



Francis House News

Trenton Diocesan Spiritual Center and Retreat House

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Volume 34 Number 2 January – August 2026

RETREAT OPPORTUNITIES

All In-Person; Francis House provides all private bedrooms with private bathrooms and a pool in the summer.

7 – DAY SILENT DIRECTED RETREATS

Begins 6:30 PM – Ends 10:00 AM

January 25 – Feb. 1	Sunday to Sunday
May 24 – 31	Sunday to Sunday
June 21 – 28	Sunday to Sunday
July 5 – 12	Sunday to Sunday
July 22 – 29	Wednesday to Wednesday
August 16 – 23	Sunday to Sunday
September 20 – 27	Sunday to Sunday

Donation: \$750; \$100 non-refundable deposit. Full payment is required 3 weeks in advance of start date.

7 – DAY REVIEW OF LIFE RETREAT

Begins 6:30 PM – Ends 10:00 AM

August 2 – 9 Sunday to Sunday

This 7-day retreat will give you the opportunity to gather the graces of your life one decade at a time to notice the pattern of God's love for you throughout the years. To review your life's journey in the presence of God and from God's point of view provides a sense of God's care for you which strengthens you for the unknown future ahead. Your life, and your prayer over your life, is worth the week. Donation: \$750; \$100 non-refundable deposit. Full payment is required 3 weeks in advance of start date. Commuters welcome..

5 – DAY SILENT DIRECTED RETREATS

Begins 8:45 AM Ends 1:00 PM

February 25 – March 1 Wednesday to Sunday
May 18 – 22 Monday to Friday

Daily Liturgy, spiritual direction and optional Centering Prayer periods are included. Donation: \$500/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date.

ST. TERESA OF AVILA OVERNIGHT RETREAT

February 12 – 13

Begins 4:30 PM Thursday – Ends 2:00 PM Friday

The life of Teresa of Avila is remarkable and surprisingly relevant to our times! We will have an overnight pajama party and enjoy watching Teresa on her rocky road to sanctity. Led by Teresa herself with the help of S. Marcy. Donation: \$100, meals included.

SILENT DIRECTED RETREAT WEEKENDS

6:30 PM Friday to 1:00 PM Sunday

Jan. 9 – 11	April 10 – 12
Feb. 13 – 15	April 17 – 19
March 6 – 8	May 1 – 3
March 13 – 15	May 8 – 10
May 15 – 17	

Liturgy, spiritual direction and optional Centering Prayer periods are included. Please register early. These fill quickly. Donation: \$200/\$100 non-refundable deposit. Full payment is required 2 weeks in advance of start date.

CERTIFIED SPIRITUAL DIRECTORS WEEKEND RETREAT

February 20 – 22 6:30 PM to Noon Sunday

This will be a special weekend of prayer for special people who accompany others in their life and prayer. What a grace to come together to pray for those we serve and to be with one another in this sacred ministry. Donation: \$200/\$100 non-refundable deposit. Commuters are welcome. Full payment is required 2 weeks in advance of start date.

PERSONAL RETREAT DAYS

Wednesdays 9:30 AM – 2:30 PM

January 14 March 11 May 13
February 11 April 15 June 10

Not a series. Take a day away from the busyness of your life. 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.

SUMMER SILENT DIRECTED RETREAT WEEKEND

6:30 PM Friday to 1:00 PM Sunday

July 31 – August 2

Liturgy, spiritual direction and optional contemplative prayer periods are included. Donation: \$200/\$100 non-refundable deposit. Full payment is required 2 weeks in advance of start date.

JANUARY

IN PERSON AND ZOOM UNLESS OTHERWISE NOTED

EVENING ZOOM ONLY

OFF TO A PRAYERFUL START FOCUSING THE NEW YEAR

Monday, January 5 7:00 – 8:00 PM

Start out 2026 with an evening zoom retreat to set the direction for the year. “Well begun is half done,” they say, and establishing a direction is essential for the journey. Where am I going in 2026? What is the desire of my heart, and God’s as we begin this year together? Led by S. Marcy. Donation: \$15, includes materials.

