



Francis House News

Trenton Diocesan Spiritual Center and Retreat House

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Volume 30 Number 1 September – December 2021

MISSION STATEMENT FRANCIS HOUSE OF PRAYER

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



SPIRITUAL DIRECTION

Spiritual Direction is a one-on-one conversation about your life with God. With the accompaniment of a spiritual director, you learn to deepen and enjoy your relationship with God, and to be more aware of God's presence and action in all the events of your life. Call to make an appointment.

Please register for all programs by calling
(609) 877-0509 or email FHOP@verizon.net
or online at FHOP.org.
Thank you!

CELEBRATE SUNDAY LITURGY & PRESENTATION BY BROTHER MICKEY MC GRATH

Sunday, September 12 1:00 – 4:00 PM

Father Terry Odien begins our Sunday Celebration with Liturgy. After some refreshments, Brother Mickey follows with his delightful, artistic presentation on St. Joseph, in this year of St. Joseph, with a spark of St. Teresa who had such devotion to him, counting on him for all her needs. What a great day at Francis House! Donation: \$35. Registration limited due to parking. Please register by September 8.

CERTIFIED INTERN PROGRAM FOR SPIRITUAL DIRECTORS

If you desire to become a Spiritual Director by entering into the 3-year Certification Program, please call Sister Marcy (609) 877-0509 before August 8. No applications can be considered after that date. Thank you.

SPIRITUAL EXERCISES OF ST. IGNATIUS 35 WEEKLY MEETINGS – ON ZOOM

Tuesdays 3:00 – 4:30 PM
September 14 – May 17

On Zoom to alleviate travel each week. In this full version, we will experience the Spiritual Exercises of St. Ignatius which correspond to a 30-day retreat at a retreat house. You are committing to one hour of prayer every day and the weekly meeting. Donation: \$400

MONTHLY SPIRITUAL EXERCISES OF ST. IGNATIUS

9 Wednesdays 3:00 – 4:30 PM

September 15	December 8	March 9
October 13	January 12	April 6
November 10	February 9	May 4

If you need or desire a retreat but simply cannot get away, please give yourself the gift of this retreat that invites you to pray with Scriptures each day using the format of the Spiritual Exercises of St. Ignatius. We will meet monthly for sharing and input on the next month's prayer. This is a wonderful way to experience the Spiritual Exercises. Donation: \$175.

Unless otherwise listed, the programs at
Francis House are led by
Sister Marcy Springer, SSJ or Jill Snyder.

RETREAT OPPORTUNITIES

IN-PERSON ONLY

PERSONAL RETREAT DAYS

Wednesdays			9:30 AM – 2:30 PM
September 15	December 8	April 6	
October 13	January 12	May 4	
November 10	February 9	June 1	
	March 9		

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 a bag lunch. Come to as many as you can. Donation: \$10; \$40 with spiritual direction.

SILENT DIRECTED RETREAT WEEKENDS

7:00 PM Friday to 1:00 PM Sunday

Oct. 1 – 3	Dec. 17 – 19	April 22 – 24
Oct. 22 – 24	Jan. 14 – 16	May 13 – 15
Nov. 19 – 21	Feb. 11 – 13	June 3 – 5
	March 11 – 13	

Due to the frantic pace of contemporary life, it is essential for our spiritual and physical health to take time to pray. A weekend directed retreat offers you the opportunity to experience the graced rhythm of life in which silence and rest restore your body and God revives your soul. Liturgy, spiritual direction and optional contemplative prayer periods are included. Please register early. These fill quickly. Donation: \$165/\$65 non-refundable deposit with registration.

FAMILY OF ORIGIN RETREAT GROUND OF GRACE, GRIST FOR CONVERSION

7:00 PM Friday to 1:00 PM Sunday

November 5 – 7 Friday to Sunday

This retreat time is an invitation to claim the grace of God at work in our family stories. Retreatants may want to bring significant family pictures to use as part of their prayer. Led by Sister Rita Woehlcke, SSJ. Donation: \$175/\$75 non-refundable deposit with registration. Commuters are welcome, all meals included.

OVERNIGHT RETREAT FOR WOMEN REIMAGINING LIFE, ADJUSTING TO CHANGE

November 18 – 19 7 PM Thursday – 4 PM Friday

This retreat is for women over 50 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. God invites me to "Follow my bliss." What am I passionate about now and what is true for my authentic self? God is still creating me! Take some time for yourself and God before the holidays begin. Donation: \$100/\$50 non-refundable deposit with registration. Commuters are welcome, meals and workbook included.

7 – DAY SILENT DIRECTED RETREATS

Begins 7:00 PM Ends 10:00 AM

September 19 – 26	Sunday to Sunday
October 24 – 31	Sunday to Sunday
January 23 – 30	Sunday to Sunday
March 20 – 27	Sunday to Sunday
May 22 – 29	Sunday to Sunday
June 19 – 26	Sunday to Sunday

Receive the healing and transforming grace of seven days with God, savoring the silence and prayer that open your whole being to God's Word and Presence. Daily liturgy, spiritual direction and optional Centering Prayer periods are included. Donation: \$575/\$75 non-refundable deposit with registration.

