



Francis House News

Trenton Diocesan Spiritual Center and Retreat House

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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, 2 weekends a year, and a 5-day directed retreat.

Please contact Sister Marcy before August 15 for further information. (Call 609-877-0509)

The program begins in September.

3 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.

They provide a structure for your prayer, committing to 30 – 60 minutes of prayer daily.

9 MONTHLY ZOOM MEETINGS SPIRITUAL EXERCISES WITH POPE FRANCIS

9 Wednesdays 3:00 – 4:30 PM

OR

9 Wednesdays 7:00 – 8:30 PM

September 10	December 10	March 11
October 8	January 14	April 8
November 12	February 11	May 13

If your soul needs light and peace and hope, this program is for you. The time commitment is well worth it and to make it easier for you we are offering it both in the afternoon and the evening. You can swap back and forth if needed. Pope Francis was a Jesuit from the core of his being and his writings give witness to a depth of understanding of world issues and Ignatian Spirituality for today. This is honestly a terrific treatment of the Spiritual Exercises for today's times as well as a good summary of Francis' teaching during his 12 years as our pope. We will use *First Belong to God* by Austen Ivereigh. Led by S. Kathy Burton. Donation: \$200

34 WEEKLY ZOOM MEETINGS SPIRITUAL EXERCISES OF ST. IGNATIUS

34 Tuesdays 3:00 – 4:30 PM

September 16 – May 19

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 a weekly meeting. We will use *The Ignatian Adventure* by Kevin O'Brien, SJ for prayer and *Spiritual Freedom* by John English, SJ as reading between sessions. Led by S. Marcy and Jill Snyder. Donation: \$450

8 WEEKLY ZOOM MEETINGS MEETING CHRIST IN PRAYER

8 Mondays 7:00 – 8:30 PM

Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

This is a shortened version of the Spiritual Exercises of St. Ignatius. 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* by John E. Sassani and Mary Ann McLaughlin. Led by Jill Snyder. Donation: \$150

RETREAT OPPORTUNITIES

IN-PERSON ONLY

PERSONAL RETREAT DAYS

Wednesdays 9:30 AM – 2:30 PM

September 10	December 10	March 11
October 8	January 14	April 15
November 12	February 11	May 13

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

SILENT DIRECTED RETREAT WEEKENDS

6:30 PM Friday to 1:00 PM Sunday

Sept. 12 – 14	Jan. 9 – 11	April 10 – 12
Oct. 17 – 19	Feb. 13 – 15	April 17 – 19
Nov. 7 – 9	March 6 – 8	May 1 – 3
Nov. 21 – 23	March 13 – 15	May 8 – 10
Dec. 19 – 21		May 15 – 17

Please register early. These fill quickly. These weekends include Sunday Liturgy, spiritual direction and optional Centering Prayer periods and delicious meals of course. Donation: \$200/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date.

7 – DAY SILENT DIRECTED RETREATS

Begins 6:30 PM Ends 10:00 AM

September 21 – 28	Sunday to Sunday
October 16 – 23	Thursday to Thursday
January 25 – Feb 1	Sunday to Sunday
May 24 – 31	Sunday to Sunday

Daily Liturgy, spiritual direction and optional Centering Prayer periods are included. Donation: \$700/\$100 non-refundable deposit with registration. Balance is required 2 weeks in advance of the start date.

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.

CERTIFIED SPIRITUAL DIRECTORS WEEKEND RETREAT

February 20 – 22 6:30 PM Friday – 1:00 PM Sunday

SAVE THE DATE

OVERNIGHT RETREAT FOR WOMEN REIMAGINING LIFE, ADJUSTING TO CHANGE

September 16 – 17

6:30 PM Tuesday – 4:00 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. 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. Commuters attend Tuesday night on Zoom. Led by S. Marcy.

DISCOVERING OUR CREATIVITY GOD'S GIFTS TO EACH PERSON

October 31 – November 1

6:30 PM Friday – 4:00 PM Saturday

Be a part of a retreat exploring God's gifts of creativity! We will enjoy exercises that will get the "juices flowing" in discovering how each of us has been given unique talents that bring God's love and beauty into the world. Led by Jill Snyder. Commuters are welcome. Commuters attend Friday night on Zoom. Donation: \$100, includes meals.

CENTERING PRAYER WEEKEND RETREAT

December 12 – 14

6:30 PM Friday – 1:00 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: \$200/\$100 non-refundable deposit with registration. Commuters are welcome, all meals included. Balance is required 2 weeks in advance of the start date. Led by S. Marcy.