GOD CANNOT FILL AN OCCUPIED SPACE! CLEANING UP & CLEANING OUT

Tuesday, January 6 9:30 AM – 1:00 PM

Is it time to make a little more room for God in your life? Do you find yourself complaining, “I have too much stuff!” Is decluttering one of your desires for 2026? We are each going to make a plan to clean up and clean out, to simplify and enjoy life more, to have a lighter grasp and a freer heart for the more important things of life. Step by step, with the support of a partner and prayer, we will be clutter-free by Easter! With God’s help, we can do it! Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20.

INFANT JESUS OF PRAGUE

Monday, January 12 9:30 AM – 1:00 PM

This morning’s retreat will help us to grow closer to the infant Jesus by celebrating the mystery of the Incarnation through the divinity and humanity of Christ. Through this time of prayer, we will see in a special way how we are children of God. Led by Jill Snyder. Donation: \$25, includes materials and lunch.

“THE CHOSEN” – SEASON THREE

5 Wednesdays 11:00 AM – 12:30 PM

Jan. 14, Feb. 25, March 25, April 15, May 13

Let’s discuss key themes in each episode of “The Chosen” – Season 3 program. We will watch two episodes per month on our own. Then, through prayer and discussion as a group, we will discover together Jesus’ message that comes through the episodes. Led by Jill Snyder. Donation: \$85

DISCERNMENT MAKES ALL THE DIFFERENCE IN YOUR WORLD!

Friday, January 16 9:30 AM – 2:30 PM

I’m willing if you are! This day 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.

EXPERIENCE GOD

Monday, January 19 9:30 AM – 1:00 PM

Together, we will spend the morning learning the three stages of prayer: personal encounter, listening and contemplative transformation. *Experiencing God* by Thomas Green, SJ will be used as a foundation for our discussion. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

WHY ARE YOU ANXIOUS?

Tuesday, January 20 9:30 AM – 1:00 PM

Jesus asked this question once and we could tell him that we have lots of reason to be anxious these days. What can we do about the anxiety we feel and carry around within us? Are you looking for a little relief? This morning retreat will help. Can you come? Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20.

IN PERSON ONLY

PAINT YOUR SACRED ART ICON

Wednesday, January 21 9:00 AM – 3:00 PM

Have you ever dreamed of painting an icon? Today will be the day! We will follow the lead of iconographer, Nancy Berchtold, in the meaning of what is painted as well as the icon colors, shapes and lines chosen. By the end of the experience, you will have painted an icon of the Blessed Mother holding baby Jesus. We hope you can come! Led by Nancy Berchtold. Donation: \$50, includes lunch and materials.

IN PERSON ONLY

A DAY OF CENTERING PRAYER

CALM YOUR MIND AND SOOTHE YOUR SOUL

Saturday, January 24 9:00 AM – 3:00 PM

Only God can calm the mind and quiet the soul. Centering Prayer is a form of prayer that God often uses to lessen anxieties and worries and fill a person with an awareness of his very own presence and action within. Whether you have been doing Centering Prayer for years or are new to it, please come. You may find that you want to continue this form of prayer throughout the new year. It is well worth the day. Please bring your lunch. Led by S. Marcy. Donation: \$25

IN PERSON ONLY

IGNATIAN SPIRITUALITY FOR MARRIED COUPLES

Saturday, January 31 9:30 AM – 1:00 PM

Explore the unique manner of praying as a couple, adapting the Ignatian Spirituality to discernment, scriptural contemplation, and quiet moments of reflection. Discover how the *Examen Prayer* invites deep, spiritual intimacy when prayed together as spouses. Led by Rev. Jim Grogan. Donation: \$50 per couple, lunch included.

FEBRUARY & LENTEN OFFERINGS

LIVING IN THE PRESENT MOMENT THE RUTHLESS ELIMINATION OF HURRY!

Tuesday, February 3 9:30 AM – 1:00 PM

Are you getting hints from God, others and maybe even your own body that it's time to slow down a bit? Lent is around the bend. This morning retreat may be a jump start to a great Lenten practice to help us pay attention, do one thing at a time and live in the presence of God as we learn about the 10 symptoms of "hurry sickness" and their cure. *Hurry* and sign up! 😊 Led by S. Marcy. Donation: \$30, includes materials and lunch. Zoom: \$25

ST. TERESA OF AVILA OVERNIGHT RETREAT

February 12 – 13

Begins 4:30 PM Thursday – Ends 2:00 PM Friday

The life of Teresa of Avila is remarkable and surprisingly relevant to our times! We will have an overnight pajama party and enjoy watching Teresa on her rocky road to sanctity. Led by Teresa herself with the help of S. Marcy. Donation: \$100, meals included. Commuters are welcome.