CENTERING PRAYER WEEKEND RETREATS

7:00 PM Friday to 1:00 PM Sunday

December 3 – 5 February 18 – 20

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. John of the Cross refers to "restful tranquility" and "solitary quietude" when speaking of contemplation. Jesus says, "Come to me all you who are weary, and you will find rest for your souls." (Mt. 11:28) Donation: \$165/\$65 non-refundable deposit with registration. Commuters are welcome, all meals included.

5 – DAY SILENT DIRECTED RETREAT

Begins 7:00 PM Ends 10:00 AM

February 20 – 25 Sunday to Friday

Donation: \$400; \$60 nonrefundable deposit with registration.

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RETREAT IN EVERYDAY LIFE: MONTHLY AND WEEKLY SPIRITUAL EXERCISES OF ST. IGNATIUS

See Front Page

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SPIRITUAL AND PSYCHOLOGICAL GROWTH IN LIFE'S SECOND HALF

Begins 7:00 PM Ends 1:00 PM

January 21 – 23 Friday to Sunday

How is the second half of life different from the first? Who does God want me to be in this part of my life? What's important, and not so? How can I live my life in God's way? What can I hold onto and let go of? How do I accept, bless and integrate my past as I move into the future? Big questions. Come be with others on the same path. Donation: \$200/\$75 non-refundable deposit with registration. Commuters are welcome, meals and workbook included.

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

SABBATICAL SERIES ONE DAY A MONTH

10 Thursdays 8:45 AM – 5:00 PM

September 16	December 9	March 31
October 14	January 13	April 21
November 11	February 10	May 19
	March 10	

A Sabbatical of a kind, a year of growth for those wishing to intensify their life with God and sharpen their spiritual tools for the journey ahead. It will be a year of insight and intimacy within a community of faith. The day covers 5 topics:

12 Step Spirituality for Everyone

The Spiritual Exercises of St. Ignatius

9 Ways to Pray

Discernment of Spirits and Decision Making

Enneagram Study

It is well worth a day a month if your life permits it! Give God (and yourself) the time. God does the rest. Donation: \$750. Call Sister Marcy to apply.



CLASSICS ON CONTEMPLATIVE PRAYER

9 Tuesdays 6:30 – 8:30 PM

September 14	December 14	March 8
October 12	January 11	April 5
November 9	February 8	May 10

This series is for those who want to learn and practice centering prayer and have it become a way of prayer for them. You will notice that it changes your life radically. The evenings include two 20-minute Centering Prayer periods, with some Scripture between. We will view a short Thomas Keating video on centering prayer and use *Into the Silent Land* by Martin Laird between sessions. This is a wonderful group of pray-ers. All are welcome! Donation: \$175.

THE MATURING OF YOUR SOUL PILGRIMAGE INTO THE LAST THIRD OF LIFE

4 Fridays 9:30 AM – 12:00 PM

September 17 October 15 November 12 December 10

Join with other 65+ to share the experience of these precious years. You will find support, camaraderie, laughter and encouragement in these monthly meetings. To make the pilgrimage together is a blessing. We will use short portions of Ronald Rolheiser's videos on *Aging Gracefully* and read *Winter's Graces* between sessions. Donation: \$100.

LIVING CONTEMPLATIVELY

9 Saturdays 9:15 AM – 3:30 PM

September 11	December 11	March 5
October 16	January 8	April 2
November 13	February 5	May 7

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 worth a day a month and an hour a day. Bring a bag lunch. Tuition: \$325

HONORING YOUR CONTEMPLATIVE SOUL MERTON AND KEATING TOGETHER

9 Thursdays 9:30 – 11:30 AM

September 9	December 2	March 3
October 7	January 6	April 7
November 4	February 3	May 5

This year we will use *Bridges to Contemplative Living* with Thomas Merton for the content of our Thursday morning retreat. Each month we will focus on one of the 8 booklets in the series as a means of understanding and experiencing your intimate life with God. The morning will also include a 20-minute video by Thomas Keating and a 20-minute session of contemplative prayer. Donation: \$175. If you can, make a day of it by attending the St. John of the Cross series at 1:00 PM noted on page 4.

