



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

## **2021 Mini and Weekend Retreats**

**Overall theme: Encounters with a Wondrous God**

### **• Winter-Spring 2021: Monday Mini-Retreats**

**January 25: Robert J. Barber, BA Studio Art and BA Fine Art: “Painting with the Eyes of Faith”**

Plein air painter Robert J. Barber has nicknamed painting outside: “listening to the love sonnets of God, and humming along.” Come and see many oil paintings directly and indirectly inspired by our Faith, and hear some of Robert’s stories of their creation and inspirations.

**February 15: Fr. Kevin Nadolski, OSFS, PhD: “The Spirit in the Church”**

The Sacraments invite us to attend to the power and presence of the Holy Spirit in our lives and in the experience of the Church. How we understand, name and claim the action of the Spirit can lead us to see opportunities for growth, challenge, and prayer to encounter new life in Christ.

**March 29: Patricia Kane, M.Ed: “From Control to Freedom in God”**

This mini-retreat will take a fresh look at how we as individuals and as a faith community can breathe the healing of Christ into our wounded Church. As the Body of Christ, each of us carries a special key to unlock the bondage of fear, anger and grief that is the fallout of the pain of scandal, disillusionment, and even despair. Some practical tools will be presented to identify our unique charisms to help renew our Church. The goal of this mini-retreat is to **be** Good News.

**April 26: Sr. Kathy Duffy, SSJ, PhD: “Teilhard’s Mystical Path”**

In his essay, “The Mystical Milieu,” Jesuit paleontologist Pierre Teilhard de Chardin provides a road map into the intensely mystical environment in which he lived and moved. He describes the stages of his mystical growth in terms of five concentric circles. These circles provided him with a sacred path into an ever deepening reality, a reality that is informed as much by the science of his time as by his religious tradition. They help us trace Teilhard’s growth and development as he plunged ever more deeply into the heart of matter and into the heart of God, where he found a loving, cosmic

Person – the God for evolution. During this presentation, we will walk with Teilhard along these circles, allowing experience to open our contemplative hearts to the wonders of our universe and to the Divine Presence that dwells there.

## **- Fall-Winter 2021**

### **September 20: Marie North, Certified Sustainable Building Advisor:**

#### ***“Why Laudato Si and Why Should We Care?*”**

On May 24, 2021 we will mark the sixth anniversary of Pope Francis’ encyclical Laudato Si: On Care for Our Common Home. Laudato Si emphasizes Pope Francis’ concern for the physical and spiritual health of humanity and the earth, and he asks us to show the same concern. What are the similarities between humanity’s need for health and well-being during COVID 19 and our needs during everyday life on Earth? Can we move beyond our current situation and use the message of Laudato Si to demonstrate love and concern for all living things. This mini-retreat will explore why health for the planet is health for all.

### **October 11: Carol Herman, MA: “Your God-Given Name”**

What if you, like St. John the Baptist, were named by God before you were born. Let’s discover your God-given name and how your name affects all the parts of your life. Learn a new prayer form that will increase your awareness to be the person God calls you to be.

### **November 22: Rev. Dr. Tom Lichner, D.Min: “Entrust Your Prayer to Chants”**

Singing is one of the most essential elements of worship in numerous faith traditions. Short songs, repeated again and again (called chants), provide a meditative character for worship and prayer. By using just a few words, chants express basic truths of faith, yearnings, desires, complaints, thanksgivings, and more which are quickly grasped by the heart and mind. As the words are sung over many times, their spiritual truths gradually penetrate the whole person as they sink into the depths of the singer. In this way, **chanting** is meditative singing that becomes a way of listening to and simply being with God. Tom will lead us in prayer with chants that he has been composing since 1989. He will guide us in discussion around chanting, its contemplative effects upon our mind, heart, and body; and he will share his own chant writing process and personal use for prayer.

### **December 13: SFRH Retreat Committee: “A Franciscan Christmas”**

A beloved tradition, presented and hosted by the St. Francis Retreat Committee, A Franciscan Christmas is a joyous time of preparing our hearts and spirits for the feast of Jesus’ birth. This evening is a blend of Franciscan spirituality, prayer, good food, conversation, Christmas carols, and of course, delicious seasonal cookies. Bring the whole family!