UNDERSTANDING & BEFRIENDING DIFFERENCES

Monday, February 16 9:30 AM – 2:30 PM

Why is it so difficult to relate to those who are different from us? If you need a little understanding and compassion in dealing with challenging personalities, including your own, please come and join our Interns in Spiritual Direction to learn the art of accepting and appreciating people with personalities contrary to our own. Led by S. Marcy. Donation: \$50. Please bring your own lunch.

LENTEN SERIES

EVENING ZOOM ONLY MEETING CHRIST IN PRAYER

8 Mondays 7:00 – 8:30 PM

Feb. 23; Mar. 2, 9, 16, 23, 30; April 6, 13

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*. Led by Jill Snyder. Donation: \$150

EVENING ZOOM ONLY POPE LEO'S APOSTOLIC EXHORTATION DILEXIT TE "I HAVE LOVED YOU"

4 Tuesdays: Feb. 24; March 3, 10 & 17 7:00 – 8:00 PM

It is a wonderful ancient tradition to engage in some good spiritual reading during Lent. Would you like to get to know our new Pope Leo as part of your Lenten journey this year? We will read together his first Apostolic Exhortation, "I Have Loved You," which is available online. Led by Kevin Mulcahy. Donation: \$50

LENTEN ONE-DAY OFFERINGS

ASH WEDNESDAY RETREAT

Wednesday, February 18 9:30 AM – 1:30 PM

LITURGY AT NOON

We love beginning Lent together with this retreat at Francis House because it provides a gentle structure for the six-week journey ahead. This year I think you will enjoy reading *Give Up Worry for Lent* by Gary Zimak ... to guide your Lenten journey. Liturgy is included with the reception of ashes within it. Led by S. Marcy. Donation: \$40, includes lunch and book for your Lenten journey. Zoom \$25

A CONTEMPLATIVE TELLING OF THE STORY MARY & HER SON

Thursday, February 19 9:30 AM – 1:00 PM

Enter the heart of Mary through the contemplative words of John Lynch's spiritual classic, *A Woman Wrapped in Silence*. We will use the second 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. Led by Jill Snyder. Donation: \$25 Zoom: \$20

PASSION OF CHRIST, STRENGTHEN ME

Friday, February 20 9:30 AM – 1:30 PM

If you need strength to deal with your life at this time, come. The Passion of Christ IS your strength! You will receive *The Passion and the Cross* by Ronald Rolheiser, OMI to accompany you on your Lenten journey. What a wonderful way to begin Lent! Led by S. Marcy. Donation: \$45, includes lunch and book. Zoom: \$25

WRITING AND JOURNALING DEEPEN OUR FRIENDSHIP WITH GOD

Monday, February 23 9:30 AM – 1:30 PM

Writing and journaling can be a conversation with God! Enjoy a gentle day with God's guidance as we reflect on graces received in our lives by using writing prompts that bring us deeper into sacred stillness and love. Led by Jill Snyder. Donation: \$30, includes lunch. Zoom: \$25.

IN PERSON ONLY LENTEN CONTEMPLATION THROUGH THE MUSIC OF JOHN MICHAEL TALBOT

Friday, February 27 9:30 AM – 1:00 PM

Gentle songs from world-renowned musician John Michael Talbot can guide our prayerful contemplation of the Lenten Season. Considering the scriptural foundation of Talbot's sacred ballads opens up participants to the transfiguring power of Lenten prayer. Following the event, the opportunity for the Sacrament of Reconciliation will be offered. Led by Rev. Jim Grogan. Donation: \$30, includes lunch.

