



Francis House News

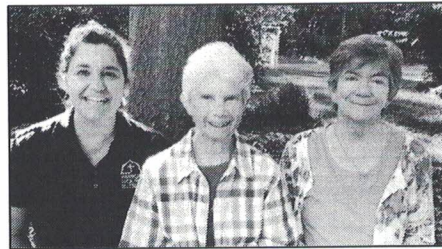
Trenton Diocesan Spiritual Center and Retreat House

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MISSION STATEMENT

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



A WARM WELCOME TO SISTER MARIE O'HAGAN, SSJ JOINING US AT FRANCIS HOUSE

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.

IN-PERSON OR ZOOM MONTHLY SPIRITUAL EXERCISES

10 Wednesdays 3:00 – 4:30 PM

September 14	December 14	March 8
October 12	January 11	April 5
November 16	February 8	May 3 & 31

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. Led by S. Marcy. Donation: \$175

EVENING ZOOM SERIES MONTHLY SPIRITUAL EXERCISES

9 Thursdays 6:30 – 8:00 PM

September 29	December 15	March 23
October 20	January 19	April 20
November 17	February 16	May 18

We will meet monthly for sharing and input on the next month's prayer. Led by S. Marcy and S. Marie. Donation: \$175

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

33 Tuesdays 3:00 – 4:30 PM

September 13 – May 9

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 the weekly meeting. Led by S. Marcy, S. Marie and Jill Snyder. Donation: \$400

EVENING ZOOM SERIES THE 12-STEP APPROACH TO THE IGNATIAN SPIRITUAL EXERCISES

18 Wednesdays 6:30 – 7:30 PM

October 5 – May 31

Jesuit priest, Jim Harbaugh, has combined praying *The Exercises* with praying through the *12 Steps* by offering meditations that relate to both. You can be well versed or brand new to the *Exercises* or the *12 Steps* to attend. You are committing to a one-hour meeting every other week and 30 minutes of prayer a day. Led by S. Marcy, Mary De Joseph, and Donna Degnan. Limited to 10 people. Donation: \$200

RETREAT OPPORTUNITIES

IN-PERSON ONLY

PERSONAL RETREAT DAYS

Wednesdays 9:30 AM – 2:30 PM

September 14	December 14	March 8
October 12	January 11	April 5
November 16	February 8	May 3 & 31

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.

ADDITIONAL PERSONAL RETREAT DAYS

Mondays 9:30 AM – 2:30 PM

September 26	November 14
October 31	December 19

SILENT DIRECTED RETREAT WEEKENDS

7:00 PM Friday to 1:00 PM Sunday

Sept. 30 – Oct 2	Jan. 13 – 15	April 21 – 23
Oct. 28 – 30	Feb. 10 – 12	April 28 – 30
Nov. 4 – 6	March 17 – 19	May 5 – 7
Dec. 16 – 18		May 19 – 21

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.

7 – DAY SILENT DIRECTED RETREATS

Begins 7:00 PM Ends 10:00 AM

September 18 – 25	Sunday to Sunday
October 16 – 23	Sunday to Sunday
January 22 – 29	Sunday to Sunday
March 24 – 31	Friday to Friday
May 21 – 28	Sunday to Sunday
June 18 – 25	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.

5 – DAY SILENT DIRECTED RETREAT

Begins 7:00 PM Ends 10:00 AM

February 26 – March 3 Sunday to Friday

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

CENTERING PRAYER WEEKEND RETREAT

December 2 – 4 7 PM Friday – 1 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: \$165/\$65 non-refundable deposit with registration. Commuters are welcome, all meals included. Led by S. Marcy.

ENNEAGRAM WEEKEND I

November 18 - 20 7 PM Friday – 1 PM Sunday

During this weekend retreat, we will study 9 different personality types and the path to holiness and interior freedom for each. We are all afflicted and blessed by this human condition of ours. God knows what each of us needs and guides us each along a way to wholeness and holiness that is unique, yet universal. The main goal of the weekend is to grow in understanding, acceptance and compassion for ourselves and others. We all need that. Donation: \$200/\$75 non-refundable deposit. Residents and commuters are welcome. All meals and materials provided. Led by S. Marcy.

Followed by ENNEAGRAM WEEKEND II
on March 3 – 5, if you wish.