FOCUSING WEEKEND CARING FOR NEGATIVE FEELINGS

September 19 – 21

6:30 PM Friday – 10:00 AM Sunday

Focusing teaches us to carry negative emotions in such a way that they are healed from within and no longer weigh us down. Pack up your negative feelings and bring them along! Donation: \$225/\$100 non-refundable deposit with registration. Residents and commuters are welcome. Commuters attend Friday night on Zoom. All meals and materials provided. Balance is required 2 weeks in advance of the start date. Led by S. Marcy.

Please visit our website: www.FHOP.org

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

TUESDAY NIGHT CENTERING PRAYER INVITATION TO LOVE

10 Tuesdays 6:30 – 8:30 PM

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

A series 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 begin with two 20-minute Centering Prayer periods, with some Scripture between. We view a short Thomas Keating video on Centering Prayer and use his classic *Invitation to Love* between sessions...a restful monthly evening retreat. Led by S. Marcy. Donation: \$200

LIVING CONTEMPLATIVELY

9 Saturdays 9:15 AM – 3:30 PM

September 6	December 6	March 7
October 4	January 3	April 11
November 8	February 7	May 9

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 of prayer a day. Bring your lunch. Led by S. Marcy. Donation: \$350

THE CHALLENGE OF CHANGE RESIST – RECEIVE – SURRENDER – BEFRIEND

3 Fridays 9:30 – 11:30 AM

September 12 October 10 November 14

Change is difficult. Sometimes it comes unexpectedly. Many of us resist it. This 3-part series will help you welcome the process of inner transformation that change invites. It has been said that "to love is to grow and to grow is to change" which suggests that love is intrinsically linked to growth with the inevitable changes that accompany it. If you are being challenged by the changes that life is offering, this may help you. Led by S. Marcy. Donation: Materials included. \$60

A READING OF TEILHARD'S THE MASS ON THE WORLD

4 Fridays 1:00 – 2:30 PM

September 5 October 3 November 7 December 5
S. Kathy Duffy will lead us in our reading of Teilhard's *The Mass on the World*. Please join us as we delve deeply into Teilhard's experience of the Paschal Mystery in his celebration of the Eucharist. Led by S. Kathy Duffy, SSJ. Donation: \$100.

IN PERSON ONLY PRAYING WITH ICONS BEHOLD THE BEAUTY OF THE LORD

2 Mondays October 6 & 13 9:30 AM – 1:00 PM

Iconographer Jack Pachuta will offer the first of these two morning retreats and familiarize us with the process of creating icons. In addition to praying with his icons we will pray with Henri Nouwen's, *Behold the Beauty of the Lord*, which offers us 4 famous icons to enjoy and pray with between the sessions. Led by Jack Pachuta and S. Marcy. Donation: \$75, lunches and book included.

ZOOM ONLY ST. ELIZABETH OF THE TRINITY

9 Thursdays 3:30 – 4:30 PM

September 25	December 18	March 26
October 23	January 22	April 23
November 20	February 26	May 21

We will read and pray with Elizabeth of the Trinity's four major but brief works. Do you need some consolation for your soul and a lift from your usual way of perceiving life? We will use *St. Elizabeth of the Trinity: The Complete Works, Vol. 1, Revised Edition*, translated by Aletheia Kane, OCD. Led by S. Marcy. Donation: \$175

THE DIVINE DANCE RICHARD ROHR

9 Thursdays 10:00 AM – Noon

September 25	December 18	March 26
October 23	January 22	April 23
November 20	February 26	May 21

God invites and beckons us into relationship and community through the Trinity. It is an exciting realization as we give ourselves openness to understanding God's deep love for us through the Trinity! Richard Rohr's book, *The Divine Dance*, will be our guide in prayer and discussion this year. We will also spend time in contemplative prayer each session. Led by Jill Snyder. Donation: \$200

ZOOM ONLY NAVIGATING LIFE'S ADVENTURES

9 Tuesdays 7:00 – 8:00 PM

September 16	December 16	March 17
October 14	January 13	April 14
November 18	February 17	May 12

Living with purpose; living the questions; living with depth; living in freedom; living out of great desires; living with compassion; living in hope and living with discernment. The down-to-earth writings of Kevin O'Brien, SJ reflect on how to discern God's call each moment in order to live life more fully. We will use his new book, *Seeing with the Heart: A Guide to Navigating Life's Adventures*. Led by Donna Degnan. Donation: \$175

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

FRIDAY MORNING RETREAT

9 Fridays 9:15 AM – Noon

September 5	December 5	March 6
October 3	January 9	April 10
November 7	February 6	May 8

