



3918 Chipman Road, Easton, PA 18045  
610-258-3053

### THE THEME FOR 2019

This year's theme, **Everyday Holiness: Whole-hearted Living**, will offer presenters who will speak from an incarnational spirituality that is keenly aware of God's presence with us each day and throughout our human development.

The speakers will offer their insights and wisdom about the stages of human and spiritual, development, some of their heroes and heroines on the spiritual journey, and some of their own experiences as they have moved into fuller personal integration during their spiritual lives.

The Monday Mini-Retreats offer participants opportunities to explore, as individuals and as a group, how we live every day in relationship with God and one another.

### THE PROGRAM

January 21

When You Haven't Got a Prayer, Say One!

Dr. Gregory Kerr, Associate Professor of Philosophy at DeSales University

This talk will be a collection of insights from Scripture and the saints how to view the massive power and importance of prayer. Tips will be given on how to be sure to plan on daily prayer and the reading of Scripture and about how we view the recipient of our prayer.

Stephen Covey, author of *The Seven Habits of Highly Effective People*, once stressed that in order to be most effective at doing things in our lives, we must not just work harder, we must change our paradigms, our ways of *seeing* the activity. This talk aims with helping us all to change/improve our paradigms of God and of God's desire for our prayer.

February 25

Spirituality in Time of Crisis: Finding the Presence of God

The Most Rev. Alfred Schlert, Bishop of Allentown

In the journey of faith for a Christian, moments of crisis challenge the everyday life of a follower of Jesus. Bishop Schlert will explore ways to move from doubt to faith, from confusion to hope, and from fear to love. By finding the Presence of God in the daily moments of one's life, "Everyday Holiness" is possible for all Christians.

March 11

Living from an Enfleshed Heart

Maureen DeBellis, Spiritual Director

What does it mean to live from an enfleshed heart? How do we remain open and vulnerable in the midst of the daily? Heart Rhythm Meditation (HRM) is both a tool to awaken and a practice to enlarge our capacity to know and hold the more of God using the simple gifts of the breath and the heartbeat.

"I will give them a heart to know Me, that I am the LORD. They will be My people, and I will be their God, for they will return to Me with all their heart." Jer 24:7

April 29	<b>Pray Without Ceasing: Keeping God at the Center of Our Day</b>
	<b>Carmina Chapp, Ph.D., Program Director, Online Theology Programs at St. Joseph's College</b>

In the beginning was the Word...

September 23	<b>TBA</b>
	<b>The Most Rev. Ronald Gainer, Bishop of Harrisburg</b>

TBA

October 21	<b>Spiritual AND Religious</b>
	<b>Nina Marie Corona, M.A., C.R.S.</b>

Spirituality is sometimes misunderstood as being contrary to religion. However, the Bible and Christian traditions are filled with stories of human spiritual experiences, and it was those experiences that form the foundation of our religion. Spirituality and religion go together. One without the other can leave us feeling incomplete and unfulfilled, with a sense that there is more for us to discover and to share. This mini-retreat will explore the nature of authentic Christian spirituality and some ways to breath new life into our faith.

November 11	<b>Do You Need a PUSH?</b>
	<b>Jeanne Hunt, Spiritual Director</b>

Now is the time to renew your hearts and your minds in Christ Jesus. But that is more difficult than we imagine. Old ways die hard and we easily stagnate in bad spiritual habits that keep us from becoming God's new creation. Join Jeanne Hunt in a dynamic, humorous, and interactive presentation that will bring us to a change of heart that will stick!

December 16	<b>Franciscan Christmas</b>
	<b>Saint Francis Retreat Committee</b>

In the beginning was the Word...

#### **THE EVENING SCHEDULE AND REGISTRATION INFORMATION**

<b>Dinner</b>	6:00 pm
<b>Presentation</b>	7:00 – 9:00 pm
<b>Donation</b>	\$30
<b>Register</b>	Seven days prior to the event
<b>Telephone</b>	610-258-3053, extension 10
<b>Web Site</b>	<a href="http://www.stfrancisretreathouse.org">www.stfrancisretreathouse.org</a>