OVERNIGHT RETREAT FOR WOMEN REIMAGINING LIFE, ADJUSTING TO CHANGE

November 29 – 30
7 PM Tuesday – 4 PM Wednesday

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! Donation: \$100/\$50 deposit with registration. Commuters are welcome, meals and workbook included. Led by S. Marcy.

SPIRITUAL AND PSYCHOLOGICAL GROWTH IN LIFE'S SECOND HALF

January 20 - 22 7 PM Friday – 1 PM 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. Led by S. Marcy.

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

TUESDAY NIGHT CENTERING PRAYER

10 Tuesdays 6:30 – 8:30 PM

September 13	December 13	March 7
October 11	January 10	April 4
November 15	February 7	May 2 and 30

This series, zoom or in person, is 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 include two 20-minute Centering Prayer periods, with some Scripture between. We will view a short Thomas Keating video on Centering Prayer and use *Centering Prayer and Inner Awakening* by Cynthia Bourgeault between sessions. Consider it a restful monthly evening retreat. Led by S. Marcy. Donation: \$175.

ZOOM ONLY LOVERS OF THÉRÈSE

4 Tuesdays 7:00 – 8:00 PM

October 11 November 15 December 13 January 10

I have to offer a series on St. Thérèse of Lisieux this year! She witnesses and teaches so much about finding God in the ordinary and promises that holiness is within our reach. I know so many have loved Thérèse throughout the years. This series will renew your friendship and give you a new understanding of her holiness and wisdom. We will use *The Gospel According to St. Thérèse*, by Br. Joseph Schmidt between sessions. Led by S. Marie O'Hagan. Donation: \$50

DIVINE SOUL MATE

4 Fridays 9:30 AM – Noon

September 9 October 7 November 11 December 9

Romantics will tell us there is nothing quite like one's first love. Our God would concur as God loved you first and now YOU remain God's forever love! Treat yourself to the opportunity to savor such a love and to deepen your awareness of its presence in your daily life. William Barry, S.J. will lead our musings through, *A Friendship Like No Other*. Led by S. Marie O'Hagan. Donation: \$100

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

4 Fridays 9:30 AM – 12:00 PM

September 16 October 14 November 18 December 16

To age is to transition into the last period of growth. The invitation from God in the final years of life is to deeper intimacy, and to living more courageously, consciously, and contemplatively from your soul as you prepare for your eventual transition into new life. We are offering a 4-part series that meets monthly for the 65+ who are in this most graced season of life. We will use Thomas Keating's videos on *The Gift of Life and Life Eternal* as part of our series and read *On the Brink of Everything* by Parker Palmer. Led by S. Marcy. Donation: \$100.

LIVING CONTEMPLATIVELY

9 Saturdays 9:15 AM – 3:30 PM

September 10	December 10	March 11
October 15	January 7	April 15
November 12	February 4	May 13

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 a day. Bring a bag lunch. Led by S. Marcy. Donation: \$325

A CONTEMPLATIVE TELLING OF THE STORY MARY & HER SON PART ONE

4 Mondays 9:30 – 11:30 AM

September 26 October 31 November 28 December 19

Enter the heart of Mary through the contemplative words of John Lynch's spiritual classic, *A Woman Wrapped in Silence*. We will use the first half of this wonderful narrative to help us to go deeper into the humility and strength of the Blessed Mother and her love for her son and us all. Then, if you would like to continue, Part Two will be offered in Winter/Spring 2023 to coincide with the Liturgical Year. Led by Jill Snyder. Donation: \$80

MONDAYS WITH MERTON

4 Mondays 1:00 – 2:30 PM

September 26 October 31 November 28 December 19

Thomas Merton will be our guide to the contemplative way of life. In this series, we will use *When the Trees Say Nothing*, which is a compilation of his writings on nature. We will also use portions of S. Kathleen Deignan's video, *Prophet and Mystic of Creation: On Retreat with Thomas Merton*. Time will be given to experience contemplative prayer. Led by Jill Snyder. Donation: \$60.

TENDERNESS: A LANGUAGE FOR OUR TIME

3 Mondays 1:00 – 3:30 PM

October 3 November 7 December 5

The diversity of the human race is beyond our imagination. The singularity of the human race is at the heart of God's imagination. We, though many, truly are one. How might we communicate this union with one another? In Gregory Boyle, S.J.'s book, *The Whole Language*, we are reminded the only communication needed is that of tenderness. Join us as we allow Father Boyle's stories to find a home in our hearts. Led by S. Marie O'Hagan. Donation: \$60

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

FRIDAY MORNING RETREAT COMPASSIONATE COMMUNICATION

9 Fridays 9:15 AM – Noon

September 9	December 9	March 10
October 7	January 6	April 14
November 11	February 3	May 12

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. This morning retreat also includes Centering Prayer and the Practice of Examen. We will use *A Simple, Life-Changing Prayer*, by Jim Manney and *Non-Violent Communication* by Marshall Rosenberg. Led by S. Marcy. Donation: \$200.