Essentially this is a morning set apart for God and you. Prayer provides perspective and so will our reading of *The Book of Joy* by the Dalai Lama and Desmond Tutu. If you hunger for good reading, nourishing prayer and a sense of belonging to a community, come to these Friday mornings. We arrive distracted and frazzled and leave centered and refreshed. Led by S Marcy. Donation: \$250

ST. TERESA OF AVILA THE WAY OF PERFECTION

9 Wednesdays 9:30 – 11:30 AM

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

Saint Teresa of Avila is a master teacher of the interior life and is still being read more than 500 years after her death! Why is this? Saint Teresa speaks to the longing for God that we all have within our hearts in response to God's insatiable desire for each of us. This year we will read *The Way of Perfection* from Volume Two of *The Collected Works of St. Teresa of Avila*. Led by S. Marcy. Donation: \$200

FRIDAY NIGHT SPIRITUAL READING GROUP HINDS' FEET ON HIGH PLACES

9 Fridays 6:30 – 7:30 PM

September 5	December 5	March 6
October 3	January 2	April 10
November 7	February 6	May 8

Hinds' Feet on High Places is a story of endurance, persistence, and reliance on God. This book has inspired millions to become sure-footed in their faith, even when facing the rockiest terrain. This beloved classic simplifies and captures the mystical journey in its entirety. This is a book you will never forget! Led by S. Marcy. Donation: \$175

ZOOM ONLY THE IMPACT OF GOD

9 Thursdays 7:00 – 8:00 PM

September 25	December 18	March 26
October 23	January 22	April 23
November 20	February 26	May 21

I can't help myself! *The Impact of God* by Iain Matthew, OCD is my all-time favorite book because it speaks of God's desire for us so passionately and intimately. God uses all the events of our lives to capture our attention, to make his way in, to make room for himself and to bring us into full union. I want you to come. So does God! Led by S. Marcy. Donation: \$175

ST. JOHN OF THE CROSS THE LIVING FLAME OF LOVE

9 Thursdays 1:00 – 3:00 PM

September 25	December 18	March 26
October 23	January 22	April 23
November 20	February 26	May 21

Why not read the BEST? *The Living Flame of Love* is the last, best and shortest of St. John of the Cross's poems. We will read only 10 pages a month of this most precious classic on God's personal, lavish and intimate love. If you want to be assured of God's perfect unconditional love for you, please join us for this series. A little reading will lead you to a lot of prayer! We end each session with 20 minutes of Centering Prayer. Led by S. Marcy. Donation: \$200

"THE CHOSEN" – SEASON 2

4 Wednesdays 11:00 AM – 12:30 PM

September 24 October 29 November 19 December 17

This is an exciting group! We discuss key themes in each episode of "The Chosen" series. Season 2 will be our focus for Fall. We will watch two episodes per month on our own (streaming from the app or online streaming or YouTube). Then, through prayer and discussion as a group, we will discover together Jesus' message that comes through the episodes. Led by Jill Snyder. Donation: \$75

ZOOM ONLY ST. AUGUSTINE'S STORY FULL OF GRACE

9 Wednesdays 7:00 – 8:15 PM

September 24	December 17	March 11
October 22	January 14	April 15
November 19	February 11	May 13

Now that we have an Augustinian Pope, let's find out about St. Augustine! We will explore together St. Augustine's story in his *Confessions* as translated by Sarah Ruden. This translation helps us to understand and relate to his transformation in becoming who God created him to be. Led by Jill Snyder. Donation: \$175

ZOOM ONLY FINDING TIME FOR GOD

8 Thursdays 7:30 – 8:30 PM

October 9	December 11	February 12	April 9
November 13	January 8	March 12	May 14

You would love to develop a closer relationship with God, but don't know where to start? Then this workshop is for you! Using *Eight Steps to Energize Your Faith* by Joe Paprocki, we will identify easy ways to deepen your relationship with God without adding anything to your endless to-do list! Led by Laura Sarubbi. Donation: \$175

MONTHLY SERIES

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

ENRICHMENT PROGRAM FOR CERTIFIED SPIRITUAL DIRECTORS

9 Thursdays 1:00 – 4:00 PM

September 18	December 11	March 12
October 16	January 15	April 16
November 13	February 12	May 14

Those who care for others also need to care for themselves. Those who help others pray also need 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 read *Setting the Captives Free* by Timothy Gallagher, OMV. Donation: \$350

PRAYER & ACTION FOR EARTH

9 Tuesdays 9:30 – 11:00 AM

September 16	December 9	March 10
October 14	January 13	April 14
November 11	February 10	May 12