THE WISDOM PATTERN WITH RICHARD ROHR

9 Mondays 1:00 – 3:00 PM

October 4	January 3	April 4
November 1	February 7	May 2
December 6	March 7	June 6

Richard Rohr, OFM helps us to see how order, disorder and reorder is a universal pattern which opens us to transformation as individuals and as communities. We will use Rohr's book, *The Wisdom Pattern*, as well as excerpts from his daily meditations, as our guides for prayer and discussion this year. We will also spend time in contemplative prayer each session. Donation: \$175

MONDAYS WITH MERTON

4 Mondays 1:00 – 2:30 PM

September 27 October 18 November 15 December 20

Thomas Merton will be our guide to the contemplative way of life. In this series, we will use *Bridges to Contemplative Living*, booklets #5 – #8. Time will also be given to experience Lectio Divina and contemplative prayer. Donation: \$60.

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

FRIDAY MORNING RETREAT NON-VIOLENT COMMUNICATION A LANGUAGE FOR LIFE

9 Fridays 9:15 AM – Noon

September 10	December 3	March 4
October 8	January 7	April 1
November 5	February 4	May 6

There may be more violence hidden under our words than we are aware of. We will learn to listen to ourselves closely, be attentive to our real feelings and notice how we are expressing what we are trying to say. Our communication with God, ourselves and others will become gentler and more respectful, more inclusive and less reactive. We will begin and end each session with Centering Prayer. How about giving it a try! We will use the text and workbook by Marshall Rosenberg, *Non-Violent Communication*. Donation: \$200.

FRIENDS OF ST. TERESA OF AVILA

9 Wednesdays 9:30 – 11:30 AM

September 8	December 1	March 16
October 6	January 5	April 13
November 3	February 2	May 11

St. Teresa has the great gift of writing about her relationship with God in such a way that helps us know that intimacy with God is an invitation and gift to us all. Come join us as Teresa leads us on our journey to full union with God. This journey is for all of us. Each session includes 20 minutes of Centering Prayer and a brief tape by Keith Egan. This year we will read *Entering Teresa of Avila's Interior Castle* and *Let Nothing Disturb You*, a booklet of daily meditations for our reading between sessions. Donation: \$175.

STUDY OF ST. JOHN OF THE CROSS

9 Thursdays 1:00 – 3:00 PM

September 9	December 2	March 3
October 7	January 6	April 7
November 4	February 3	May 5

John is all about God and God's insatiable desire and pursuit of us. He is about love and union with God, not asceticism or annihilation as popularly believed. We continue our study of St. John this year by focusing on Iain Matthew's *Impact of God*. We will review *The Dark Night in St. John of the Cross for Beginners* by William Meninger, OCSO. We end with 20 minutes of Centering Prayer. Donation: \$175. If you can, make a day of it by attending the Thomas Merton series listed on page 3 from 9:30–11:30 AM.

Please visit our website: www.FHOP.org

FRIDAY NIGHT SPIRITUAL READING GROUP

9 Fridays 6:30 – 8:30 PM

September 17	December 10	March 4
October 15	January 7	April 1
November 12	February 4	May 6

Good spiritual reading is a must for spiritual growth. Companions on the journey help with the practice of this spiritual exercise. This will be fun as well as fruitful. Can you devote one Friday night a month to this pursuit? As usual, we will feast on a variety of spiritual gems. Donation: \$175

The Reckless Way of Love.....Dorothy Day
Boundless Compassion.....Joyce Rupp
Learning to Pray.....James Martin, SJ
Hinds' Feet on High Places.....Hannah Hurnard

THE BOOK OF JOY

9 Wednesdays 1:00 – 2:30 PM

September 8	December 1	March 16
October 6	January 5	April 13
November 3	February 2	May 11

Bishop Desmond Tutu and the Dalai Lama invite us to live in joy by the witness of their joyful spirits in the midst of suffering. We will read this delightful book as we choose and practice joy in our daily lives. Do you want to be a more joyful person? I know this series will increase your capacity and practice of joy. Donation: \$175.

THE SPIRITUALITY OF THE 12 STEPS FOR EVERYONE

10 Thursdays 8:45 – 10:15 AM

September 16	December 9	March 31
October 14	January 13	April 21
November 11	February 10	May 19
	March 10	

The 12 Steps are for all of us, as we all have attachments and addictions and desire freedom from them. This Program will take us through the traditional 12 Steps that teach us to rely on God as our Liberator. We will read selections from the *Big Book*, and review Keating's *Divine Therapy & Addiction* for further support between sessions. We will also view Keating's *Contemplative Dimension of the 12 Steps*. Whether you are new to the 12 Steps or are very familiar with them, you are welcome. Led by Mary DeJoseph and Deacon Bill Wilson. Donation: \$175.



MONTHLY & WEEKLY

SPIRITUAL EXERCISES OF ST. IGNATIUS

See Front Page

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

TEILHARD READING GROUP

9 Fridays 1:00 – 2:30 PM

September 10	December 3	March 4
October 8	January 7	April 1
November 5	February 4	May 6

Our study of Teilhard continues this year with the reading of Louis Savory's *Teilhard de Chardin's The Phenomenon of Man Explored*. Please join our lively discussions about Teilhard's vision of our human predicament and God's plan for the ongoing growth and evolution of all creation into full union with God in Christ. Donation: \$175.