THE INTERIOR CASTLE OF ST. TERESA OF AVILA

10 Wednesdays 9:30 – 11:30 AM

September 7	December 7	March 1 & 29
October 5	January 4	April 19
November 9	February 1	May 17

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. This intimacy is for all of us. We will use *Interior Castle Explored*, by Ruth Burrows and Keith Egan's tape on the Interior Castle to lead us through the castle. Each session includes 20 minutes of Centering Prayer. Led by S. Marcy. Donation: \$175.

STUDY OF ST. JOHN OF THE CROSS

9 Thursdays 1:00 – 3:00 PM

September 22	December 15	March 23
October 20	January 19	April 27
November 17	February 16	May 18

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. This year we will focus on Ruth Burrows' *Ascent to Love*, and John of the Cross's *The Spiritual Canticle*. We end with 20 minutes of Centering Prayer. Led by S. Marcy. Donation: \$175.

PRAYING WITH THE PARABLES

5 Wednesdays 1:00 – 2:30 PM

September 7 October 5 November 9 December 7 January 4

We will use Father Thomas Keating's *Meditations on the Parables of Jesus* to help us understand and pray with the parables which are so full of mystery and meaning for us in our times. Led by S. Marcy. Donation: \$75

ZOOM ONLY ALL SHALL BE WELL JULIAN OF NORWICH SERIES

4 Fridays 6:30 – 7:30 PM

October 7 November 11 December 9 January 6

It doesn't get better than Julian of Norwich for an end of the week spiritual treat! Join with others for some consolation and peace to soothe the stress and worries of the week as we acquaint ourselves with the wisdom of Julian who insists that "All shall be well!" We will use *The Drawing of this Love*, by Robert Fruehwirth for reading in between sessions. Led by S. Marcy. Donation: \$75

ZOOM ONLY ESSENTIAL WRITINGS OF RUTH BURROWS

9 Wednesdays 3:30 – 4:30 PM

September 21	December 21	March 22
October 19	January 25	April 12
November 23	February 22	May 10

If you are looking for some rich nourishment for your soul, Carmelite Ruth Burrows has just what you need! Really, she speaks to the soul as none other! Give it a try. I can't recommend it enough! Led by S. Marcy. Donation: \$100.

WOMEN OF HOPE THE FOUR WOMEN DOCTORS OF THE CHURCH

5 Thursdays 9:30 – 11:30 AM

November 17	January 19	February 16
December 15		March 23

In *Women of Hope*, Terry Polakovic introduces these four amazing women, Saints Teresa, Thérèse, Hildegard and Catherine, and describes the troubled times in which they lived and persevered. These women remind us that God works through each of us to bring about good. They prove by their lives that we, as Christians, can live in confident hope, no matter the circumstances in which we find ourselves. Led by S. Marcy. Donation: \$100

DISCERNMENT MAKES ALL THE DIFFERENCE IN YOUR WORLD!

2 Fridays Oct. 28 & Nov. 4 9:30 AM – Noon

I'm willing if you are! This 2-part series includes the full teaching of Ignatian Discernment of Spirits! If you find yourself sliding down "the greasy pole" of desolation or negative thinking, this series 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. Marie O'Hagan. Donation: \$50

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

CERTIFIED INTERN PROGRAM FOR SPIRITUAL DIRECTORS

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

ENRICHMENT PROGRAM FOR CERTIFIED SPIRITUAL DIRECTORS WITH SUPERVISION

9 Thursdays 1:00 – 4:00 PM

September 8	December 1	March 9
October 6	January 5	April 13
November 3	February 2	May 4

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 Jim Manney's *A Simple Life-Changing Prayer* and *The Examen Prayer* by Timothy Gallagher, OMV between sessions. Led by S. Marcy. Donation: \$225.

TEILHARD READING GROUP

9 Fridays 1:00 – 2:30 PM

September 9	December 9	March 10
October 7	January 6	April 14
November 11	February 3	May 12

Our study of Teilhard continues this year with the reading of John Haught's, *The Cosmic Vision of Teilhard de Chardin*. 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. Led by group members.