Our group will meet each month to pray, read and take action “for the good of our common home.” We will use *Come Have Breakfast: Meditations on God and the Earth* by Elizabeth Johnson as a resource as we go deeper into the call to be “contemplatives in action” for Earth. Led by Jill Snyder. Donation: \$175

THE SPIRITUAL EXERCISES OF ST. IGNATIUS SPRINKLED WITH THE SONG OF SONGS

9 Tuesdays 1:00 – 2:30 PM

September 16	December 9	March 10
October 14	January 13	April 14
November 11	February 10	May 12

Open yourself to receive the grace and deep love of God by praying *The Spiritual Exercises* through the lens of the Song of Songs. *Awakening Love* by Gregory Cleveland, OMV will be our resource for daily prayer, readings & reflections. It's different and exciting! Led by Jill Snyder. Donation: \$175

FRUITS AND GIFTS OF THE SPIRIT

4 Wednesdays 1:00 – 2:30 PM

September 3 October 1 November 5 December 3

Father Keating teaches how our Centering Prayer awakens our consciousness of the Divine Indwelling in each one of us. The fruits of Centering Prayer are experienced, not in the prayer itself, but in the effects the prayer has in our lives, in the Gifts and Fruits of the Spirit, the putting on the mind of Christ. Join me in reflecting and praying on the Gifts and Fruits of the Spirit in Father Keating's book: *Fruits and Gifts of the Spirit* and how they flow from commitment to Centering Prayer. Led by Jerry Washko. Donation: \$75

ZOOM ONLY PRAYING OUR EXPERIENCES WHERE IS GOD IN MY LIFE?

9 Wednesdays 7:00 – 8:00 PM

September 10	December 10	March 11
October 8	January 14	April 15
November 12	February 11	May 13

Do you need a felt sense of God's presence in your life? Joseph Schmidt, FSC offers us in his book *Praying Our Experiences*, a way to receive such a gift. We will learn the art of reflecting on and entering honestly into the day-to-day events of our life. We become aware of God's presence in them and offer ourselves to God through these events. God uses everything! Everything is a gift! Led by S. Marcy. Donation: \$175

ZOOM ONLY CENTERING PRAYER & THE 12 STEPS DIVINE THERAPY & ADDICTION

9 Thursdays 7:00 – 8:00 PM

September 11	December 11	March 5
October 9	January 8	April 9
November 6	February 5	May 7

In his book, *Divine Therapy and Addiction*, Thomas Keating leads us through each of the 12 steps and shows us how God, the Divine Therapist, heals us through the combination of 12 step work and centering prayer. We all have attachments and addictions. We all need the healing grace of God in our lives. Do you need freedom? All are welcome! Led by Alex McCay and S. Marcy. Donation: \$175

ZOOM ONLY ST. EDITH STEIN – A SPIRITUAL PORTRAIT

6 Wednesdays 7:00 – 8:15 PM

September 24	November 19	January 14
October 22	December 17	February 18

As you travel on our own spiritual journey, you are invited at this time to journey for a short time with St. Edith Stein, also known as St. Teresa Benedicta of the Cross. In our reading and discussions of the book, *St. Edith Stein – A Spiritual Portrait* by Dianne M. Traflet, there is a lot we can learn from Edith's spiritual journey from devout Jew, to atheist, to philosopher, to feminist, to convert to the Catholic faith, and finally a victim of an Auschwitz gas chamber. These sessions will be beneficial for both beginners as well as those advanced in their spiritual faith. Led by Eileen Hart. Donation: \$100

Visit our website: FHOP.org

MONTHLY SERIES & ONE DAY PROGRAMS

IN-PERSON AND ON ZOOM – PLEASE PURCHASE YOUR BOOKS

SERIES

ZOOM ONLY

BE KIND TO YOUR BODY 12 PRINCIPLES OF HEALTHY EATING

3 Wednesdays 4:00 – 5:00 PM September 3, 10 & 17

Sometimes Labor Day invites us to a new beginning! Give this program a try and see if it helps you to be healthier in body, mind and spirit and more mindful in your eating habits. We will have a one-hour Zoom meeting for 3 consecutive weeks. We will practice 4 principles of healthy eating each week and partner with another who will accompany us on our journey toward good choices between the sessions. Are you looking for a way, as God desires, to treat your body with the reverence and kindness it deserves? Invite a friend to do it with you! It is both helpful and fun! Led by S. Marcy. Donation: \$50