MARCH & LENTEN OFFERINGS

IN PERSON AND ZOOM UNLESS OTHERWISE NOTED

SOWING SACRED SEEDS

Monday, March 2 9:30 AM – 1:00 PM

This Lenten retreat will focus on the seeds of love that have been sewn in us and for us by others. We will notice, too, the seeds of love that we have sown in others' lives. You will receive Vince Gallagher's new book, *Sowing Sacred Seeds*, to further your Lenten journey in following Christ in all things. Good Lenten reading fills your soul with consolation and peace, so needed at this time. Led by Vince Gallagher. Donation: \$25, includes lunch. Zoom: \$20

LECTIO DIVINA

Tuesday, March 3 9:30 AM – 1:00 PM

When I use the Scriptures for prayer, I like to take one sentence at a time and let it seep into my soul in order to take it with me for the day as a means of staying in touch with the presence of God. *Lectio Divina* is an ancient form of prayer that enables us to do just that. We learn to really hear the Word of God as it applies to our ordinary life and respond to God's personal and intimate message. Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20

FORGIVENESS A GIFT OF LOVING AS GOD LOVES

Monday, March 9 9:30 AM – 1:00 PM

To be loved by God and to love as God loves IS our path to union with our Creator. We will pray with several Scripture passages, 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 and experience the freedom found in healing and forgiveness. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

EXAMEN A SIMPLE LIFE-CHANGING PRAYER

Tuesday, March 10 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, with lunch and book. Zoom: \$20

THE SCREWTAPE LETTERS

Friday, March 13 9:30 AM – 1:00 PM

C.S. Lewis gifts us with a very cleverly written treatment of discernment of spirits. His insightfulness and wit are remarkable. Come and enjoy this classic! Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20.

LENTEN RETREAT FOR MARRIED COUPLES

Saturday, March 14 1:00 – 5:00 PM

Step away from the busyness of daily life and give yourselves the gift of time to breathe, reconnect, and be renewed together. Throughout the afternoon, you'll be gently guided through reflections and discussions designed to help you focus on the sacred bond you share. There will also be dedicated moments for private conversation and prayer, allowing you to deepen your connection with one another and with God. Led by Laura Sarubbi. Donation: \$50 per couple. Mass included.

THE IMITATION OF CHRIST THE BEATITUDES EDITION

Tuesday, March 17 9:30 AM – 1:00 PM

Let's enjoy the wisdom of this timeless classic by Thomas A Kempis translated for us in this special version, *The Imitation of Christ – The Beatitudes Edition*. Listen as Jesus speaks right to you as a friend with loving advice. Time will also be given to contemplative prayer. Led by Jill Snyder. Donation: \$25, includes lunch; Zoom \$20.

IGNATIAN CONTEMPLATION PLACE YOURSELF IN THE SCENE

Wednesday, March 18 9:30 AM – 1:00 PM

A morning of prayer, deep prayer, Intimacy with Jesus follows. Healing and meaning in your life follow also. Wonderful for Lent. Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20

IN PERSON ONLY ART JOURNALING

Friday, March 20 9:30 AM – 1:00 PM

This morning's retreat will help you express the content of your prayer in color. You will be surprised as you journal with art, rather than words. God is the greatest artist who expresses his loving creation in color. Come and do the same. Learn a new way to express your experience of God. Led by Jill Snyder. Donation: \$25, includes materials and lunch.

ECHOES OF "YES" A RETREAT INSPIRED BY THE ANNUNCIATION

Wednesday, March 25 9:30 AM – 1:00 PM

Embrace God's invitation with Mary's courage by stepping away from the noise of your life and enter a sacred space of reflection, hope, and trust. This retreat invites you to accompany Mary at the moment of the Annunciation—where her openness to God's will changed everything. Discover how saying "yes" can transform your own life, deepen your faith, and open your heart to new possibilities. Through prayer, quiet, and community, experience the echo of Mary's courageous response and prepare to encounter God's invitation anew. Led by JoLynn Krempecki. Donation: \$25, includes lunch. Zoom: \$20

APRIL

IN-PERSON AND ZOOM UNLESS OTHERWISE NOTED

LIVING IN GRATITUDE

Wednesday, April 8 9:30 AM – 12:00 PM

Begin this Easter Season in gratitude for the gifts and goodness of Christ. We will listen to the wise words of Br. David Steindl-Rast and reflect upon God's message of awareness and praise. What a blessing! Led by Jill Snyder. Donation: \$20

