



# *Francis House of Prayer*

**Trenton Diocesan Spiritual Center and Retreat House**

Sister Marcy Springer, SSJ, Director. Jill Snyder, Associate Director

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Volume 33 Number 3

June – August 2025

## SUMMER

### RETREAT OPPORTUNITIES

All In-Person; Francis House provides all private bedrooms with private bathrooms and an outdoor pool.

#### 7-DAY SILENT DIRECTED RETREATS

Begins 6:30 PM – Ends 10:00 AM

June 22 – 29	Sunday to Sunday
July 6 – 13	Sunday to Sunday
July 23 – 30	Wednesday to Wednesday
August 16 – 23	Saturday to Saturday
September 21 – 28	Sunday to Sunday

Donation: \$700; \$100 non-refundable deposit. Full payment is required 3 weeks in advance of the start date.

#### 7-DAY CENTERING PRAYER RETREAT

Begins 6:30 PM – Ends 10:00 AM

August 3 – 10 Sunday to Sunday

A Centering Prayer retreat invites you to go more deeply into the silence and stillness, which facilitates growth in Contemplative Prayer and attentiveness to God's Word.

Donation: \$700; \$100 non-refundable deposit. Full payment is required 3 weeks in advance of the start date.

#### 5-DAY SILENT DIRECTED RETREAT

Begins 6:30 PM – Ends 10:00 AM

June 15 – 20 Sunday to Friday

Donation: \$500 non-refundable deposit. Full payment is required 3 weeks in advance of the start date.

#### SILENT DIRECTED RETREAT WEEKEND

August 1 – 3 Friday 6:30 PM – Noon on Sunday

Come for a weekend of silence, prayer, Mass, spiritual direction, long walks in the country, delicious meals and a swim in the pool if you'd like. A weekend with God in silence refreshes your body, mind and spirit. God knows what you need. Donation: \$200, \$100 non-refundable deposit with registration.

### PERSONAL RETREAT DAYS

9:30 AM – 2:30 PM

Wednesday, June 4      Thursday, July 17  
Monday, June 30      Wednesday, July 23  
Wednesday, August 27

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.

### ONE-DAY PROGRAMS

IN-PERSON AND ON ZOOM

#### GOD'S CALL: THE MEANING OF LIFE

Wednesday, June 25 9:30 AM - Noon

Explore ways to deepen God's personal call which evolves throughout the years, giving identity and meaning to your life. Donation: \$25

IN-PERSON ONLY

#### YOUNG ADULT (AGES 19 – 30) PRAYER & POOL RETREAT

Monday, June 30 7:00 - 9:00 PM (6:30 - 7:15 PM Pool)

Enjoy a beautiful evening of prayer and reflection as you experience the Scriptures by placing yourself in the scenes of Gospel passages. Snacks provided. Donation: \$15

IN-PERSON ONLY

#### A SUMMER DIP INTO CENTERING PRAYER

Tuesday, July 1 9:30 AM – 3:00 PM

Come take a dip into the ocean of God's love with a retreat day of Centering Prayer. Spending a day with God in Centering Prayer is truly refreshing and will set a contemplative tone to your enjoyment of summer. There is nothing quite like a day of Centering Prayer together! Please bring your own lunch. Donation: \$30

**OVER PLEASE**

# MORE SUMMER OPPORTUNITIES

IN-PERSON AND ON ZOOM

## A MORNING WITH JESUS' PARABLES

Thursday, July 10 9:30 AM - Noon

Discover Parables in a new way! During this morning retreat, we will meditate on a few parables that will help us to reflect upon and connect our lives to Jesus' message. Donation: \$25

IN-PERSON ONLY

## YOUNG ADULT\* DINNER & RETREAT AWARENESS OF GOD'S CALL

Wednesday, July 16 6:30 - 9:00 PM

If you are curious about God's call, its meaning and ways to become aware, please join us! We will begin with a delicious dinner at 6:30 PM followed by music, animated discussions and prayer together. Donation: \$25

IN-PERSON AND ON ZOOM

## LESSONS FROM *THE LITTLE PRINCE*

Tuesday, July 22 9:30 AM - Noon

*The Little Prince* by Antoine de Saint-Exupery is full of precious life lessons. We will discuss together the main lessons which are a major part of living our lives full of love and compassion for one another. Donation: \$25

IN-PERSON AND ON ZOOM

## LETTING GO OF WORRY

Wednesday, July 30 9:30 AM - Noon

"Worry is useless," says the Lord. Although we've heard that many times, worry seems to be an all-pervasive disease that we have all caught! I'm hoping you will come so we can pray through this epidemic together. Prayer changes things, you know! Donation: \$25

**\* YOUNG ADULT PROGRAMS ARE  
EVENING RETREATS FOR  
YOUNG ADULTS (AGES 19 - 30).**

## SIMPLICITY

Friday, August 1 9:30 AM - Noon

Follow the holy path of simplicity through the lives of St. Teresa of Calcutta, Dorothy Day & St. Therese of Lisieux. With their lives as examples, we will discover God's love flowing into everyday moments. Donation: \$25

IN-PERSON AND ON ZOOM

## PRAY & PLAY WITH "THE POTTER'S WHEEL"

Tuesday, August 5 9:30 AM - Noon

Join us for a time of contemplation with the scripture passage of "The Potter's Wheel." We will use the story for prayer and reflection as well as some time for real play with clay. Donation: \$25, includes clay.

IN-PERSON AND ON ZOOM

## OUR LADY, UNDOER OF KNOTS

Tuesday, August 12 9:30 AM - Noon

Blessed Mother is Our Lady, Undoer of Knots! We will spend this morning reflecting on the grace of being loved so deeply and asking for help in an "undoing of the knots" of our lives. Time will be given for personal reflection and prayer. Donation: \$25

## SPIRITUAL DIRECTION INTERN PROGRAM

Francis House offers an intense 3-year Intern Formation Program for those desiring to become Spiritual Directors.

### This program has four critical aspects:

- ♥ The Spiritual Exercises of St. Ignatius of Loyola
  - ♥ Ignatian Discernment
  - ♥ Study of the Spiritual Masters
- ♥ Practicum in the Art and Discipline of giving Spiritual Direction

Time commitment: 2 Thursdays each month, 3 weekends a year, and a 5-day directed retreat.

Please contact Sister Marcy before August 1 for further information. (Call 609-877-0509.) Begins in September.



Please register for every program either by phone (609) 877-0509 or by email [FHOP@verizon.net](mailto:FHOP@verizon.net) or online at [www.FHOP.org](http://www.FHOP.org) or fill out the following and send to:

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Name \_\_\_\_\_ Area code/Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ E-mail \_\_\_\_\_

Program(s) \_\_\_\_\_ Program Date(s) \_\_\_\_\_

Attending: IN-PERSON \_\_\_\_\_ ON ZOOM \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_