ZOOM ONLY

ENCOUNTERS WITH SILENCE KARL RAHNER

9 Mondays 7:00 – 8:15 PM

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

Do you pray and end up basically with a sense of “silence”? A noted theologian Karl Rahner, SJ addresses that experience in ten brief reflections in a pamphlet entitled: *Encounters with Silence*. He seems to say that the silence itself may actually be speaking to us. It is said that silence is God’s first language. So I encourage you if you have a hunger or are just curious what “encounters with silence” really means, as seen by a theologian. Led by Jerry Washko. Donation: \$175

A PILGRIMAGE OF HOPE FOLLOWING IN THE FOOTSTEPS OF JESUS

9 Wednesdays 1:00 – 2:30 PM

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

James Martin, SJ made a pilgrimage through the Holy Land some years ago. On his return, he shared with the world, in his book, *Jesus, The Pilgrimage*, his deeply moving experiences as he traveled in the footsteps of Jesus. Most of us are unable now for various reasons to make a pilgrimage to the place where Jesus lived. Reading James Martin's book is a good second best to going there yourself during this Holy Year of Hope. You will have some fellow pilgrims on your journey! I have the book for you! Led by S. Marcy. Donation: \$200, includes the book.

ONE-DAY OFFERINGS

GETTING TO KNOW YOU! THE HEART AND SOUL OF POPE LEO XIV

Thursday, September 4 9:30 AM – 1:00 PM

We will start out our one-day programs this year by getting to know our new Pope Leo! We will read, pray and discuss 3 of Pope Leo’s homilies as our way of coming to know his heart and mind and the desires he has for the world. I have chosen his first homily on May 9, his inaugural homily on May 11 and his Pentecost homilies on June 7 & 8 for us to enjoy. Led by S. Marcy. Donation: \$25, includes lunch. Zoom: \$20.

JOY OF GRANDPARENTING

Monday, September 8 9:30 AM – 1:00 PM

Continue to celebrate the blessings of grandparenting at this morning retreat! Together, we will recognize the graces of this role, which include all relationships in which we are or “adopted” in their hearts as grandparents. We will use *Grandparenting with Grace*. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20.

SOWING SACRED SEEDS

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

As our hearts open and we grow in love, so too does our desire to sow sacred seeds – to care for, inspire and lighten the loads of others. We’ll have time to reflect on how hearts are opened and to remember the many ways sacred seeds have been sown in us by God and the kindness of others and to consider how our service, sacrifices, compromises and all that we have done for love has supported and lightened the burdens of others. Remembering and sharing our gifts and the seeds we have sown can awaken us to see how love grows and to respond to the many opportunities we have to plant seeds of love, especially in these most difficult days. Led by Vince Gallagher. Donation: \$40, includes lunch & book. Zoom: \$20

DISCERNMENT MAKES ALL THE DIFFERENCE IN YOUR WORLD!

Friday, September 19 9:30 AM – 2:00 PM

I’m willing if you are! This retreat 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

ONE-DAY OFFERINGS

IN-PERSON AND ON ZOOM

IN-PERSON ONLY

"THE LETTER: A MESSAGE FOR OUR EARTH"

Monday, September 22 9:30 AM – 1:30 PM

In this Season of Creation, draw closer to God through the gift of our common home. The day begins with prayer outdoors to open our hearts to the message of the film, "The Letter," which is based on *Laudato Si'*. We will watch it together and reflect/discuss our thoughts, hopes and holy desires for Earth. Led by Jill Snyder. Donation: \$30, includes lunch.

CELEBRATE ST. FRANCIS

Friday, October 3 9:30 AM – 1:00 PM

We will have a wonderful celebration of St. Francis! You will feel like you are in Assisi! We will spend some time outdoors, weather permitting, enjoying the beauty of creation as Francis insists and conclude with lunch. Led by Jill Snyder. Donation: \$25, includes lunch.

EXAMEN

A SIMPLE LIFE-CHANGING PRAYER

Tuesday, October 7 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 includes lunch/book. Zoom: \$20

IN-PERSON ONLY

CREATION IS GOD'S LOVE

Friday, October 10 9:30 AM – 1:00 PM

Spend time exploring creation using all of your senses! In simple ways, we will watch how God's love is revealed in nature. We will pray with the elements of water, air, fire and Earth. Come and enjoy this day of "play" outside! Led by Jill Snyder. Donation: \$25, includes lunch.

LOVE POEMS FROM GOD

Monday, October 13 1:30 – 4:00 PM

We will enjoy some of Daniel Ladinsky's *Love Poems from God* as a means of entering more fully into the mystery of God's unique love which is beyond our understanding. This afternoon retreat promises to be a doorway into deep consolation, peace, and confidence in God's love for you personally. Is this what you need at the moment? Maybe you can write a love poem back! Led by S. Marcy. Materials included. Donation: \$20.