PRAYING WITH OUR EXPERIENCES

Thursday, April 9 9:30 AM – 1:00 PM

Often the content of our prayer is the life of Jesus. Other times, we can use the events of our own life as the content of our prayer and our meeting place with God. As we pray, we become aware of God's presence with us and how God uses every event of our ordinary life for our good and the good of others. God doesn't waste anything! Everything is a gift! You will receive Joseph Schmidt's book, *Praying Our Experiences*. Led by S. Marcy. Donation: \$35, includes lunch and book. Zoom: \$20

TRANSFORMATION

Monday, April 13 9:30 AM – 1:00 PM

During the Easter Season, we are called by Christ to open ourselves to the grace of transformation. Believe that your transformation leads in many ways to bearing Christ's Love and Presence in the world. Let's discover together how the desire of God is the starting point of our desires! Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

WHAT'S YOUR DECISION?

MAKING CHOICES WITH CONFIDENCE AND CLARITY

Tuesday, April 14 9:30 AM – 1:00 PM

We all have important decisions to make, decisions that radically alter our lives. Without a sound process in place for making key decisions, we are likely to question whether our final decision was a *good* decision and is what God truly desires for us. Decision making is complex at best. Having the Ignatian discernment process at hand for when you need it will clear your path to peaceful assurance that you are in fact doing the will of God. Led by S. Marcy. Donation: \$30, includes materials and lunch. Zoom: \$20

DESIDERATA

THE PEACE OF THE RISEN CHRIST

Friday, April 17 9:30 AM – Noon

We will spend the morning unpacking this ancient prayer as our participation in the mystery of Christ's Resurrection with his gift of peace to us all. You will receive a framed copy of the prayer to enhance your celebration of these 50 days of Easter. Led by S. Marcy. Donation: \$30, with materials. Zoom \$20

EVENING ZOOM

THOUGHTS MATTER

Monday, April 20 7:00 – 8:00 PM

"My thoughts make all the difference in my world." Believe it or not, we can choose our thoughts. This freedom is essential to our spiritual well-being and emotional health. This evening retreat will help us learn to notice our thoughts as they arise and choose to accept them or replace them. With prayer and practice, we can choose our thoughts, receive a quieted peaceful mind available for conscious thinking at will. Led by S. Marcy. Donation: \$15, includes materials.

IN PERSON ONLY

CELEBRATION OF EARTH DAY

Tuesday, April 22 9:30 AM – 1:00 PM

Pray with the words of Pope Francis, St. Hildegard of Bingen and St. Francis to set the tone for the morning. We will enjoy the natural beauty of Francis House and the surrounding woods for your meeting places with God. Led by Jill Snyder. Donation: \$25, includes materials and lunch.

WOMEN DOCTORS OF THE CHURCH

Friday, April 24 9:30 AM – 1:00 PM

Are you looking for inspiration and hope in 2026? Catherine of Siena, Thérèse of Lisieux and Hildegard have much to offer in our challenging times. We will listen to these heroic women of hope! They prove by their lives that we, as Christians, can live in confident hope, despite the circumstances in which we find ourselves. We will use *Women of Hope* by Terry Polakovic as our guide. Led by S. Marcy. Donation: \$25, includes materials & lunch. Zoom: \$20

IN PERSON ONLY

GOD'S EVER-PRESENT LOVE IN MOTION

Monday, April 27 9:30 AM – 1:00 PM

We all yearn to be aware of the presence of God in our daily lives, no matter where we are or what we are doing. God invites you to come as you are. We will experience His ever-present love through Centering Prayer, music, and movement. Come feel your heartbeat and let the Spirit move you! Led by Bernadette Citarella. Donation: \$25, includes lunch.

FINDING GOD IN CREATION

THE LIVING WATER

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

Join us as we explore God's love and blessings through the source of life – water and through the source of eternal life, "Christ, the living water." We will pray with Scriptures and use the writings of St. Hildegard of Bingen and Thomas Merton. Time will be spent both indoors and outdoors. We will use *Water, Wind, Earth and Fire: The Christian Practice of Praying with the Elements* by Christine Valters Paintner as a guide. Led by Jill Snyder. Donation: \$20.

