



## Mission Statement

Francis House of Prayer serves the people of the Diocese of Trenton and beyond by providing a contemplative environment for ongoing spiritual growth which fosters the deepening of relationship with God, self, others and the world through:

Spiritual Direction  
Weekend Retreats  
3-7 Day Silent Directed Retreats  
Contemplative Prayer Retreats  
Spiritual Exercises of St. Ignatius  
Monthly Programs  
One-Day Programs  
Group Retreats

Classes on:  
The Spiritual Masters  
Ignatian Discernment of Spirits  
Spiritual Directors' Training

Please see  
our website

[www.FHOP.org](http://www.FHOP.org)

for retreats and  
programs currently  
scheduled.

Francis House of Prayer offers retreat opportunities for approximately 25 people or less. We would be happy to provide lunch for you.

### Parish Administration Retreats

Parish Staff  
Parish Council  
Parish Ministry Leaders  
School Faculty & Staff  
PTA Board  
Adult Formation Committee

### Religious Education Retreats

RCIA Team  
RCIA Candidates  
Catechists

### Parish Group Retreats

Eucharistic Ministers  
Bible Study Groups  
Young Adult Groups  
Bereavement Groups  
Healing/Healthcare Ministries  
St. Vincent DePaul Society  
Knights of Columbus Council  
Altar Rosary Society

# Francis House of Prayer

Trenton Diocesan  
Spiritual Center and Retreat House



Francis House of Prayer  
84 Walnford Road  
Allentown, NJ 08501

Phone: 609-877-0509  
E-mail: [FHOP@verizon.net](mailto:FHOP@verizon.net)  
[www.FHOP.org](http://www.FHOP.org)

Sister Marcy Springer, SSJ  
Director

Francis House of Prayer has been a place to meet God since 1974.

We are located in a quiet bucolic setting surrounded by farms and fields of grazing horses and adjacent to a NJ State park. Many of our retreatants say that the retreat begins on the drive here.

We will work with you to customize a half-day or full-day retreat to meet the needs of your group.



Our retreats offer a balance of group time with content as well as individual time for silent prayer and reflection in a space that is welcoming and hospitable.



## A Typical Half-Day Retreat

The day begins with gathering hospitality.



Opening Prayer in our Chapel

Personalized Group Content



Individual Silent Time Prayer & Reflection

Group Discussion and Closing Prayer

Optional Homemade Lunch

Full-day retreats would follow a similar format with lengthened group time for prayer, content and discussions in small and large groups as well as silence for individual prayer and reflection.

Liturgy available upon request.

## What We Offer

Indoor Chapel



Outdoor Stations of the Cross

Sacred outdoor spaces in a rural setting

2 large indoor gathering spaces, accommodating approximately 25 persons

1 small indoor gathering space accommodating approximately 12 persons

6 overnight rooms each with a private bathroom



Accessible bedroom and bathroom on the first floor.

Home-cooked meals

Pool for overnight retreatants.



For more information, please consult our website [www.FHOP.org](http://www.FHOP.org) or call Sister Marcy at (609) 877-0509.