WE ARE TRANSFORMED

4 Fridays 9:30 – 11:30 AM

October 3 November 7 December 5 January 9

In her book, *Braving the Thin Places: Celtic Wisdom to Create a Space for Grace*, Julianne Stanz takes us on a wild ride to becoming aware and open to the "thin places" in our lives. Here is where we meet God who transforms our brokenness into healing and wholeness. Led by Jill Snyder. Donation: \$75

ENNEAGRAM STUDY 9 PATHS TO HOLINESS & WHOLENESS

10 Wednesdays 3:00 – 5:00 PM

September 7	December 7	March 1 & 29
October 5	January 4	April 19
November 9	February 1	May 17

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. This year we will focus on how every type gets along with every other type. Sounds like fun! Led by S. Marcy. Donation: \$200.

ETERNALLY FAITHFUL

4 Tuesdays 9:30 – 11:00 AM

September 13 October 11 November 15 December 13

When loved ones pass, they often bequeath to us a gift by which we might remember them and stay faithful to their memory. Jesus does the same. His Gift of Eucharist deeply imprints in us the power of divine fidelity, inviting us to deepen our acceptance of his eternal embrace. Ronald Rolheiser's, *One Great Act of Fidelity*, will guide our prayer and discussion of the tender gift of Eucharist. Led by S. Marie O'Hagan. Donation: \$60

ZOOM ONLY THE PALETTE OF GOD'S LOVE

4 Tuesdays 7:00 – 8:30 PM

September 13 October 18 November 8 December 6

If a picture is truly worth a thousand words, then what is being communicated through the myriad of images which gifted artists have created for us? What spiritual truths are tucked within the light, the colors and the medium they used? In *Rembrandt is in the Wind*, author Russ Ramsey leads us to those answers by not only paying attention to the art, but to our own hearts. Included will be experiences of Visio Divina. Led by S. Marie O'Hagan. Donation: \$60

ZOOM ONLY RETURN TO THE ROOT

4 Mondays 7:00 – 8:30 PM

September 26 October 24 November 28 December 19

Each one of us has a unique relationship with God which cannot be fully expressed in words. So, how then can we express ourselves to our God? In Joyce Rupp's *Return to the Root* we have a guide who uses the richness of poetic imagery to lead us in self-expression becoming more, "rooted and grounded in love..." Eph. 3:17. Each session will include a Lectio Divina experience. Led by S. Marie O'Hagan, SSJ. Donation: \$60

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS MONTHLY SERIES

CHRISTIANITY TALKS TO GANDHI

4 Thursdays 9:30 – 11:00 AM

September 8 October 6 November 3 December 1

For four months, we will take four writers from the book compiled by Robert Ellsberg, *Lead Kindly Light*, to see how Christianity responds to the life and message of Gandhi. Remaining time will be devoted to find and discuss ways of implementing a “non-violent” way of relational living. In addition to our ideas, we shall consider writings from Marshall Rosenberg in his: *Non-Violent Communication, A Language of Compassion*. Led by Gerald Washko. Donation: \$60

ZOOM ONLY SEEKING WISDOM AN ARTIST’S WAY PROGRAM

7 Wednesdays 7:00 – 8:30 PM

September 21 November 2, 16, 30
October 5, 19 December 14

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 newest guidance on creative living, *Seeking Wisdom: A Spiritual Path to Creative Connection*. Led by Jill Snyder. Donation: \$85.

DIVINE “SPA” TIME FOR MOMS

4 Mondays 10:00 AM – 11:30 AM

September 16 October 14 November 18 December 16

As a mother you are always nurturing others. Come away for a time and allow God to nurture you as you enter into a reflective pause for your own Spiritual and Personal Awareness. Led by S. Marie O’Hagan. Donation: \$60

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SPIRITUAL DIRECTION

Spiritual Direction is a monthly 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 (609) 877-0509 to make an appointment with one of our Certified Spiritual Directors. Donation: Love Offering.

ZOOM ONLY WHAT IS SPIRITUAL DIRECTION?

Thursday, October 6 7:00 – 8:00 PM

Enjoy a quick Zoom which will give an overview of Spiritual Direction: what it is and what it isn’t and how it may help foster your relationship with God. Led by Jill Snyder and S. Marie O’Hagan.

