

September 2025-February 2026 Program/Retreat Descriptions
(additional information available on our website and social media pages)

HOUSE OF PRAYER STITCHERS OF HOPE

Join us as we stitch for hope and create blankets, hats, and more for our partners helping cancer patients, veterans, and young mothers with babies: *Carol G. Simon Cancer Center, Lyons VA*, and *The Center for Great Expectations*. This is a great way to use your creativity to help others in need and where our stitches are filled with hope and prayer. **Hybrid.**

DRUMMING ECSTASY CIRCLE presented by Barbara Woodzell

Music is one of the most glorious gifts of God. God uses drumming to enhance His powers to improve our health, lives—the essence of our being. Learn how to connect deeply with God through rhythm. **In Person.**

THE FRUITS OF AUTUMN presented by Christine Eberle

Though the first day of autumn is still more than a week away, September turns our thoughts to the season ahead, with its earlier sunsets, ripening pumpkins, and colorful falling leaves. Can we welcome the interior fruits of autumn as well? In this evening of prayer, we will explore the graces particular to the “autumn of life,” pondering our own transitions with curiosity, gratitude, and trust. **Hybrid.**

VIRTUAL COMFORTABLE CUP OF TEA

Join us on Zoom for an hour of lectio divina, prayer, conversation, and small group sharing.

SPIRITUAL AWAKENINGS VIDEO CLUB

There are many great spiritual masters of our time. Richard Rohr, OFM and others have works that have touched millions of God-seekers. Join this monthly video club and share your insights and prayerful responses to the works of Fr. Rohr, OFM and others. **Hybrid.**

T’AI CHI CHIH® –A FLOWING MEDITATION presented by Sr. Antonia Cooper, OSF

During these weeks you will be led in the first 11 movements and one pose of this soft, gentle form, which may be done seated or standing. Come and experience "Joy thru Movement." (Please wear soft soled shoes and comfortable clothing. No previous experience is necessary and those who have experienced T'ai Chi Chih® are welcome to attend.) **Hybrid.**

SACRED TIME, SACRED SPACE

A personal, quiet day to enjoy God’s presence. The day begins with communal prayer. Bring a bag lunch. **In Person.**

VIRTUAL PRAYER FOR PEACE

Join us on Zoom for 30 minutes of contemplative prayer as we pray for peace.

MAN TO MAN

Men have unique roles in life...husbands, fathers, grandfathers, the single life, and religious life. We’re pushed and pulled in a thousand directions by responsibilities, stress, loss, and by joys. Where can we find time to reflect on the loss and gain of our lives? For all men—young, old, and in between. Join our group over coffee or tea for life affirming discussions and prayer to find God in our lives and to make a difference in our own worlds. **Hybrid.**

SILENT DIRECTED WEEKEND RETREATS

An atmosphere of prayerful quiet. An experience of personal prayer based on scripture. Daily spiritual direction. Both the House of Prayer and the grounds are available as you journey in and with God. Begins with light supper on Friday evening at 6pm and ends by 1pm on Sunday. **In Person.**

THE FIRST 100 YEARS OF THE CHURCH - JOURNEY AND PRAY WITH THE EARLY CHRISTIANS presented by Sr. Eileen Smith, RSM

When the Holy Spirit appeared at Pentecost, the lives of the early disciples of Jesus were transformed. They became on fire with the message that Jesus was Lord and Savior. Journey and pray with these early Christians as they describe through their writings what happened to them both in our Bible and other apostolic writings. This four-week series will focus on the growth of the early Church and how they still touch us today. **Hybrid.**

12th ANNUAL MAJOR SPEAKER: Eric Clayton

BUILT ON HOPE: SPIRITUAL LESSONS FROM A GALAXY FAR, FAR AWAY

What does *Star Wars* have in common with this Jubilee Year of Hope? At its core, that beloved space opera isn't just full of Ewoks, Rebels, Wookies, and Jedi. *Star Wars* is built on hope. Join award winning author Eric Clayton for an evening of reflection on *Star Wars*, hope, and our pilgrim journey of faith. (*Enjoy a musical prelude beginning at 6:40 pm with the Garden State Trombone Quartet.*) **Hybrid.**

GRIEF RECOVERY: LEARNING A PROCESS TO DEAL WITH GRIEF facilitated by Sr. Mary Jo Kearns, RSM

Gentle 4-step experiential process for resolving grief caused by loss. **In Person.**