JESUS: THE WAY, THE TRUTH, AND THE LIFE

10 Mondays 9:30 – 11:30 AM

September 13	December 20	April 4
October 11	January 10	May 2
November 8	February 7	June 6
	March 7	

Have you ever wanted to visit the Holy Land or to return there for another experience? You won't need a passport to do it! Join us for a series filmed on location in the Holy Land to learn more about the person of Jesus and his life. The lessons will bring the Gospel stories to life and help you get to know Jesus in a new, deeper way. Led by S. Pat Mensing, SSJ. Donation: \$175.

LEARNING TO PRAY A GUIDE FOR EVERYONE

9 Mondays 1:00 – 2:30 PM

September 13	December 20	March 7
October 11	January 10	April 4
November 8	February 7	May 2

Have you ever wondered if you were praying "the right way" or wondered if you were praying at all? Father James Martin's newest book, *Learning to Pray*, answers those questions and assures readers that "Everyone can pray." Fr. Jim describes different types of prayer, what actually happens when you close your eyes to pray, distractions, and help in discovering God's voice in prayer, and more! Led by S. Pat Mensing, SSJ. Donation: \$175

WELCOME HOME

4 Thursdays 9:30 – 11:00 AM

September 9 October 7 November 4 December 2
God's first communication to us was through our created world. God has never stopped speaking to us of God's Love. Are you listening? Come, join us as we practice the art of listening more deeply to what God still says to us through Mother Earth. Christine Valters Paintner's book, *Earth: Our Original Monastery*, will guide us. Led by S. Marie O'Hagan, SSJ. Donation: \$75.

ENRICHMENT PROGRAM FOR CERTIFIED SPIRITUAL DIRECTORS WITH SUPERVISION

9 Wednesdays 1:00 – 4:00 PM

September 29	December 22	March 30
October 20	January 19	April 27
November 24	February 16	May 18

Those who care for others need also to care for themselves. Those who help others pray need also 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 review Examen and Ignatius's Rules for Discernment and read *Spiritual Direction 101* by Teresa Blythe and *Spiritual Consolation* by Timothy Gallagher, OMV, between sessions. Donation: \$225.

A PRACTICUM FOR SPIRITUAL DIRECTORS

9 Thursdays 9:30 – Noon

September 30	December 16	March 17
October 21	January 20	April 28
November 18	February 17	May 12

This program is a refresher course in the art of spiritual direction for those who are newly certified or experienced. We aim to sharpen our skills in listening and discerning in order to further our development and better assist those we serve. Donation: \$225.

ENNEAGRAM STUDY 9 PATHS TO HOLINESS & WHOLENESS

10 Thursdays 3:00 – 5:00 PM

September 16	December 9	March 31
October 14	January 13	April 21
November 11	February 10	May 19
	March 10	

Years ago I offered this in-depth study of the Enneagram. People still refer to that experience as one of their most life changing events. I am excited to offer it again. The Enneagram, as I know it and teach it, leads to understanding and compassion for yourself and others as you live out the call of Jesus to love one another as God loves you. Donation: \$200.

THE PATH TO TRANSFORMATION THROUGH LOVE & SUFFERING

4 Mondays 9:30 – 11:30 AM

September 27 October 18 November 8 December 6
God does not send struggle and suffering into our lives, but God invites us into deeper union, faith and trust through it. We will explore Jesus' example of how to lean into God through our suffering and to let go of all that blocks us from His love, mercy and peace. Excerpts from the writings of Teilhard, Richard Rohr and Ilia Delio will be used. Donation: \$100, includes materials.

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

GANDHI AND THE CROSS OF JESUS

9 Wednesdays 9:30 – 11:00 AM

September 29	December 22	March 30
October 20	January 19	April 27
November 24	February 16	May 18

Gandhi calls God “Truth,” truth that is manifest in love. Over his lifetime of prayer, he was convinced that the way of non-violence was the way of “Truth.” He won independence for India without violence and helped South Africa on its journey against Apartheid. A key aspect of faith, according to Gandhi, is “love of one’s enemies.” Gandhi reflected often on Jesus’ Sermon on the Mount, and lamented that from where he stood, Christians had generally missed the mark on the non-violent Jesus as shown in his teaching and crucifixion. We will explore Gandhi’s writings against the backdrop of Jesus’ Last Supper discourse in the Gospel of John. Book: *Mohandas Gandhi – Essential Writings* edited by John Dear, SJ. Led by Gerald Washko. Donation: \$175.

THE ARTIST’S WAY DISCOVERING & RECOVERING YOUR CREATIVITY ZOOM ONLY

12 Thursdays 7:00 – 8:30 PM

September 23	November 18	January 20
October 7	December 2	February 3
October 21	December 16	February 17
November 4	January 6	March 3

The spiritual path to higher creativity is an exciting journey for those who desire to cooperate with God’s liberation of their creative energies. Come to know the great dynamic of creativity that is God’s gift to you through our study of Julia Cameron’s classic on creative living, *The Artist’s Way*. Donation: \$200.