MAY & JUNE

IN PERSON AND ZOOM UNLESS OTHERWISE NOTED

SEVEN SACRED PAUSES

Friday, May 1 9:30 AM – 1:00 PM

Set a new pace for yourself with the lessons contained in the book, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr. We will learn to pause and “breathe in” the sanctity of each moment as we turn our attention to God’s Presence in the seven sacred hours of the day. Led by Jill Snyder. Donation: \$25, with lunch. Zoom \$20.

THE WELCOME PRAYER

Monday, May 4 9:30 AM – 1:00 PM

What do you usually say when something goes wrong? I’ll bet it isn’t “Welcome!” *The Welcoming Prayer* invites us to make a habit of welcoming each moment of our lives as it comes because there is some hidden gift within it from God. Does your reactive self need a little tender care so that you can respond more gently and peacefully for yourself and others? Your disquieted soul will find a new home in the peace of this prayer. Led by S. Marcy. Donation: \$25, with lunch and materials; Zoom \$20.

GOD’S TENDER HUMILITY

Wednesday, May 6 9:30 AM – 1:00 PM

“Almighty” and “All Powerful” are more often the attributes used to describe God. During this retreat, our focus will be on the humility and vulnerability of God in loving us and in giving us the freedom to return this love. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20.

GETTING COMFORTABLE WITH THE UNCOMFORTABLE

Monday, May 11 9:30 AM – 1:00 PM

Spend a morning getting comfortable with “the dark night of the soul” as St. John of the Cross intended us to understand it. Discover the true meaning of God’s precious gift drawing us close through this call to deeper faith, trust and love. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20.

UNCEASING PRAYER THE WAY OF THE PILGRIM

Friday, May 15 9:30 AM – 1:00 PM

Life is above all, a pilgrimage! Most of us find ourselves praying on the run, pleading for help as we move about from one urgent task to the next. During this retreat we will follow the advice of the pilgrim in the classic, *The Way of the Pilgrim* whose mastery of the Jesus Prayer fulfilled his desire for unceasing prayer. I am hoping that this retreat experience will quench our thirst for prayer and help each of us on our lifelong pilgrimage to peace, healing and union with God. Led by S. Marcy. Donation: \$30, includes lunch. Zoom \$25.

SUMMER RETREATS

SPRING CLEANING WITH THE HOLY SPIRIT

Monday, May 28 9:30 AM – 1:00 PM

Spring is the perfect time to refresh not only our homes and gardens, but our spiritual lives as well. Spend the afternoon with the Holy Spirit as we “dust off” His gifts and discover how they are alive within us. Enjoy quiet moments of personal prayer and guided reflection, as together we open ourselves to grace, clarity, and renewal. Led by Laura Sarubbi. Donation: \$25, with lunch; Zoom \$20.

ANNUAL CLEANING PARTY

Friday, June 19

9:00 AM to Noon or 1:00 – 3:00 PM

Please come and help us clean Francis House. Bring your favorite cleaning supplies. Choose a shift that is convenient for you and call 609-877-0509 with your choice. Actually, it’s fun! Thanks so much. Breakfast & lunch provided.

SUMMER RETREATS

June 21 – 28 7-Day Silent Directed Retreat
Sunday to Sunday

July 5 – 12 7-Day Silent Directed Retreat
Sunday to Sunday

July 22 – 29 7-Day Silent Directed Retreat
Wednesday to Wednesday

July 31 – August 2 Silent Directed Weekend
Friday to Sunday

August 2 – 9 7-Day Review of Life Retreat
Sunday to Sunday

August 16 – 23 7-Day Silent Directed Retreat
Sunday to Sunday

September 20 – 27 7-Day Silent Directed Retreat
Sunday to Sunday

GARDENERS & COOKS ARE NEEDED

Could you prepare lunch for
6 to 10 people 2 or 3 times a year?

Gardeners are needed, too!