LORD, WHEN DID I SEE YOU?

Tuesday, October 14 9:30 AM – 1:00 PM

Using the parable of the separation of the sheep and the goats in Mt. 25 as a starting point - as well as many stories from life - we will explore the world, the church, and ourselves as we look for Jesus. We will sharpen our focus and truly SEE the Lord, so as to serve Him better, become the salt and light He wants us to be, and, in the process, become transformed. As the earth gets ready for a deep winter sleep, let's wake up and reinvigorate our quest for Jesus in the "least of these." Led by JoLynn Krempecki. Donation: \$25, includes lunch. Zoom: \$20

IN-PERSON ONLY

TIME OUT FOR BUSY PARENTS

Saturday, October 18 10:00 AM – Noon

OR

Wednesday, October 22 10:00 AM – Noon

Is your calendar packed? Are you constantly on the go? Do you need an occasional time out to reconnect with God and yourself? Join us on either one of the mornings listed above that will be dedicated to busy parents. There will be time to listen God's voice, find Him in our day, and spend time on the beautiful grounds of Francis House. Led by Laura Sarubbi. Donation: \$20

"BE STILL & KNOW THAT I AM GOD"

PSALM 46:10

Monday, October 27 9:30 AM – 1:00 PM

Enter into a deeper understanding of this call to stillness and silence. As we practice contemplation, in the quiet and stillness, we begin to enjoy what God wants for each person...knowing God within. Henri Nouwen's *The Way of the Heart* will be used on this retreat day. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

IN-PERSON ONLY

COMMUNICATING WITH GOD CREATOR AND LOVER OF US ALL

Tuesday, October 28 9:30 AM – 1:00 PM

Expressing thoughts, feelings and needs through scriptures, song, silence, and our senses. Living in creation, community, and finding joy in our uniquely beautiful identity. Come experience God. Bring a friend. Make connections, build community. Led by Bernadette Citarella. Donation: \$25, includes lunch.

GIVE THANKS

"...WITH THE MIND OF CHRIST"

Thursday, October 30 9:30 AM – 1:00 PM

Discover that we stand on Holy Ground everywhere! *Putting on the Mind of Christ* by James Woods will help us to slow down the pulse of daily life and breathe in deeply the love of God. We will practice contemplative prayer that leads to being contemplative in action. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20.

ONE-DAY OFFERINGS

IN-PERSON AND ON ZOOM

IN-PERSON ONLY

EMBRACING THE UNCERTAIN AND UNKNOWN

Monday, November 3 9:30 AM – 2:00 PM

When we can let go of sureness and look beyond what we already know, we can cultivate hope and nurture creativity while grounding ourselves in God. We will engage this topic through prayer and art-making to help us approach uncertainty with wonder and wisdom. Led by S. Celeste Mokrzycki, SSJ. Donation: \$40, includes lunch and materials.

OPENING GOD'S GIFTS TO YOU!

Monday, November 10 9:30 AM – 1:00 PM

Spending this time with God makes a huge difference in the final days before Thanksgiving. This retreat will allow you the time and space to discover God's gifts leading to a deeper place of gratitude. Led by Jill Snyder. Donation: \$25, lunch included. Zoom: \$20

THE REED OF GOD A LOVING LOOK AT MARY

Friday, November 14 9:30 AM – 1:30 PM

Join Father Bill Lago as he discusses Caryl Houselander's amazing reflection on our Blessed Mother in her classic book the *Reed of God*. Led by Father Bill Lago, ending with Mass at Noon. Donation: \$30, includes lunch. Zoom: \$20

"THE WAY TO LOVE"

Monday, November 17 9:30 AM – 1:00 PM

Anthony DeMello allows us to know that the way to love is through awareness. This book is full of enrichment as we explore his last meditations which are full of love and wisdom. Enjoy as we learn to deeply love God by being aware of God's love. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

PROCESSING GRIEF: EXPLORING LOSS THROUGH THE LENS OF BROADWAY LOVE SONGS

Tuesday, November 18 9:30 AM – 1:30 PM

Many who have lost a loved one struggle as they process their grief. For some this can be overwhelming, and for most, a deep sadness accompanies their loss.

- Do you struggle with having lost a loved one?
- Do you worry about how you are grieving?
- Do you sometimes feel that no one knows what you are going through?