WHY WAIT? FULLY ENGAGING THE SEASON OF ADVENT presented by Fr. Joe Costantino

We often hear that Advent is a season of hope-filled waiting. Why wait? What is the point? And what are we waiting for? Our Advent Evening of Prayer will allow us the opportunity to enter more deeply into the mystery of this season of hope. Treat yourself to various ways that might help you engage more fully this rich and beautiful season that leads us to the manger, to the one who is the source of our HOPE. **Hybrid.**

PREPARING IN HOPE: A GUIDED ADVENT RETREAT presented by Christina Leano

During Advent we wait in hope and joy as God's love comes to us in the gift of Jesus. Join us as we take a moment to prepare our hearts for Christmas. During the retreat we will have time for silence, prayer, meditation on Scripture, time in nature (depending on the weather), journaling, and contemplative dialogue. This will be an Advent pause to open to what God might be offering you and our world at this special time. Begins with dinner Friday at 5:30pm; ends by 4pm on Saturday. **Overnight, Commuter, and Virtual Options.**

YEAR END DAY OF PRAYER

Spend this last day of the year reflecting on the many gifts God has bestowed on you. The day begins and ends with communal prayer. Bring a bag lunch. **In Person.**

TAPPING AWAY STRESS presented by Alicia Grey

How often do you find yourself thinking about how stressed out you are? Wouldn't it be great if there was a simple technique to lower your stress? Well, there is! It's called tapping or Emotional Freedom Techniques/EFT. Studies have shown that by tapping on certain pressure points we can lower the stress hormone cortisol as well as reduce fear, anxiety, anger, and other distressing emotions that tend to keep us stuck. Join us as certified tapping practitioner Alicia Grey, introduces us to this incredible self-help tool. **Hybrid.**

THE GIFT OF HOPE presented by Palma Anton

The Christian journey calls us to constantly let go. Letting go leads to change. While most of us would agree that change is necessary for growth, we often fear the uncertainty that change brings. How do we continue forward on our journey and avoid falling into despair in challenging times of transition? Come join us for a presentation on the gift of Hope—the powerful virtue that strengthens us on our journey in times of uncertainty and suffering. **Hybrid.**

A DIFFERENT KIND OF FAST FOR LENT presented by Donna McCabe

Fasting is not just about giving up food or entertainment. Fasting is letting go of control, attachments, and distractions in order to make space to draw close to and be attentive to God in your life. This Lent, let us fast from old habits like multitasking, holding it all together, scarcity, and busyness. Join us to explore contemplative practices, breath prayer, and meditation to hear God's whisper. We will embrace spiritual gifts of simplicity, tenderness, and trust in abundance to create space for God to make His home in your heart. Lunch is included. **Hybrid.**

TUESDAY SERIES WILL BE OFFERED FROM OCTOBER THROUGH MAY FROM 7-9PM IN PERSON AND ON ZOOM (Open to All): THE CRITICAL CONCERNS AS BEACONS OF HOPE IN THIS JUBILEE YEAR

10/7: NON-VIOLENCE: PEACEMAKING AND WORKS OF MERCY presented by Martha Hennessey

In the Spirit of Dorothy Day, her granddaughter, Martha Hennessey, discusses the topics of life and work in community, Catholic Social Teaching, peacemaking efforts and works of mercy in the tradition of the Catholic Worker movement today. She will explore how Popes Francis and Leo encourage us to carry out the Gospel teachings in this Jubilee Year of Hope. Join us as Martha shares her extraordinary life experiences. **Hybrid.**

11/4: WOMEN: ETTY HILLESUM: A BEACON OF HOPE IN TURBULENT TIMES presented by Connie Palmer

Etty Hillesum was a troubled 26-year-old secular Jewish woman when the Germans invaded the Netherlands in 1940. She kept a journal of her spiritual struggles and her eventual transformation into a woman of deep faith in God. Pope Benedict XVI acknowledged her remarkable journey, noting that she discovered God's gift of hope amidst the tragedy of the Holocaust. Those who attend will learn about Etty's spiritual transformation and consider how her story can help us deepen our faith, find meaning, and love one another during turbulent times. **Hybrid.**

1/6: IMMIGRATION: THE SPIRITUALITY OF WELCOME presented by Sr. Marilyn Lacey, RSM

In a world divided and fearful of strangers, do we believe that it is possible (even quite likely) to meet God in strangers? Let us find out together! Marilyn will share her experiences of unexpected encounters with God through interactions with refugees and migrants over the years. Prepare to be inspired! **Hybrid.**