



Offerings at Francis House of Prayer

Trenton Diocesan Spiritual Center and Retreat House

84 Walnford Road • Allentown, NJ 08501

609-877-0509 or FHOP@verizon.net

Please check www.FHOP.org for dates, registration, directions and for our other offerings!

All programs will be offered online and in-person unless otherwise indicated.

MINDFULNESS AND CONTEMPLATION

Monday, May 11 9:30 AM – 12:00 PM

There are similarities and differences between these two practices. Contemplation is essentially prayer. God and you are in a mutual exchange of love. Prayer always involves two persons, one is God. Mindfulness, on the other hand, is an awareness practice. Mindfulness helps you pay attention. Prayer is attentiveness and response to God and is an active engagement in your personal relationship. We will practice both during this retreat morning, so you experience the difference. Donation: \$25, Zoom, \$20.

THE LOVING-KINDNESS PRAYER: COMPASSION FOR THE DIFFICULT ONES

Monday, May 11 1:00 – 3:30 PM

All the holiness we need lies in the true love of neighbor. The Loving-Kindness Prayer fills us with compassion for ourselves first and with all others. Sprinkle this Easter Season with the unconditional love of Jesus Risen. Let the risen Jesus in you reach out with love and compassion to all others, especially to those difficult to love. Like all prayer, this prayer is life-changing. Donation: \$25. Zoom, \$20.

IN PERSON ONLY

PERSONAL RETREAT DAYS

Wednesday, May 13 9:30 AM – 2:30 PM

Wednesday, June 10 9:30 AM – 2:30 PM

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. Donation: \$10; \$40 with spiritual direction.

UNCEASING PRAYER

THE WAY OF A 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. We will follow the advice of the pilgrim in the classic, *The Way of a Pilgrim* whose mastery of the Jesus Prayer fulfilled his desire for unceasing prayer and brought him peace and healing on his lifelong pilgrimage. Led by S. Marcy. Donation: \$30, includes lunch. Zoom \$25.

SPRING CLEANING WITH THE HOLY SPIRIT

Thursday, 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.