Please call 609-877-0509 or email
FHOP@verizon.net

Calendar of Events

January

- 2 Friday Night Spiritual Reading Group
- 3 Living Contemplatively
- 4 Retreat for St. David the King Parish
- 5 Off to a Prayerful Start
- 6 God Cannot Fill An Occupied Space
- 6,13,20,27 Weekly Spiritual Exercises
- 6 Tuesday Night Centering Prayer
- 7 St. Teresa of Avila
- 7 A Pilgrimage of Hope
- 8 Intern Class
- 8 Centering Prayer: 12 Steps - Divine Therapy
- 9 Friday Morning Retreat
- 9 Teilhard Reading Group
- 9-11 Silent Directed Retreat Weekend
- 12 Infant Jesus of Prague
- 13 Prayer & Action for Earth
- 13 Spiritual Exercises – Song of Songs
- 14 Personal Retreat Day
- 14 *The Chosen* – Season 3
- 14 Praying Our Experiences
- 14 St. Augustine's Story
- 15 Intern Practicum
- 15 Enrichment/PGS
- 16 Discernment Makes All the Difference
- 16-18 Centering Prayer Weekend for Interns
- 19 Experience God
- 20 Why Are You Anxious?
- 21 Paint Your Sacred Art Icon
- 22 The Divine Dance
- 22 St. John of the Cross
- 22 The Impact of God
- 23 Intern Practicum – 3rd Year
- 24 A Day of Centering Prayer
- 25-Feb. 1 7-Day Silent Directed Retreat
- 27 SSJ Associates
- 31 Ignatian Spirituality for Married Couples

February

- 1 Knights of Columbus
- 3 Ruthless Elimination of Hurry
- 3,10,17,24 Weekly Spiritual Exercises
- 4 St. Teresa of Avila
- 4 A Pilgrimage of Hope
- 5 Intern Class
- 5 Centering Prayer: 12 Steps -Divine Therapy
- 6 Friday Morning Retreat
- 6 Teilhard Reading Group
- 6 Friday Night Spiritual Reading Group
- 7 Living Contemplatively
- 9 Queenship of Mary Retreat
- 10 Prayer & Action for Earth
- 10 Spiritual Exercises – Song of Songs
- 10 Tuesday Night Centering Prayer
- 11 Personal Retreat Day
- 11 Praying Our Experiences
- 11 St. Augustine's Story
- 12 Intern Practicum
- 12 Enrichment/PGS
- 12-13 St. Teresa of Avila Overnight Retreat
- 13-15 Silent Directed Retreat Weekend
- 16 Understanding & Befriending Differences
- 18 Ash Wednesday Retreat
- 19 Intern Practicum – 3rd Year
- 20 *Passion of Christ, Strengthen Me*
- 20-22 Certified Spiritual Directors Weekend Retreat
- 23 Writing & Journaling
- 23 Meeting Christ in Prayer
- 24 Pope Leo's Apostolic Exhortation
- 24 SSJ Associates
- 25 *The Chosen* – Season Three
- 25-Mar. 1 5-Day Silent Directed Retreat
- 26 The Divine Dance
- 26 St. John of the Cross
- 26 The Impact of God
- 27 Music of John Michael Talbot

March

- 1 St. John Neumann Confirmation Retreat
- 2 Sowing Sacred Seeds
- 2,9,16,23,30 Meeting Christ in Prayer
- 3 Lectio Divina
- 3,10,17,24,31 Weekly Spiritual Exercises
- 3,10,17 Pope Leo's Apostolic Exhortation
- 4 St. Teresa of Avila
- 4 A Pilgrimage of Hope
- 5 Intern Class
- 5 Centering Prayer: 12 Steps -Divine Therapy
- 6 Friday Morning Retreat
- 6 Teilhard Reading Group
- 6 Friday Night Spiritual Reading Group
- 7 Living Contemplatively
- 6-8 Silent Directed Retreat Weekend
- 9 Forgiveness: Gift of Loving as God Loves
- 10 Prayer & Action for Earth
- 10 Spiritual Exercises – Song of Songs
- 10 Examen: A Simple Life Changing Prayer
- 10 Tuesday Night Centering Prayer
- 11 Personal Retreat Day
- 11 Praying Our Experiences
- 11 St. Augustine's Story
- 12 Intern Practicum
- 12 Enrichment/PGS
- 13 *The Screwtape Letters*
- 13-15 Silent Directed Retreat Weekend
- 14 Lenten Retreat for Married Couples
- 14 Retreat for Holy Eucharist Parish
- 15 SSJ Associates
- 17 *The Imitation of Christ*
- 18 Ignatian Contemplation
- 20 Art Journaling
- 21 OCIA Retreat for St. Joan of Arc Parish
- 22 Women's Retreat
- 24 Intern Practicum – 3rd Year
- 25 A Retreat Inspired by the Annunciation
- 25 *The Chosen* – Season Three
- 26 The Divine Dance
- 26 St. John of the Cross
- 26 The Impact of God
- 28 OCIA Retreat for St. Gregory Parish
- 29 OCIA Retreat for St. Catherine of Siena
- 31 Intern Class