Over decades, composers of Broadway love songs have offered words of pain and consolation that reflect tenderly what many experience every day. Join Father Jim for a journey through Broadway musicals to discover how your emotions and struggles are a journey of love. Led by Rev. Jim Grogan. Mass at Noon. Donation: \$30, includes lunch. Zoom: \$20

ADVENT RETREAT DAY

Monday, December 1 9:30 AM – 1:00 PM

We will travel through Advent this year with *Advent and Christmas with Thomas Merton*. What a perfect companion for this busy and stressful season! Again, we begin this holy season together doing what we can to make it more peaceful and prayerful. Led by S. Marcy. Donation: \$35, includes lunch and the book. Zoom: \$20

ADVENT: LEARNING TO WALK IN THE LIGHT

Wednesday, December 3 9:30 AM – 1:00 PM

Advent's beginning calls us to be attentive, to wait and watch, to learn to walk with God and with each other in the light. Our time will be filled with scripture and song, silence and shared faith as well as some of the stories of our lives. Together, we will prepare to encounter the Christ at Christmas. Led by S. Eileen White, GNSH. Donation: \$35, includes lunch. Zoom: \$20

CHILDLIKE FAITH

BIG THINGS COME IN SMALL PACKAGES

Monday, December 8 9:30 AM – 1:00 PM

Childlike faith is asking God to help us in living in true humility, wonder, trust and hope. This retreat focuses on our Blessed Mother and how these 4 values draw us all deeper into receiving love and giving love in relationship with God. Retreat will conclude with Liturgy. Led by Jill Snyder. Donation: \$25, includes lunch. Zoom: \$20

IN-PERSON ONLY

THE CHRISTMAS STORY – THE CHOSEN

Wednesday, December 17 9:30 AM – 1:00 PM

It is so familiar, ever ancient, ever new! What does the Christmas story say to me now? We will view the Christmas episode, share its message, spend some time in prayer and enjoy a fabulous lunch. What a great Advent morning as we grow in appreciation of the gift of Christ's coming into our lives. This will be fun and remarkably impactful for your Advent Season. Led by Jill Snyder. Donation: \$25, lunch included.

THE END OF THE YEAR RETREAT

Wednesday, December 31 9:30 AM – 2:00 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 2025 and expressing gratitude to God. The day will focus on our goals, hopes and desires for 2026. We reverently say farewell to 2025 and cordially welcome 2026 as a gift from God. Please bring your lunch. Led by S. Marcy. Donation: Love Offering

What's Happening at Francis House?

September

3 St. Teresa of Avila
 3 A Pilgrimage of Hope
 3 Fruits & Gifts of the Spirit
 3 12 Principles of Healthy Eating
 4 Getting to Know Pope Leo XIV
 5 Friday Morning Retreat
 5 Teilhard's *Mass on the World*
 5 Friday Night Spiritual Reading Group
 6 Living Contemplatively
 8 Joy of Grandparenting
 8 St. Robert Bellarmine Parish Retreat
 9 Sowing Sacred Seeds
 9 Tuesday Night Centering Prayer
 10 Personal Retreat Day
 10 Spiritual Exercises with Pope Francis
 10 12 Principles of Healthy Eating
 10 Praying Our Experiences
 11 Intern Program
 11 Centering Prayer & 12 Steps
 12 The Challenge of Change
 12-14 Silent Directed Retreat Weekend
 15 Encounter with Silence
 16 Prayer & Action for Earth
 16 Praying with the Song of Songs
 16,23,30 Weekly Spiritual Exercises
 16 Navigating Life's Adventures
 16-17 Overnight Retreat for Women
 17 12 Principles of Healthy Eating
 18 Intern Practicum
 18 Enrichment for Certified Spiritual Directors
 18 Praying Our Experiences
 19 Discernment Makes All the Difference
 19-21 Focusing Weekend
 21 SSJ Associates
 21-28 7-Day Silent Directed Retreat
 22 "The Letter": A Message from Our Earth
 22 Weekly Evening Spiritual Exercises
 24 "The Chosen" – Season 2
 24 St. Augustine's Story
 24 St. Edith Stein
 25 St. John of the Cross
 25 *The Divine Dance* – Richard Rohr
 25 St. Elizabeth of the Trinity
 25 The Impact of God
 29 Weekly Evening Spiritual Exercises

October

1 St. Teresa of Avila
 1 A Pilgrimage of Hope
 1 Fruits & Gifts of the Spirit
 3 Friday Morning Retreat
 3 Celebrate St. Francis
 3 Teilhard's *Mass on the World*
 3 Friday Night Spiritual Reading Group
 4 Living Contemplatively
 6 Praying with Icons
 6 Weekly Evening Spiritual Exercises
 7 Examen – A Simple Life-Changing Prayer
 7,14,21,28 Weekly Spiritual Exercises