LECTIO DIVINA DIVINE CORDIALITY AWAITS YOU ZOOM ONLY

4 Tuesdays 7:00 – 8:30 PM

September 14 October 12 November 9 December 14

Our fast-paced emailing and texting world exacts a high price from us. We are out of touch with loved ones, friends, nature, God and even ourselves. No worries! God is ever ready to reconnect with us. Through the gift of Lectio Divina, a heart-to-heart encounter with God, we rediscover the warmth of cordiality and the gift of knowing and being known. Through our reading of *Lectio Divina* by Christine Valters Paintner and our practice of Lectio, we will find a deep peace. Led by S. Marie O’Hagan, SSJ. Donation: \$60.

DISCERNMENT COURSE ZOOM ONLY

10 Thursdays 12:30 – 1:30 PM

September 16	December 9	March 31
October 14	January 13	April 21
November 11	February 10	May 19
	March 10	

The non-negotiables for a discerning life are knowledge of the Ignatian Rules for Discernment and the practice of Examen. We will use Timothy Gallagher’s *Discernment of Spirits* and Mark Thibodeaux’s *Re-imagining the Ignatian Examen* to guide our study and practice. Donation: \$175.

LET’S TALK ABOUT RACISM ZOOM ONLY

9 Mondays 7:00 – 8:00 PM

September 13	December 20	March 7
October 11	January 10	April 4
November 8	February 7	May 2

The increasing acts of violence committed in our country point to the need to look deeply at racism in the U.S. Robin DeAngelo’s book, *White Fragility: Why It Is So Hard to Talk about Racism*, guides us to understand how racism as a practice is not limited to just a few. She helps us move forward into having productive conversations about this important topic. Led by S. Pat Mensing, SSJ. Donation: \$100

DOROTHY DAY SERIES THE RECKLESS WAY OF LOVE ZOOM ONLY

3 Wednesdays 7:00 – 8:00 PM

November 3, 10 and 17

Where did Dorothy Day receive the strength to stay true to her God-given call despite her own doubts and inadequacies and the demands of her active life? What was the unquenchable wellspring of her deep faith and her love for humanity? We will read her short book, *The Reckless Way of Love*, to discover her heart’s journey. A great pre-holiday read, and a good stocking stuffer! Donation: \$50.

THE UNIVERSAL CHRIST ZOOM ONLY

9 Mondays 7:00 – 8:30 PM

September 20	December 20	March 21
October 18	January 17	April 25
November 15	February 21	May 23

Enjoy discovering Christ who is at the center of our lives and who permeates all creation throughout the universe. Richard Rohr, OFM, draws on Scriptures, mystics, and saints to show how the love of God is at the heart of everything in the cosmos. Led by S. Marie O’Hagan, SSJ. Donation: \$100

ONE-DAY OFFERINGS/RETREATS

IN-PERSON AND ON ZOOM

COME REST IN ME

Friday, September 17 9:30 AM – 1:00 PM

Let this day be a time of rest by savoring God's graces through the gifts of creation, praying the Psalms and exploring the poetry of Mary Oliver, who celebrated God's Presence in nature. Come and be filled with joy by being attentive to the beauty of God found everywhere. Donation: \$25, includes lunch; Zoom \$20.

NOTICING GOD'S WAYS & PATTERNS LIFE GRAPHS

Wednesday, September 29 9:30 AM – 12:00 PM

Where have I been and where am I going? Come see how events (and patterns) in our lives guide and shape who we are. Together we will outline our own "life graph," noting major events and looking for God in both good and difficult times. Led by Janine Corgan. Donation: \$20, includes materials.

THERÈSE OF LISIEUX A MENTOR FOR TODAY'S RESTLESS HEARTS

Friday, October 1 9:30 AM – 2:00 PM

Thérèse of Lisieux is widely known for her life of simple and practical holiness. Despite her popularity, however, many contemporary people are unfamiliar with her strikingly modern psychological and spiritual insights, and some may be inclined to dismiss her loving life as naïve or immature. They would be missing a treasure!

In this retreat, we will look at how Thérèse mentors us on the way to emotional health and spiritual maturity from her own experience of loss, love, addiction and healing. With disarming humor, unsparing honesty and bold confidence, Thérèse teaches us that the merciful God of the Gospel is always on our side. Her Little Way is the path of love, inner freedom, and release from the trap of perfectionism and from the self-bullying that lurks beneath the surface of our earnest best efforts. Led by Marisa Guerin, PhD. Donation: \$35, includes lunch; Zoom \$30.