THE KINDNESS OF OUR GOD MEDITATIONS WITH MEISTER ECKHART

Wednesday, September 28 9:30 AM – 1:00 PM

The simple one-liners of Meister Eckhart are profound, heartfelt and impactful. Here are 2 samples. “God does not ask anything else of you except that you let yourself go and let God be God...in you.” “Be prepared at all times for the gifts of God and be ready always for new ones as God is 1000 times more ready to give than we are to receive.” We will spend the morning being nourished by his wisdom. Led by S. Marcy. Donation: \$25, includes materials and lunch. Zoom: \$20

DELIGHT IN GOD A MORNING WITH ST. HILDEGARD OF BINGEN

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

Connect with God through the inspirations of St. Hildegard of Bingen who came to know God deeply through Scripture, nature, music...just to name a few. This most recent Doctor of the Church offers us simple ways to be more aware of God’s generous love. Led by Jill Snyder. Donation: \$25, includes materials and lunch. Zoom: \$20

PROTECTED BY GOD’S LOVE

Thursday, September 29 9:30 AM – Noon

As we celebrate the Feast of St. Michael, the Archangel, treat yourself to a quiet morning of reflection as we contemplate the divine protection of a God who loves us dearly. Led by S. Marie O’Hagan. Donation: \$20

THÉRÈSE OF LISIEUX A MENTOR FOR TODAY’S RESTLESS HEARTS

Friday, September 30 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.

ONE-DAY OFFERINGS/RETREATS

IN-PERSON AND ON ZOOM

IN PERSON ONLY

CELEBRATE ST. FRANCIS

LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE

Tuesday, October 4 9:30 AM – 1:30 PM

We will have a wonderful celebration of St. Francis! We begin our day by viewing an inspiring film by Bishop Robert Barron on St. Francis. You will feel like you are in Assisi! We will spend some time outdoors, weather permitting, to enjoy the beauty of creation as Francis insists and follow with the celebration of Liturgy in our Portiuncula (outdoor Chapel). Led by all 3 of us! Donation: \$30, includes lunch.

REALITY VS. VIRTUAL REALITY

Monday, October 10 9:30 AM – 1:00 PM

Anthony De Mello, SJ challenges us to face the truth about happiness and contentment in *Rediscovering Life: Awaken to Reality*. Our ego's belief that we can be happy, only if we have everything to which we are so attached, shadows over the truth. We do have everything that we need to be happy. Our unhappiness occurs when we focus on what we do not have rather than on what we have. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom \$20

AUTUMN'S LESSONS OF CHANGE

Monday, October 10 9:30 AM – 1:00 PM

We recognize that the laws of nature hold powerful spiritual truths. We will set aside this autumn day and listen to the silent wisdom of Mother Earth. What might she share with you about holding on, about letting go and about trusting the providence of our Creator? God sees it all as good. Maybe you can learn to do the same! Led by S. Marie O'Hagan. Donation: \$25, includes lunch. Zoom \$20

CELEBRATE NATIONAL ART DAY

Tuesday, October 25 9:30 AM – 1:00 PM

On this National Art Day, let us remember we are God's work of art, a masterpiece of Love. Come away for a day and explore what it means to be God's unique handiwork. How is each one of us a revelation of the Divine Artist? Our day will include an experience of the prayer of Visio Divina. Led by S. Marie O'Hagan. Donation: \$25, with lunch. Zoom \$20

THE DIVINE CARESS AWAITS YOU

Thursday, October 27 1:00 – 4:00 PM

In the encyclical *Laudato Si*, Pope Francis writes, "The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God." Why don't you come and spend this autumn day allowing God to caress you with the beauty of the natural world. Be open. Be renewed. Be made whole again. Led by S. Marie O'Hagan, SSJ. Donation: \$20

WITNESSING TO GLORY

Tuesday, November 1 9:30 AM – 1:00 PM

There is no one of us who can pass by this day and not be affected by its grace, for today is All Saints Day! The author of the Letter to the Hebrews tells us these saints surround us, ever witnessing God's love for us. Perhaps, today, you can spend some retreat time with the saints, especially those saints you knew personally. Invite them to fill you with hope as you continue your journey to the Lord. Led by S. Marie O'Hagan. Donation: \$25, includes lunch. Zoom \$20

THE PATH TO HEALING AND FREEDOM

Friday, November 4 9:30 AM – 2:00 PM

Desmond Tutu takes us on the path to healing. It's called forgiveness. It's a path to God through forgiveness, love, peace, and wholeness. His words in *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* will be our guide to looking at the story, naming the hurt, moving towards forgiveness, and then renewing/releasing the relationship. Led by Jill Snyder. Donation: \$30, includes lunch. Zoom \$25

SILENCE IS THE WAY TO THE SACRED (AND SANITY!)