## **EVENING SCHEDULE AND REGISTRATION for 2021 MINI-RETREATS**

**DINNER: 6:00 PM / PRESENTATION: 7:00 – 9:00 PM.**

**REGISTER: Call 610-258-3053 x 10, or visit our SFRH Website: [www.stfrancisretreathouse.org](http://www.stfrancisretreathouse.org), at least seven days prior to the retreat. For virtual participants, please contact us three days prior to the retreat. SUGGESTED DONATIONS: Onsite: \$30 and Virtual: \$15. For those who will be joining us virtually, you will receive an email prior to the date of the mini-retreat with a ZOOM link and passcode for the event. Scholarships are available by contacting Fr. Henry at the retreat house. Thanks to all!**

### **▪ 2021 SFRH Sponsored Weekend Retreats**

#### **▪ July 18-23: Icon Writing Retreat with Jody Cole, BA Theater and Art**

Icons are sacred images used to tell God's story and lead us to the world of the eternal. Icon writing is considered to be prayer of the hands. The artist draws or transfers a prototype onto a wooden panel which represents the tree of life, the tree from which our own life comes. After blocking in the basic colors, the iconographer lightens each area in a series of steps. The painting is transformed as the image moves from dark to light signifying our own transfiguration as we make our spiritual journey. For many years now, iconographer Jody Cole has led icon writing retreats at SFRH. She has studied with seven iconographers over the years and has been leading icon writing retreats for 24 years. Beginners, including non-painters, are welcome. An icon of St. Joseph will be painted in honor of the year of St. Joseph. The cost for the retreat includes all necessary art supplies. Suggested offering: \$495.

#### **▪ July 30-August 1: "Love Endures All Things: Seven Stages of a Healthy Marriage" with Jeanne Hunt, MA**

During this interactive retreat weekend, Jeanne will lead us through the seven stages of a healthy marriage with humor and insight. While couples have one beautiful wedding day, at seven times during the journey of their marriage, they will experience seven different marriages. Everything changes, and they will need to review where they are and begin again with another chapter of their lives together. Jeanne Hunt is a mother and grandmother, has authored eight books, and is a frequent author for the Catholic Press. She preaches parish missions, gives retreats, days of recollection, and speaks at workshops and conferences. Come and join Jeanne and other participants for a dynamic, humorous, and insightful weekend. Suggested offering: \$215.00.

#### **▪ August 27-29: "You are My Beloved Son: Discovering the Heart of the Father" with Fr. Keith Laskowski, M.Div**

On this weekend retreat for men, participants will take up the invitation of Jesus Christ, "Come away by yourselves ... and rest a while." Reflecting on the inspired Word of God, we desire to experience a renewed encounter with the living God. We will invite the

Holy Spirit to illuminate, to heal, and to renew our hearts so that we can return to live out our vocation as disciples of Jesus Christ. Suggested offering: \$215.00.

▪ **October 1-3: “Seized by Beauty: Walking the Franciscan Spiritual Path”  
with Sr. Mary Beth Ingham, CSJ, PhD**

This weekend retreat will focus on the centrality of “**Beauty**” for Franciscan Spirituality. Our reflections will be guided by St. Bonaventure and Blessed John Duns Scotus, as we experience the abundant power of God’s love and enter the transformative dynamic to become artists of beauty in our world. Themes for our various sessions together include: Seized by Beauty, Creation and God’s Extravagant Love, Listen to Your Life, Incarnation, and Artists of Beauty. Come join Sr. Mary Beth, a sister of St. Joseph of Orange, CA, and Professor of Philosophical Theology at the Franciscan School of Theology and discover more fully with her how the pathway of beauty, the *via pulchritudinis*, is at the foundation of Franciscan life and thought. In addition to her numerous publications, Sr. Mary Beth is a frequent speaker at Franciscan Federation gatherings and retreat centers. Suggested offering: \$215.00.

**2021 WEEKEND AND WEEK-LONG RETREATS: SCHEDULE AND REGISTRATION**

**WEEKEND RETREATS:** ARRIVAL: 4:00 PM FRIDAY / DEPARTURE: AFTER LUNCH ON SUNDAY

Suggested donation for **virtual participation** for weekend retreats: \$75.

**WEEK-LONG RETREATS:** ARRIVAL: 4:00 PM SUNDAY / DEPARTURE: AFTER LUNCH ON FRIDAY

PRICING INCLUDES: Private Room with bath, all meals, and materials. Please notify us with any accessibility needs or special dietary requirements. [No virtual for icon retreat.]

**TO REGISTER:** 610-258-3053 x 10, or on our SFRH Website: [www.stfrancisretreathouse.org](http://www.stfrancisretreathouse.org), please register 14 days prior to the retreat. Thank you.

**ADDRESS:** 3918 CHIPMAN ROAD, EASTON, PA. 18045. NOTE: *Scholarship money for those needing assistance to make a retreat is available.* Please contact Fr. Henry.