ABUNDANCE A SPECIAL RETREAT FOR THE FEAST OF ST. FRANCIS

Monday, October 4 9:30 AM – 1:00 PM

Join us for this special retreat day where we will be drawn into the abundance of life and love at the heart of creation. We will spend time outdoors discovering God's Presence. Also, we will listen to and reflect on portions of Franciscan Richard Rohr's *In the Footsteps of St. Francis – Awakening to Creation* which explores "a living of life in abundance and living it in a sense of being drawn rather than being driven." Donation: \$25, includes lunch; Zoom \$20.

MOTHER KNOWS BEST

Thursday, October 7 1:00 – 3:30 PM

With the unveiling of Autumn, come away and ready yourself to learn one of life's most important lessons. Your teacher is Mother Nature! Trust her wisdom, as through prayer, silence, reading and sharing she patiently teaches you what is worth holding onto in life and what you can let go of! Draw close to her through the beauty surrounding Francis House. Led by S. Marie O'Hagan, SSJ. Donation: \$20.

EXPLORING THE FAITH STORY OF NICHOLAS BLACK ELK

Monday, October 11 1:00 – 4:00 PM

Join us for an exploration of the amazing faith life of this Native American who lived both as a Lakota medicine man and as a Catholic catechist, whose cause is up for canonization. We will enjoy the new book by Jon Sweeney, *Nicholas Black Elk - Medicine Man, Catechist, Saint* as a resource for our discussion. Donation: \$25.

ONE WITH ALL IN PERSON ONLY

Friday, October 15 9:30 AM – 2:00 PM

Wholeness comes from recognizing and celebrating the connection and union of all creation. We will spend time outdoors using *The Christian Practice of Praying with the Elements* as a guide for our prayer and view a portion of Rohr's DVD: *Creation as the Body of God* for reflection and discussion. Donation: \$25, includes lunch.

ENTERTAINING ANGELS A DAY WITH DOROTHY

Wednesday, October 20 9:30 AM – 1:00 PM

We will become acquainted with Dorothy Day's life story by viewing the film *Entertaining Angels* in order to notice her courage, call and fidelity. What an amazing person, with so much to tell us today. This program can be followed by the 3-part series on Dorothy Day, *The Reckless Way of Love*, page 6. Donation: \$25, includes lunch; Zoom \$20.

"A GREAT CLOUD OF WITNESSES"

Tuesday, November 2 9:30 AM – 1:00 PM

The letter to the Hebrews reminds us we're not alone (Heb. 12: 10-2). Each of us is given a "great cloud of witnesses" as we run toward our life's goal. What does this mean and who are these witnesses? As we begin the month of November, a time of remembrance and thanksgiving, it is good to pause and to name the presence of the love that surrounds us and know the grace of accompaniment. Led by JoLynn Ryan Krempecki, M.A. Donation: \$25, includes lunch; Zoom \$20.

ONE-DAY OFFERINGS/RETREATS

IN-PERSON AND ON ZOOM

EXPERIENCE THE LORD'S PRAYER ANEW ZOOM ONLY

Thursday, November 4 9:30 – 11:30 AM

Let's take fresh a look at The Lord's Prayer. With open eyes, ears, minds and hearts, we will experience the Our Father in a deeper way than we ever considered. Pope Francis' *Our Father: Reflections on the Lord's Prayer* will be used for our program. Donation: \$15, includes materials.

TIME TO SET THE TABLE

Thursday, November 4 1:00 – 3:30 PM

Meister Eckhart tells us, "If the only prayer you pray your entire life is, 'Thank you,' that will be enough." As the Feast of Thanksgiving approaches, come away from all you are *doing*; savor a time of *being* as you set a table of gratitude for you and your God. Led by S. Marie O'Hagan. Donation: \$20.

FORGIVENESS A GIFT OF LOVING AS GOD LOVES

Friday, November 12 9:30 AM – 2:00 PM

To be loved by God and to love as God loves IS our path to union with our Creator. We will pray with the parable of "The Prodigal Son," reflect on the words of Henri Nouwen in *The Return of the Prodigal Son* as we absorb the beauty and the promise portrayed in Rembrandt's painting of the same name. Please come for a day of being opened to the freedom found in healing and forgiveness. Donation: \$25, includes lunch; Zoom \$20.

DAWN – DAY – DUSK – DARK MERTON'S BOOK OF HOURS

Monday, November 22 9:30 AM – 1:00 PM

Merton's *A Book of Hours* gathers some of the most beautiful and insightful passages in his writings arranged as prayers to be offered at dawn, midday, dusk and night hours of each day. They are simple and elegant as is Merton at his best! Our souls long to live in union with God. This little book gives us a way that is brief and quite manageable for the ordinary, busy person at work in the world. It will be a good opening for your Advent Season. Donation: \$25, includes lunch; Zoom \$20.

