Prodigal Son* by Henri Nouwen. Led by S. Marcy. Donation: \$175

Please visit our website at FHOP.org

THE SCREWTAPE LETTERS

9 Thursdays 9:30 AM – 12:00 Noon

September 10	December 10	March 11
October 8	January 7	April 8
November 12	February 11	May 6

Join us for a nine-month journey through C.S. Lewis’ *The Screwtape Letters* – a witty yet deeply insightful exploration of how subtle temptations shape our daily lives. Each month, using the “playbook of the Devil,” we will unpack a group of the letters, reflect on its spiritual theme, and learn how to recognize the quiet influences that pull us away from God and the practices that draw us closer. Whether you are new to the book or returning with fresh eyes, this series offers a meaningful space for growth, conversation and deeper discernment. Led by Eileen Hart. Donation: \$250

PRAYER & ACTION FOR EARTH

4 Tuesdays 9:30 – 11:00 AM
September 22 October 20 November 17 December 15

As the basis for reflection, we will use *When the Rain Speaks: Celebrating God’s Presence in Nature* by Sister Melannie Svoboda. Sister Melannie describes everyday occurrences in nature as mystical adventures. She invites us to enjoy the gifts of nature, praise them and pray with them. They speak of God. We will also discuss actions for participants to care for and protect creation. Led by Tom Reischman and Rita Read. Donation: \$100

MUSIC FOR THE SOUL OPENING TO GOD

4 Mondays 9:30 AM – 12:00 Noon

September 14 October 5 November 2 December 7

Join us as we open our ears, minds, hearts, and souls to God through the beauty of music. We will listen to, pray on and share how God touches our very souls through word and music. Spending time in silence and praying with music and Scripture can lead us to the depths of our being. Come and be nourished. Led by Katherine Andrews. Donation: \$100.

ZOOM ONLY FINDING PEACE WHERE YOU ARE GROWING IN CONTENTMENT

3 Wednesdays 7:00 – 8:00 PM
September 16 October 14 November 18

Are you content with your life? Would others describe you as content? What would help you become more content? Begin where you are, love the one you’re with, live more simply, make more time for God, recognize that God is clearly here, reduce the incessant chatter. These are steps in the right direction for sure. Please come to this short but powerful 3-part series. We will use *Learning Contentment* by Marcus Grodi. Led by S. Marcy. Donation: \$50

**MONTHLY SERIES & ONE DAY PROGRAMS
IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS**

SERIES

ZOOM ONLY

**BE KIND TO YOUR BODY
15 PRINCIPLES OF HEALTHY EATING**

3 Wednesdays 4:00 – 5:00 PM September 9, 16 & 23

Sometimes Labor Day invites us to a new beginning! Give this program a try and see if it helps you to be healthier in body, mind and spirit and more mindful in your eating habits. We will have a one-hour Zoom meeting for 3 consecutive weeks. We will practice 5 principles of healthy eating each week and partner with another who will accompany us on our journey toward good choices between the sessions. Are you looking for a way, as God desires, to treat your body with the reverence and kindness it deserves? Invite a friend to do it with you! It is both helpful and fun! Led by S. Marcy. Donation: \$50

THOMAS MERTON: THE ESSENTIAL WRITINGS

9 Mondays 1:00 – 2:30 PM

September 14	December 7	March 15
October 5	January 11	April 12
November 2	February 15	May 10

Thomas Merton, a Trappist monk and author, greatly influenced American as well as international thought. His over 60 books explore Christian wisdom and its application to the search for life's meaning, war and peace and dialogue with religious traditions of the East. *The Essential Writings* captures Merton's thoughts on prayer, compassion and unity. Led by Katherine Andrews. Donation: \$200

**LEARNING TO PRAY
A GUIDE FOR EVERYONE**

9 Wednesdays 1:00 – 2:30 PM

September 16	December 16	March 17
October 14	January 13	April 14
November 18	February 17	May 12

We have enjoyed James Martin's writing before. This year we will read *Learning to Pray*, his creative, yet solid treatment of prayer. You may discover that the best way to pray is the way you like best! He opens up some new ways of prayer for us to consider while assuring us that the familiar methods of earlier years are also full of grace. Prayer is communication with God in whatever form it takes! Led by S. Marcy. Donation: \$200