Thursday, November 10 9:30 AM – Noon

Br. David Steindl-Rast is a Benedictine monk whose message is profound, yet simple. Using passages from his book, *The Way of Silence: Engaging the Sacred in Daily Life*, we will discover that silence is holy ground where we become more available to receive God's love and to respond with gratitude and joy. Led by Jill Snyder. Donation: \$20.

BLESSED ARE THOSE WHO MOURN

Tuesday, November 15 9:30 AM – 1:00 PM

Come, bring a picture, tell your story, let us comfort one another during this time before the holidays begin. We ask God for the grace of peace, acceptance and strength as we come together for this morning retreat. Led by S. Marcy. Donation: \$25, includes lunch. Zoom \$20

BLESSED BY GRATITUDE

Thursday, November 17 9:30 AM – 1:00 PM

Studies which indicate the practice of gratitude improves our mental and physical health come as no surprise to us. We know this truth firsthand. The challenge is the practicing of such knowledge. So, come join us on this retreat as we practice gratitude by inventorying the blessings of our lives! What a perfect way to prepare for the upcoming Feast of Thanksgiving. Led by S. Marie O'Hagan. Donation: \$25, includes lunch. Zoom \$20

ONE-DAY OFFERINGS/RETREATS

IN-PERSON AND ON ZOOM

PROMISES MADE: PROMISES KEPT

Sunday, November 27 9:00 AM – 2:00 PM

Deep in your heart you have made a promise to yourself to make this season of Advent meaningful. Keep that promise and join us on this first Sunday of Advent as we, through prayer, silence and the beauty of nature, prepare our hearts for God's great promise to us, the gift of Jesus. Liturgy at noon. Led by S. Marie O'Hagan. Donation: \$25, lunch included. Zoom \$20

THE JOY OF ADVENT

Monday, November 28 9:30 AM – 1:00 PM

We will travel through Advent this year with *The Joy of Advent, Daily Reflections from Pope Francis*. These are perfect companions for this busy and stressful season. We 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) Led by S. Marcy. Donation: \$35, includes lunch and book. Zoom: \$20

ADVENT – ONE DAY AT A TIME

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

Advent is the beginning of a new Church year. But we aren't promised a whole year, are we? Each day is given to us – singly – as a gift. So, each day it's important to listen to what God is saying and to pay attention to what God is doing. The quiet of Advent – the stillness of hunkering down for an imminent winter – are the perfect conditions for listening and focusing. As we, once again, begin preparing our hearts to celebrate the great gift of the Birth of Jesus, let's come together in prayer. Then let us go forth together one day at a time on our Advent journey to Jesus. Led by JoLynn Krempecki. Donation: \$25, includes lunch. Zoom \$20

ZOOM ONLY

TRINITY MEANS RELATIONSHIP

Wednesday, November 30 9:30 AM – Noon

Come and explore together how the Holy Trinity is grounded in relationships. Richard Rohr is our guide as we reflect on portions of his book, *The Divine Dance: The Trinity and Your Transformation* and his daily meditations which will help us understand how "God is the dance and...we're all invited in." Led by Jill Snyder. Donation: \$20

DRAWN INTO LOVE

THE WRITINGS OF ST. CHARLES de FOUCAULD

Friday, December 2 9:30 AM – 1:00 PM

Let the writings and life of St. Charles de Foucauld, canonized on May 15, 2022, draw you into passion and love for Jesus. The message of his life was simple: love Jesus, stay close to Jesus and love everyone as brothers & sisters. *Charles de Foucauld (Modern Spiritual Masters)*: Writings will be used for reflection. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom \$20

DIVINE GENEROSITY THE NEVER-ENDING STORY

Tuesday, December 6 9:30 AM – 1:00 PM

Today's feast of St. Nicholas is the perfect moment to contemplate our human response to divine generosity. Since time immemorial, ordinary women and men have mirrored the love of our Creator through the manner of their lives. Join us as we become acquainted with some everyday people whose stories will be both encouraging and challenging to us. Bring some tissues. Led by S. Marie O'Hagan. Donation: \$25, includes lunch. Zoom \$20