ADVENT RETREAT DAY

Monday, November 29 9:30 AM – 1:00 PM

We will travel through Advent this year with Thomas Merton's *Advent and Christmas*. It is a perfect companion for this busy and stressful season. So let's begin this Holy Season together doing what we can to make it more peaceful and prayerful. I can't think of a better way to make the Season Holy! (and Jolly) Donation: \$35, includes lunch and book; Zoom: \$20

LET'S FOCUS ON HOPE

Tuesday, November 30 9:30 AM – 1:00 PM

As we conclude this liturgical year 2021, we Christians celebrate Advent and a new liturgical year. Certainly, 2021 has been trying. What have we learned? What do we bring into the new Church year? Let's unpack the old and focus on the new. Let's process the darkness and prepare for the Light of the World. Let's come together to focus on hope and on Life. Led by JoLynn Krempecki, M.A. Donation: \$25, includes lunch; Zoom \$20.

O COME, O COME, EMMANUEL

Tuesday, December 7 9:30 AM – 1:00 PM

This Advent day of reflection will focus on Jesus, *Emmanuel*, the name which means "God is with us." We will explore what it means for us personally that Jesus is *Emmanuel*, *God with us*, as well as how we can be *God with us* (Emmanuel) for others. Join us in delving into a meaningful way to be God's loving presence — through seven active listening skills. Let Emmanuel touch your heart in a special way that will help you to prepare for His coming during this Advent season. Led by Sister Anne Marie Haas, CSR, and Sister Anne Myers, SSJ. Donation: \$30, includes lunch; Zoom \$20.

A CONTEMPLATIVE TELLING OF THE STORY OF MARY & HER SON

Friday, December 10 9:30 AM – 1:00 PM

Enter the heart of Mary through the words of John Lynch's spiritual classic, *A Woman Wrapped in Silence*. We will use this wonderful narrative poem to help us to go deeper into the humility and strength of the Blessed Mother and her love for her Son and us all. Donation: \$25, includes lunch; Zoom \$20.

THE AMAZING LOVE AFFAIR THE ROMANCES OF ST. JOHN OF THE CROSS

Tuesday, December 14 9:30 AM – 1:00 PM

No one describes God's love for the world better than St. John. This morning retreat on his feast day will fill you with an appreciation for God's great love in the Mysteries of Creation and Incarnation. You will taste the tenderness, the intensity and the gratuitous nature of your God. Do you need some hope and consolation, some light in the December darkness? Donation: \$25, includes lunch; Zoom \$20.

END OF THE YEAR RETREAT

Friday, December 31 9:30 AM – 1:00 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 2021 and expressing gratitude to God. The afternoon will focus on our goals, hopes and desires for 2022. We reverently say farewell to 2021 and cordially welcome 2022 as a gift from God. Please bring your lunch. Donation: Love Offering.

What's Happening at Francis House?

September

- 3 FHOP Staff Retreat
- 8 Friends of St. Teresa of Avila
The Book of Joy
- 9 Honoring Your Contemplative Soul
Welcome Home
St. John of the Cross
- 10 Friday Morning Retreat
Teilhard Reading Group
- 11 Living Contemplatively
- 12 Liturgy, Presentation: Br. Mickey McGrath
- 13 Jesus: The Way, The Truth, The Life
Learning to Pray
Women's Retreat
Let's Talk About Racism
- 14,21,28 Weekly Spiritual Exercises
- 14 Diocesan Retreat
Classics on Contemplative Prayer
Divine Cordiality Awaits You
- 15 Personal Retreat Day
Monthly Spiritual Exercises
- 16 Sabbatical Series
Spirituality of the 12 Steps
Intern Program
Discernment Course
Enneagram Study
- 17 Maturing of Your Soul
Come Rest in Me
Friday Night Spiritual Reading Grp
- 19 SSJ Associates
- 19-26 7-Day Silent Directed Retreat
- 20 The Universal Christ
- 23 The Artist's Way
- 27 The Path to Transformation
Mondays with Merton
- 29 Gandhi and the Cross of Jesus
Noticing God's Ways & Patterns
Enrichment/Peer Group Supervision
- 30 Practicum for Spiritual Directors

October

- 1 A Mentor for Today's Restless Hearts
- 1-3 Silent Directed Retreat Weekend
- 3 St. Anthony Parish; St. Mary Parish
- 4 Abundance Retreat - St. Francis
The Wisdom Pattern
- 5,12,19,26 Weekly Spiritual Exercises
- 6 Friends of St. Teresa of Avila
The Book of Joy
- 7 Honoring Your Contemplative Soul
Welcome Home
- 7 St. John of the Cross
Mother Knows Best
The Artist's Way
- 8 Friday Morning Retreat
Teilhard Reading Group
- 11 Jesus: The Way, The Truth, The Life
Learning to Pray