**Please be sure to register early
for retreats as they fill quickly.**

ONE-DAY OFFERINGS

**A MARY DAY
COUNTING ON HER INTERCESSION**

Tuesday, September 8 9:30 AM – 1:00 PM

We begin our one-day programs this year with Mary, the mother of Jesus. As we celebrate the feast of her birth today, let us call on Mary, our mother, for all our needs. We all need a mother sometimes. Bring all your intentions. She will take us, with our intentions to her Son, and he in turn will take us to God. This is a very powerful prayer of intercession. Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20

**POPE LEO'S FIRST LETTER TO THE CHURCH
GETTING TO KNOW HIS HEART AND SOUL**

Wednesday, September 9 9:30 AM – 12:00 Noon

We begin our Fall semester listening to a short summary of Pope Leo's first encyclical, *Magnifica Humanitas*, (Magnificent Humanity). Often we get to know a person's heart best by reading his words. What is in Pope Leo's heart as he writes to us, all of us? Do you have time to come and listen to his message? It is easier in a group. Led by Katherine Andrews. Donation: \$25, includes materials.

A CONTEMPLATIVE GAZE

Friday, September 11 9:30 AM – 12:00 Noon

A Contemplative Gaze is an eye on and into the world of nature, a world we often pass by without noticing. It is a world that beckons for our attention and time, a world that has the power and potential of teaching us valuable lessons, if we but listen and see. It is a world that can connect us to and deepen our innermost selves and our life with God. Led by Katherine Andrews. Donation: \$25

**DISCERNMENT MAKES ALL THE DIFFERENCE
IN YOUR WORLD!**

Friday, September 18 9:30 AM – 2:00 PM

I'm willing if you are! This retreat includes the full teaching of Ignatian Discernment of Spirits! If you find yourself sliding down "the greasy pole" of desolation or negative thinking, this day will help you immensely. The Ignatian teaching on discernment is life changing as we practice awareness, understanding and right action regarding the various spirits that present themselves to us day by day and moment by moment. Led by S. Marcy. Donation: \$35, includes lunch and materials. Zoom: \$30

ONE-DAY OFFERINGS IN-PERSON AND ON ZOOM

THE ARCHANGELS

MICHAEL, GABRIEL AND RAPHAEL

Tuesday, September 29 9:30 AM – 1:00 PM

“Angels are spiritual creatures who glorify God without ceasing and who serve his saving plans for other creatures. . .” (*Catechism of the Catholic Church*, 350). On this Feast of the Archangels, learn about their role throughout salvation history. As St. Thomas Aquinas notes: “The angels work together for the benefit of us all” (*CCC*, 350). Led by Katherine Andrews. Donation: \$30, includes lunch. Zoom: \$25

CONFIDENCE

ST. THÉRÈSE'S LITTLE WAY

Thursday, October 1 9:30 AM – 2:00 PM

I am especially close to St. Thérèse and her “Little Way” of confidence. Don’t we all need that at this time? I have entrusted many projects to her care. It works. Come with an intention or project for her. Spend the day with her on her feast day. Led by S. Marcy. Donation: \$30, lunch and materials included.

IN-PERSON ONLY SKETCHING

Friday, October 2 9:30 AM – 2:00 PM

Picture This! You are an instrument of God, allowing beauty to be shown through your talents and gifts. Like a paint brush in the Master Artist’s hand, you have a unique and personal call to bring peace, joy and faith to others. Let the Spirit guide your imagination and/or your paint brush as you are drawn to the world outside or around you. Led by Bernadette Citarella. Donation: \$35, Materials included. Please bring your lunch to eat outside!

IN-PERSON ONLY CELEBRATE ST. FRANCIS

Sunday, October 4 11:00 AM – 2:00 PM

We will have a wonderful celebration of St. Francis on his feast day! We begin with Mass at 11 AM, followed by lunch. We will view a brief film by Bishop Robert Barron on St. Francis. You will feel like you are in Assisi! Weather and time permitting, we will spend some time outdoors enjoying the beauty of creation as Francis insists. Led by S. Marcy and Katherine. We will provide lunch. Donation: Love Offering.