7 Tuesday Night Centering Prayer
 8 Personal Retreat Day
 8 Spiritual Exercises with Pope Francis
 8 Praying Our Experiences
 9 Intern Program
 9 Centering Prayer & 12 Steps
 9 Finding Time for God
 10 Creation Is God's Love
 10 The Challenge of Change
 11 Earth Ministry Retreat
 13 Praying with Icons
 13 Weekly Evening Spiritual Exercises
 13 Love Poems from God
 14 Prayer & Action for Earth
 14 Praying with the Song of Songs
 14 Lord, When Did I See You?
 14 Navigating Life's Adventures
 16 Intern Practicum
 16 Enrichment for Certified Spiritual Directors
 16 Praying Our Experiences
 16-23 7-Day Silent Directed Retreat
 17-19 Silent Directed Retreat Weekend
 18 Time Out for Busy Parents
 20 Encounters with Silence
 20 Weekly Evening Spiritual Exercises
 21 SSJ Associates
 22 Time Out for Busy Parents
 22 St. Augustine's Story
 22 St. Edith Stein
 23 St. John of the Cross
 23 *The Divine Dance* – Richard Rohr
 23 St. Elizabeth of the Trinity
 23 The Impact of God
 23-26 Women's Retreat
 27 "Be Still & Know That I Am God"
 27 Weekly Evening Spiritual Exercises
 28 Communicating with God
 29 "The Chosen" – Season 2
 30 Give Thanks "...With the Mind of Christ"
 31-Nov 1 Discovering Our Creativity

November

3 Embracing the Uncertain and Unknown
 3 Weekly Evening Spiritual Exercises
 4,11,18,25 Weekly Spiritual Exercises
 5 St. Teresa of Avila
 5 A Pilgrimage of Hope
 5 Fruits & Gifts of the Spirit
 6 Intern Program
 6 Centering Prayer & 12 Steps
 7 Friday Morning Retreat
 7 Teilhard's *Mass on the World*
 7 Friday Night Spiritual Reading Group
 7-9 Silent Directed Retreat Weekend
 8 Living Contemplatively
 10 Opening God's Gifts to You!
 10 Weekly Evening Spiritual Exercises
 11 Intern Focusing Program
 11 Prayer & Action for Earth
 11 Praying with the Song of Songs
 11 Tuesday Night Centering Prayer

12 Personal Retreat Day
 12 Spiritual Exercises with Pope Francis
 12 Praying Our Experiences
 13 Intern Practicum
 13 Enrichment for Certified Spiritual Directors
 13 Finding Time for God
 14-16 Rachel's Vineyard Retreat
 14 The Reed of God – A Loving Look at Mary
 14 The Challenge of Change
 17 "The Way to Love"
 17 Encounters with Silence
 18 Processing Grief: Exploring Loss
 18 Navigating Life's Adventures
 19 "The Chosen" – Season 2
 19 St. Augustine's Story
 19 St. Edith Stein
 20 Diocese of Trenton, PCLs
 20 St. John of the Cross
 20 *The Divine Dance* – Richard Rohr
 20 St. Elizabeth of the Trinity
 20 The Impact of God
 21-23 Silent Directed Retreat Weekend
 25 SSJ Associates

December

1 Advent Retreat Day
 2,9,16,23 Weekly Spiritual Exercises
 3 St. Teresa of Avila
 3 Advent: Learning to Walk in the Light
 3 A Pilgrimage of Hope
 3 Fruits & Gifts of the Spirit
 4 Intern Program
 4 Sacred Heart Parish Retreat
 5 Friday Morning Retreat
 5 Teilhard's *Mass on the World*
 5 Friday Night Spiritual Reading Group
 6 Living Contemplatively
 7 SSJ Associates
 8 Childlike Faith
 9 Prayer & Action for Earth
 9 Praying with the Song of Songs
 9 Tuesday Night Centering Prayer
 10 Personal Retreat Day
 10 Spiritual Exercises with Pope Francis
 10 Praying Our Experiences
 11 Intern Practicum
 11 Enrichment for Certified Spiritual Directors
 11 Finding Time for God
 11 Centering Prayer & 12 Steps
 12-14 Centering Prayer Weekend
 15 Encounters with Silence
 16 Navigating Life's Adventures
 17 "The Chosen" – Christmas Episode
 17 St. Augustine's Story
 17 St. Edith Stein
 18 St. John of the Cross
 18 *The Divine Dance* – Richard Rohr
 18 St. Elizabeth of the Trinity
 18 The Impact of God
 19-21 Silent Directed Retreat Weekend
 31 The End of Year Retreat



REMINDERS!



Please register for every program by phone (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