FULL OF GRACE

Thursday, December 8 9:30 AM – Noon

Celebrate the gift of our Blessed Mother today! Let's walk in her footsteps as we deepen our relationship to Jesus through Mary. We will pray in a contemplative way with Scriptures related to Mary and the Joyful Mysteries. Scenes from the movie, *Mary of Nazareth* will be used for individual and group reflection. Then, we will conclude by praying "The Angelus." Led by Jill Snyder. Donation: \$20

O COME, O COME, EMMANUEL

Tuesday, December 13 9:30 AM – 1:00 PM

This Advent Day of reflection will focus on Jesus, *Emmanuel*, the name which means "God 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 Sisters Anne Myers, SSJ and Anne Marie Haas, CSR. Donation: \$30, includes lunch; Zoom \$20.

THE FIDELITY OF GOD

Thursday, December 15 9:30 AM – 2:00 PM

In the Scripture readings of this Third week of Advent we hear the prophet Isaiah reminding us God's love will never leave us! Come away for a while – wrap yourself, warm yourself in the loving fidelity of your gracious and tender God. Spend an Advent Day in the peace only God can give to us. Led by S. Marie O'Hagan, SSJ. Donation: \$30, with lunch. Zoom \$25

END OF THE YEAR RETREAT

Saturday, 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 2022 and expressing gratitude to God. The day will focus on our goals, hopes and desires for 2023. We reverently say farewell to 2022 and cordially welcome 2023 as a gift from God. Please bring your lunch. Led by S. Marcy. Donation: Love Offering

What's Happening at Francis House?

September

- 1 St. Mary of the Lakes School Faculty
- 7 Interior Castle of St. Teresa of Avila
- 7 Praying with the Parables
- 7 Enneagram Study
- 8 Intern Practicum
- 8 Christianity Talks to Gandhi
- 8 Enrichment/Peer Group Supervision
- 9 Friday Morning Retreat
- 9 Divine Soul Mate
- 9 Teilhard Reading Group
- 10 Living Contemplatively
- 13,20,27 Weekly Spiritual Exercises
- 13 Eternally Faithful
- 13 Palette of God's Love
- 13 Tuesday Night Centering Prayer Group
- 14 Personal Retreat Day
- 14 Monthly Spiritual Exercises Afternoon
- 15 Intern Program
- 16 Maturing of Your Soul
- 16 Divine "SPA" Time for Moms
- 17 Retreat for Catechists
- 18 SSJ Associates
- 18-25 7-Day Silent Directed Retreat
- 21 Essential Writings of Ruth Burrows
- 21 Seeking Wisdom - The Artist's Way
- 22 St. John of the Cross
- 26 Personal Retreat Day
- 26 Contemplative Story of Mary/Son
- 26 Mondays with Merton
- 26 Return to the Root
- 28 The Kindness of Our God – Meister Eckhart
- 29 Delight in God with St. Hildegard of Bingen
- 29 Protected by God's Love
- 29 Monthly Spiritual Exercises Night Zoom
- 30 Thérèse of Lisieux Mentor to Restless Heart
- 30-Oct. 2 Silent Directed Retreat Weekend

October

- 3 We Are Transformed
- 3 Tenderness: A Language for Our Time
- 4 Celebrate St. Francis
- 4,11,18,25 Weekly Spiritual Exercises
- 5 Interior Castle of St. Teresa of Avila
- 5 Praying with the Parables
- 5 Enneagram Study
- 5,19 12-Step Approach to Spiritual Exercises
- 5,19 Seeking Wisdom - The Artist's Way
- 6 Intern Practicum
- 6 Christianity Talks to Gandhi
- 6 Enrichment/Peer Group Supervision
- 6 What is Spiritual Direction?
- 7 Friday Morning Retreat
- 7 Divine Soul Mate
- 7 Teilhard Reading Group
- 7 All Shall Be Well - Julian of Norwich Series
- 9 Women's Retreat
- 10 Autumn's Lessons of Change
- 10 Reality vs. Virtual Reality
- 11 Eternally Faithful