EXAMEN

A SIMPLE LIFE-CHANGING PRAYER

Friday, October 16 9:30 AM – 1:00 PM

Examen is a daily prayer practice designed to help you notice and enjoy God’s presence in your everyday life. As you grow in its daily practice you will begin to be aware of God’s presence everywhere. If you would like to end every day with gratitude and hope, please come to this one-day presentation on Ignatian Examen. It’s no exaggeration to say that Examen changes everything. It might change things for you too! Led by S. Marcy. Donation: \$35 includes lunch/book. Zoom: \$20

STRUGGLES IN PRAYER

THEIR NATURE AND THEIR REMEDIES

Wednesday, October 21 1:00 – 3:30 PM

Do you ever say things like “I just can’t pray, I don’t know how to pray, I don’t feel God’s love anymore?” These, like many others, are normal struggles in prayer. I would like to spend this afternoon helping you discover how you pray best and how to enjoy your prayer more. How is God inviting you to pray now, at this time in your life? Led by S. Marcy. Donation: \$20

LETTING GO IN TIMES OF TRANSITION

Thursday, October 22 9:30 AM – 12:00 PM

Through Leo Buscaglia’s tale of *The Fall of Freddie the Leaf: A Story of Life for All Ages*, we will visit our own times of transition. The wisdom of this simple story can help us connect to the challenge of letting go so we can experience the gifts of interior freedom and peace. Led by Katherine Andrews. Donation: \$25

SANCTIFYING THE DAY WITH PRAYER THE LITURGY OF THE HOURS

Saturday, October 24 9:30 AM – 12:00 Noon

The Liturgy of the Hours is an age-old practice of the Church rooted in monastic life. It is not just for monks and nuns; it’s for you, too. The laity is encouraged to pray the Hours to sanctify the day, worship God fittingly and navigate life through the lens of Scripture. Come and learn how to pray this prayer that focuses your life on God throughout the day. Led by Katherine Andrews. Donation: \$25, materials included.

EXAMINATION OF THE VATICAN II DECREE ON THE LAITY THE UNFOLDING SPIRIT OF THE 2ND VATICAN COUNCIL

Saturday, October 31 9:00 AM – 4:00 PM

What is the role of the Laity in the “Church in the Modern World”? The Second Vatican Council issued guidance on the need for the active participation of the laity in sharing and spreading the Gospel to all the places outside of the Church buildings.

In this one-day conference, participants will have the chance to pray about the calling of the laity in the modern world of 2026 and beyond; to examine the urgency of the call to action promulgated from Vatican II; and to earnestly discuss how this document is relevant in the 3rd Millennium.

The Study Guide booklet, which includes the Decree on the Laity, will be emailed in advance to registered participants to enhance participation. Led by Fr. Jim Grogan. Donation: \$45, Lunch and Liturgy for Sunday included. Zoom: \$40

ONE-DAY OFFERINGS IN-PERSON AND ON ZOOM

GOD ISN'T FINISHED WITH ME YET DISCOVERING THE GRACE OF LATER LIFE

Tuesday, November 3 9:30 AM – 2:00 PM

If topics like loss, identity, life after retirement, downsizing, meaning and usefulness interest you, come. If you find yourself asking ... “Who am I now? What does God want me to do with my life? How can I pray? How can I still help others?” ...please come. Come be with others with the same questions and concerns. Let's be together in the quest and find God in it. Led by S. Marcy. Donation: \$40, includes lunch and book, Zoom: \$25

LECTIO DIVINA: READING THE DIVINE

Thursday, November 5 9:30 AM – 2:00 PM

The focus of *Lectio Divina* is not so much about the meaning of the text; it is how God is speaking to you through the text. Through the four movements of *Lectio* (read, think, pray, be) you are drawn into intimacy with God as you listen to how God is inviting you to a deeper relationship with Godself. Join us as we open our minds and hearts to God. Led by Katherine Andrews. Donation: \$35, includes lunch, Zoom: \$30

INTRODUCTION TO CENTERING PRAYER

Friday, November 13 9:30 AM – 1:00 PM

All the saints and mystics encourage us to simply sit before the Lord in quiet adoration. We so long to do so! Our culture and our times make it more necessary than ever! How do I keep my mind still? How do I stay present? This morning retreat is an introduction or a review for all who would like to respond to God's invitation to centering prayer, to simply be in God's presence and receive God's love. Led by S. Marcy. Donation: \$30, includes lunch and materials.

IN-PERSON ONLY A CENTERING PRAYER DAY

Saturday, November 14 9:30 AM – 3:00 PM

This retreat day is for those who desire a day of silence and Centering Prayer. There will be Centering Prayer times together, as well as time for your own private prayer. No sharing. All silence. It is as simple as that! Please bring your own lunch. Led by S. Marcy. Donation: Love Offering

GOD, THE GIFT WHO KEEPS ON GIVING

Friday, November 20 9:30 AM – 1:00 PM

As we approach Thanksgiving, gratitude looms large on our minds and in our hearts. Listening to Shel Silverstein's classic book, *The Giving Tree*, we will share about giving, gratitude and the greatness of God's generosity. This can help re-center your life on gratefulness, not just on Thanksgiving, but during each day. Join us so you can make gratitude a daily practice. Led by Katherine Andrews. Donation: \$25, includes lunch, Zoom: \$20