April

- 1 St. Teresa of Avila
- 1 A Pilgrimage of Hope
- 6,13 Meeting Christ in Prayer
- 7,14,21,28 Weekly Spiritual Exercises
- 8 Living in Gratitude
- 9 Praying with Our Experiences
- 9 Centering Prayer: 12 Steps - Divine Therapy
- 10 Friday Morning Retreat
- 10 Teilhard Reading Group
- 10 Friday Night Spiritual Reading Group
- 10-12 Silent Directed Retreat Weekend
- 11 Living Contemplatively
- 13 Transformation
- 14 Prayer & Action for Earth
- 14 Spiritual Exercises – Song of Songs
- 14 What's Your Decision?
- 14 Tuesday Night Centering Prayer
- 15 Personal Retreat Day
- 15 *The Chosen* – Season Three
- 15 Praying Our Experiences
- 15 St. Augustine's Story
- 16 Intern Practicum
- 16 Enrichment/PGS
- 17 *Desiderata: The Peace of the Risen Christ*
- 17-19 Silent Directed Retreat Weekend
- 18 AA Retreat
- 20 Thoughts Matter
- 21 Intern Practicum – 3rd Year
- 21 SSJ Associates
- 22 Celebration of Earth Day

April

- 23 The Divine Dance
- 23 St. John of the Cross
- 23 The Impact of God
- 24 Women Doctors of the Church
- 24-26 SD Intern Weekend
- 27 God's Ever Present Love in Motion
- 29 Finding God in Creation: Living Water

May

- 1 Seven Sacred Pauses
- 1-3 Silent Directed Retreat Weekend
- 4 The Welcome Prayer
- 5 Intern Practicum – 3rd Year
- 5,12,19 Weekly Spiritual Exercises
- 6 God's Tender Humility
- 6 St. Teresa of Avila
- 6 A Pilgrimage of Hope
- 7 Centering Prayer: 12 Steps - Divine Therapy
- 7 Intern Class
- 8 Friday Morning Retreat
- 8 Teilhard Reading Group
- 8 Friday Night Spiritual Reading Group
- 8-10 Silent Directed Retreat Weekend
- 9 Living Contemplatively
- 11 Getting Comfortable with the Uncomfortable
- 12 Prayer & Action for Earth
- 12 Spiritual Exercises – Song of Songs
- 12 Tuesday Night Centering Prayer
- 13 St. Augustine's Story
- 13 Personal Retreat Day
- 13 *The Chosen* – Season Three
- 13 Praying Our Experiences
- 14 Intern Practicum
- 14 Enrichment/PGS
- 15 Unceasing Prayer: The Way of the Pilgrim
- 15-17 Silent Directed Retreat Weekend
- 17 SSJ Associates
- 18-22 5-Day Silent Directed Retreat
- 21 The Divine Dance
- 21 St. John of the Cross
- 21 The Impact of God
- 24-31 7-Day Silent Directed Retreat
- 28 Spring Cleaning with the Holy Spirit

June

- 5-7 Rachel's Vineyard Retreat
- 9 Tuesday Night Centering Prayer
- 10 Personal Retreat Day
- 11 Intern Certification
- 13 Diocese of Trenton PCL's
- 19 Annual Cleaning Day
- 20 Secular Franciscans Retreat
- 21-28 7-Day Silent Directed Retreat

July

- 5-12 7-Day Silent Directed Retreat
- 22-29 7-Day Silent Directed Retreat
- 31-Aug 2 Silent Directed Weekend Retreat

August

- 2-9 7-Day Review of Life Retreat
- 16-23 7-Day Silent Directed Retreat

September

- 20-27 7-Day Silent Directed Retreat

To register:

see our website, www.FHOP.org;
or call (609) 877 – 0509;
or mail the slip on the back of this
newsletter.