- 11 Tuesday Night Centering Prayer Group
- 11 Lovers of Thérèse
- 12 Personal Retreat Day
- 12 Monthly Spiritual Exercises Afternoon
- 13 Intern Program
- 13-16 Women's Retreat
- 14 Maturing of Your Soul
- 14 Divine "SPA" Time for Moms
- 15 Living Contemplatively
- 16 SSJ Associates
- 16-23 7-Day Silent Directed Retreat
- 18 Palette of God's Love
- 19 Essential Writings of Ruth Burrows
- 20 St. John of the Cross
- 20 Monthly Spiritual Exercises Night Zoom
- 21 Regional Teachers' Retreat
- 24 Return to the Root
- 25 Celebrate National Art Day
- 27 The Divine Caress Awaits You
- 28 Discernment Makes All the Difference
- 28-30 Silent Directed Retreat Weekend
- 31 Personal Retreat Day
- 31 Contemplative Story of Mary/Son
- 31 Mondays With Merton

November

- 1 Witnessing to Glory
- 1,8,15,22,29 Weekly Spiritual Exercises
- 2,16,30 12-Step Approach to Spiritual Exercises
- 2,16,30 Seeking Wisdom - The Artist's Way
- 3 Intern Practicum
- 3 Christianity Talks to Gandhi
- 3 Enrichment/Peer Group Supervision
- 4 The Path to Healing and Freedom
- 4 Discernment Makes All the Difference
- 4-6 Silent Directed Retreat Weekend
- 7 We Are Transformed
- 7 Tenderness: A Language for Our Time
- 8 Palette of God's Love
- 9 Interior Castle of St. Teresa of Avila
- 9 Praying with the Parables
- 9 Enneagram Study
- 10 Silence is the Way to the Sacred (& Sanity!)
- 10 Intern Program
- 11 Friday Morning Retreat
- 11 Divine Soul Mate
- 11 Teilhard Reading Group
- 11 All Shall Be Well - Julian of Norwich Series
- 12 Living Contemplatively
- 14 Personal Retreat Day
- 15 Blessed Are Those Who Mourn
- 15 Eternally Faithful
- 15 Tuesday Night Centering Prayer Group
- 15 Lovers of Thérèse
- 16 Personal Retreat Day
- 16 Monthly Spiritual Exercises Afternoon
- 17 Blessed by Gratitude
- 17 Women of Hope
- 17 St. John of the Cross
- 17 Monthly Spiritual Exercises Night Zoom

- 18 Maturing of Your Soul
- 18 Divine "SPA" Time for Moms
- 18-20 Enneagram Weekend I
- 20 SSJ Associates
- 23 Essential Writings of Ruth Burrows
- 27 Promises Made: Promises Kept
- 28 The Joy of Advent
- 28 Contemplative Story of Mary/Son
- 28 Mondays With Merton
- 28 Return to the Root
- 29 Advent – One Day at a Time
- 29-30 Reimagine Life, Adjust to Change
- 30 Trinity Means Relationship

December

- 1 Intern Practicum
- 1 Christianity Talks to Gandhi
- 1 Enrichment/Peer Group Supervision
- 2 Drawn into Love: St. Charles de Foucauld
- 2-4 Centering Prayer Weekend Retreat
- 5 We Are Transformed
- 5 Tenderness: A Language for Our Time
- 6 Divine Generosity: The Never-Ending Story
- 6,13,20 Weekly Spiritual Exercises
- 6 Palette of God's Love
- 7 Interior Castle of St. Teresa of Avila
- 7 Praying with the Parables
- 7 Enneagram Study
- 8 Full of Grace
- 8 Intern Program
- 9 Friday Morning Retreat
- 9 Divine Soul Mate
- 9 Teilhard Reading Group
- 9 All Shall Be Well - Julian of Norwich Series
- 10 Living Contemplatively
- 13 Eternally Faithful
- 13 O Come, O Come, Emmanuel
- 13 Tuesday Night Centering Prayer Group
- 13 Lovers of Thérèse
- 14,28 12-Step Approach to Spiritual Exercises
- 14 Personal Retreat Day
- 14 Monthly Spiritual Exercises Afternoon
- 14 Seeking Wisdom - The Artist's Way
- 15 The Fidelity of God
- 15 Women of Hope
- 15 St. John of the Cross
- 15 Monthly Spiritual Exercises Night Zoom
- 16 Maturing of Your Soul
- 16 Divine "SPA" Time for Moms
- 16-18 Silent Directed Retreat Weekend
- 18 Christmas Prayer and Party
- 19 Personal Retreat Day
- 19 Contemplative Story of Mary/Son
- 19 Mondays With Merton
- 19 Return to the Root
- 20 SSJ Associates
- 21 Essential Writings of Ruth Burrows
- 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