ADVENT RETREAT DAY

Monday, November 30 9:30 AM – 1:00 PM

We will travel through Advent this year with Richard Rohr's *Preparing for Christmas: Daily Meditations for Advent*. What a perfect companion for this busy and stressful season! Again, we begin this holy season together doing what we can to make it more peaceful and prayerful. Led by S. Marcy. Donation: \$35, includes lunch and the book. Zoom: \$20

ADVENT: LEARNING TO WALK IN THE LIGHT

Friday, December 4 9:30 AM – 1:00 PM

Prayer can be almost forgotten in the hustle and bustle of December. Come, be still for a little while! Pray with the music and wonder of winter solstice, Hanukkah and Advent: December days of hope and light. Led by S. Eileen White, GNSH. Donation: \$35, includes lunch. Zoom: \$20

EXPERIENCING THE JOY OF JESUS

Wednesday, December 9 9:30 AM – 1:00 PM

It's the middle of Advent when we are all called to REJOICE! Step away for a retreat centered on *Experiencing the Joy of Jesus*. Though He entered into the depths of our humanity, embraced poverty, and endured suffering, ridicule and death, Christ remained rooted in joy. Together, we will reflect on His joy and pray to share in His steadfast, unshakable peace. Through prayer, reflection, and connection, we will rediscover the deep joy that flows from the Heart of Jesus. Come open your heart to hope, peace, and the joyful promise of Emmanuel. Led by JoLynn Krempecki. Donation: \$25, includes lunch. Zoom: \$20

THE “O” ANTIPHONS

Monday, December 14 9:30 AM – 12:00 PM

The “O” Antiphons highlight the prophecy of Isaiah and the seven titles of the Messiah. This preparation of the Octave before Christmas (December 17-23) is rich in meaning and can prepare our hearts for the coming of Christ in a special way. Led by Katherine Andrews. Donation: \$25

THE END OF THE YEAR RETREAT

Thursday, December 31 9:30 AM – 2:00 PM

Since God gives us life and time and is Lord over all, it seems appropriate to end the year in prayer. Francis House offers time, space and quiet for naming the graces of 2026 and expressing gratitude to God. The day will focus on our goals, hopes and desires for 2027. We reverently say farewell to 2026 and cordially welcome 2027 as a gift from God. Please bring your lunch. Led by S. Marcy. Donation: Love Offering

What's Happening at Francis House?

September

3 St. David the King Parish Staff
8 A Mary Day
8 Tuesday Night Centering Prayer
9 Personal Retreat Day
9 Pope Leo's First Letter to the Church
9, 16, 23 Be Kind to Your Body
9 The Ignatian Spiritual Exercises
9 What Isaiah of Old Makes New
10 Intern Program
10 The Screwtape Letters
10 For 12-Steppers Everywhere
11 Friday Morning Retreat
11 A Contemplative Gaze
11 Friday Night Spiritual Reading Group
11-13 The God Who Won't Let Go
12 Living Contemplatively
13 SSJ Associates
14 Music for the Soul: Opening to God
14 Thomas Merton: *The Essential Writings*
15 Diocesan Retreat
15, 22, 29 Weekly Spiritual Exercises
15 O Blessed Night
16 "The Chosen" - Season 4
16 Teresa of Avila: Sweet Solace for the Soul
16 Learning to Pray: A Guide for Everyone
16 Finding Peace Where You Are
17 Intern Practicum
17 The Holy Longing
17 The Universal Christ
17 Certified Spiritual Directors
18 Discernment Makes All the Difference
18 Teilhard Reading Group
18 Come Forth
18-20 Silent Directed Retreat Weekend
20 Queenship of Mary Pastoral Council
20-27 7-Day Silent Directed Retreat
21 4 Women Doctors - Hildegard of Bingen
22 Prayer and Action for Earth
22 The New Spiritual Exercises
24 The Best of St. John of the Cross
28 4 Women Doctors - Therese of Lisieux
29 The Archangels: Michael, Gabriel, Raphael

October

1 Confidence: St. Therese's Little Way
1-2 Overnight Retreat for Women
2 Sketching
3 Living Contemplatively
4 Celebrate St. Francis
5 Music for the Soul: Opening to God
5 Thomas Merton: *The Essential Writings*
6, 13, 20, 27 Supper with the Lord
6, 13, 20, 27 Weekly Spiritual Exercises
6 Tuesday Night Centering Prayer
7 Personal Retreat Day
7 What Isaiah of Old Makes New
7 The Ignatian Spiritual Exercises
8 Intern Program
8 The Screwtape Letters