- 11 Faith of Nicholas Black Elk
Let's Talk About Racism
- 12 Classics on Contemplative Prayer
Divine Cordiality Awaits You
- 13 Personal Retreat Day
Monthly Spiritual Exercises
- 14 Sabbatical Series
Spirituality of the 12 Steps
Intern Program
Discernment Course
Enneagram Study
- 15 Maturing of Your Soul
One with All
Friday Night Spiritual Reading Grp
- 16 Living Contemplatively
- 18 The Path to Transformation
Mondays With Merton
The Universal Christ
- 20 A Day with Dorothy
Gandhi and the Cross of Jesus
Enrichment/Peer Group Supervision
- 21 Practicum for Spiritual Directors
The Artist's Way
- 22-24 Silent Directed Retreat Weekend
- 24-31 7-Day Silent Directed Retreat
- 31 SSJ Associates

November

- 1 The Wisdom Pattern
- 2 A Great Cloud of Witnesses
- 2,9,16,23,30 Weekly Spiritual Ex.
- 3 Friends of St. Teresa of Avila
The Book of Joy
Dorothy Day Series
- 4 Welcome Home
Experience the Lord's Prayer Anew
Honoring Your Contemplative Soul
St. John of the Cross
- 4 Time to Set the Table
The Artist's Way
- 5 Friday Morning Retreat
Teilhard Reading Group
- 5-7 Family of Origin: Ground of Grace
- 8 The Path to Transformation
Jesus: The Way, The Truth, The Life
Learning to Pray
Let's Talk About Racism
- 9 Classics on Contemplative Prayer
Divine Cordiality Awaits You
- 10 Personal Retreat Day
Monthly Spiritual Exercises
Dorothy Day Series
- 11 Sabbatical Series
Spirituality of the 12 Steps
Intern Program
Discernment Course
Enneagram Study
- 12 Maturing of Your Soul
Forgiveness: Loving as God Loves

- 12 Friday Night Spiritual Reading Grp
- 13 Living Contemplatively
- 15 Mondays With Merton
- 15 The Universal Christ
- 17 The Amazing Love Affair
Dorothy Day Series
- 18 Practicum for Spiritual Directors
The Artist's Way
- 18-19 ReImagine Life, Adjust to Change
- 19-21 Silent Directed Retreat Weekend
- 21 SSJ Associates Regional Gathering
- 22 Dawn-Day-Dusk-Dark
- 24 Gandhi and the Cross of Jesus
Enrichment/Peer Group Supervision
- 29 Advent Retreat Day
- 30 Let's Focus on Hope

December

- 1 Friends of St. Teresa of Avila
The Book of Joy
- 2 Welcome Home
Honoring Your Contemplative Soul
St. John of the Cross
The Artist's Way
- 3 Friday Morning Retreat
Teilhard Reading Group
- 3-5 Centering Prayer Weekend Retreat
- 5 SSJ Associates
- 6 The Path to Transformation
- 6 The Wisdom Pattern
- 7 O Come, O Come, Emmanuel
- 7,14,21 Weekly Spiritual Exercises
- 8 Personal Retreat Day
Monthly Spiritual Exercises
- 9 Sabbatical Series
Spirituality of the 12 Steps
Intern Program
Discernment Course
Enneagram Study
- 10 Maturing of Your Soul
Contemplative Story of Mary/Son
Friday Night Spiritual Reading Grp
- 11 Living Contemplatively
- 13 FHOP Staff Retreat
- 14 The Amazing Love Affair
- 14 Classics on Contemplative Prayer
Divine Cordiality Awaits You
- 16 Practicum for Spiritual Directors
The Artist's Way
- 17-19 Silent Directed Retreat Weekend
- 20 Jesus: The Way, The Truth, The Life
Learning to Pray
Mondays With Merton
Let's Talk About Racism
The Universal Christ
- 22 Gandhi and the Cross of Jesus
Enrichment/Peer Group Supervision
- 31 End of the Year Retreat



REMINDERS!



**Please register for every program by calling (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

Directions to Francis House

84 Walnford Road, Allentown, NJ is located near:

New Jersey Turnpike, Exit 7 or 7A

Route 295, Exit 57

Route I-195, Allentown Exit (Also Exit 7)

Please consult your GPS to discover which major route is most direct from your location.



Send your e-mail address to us at FHOP@verizon.net.

To register for a program, please call 609-877-0509 or fill out the following and send to

Francis House of Prayer • 84 Walnford Road • Allentown, NJ 08501 - PLEASE PRINT!

Name _____ **Area code/Phone** _____

Address _____

City _____ **State** _____ **ZIP** _____ **E-mail** _____

Program(s) _____ **Program Date(s)** _____

Attending: **IN-PERSON** _____ **ON ZOOM** _____ **Amount Enclosed \$** _____



Francis House of Prayer

Trenton Diocesan Spiritual Center and Retreat House

Sister Marcy Springer, SSJ, Director
84 Walnford Road • Allentown, New Jersey 08501

