2020 Theme: “A Church Renewed”

- **January 20:** Introduction of theme of "A Church Renewed"
  SFRH Retreat Committee: Carol Herman, Kim Denyes, Joanne Conley, and Fr. Henry

- **February 24:** "A Baptismal Spirituality for Lent"
  Presenter: Fr. Frank Natalle, MSC

- **March 23:** "Learning to Trust God: From Control to Trust"
  Presenter: Ms. Patricia Kane

- **April 27:** "Remembering and Celebrating the Spirit in the Church"
  Presenter: Fr. Kevin Nadolski

SFRH Classes and Groups: Fall and Spring 2019-20

- **Lectio Divina / Scripture Sharing Group**
  Tuesday Mornings: 9:30 to 11:10 am. Start date: Oct. 1st. You may join at any time.
  Fr. Henry Beck, OFM, Facilitator

  We pray with the Sunday readings to come with the process called "Lectio Divina" to better hear the Word of God to us. There is time for prayer, silence, and sharing on what we hear in the Sunday Gospel especially. A coffee break is provided mid-way through the time together.

  Anyone may begin at any time to come to group sessions. A free will offering is graciously welcomed, usually at the end of each semester.

- **Spiritual Book Study**
  Wednesday Mornings: 10 to Noon. Started: Sept. 11th. You may join at any time.
  Deacon Kenneth and Mary Weiland / Directors

  This novel-ended program continues on Wednesday mornings. Each week we read a chapter of the book and discuss the application to our own spiritual journeys. A coffee break does take place. The new book will be Paul: A Biography. This book may be purchased in our SFRH Gift Shop. For more information, please contact Deacon Ken and Mary at 610-559-0284. A free will offering is graciously welcomed.

- **Prayer of the Heart: Contemplative Prayer**
  Thursday Mornings: 9:30 to 11:30 am. Start date to be announced.
  Bro. Mark Ligget, OFM / Director

  Contemplative prayer is all about intimacy with God, and everyone is called to that intimate experience of God’s love. This course continues to look at the essence of contemplative prayer and specific techniques which serve as aids to this type of prayer. Each week will provide ample opportunity to spend time in this “Prayer of the Heart.” Anyone may begin at any time to come to these classes. A free will offering is graciously welcomed.

- **Loss, Grief, Bereavement Support Group**
  1st and 3rd Tuesdays of every month 9:30-11:00 am. Started: Sept. 10th. You may join at any time.
  Directed by Karen Reissman, PhD, RN

  The Fria of St. Francis Retreat House are pleased to add to the support groups held in the Lehigh Valley. This support group is for people experiencing grief due to loss, trauma, and/or death. It is an effort, on the part of the Franciscan Friars and Retreat Team of SFRH, to assist in helping people in the surrounding community to heal, be healthy, and ultimately reach peace.

SFRH Retreat Committee

This retreat planning committee meets regularly to plan for our **Monday Mini-Retreats** and our **SFRH Sponsored Retreats**. This committee also develops an overall theme for each year’s offerings here at SFRH, and they oversee other retreat activities at SFRH. The committee members also help with the communications with presenters, with the advertisements/flyers, and with the hospitality for our retreat programs.

Presently: Ms. Carol Herman and Fr. Henry Beck, OFM

Franciscan Retreat Committee

This committee helps to plan for the bi-annual 3-day Franciscan weekend retreat. These retreats highlight various aspects of our Franciscan spirituality and charism as well as connecting our spirituality to human development insights. This retreat especially welcomes members of the Secular Franciscan family here at SFRH and in our region.

Presently: Shirley and Steve Pulcino and Fr. Henry

"Spirituality Saturdays" Committee

This newly formed committee is beginning to plan for Saturday morning retreat experiences in 2020 to introduce and strengthen various "contemplative practices" among our SFRH community members.

Presently: Ms. Lindsay Hoff, Mr. Ed Fleck, and Fr. Henry

“Listening and Healing” Circles

In Fall 2018-Spring 2019 this committee offered four “listening and healing sessions” at SFRH regarding the sexual abuse crisis in our Catholic Church. These sessions use a “contemplative process” of listening and speaking, along with prayer experiences, to help the participants of these sessions discover God’s healing power and grace in our lives. We will be gathering on **Thursday evening, September 26th**, to begin again. New persons are welcome to participate. We hope that the various “circles” may lead to further faith-sharing groups here at SFRH in the future. Team members have spiritual direction and counseling backgrounds.

Presently: Ms. Maureen Deibelis, Ms. Michaela Ross, Ms. Mary Helen Markowitz, Mr. George Salovic, and Fr. Henry

SFRH Liturgical Schedule

- **Weekday Masses**: 8:15 am Tuesdays and Fridays
- **St. Anthony Devotions**: following Tuesday’s Mass
- **Sacrament of Reconciliation**: Tuesdays at 3-4:30 pm / Main Chapel
- **Sunday Community Mass**: 10 am

Secular Franciscan Fraternity

This community of men and women gather once a month on the **third Sunday of the month** for prayer, spiritual formation in the Franciscan charism, social sharing, and service. For more information, please contact Ms. Nancy Snyder: 610-252-5320.

Peace and all goodness!