8 For 12-Steppers Everywhere
9 Friday Morning Retreat
9, 23 Let the Psalms Speak
9 Teilhard Reading Group
9 Friday Night Spiritual Reading Group
9-11 Silent Directed Retreat Weekend
12 4 Women Doctors - Teresa of Avila
13 O Blessed Night
14 "The Chosen" - Season 4
14 Teresa of Avila: Sweet Solace for the Soul
14 Finding Peace Where You Are
14 Learning to Pray: A Guide for Everyone
14 Finding Peace Where You Are
15 Intern Practicum
15 The Holy Longing
15 The Universal Christ
15 Certified Spiritual Directors
16 Examen: A Simple Life-Changing Prayer
16 Come Forth
16-18 Caring for Your Negative Feelings
18-22 4-Day Silent Directed Retreat
19 4 Women Doctors - Catherine of Siena
20 Prayer and Action for Earth
20 The New Spiritual Exercises
21 Struggles in Prayer
22 Letting Go in Times of Transition
22 The Best of St. John of the Cross
22-25 Women's Retreat
24 The Liturgy of the Hours
31 Vatican II Decree on the Laity

November

2 Music for the Soul
2 Thomas Merton: *The Essential Writings*
3 God Isn't Finished with Me Yet
3, 10, 17, 24 Weekly Spiritual Exercises
3 Tuesday Night Centering Prayer
4 Personal Retreat Day
4 What Isaiah of Old Makes New
4 The Ignatian Spiritual Exercises
5 *Lectio Divina*: Reading the Divine
5 The Best of St. John of the Cross
6 Let the Psalms Speak
6 Friday Morning Retreat
6 Teilhard Reading Group
6 Friday Night Spiritual Reading Group
6-8 Silent Directed Retreat Weekend
7 Living Contemplatively
10 O Blessed Night
12 Intern Program
12 The Screwtape Letters
12 For 12-Steppers Everywhere
13 Introduction to Centering Prayer
13-15 Rachel's Vineyard Retreat
14 A Centering Prayer Day
17 Prayer and Action for Earth
17 The New Spiritual Exercises
18 "The Chosen" - Season 4
18 Teresa of Avila: Sweet Solace for the Soul
18 Learning to Pray: A Guide for Everyone

18 Finding Peace Where You Are
19 Intern Practicum
19 The Holy Longing
19 The Universal Christ
19 Certified Spiritual Directors
20 God, the Gift Who Keeps on Giving
20 Come Forth
20-22 Intern Weekend
30 Advent Retreat Day

December

1 Retreat Day for Interns
1, 8, 15, 22, 29 Weekly Spiritual Exercises
1 Tuesday Night Centering Prayer
2 Personal Retreat Day
2 What Isaiah of Old Makes New
2 The Ignatian Spiritual Exercises
3 The Best of St. John of the Cross
4 Advent: Learning to Walk in the Light
4 Friday Morning Retreat
4 Teilhard Reading Group
4 Friday Night Spiritual Reading Group
5 Living Contemplatively
7 Music for the Soul
7 Thomas Merton: *The Essential Writings*
8 O Blessed Night
9 Experiencing the Joy of Jesus
10 Intern Program
10 The Screwtape Letters
10 For 12-Steppers Everywhere
11-13 Centering Prayer Weekend
13 SSJ Associates
14 The "O" Antiphons
15 Prayer and Action for Earth
15 The New Spiritual Exercises
16 "The Chosen" - Season 4
16 Teresa of Avila: Sweet Solace for the Soul
16 Learning to Pray: A Guide for Everyone
17 Intern Practicum
17 The Holy Longing
17 The Universal Christ
17 Certified Spiritual Directors
18 Come Forth
18-20 Silent Directed Retreat Weekend
31 The End of Year Retreat

REGISTRATION INFORMATION

There are 3 ways to register for programs/retreats:

- online using the form on www.FHOP.org
- by email: FHOP@verizon.net
- by phone (609) 877-0509

PAYMENT INFORMATION

There are 3 ways to pay for programs/retreats:

- cash or check on arrival
- credit card at www.FHOP.org
- mail a check



REMINDERS!



Please register for every program by phone (609) 877-0509 or email FHOP@verizon.net or online at FHOP.org.
Donations listed are suggested. Always come and offer whatever you can, more or less than the suggested offering.
Please visit our website: www.FHOP.org