



Franciscan Spiritual Center

609 S. Convent Road  
Aston PA 19014  
(610) 558-6152  
e-mail: fsc@osphila.org  
visit our website at [www.fscaston.org](http://www.fscaston.org)

## WEEKEND PROGRAMS

Friday, 7:00 p.m. to Sunday, 12:00 noon \$160 residents / \$110 commuters  
(unless otherwise indicated)

**WE ARE THE SOIL  
WHERE GOD'S LIFE GROWS**  
September 12-14, 2008  
*Mercedes Rojo OSF*

**YOUNG ADULT WEEKEND:  
A MOSAIC OF GOD'S LOVE**  
September 26-28, 2008  
*Mary Beth Antonelli OSF  
Margie Winters*  
(\$60 resident, \$40 commuter)

**SEVEN SACRED PAUSES:  
THE MEDICINE OF DEEP LISTENING**  
October 24-26, 2008  
*Macrina Wiederkehr OSB*  
(\$175 residents, \$125 commuters)

**GOD'S EXTRAVAGANT LOVE**  
November 14-16, 2008  
*Members of the Sisters of St. Francis*  
(\$175 residents, \$125 commuters)

**ADVENT RETREAT**  
December 5-7, 2008  
*Tom Hartle OFM*

**"A TIME OF WAITING:  
PREGNANT WITH HOPE"**  
December 12-14, 2008  
*Michael Laratonda FMS*

**MYSTERY OF SUFFERING AND THE  
JOURNEY TOWARDS HOPE AND RESURRECTION**  
April 3-5, 2009  
*Michael Laratonda FMS*

**SPIRITUALITY OF THE TWELVE STEPS**  
January 23-25, 2009  
*Patricia Walsh OP*

**T'AI CHI CHIH RETREAT**  
January 30 - February 1, 2009  
*Antonia Cooper OSF*

**SPIRIT ALIVE  
IN THE MIDST OF PERSONS WITH AIDS**  
(exclusively for persons suffering from HIV/AIDS)  
February 6-8, 2009  
*Catherine Maguire RSM and Siloam Staff*  
\$20.00 (Sponsored Program)

**HOW BEAUTIFUL IS THE BODY OF CHRIST**  
February 27 - March 1, 2009  
*Steven Kluge OFM*

**HIV/AIDS CAREGIVERS: SPIRIT ALIVE**  
March 6-8, 2009  
*Bernadette Kinniry RSM and Siloam Staff*  
\$70 (Sponsored Program)

**ART AND PRAYER: ART- JOURNALING,  
PRAYER PRACTICE, AND CLAY MEDITATION**  
March 20-22, 2009  
*Marianne Hieb RSM  
Sr. St. Joseph Brennon OSF*

**Young Adult Evenings of Reflection**  
by *Mary Beth Antonelli OSF and Margie Winters*  
5:00 p.m. - 8:30 p.m. \$10 (includes dinner)

**BE STILL AND KNOW THAT I AM YOUR GOD**  
November 29, 2008

**FROM HEARTS OF STONE TO HEARTS OF LOVE**  
March 24, 2009

## DAY PROGRAMS

10:00 a.m. to 3:00 p.m. \$30 (*includes lunch*)

**CAREGIVERS RETREAT:  
CARING FOR THE CAREGIVER**  
October 18, 2008  
*Margaret Mary Lewis OSF*  
*Bayada Nursing Staff*  
\$10

**THE GIFT OF SHADOW/SPIRIT ALIVE NOW**  
This topic will address  
the sexual abuse scandal within our church  
November 22, 2008  
*Ray Dlugos OSA*  
Free will offering

### LENTEN DAY OF PRAYER

March 11, 2009  
*Anne Amati OSF*

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### SPIRITUALITY FOR THE WISDOM YEARS

Programs by *Theresa Yanda OSF*  
(*through a grant from the Sisters of St. Francis of Philadelphia*)

#### Day Programs for Seniors

\$5-\$15 sliding scale

**LISTENING/HARVESTING THE CHALLENGES  
OF LIFE'S EXPERIENCES**  
November 15, 2008  
10:00 a.m. - 3:00 p.m.

**THE SPRING OF OUR LIFE -  
CHALLENGES OF THE LATER YEARS**  
April 22, 2009  
10:00 a.m. - 3:00 p.m.

#### Weekday Retreats for Seniors

\$30 (\$10 deposit)

**SPIRITUALITY AND THE EXPERIENCE OF AGING**  
September 15-17, 2008

**SUCCESSFUL AGING:  
NEW KNOWLEDGE/OPPORTUNITIES  
AS WE CONTINUE OUR SPIRITUAL JOURNEY**  
May 18-20, 2009

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### MORNING AND EVENING PROGRAM OPTIONS

Programs by *Mary Walsh OSF* unless otherwise noted  
(\$40 for series unless otherwise noted)

**THE JOURNEY INTO GOD**  
September 11, 25  
October 2, 9, 16, 23, 30, 2008  
9:30 a.m. - 11:30 a.m. **or** 7:00 p.m. - 8:30 p.m.  
*Helen Budzik OSF*  
\$50 (series)

**SPIRITUAL DIRECTION: IS IT FOR YOU?**  
September 17, 2008  
9:30 a.m. - 11:30 a.m. **or** 6:30 p.m. - 8:30 p.m.  
Free Will Donation

**FOCUSING I**  
October 8, 15, 22, 29, 2008

**FOCUSING II**  
April 22, 29, May 6, 13, 2009  
9:30 a.m. - 11:30 a.m. **or** 6:30 p.m. - 8:30 p.m.

**"INTO GREAT SILENCE"**  
(viewing/discussion of the film in 3 parts)  
October 14, 21, 28, 2008 **or** March 3, 10, 17, 2009  
9:30 a.m. - 11:30 a.m. **or** 6:30 p.m. - 8:30 p.m.  
*Marie Angela Presenza OSF*  
*Theresa Yanda OSF*  
Free will donation

**CENTERING PRAYER**  
November 25, December 2, 9, 16, 2008 **or**  
March 4, 11, 18, 25, 2009  
9:30 a.m. - 11:30 a.m. **or** 6:30 p.m. - 8:30 p.m.  
\$30 (series)

## MORNING, AFTERNOON, AND EVENING PROGRAMS

### TAIZE PRAYER

First Thursdays  
beginning September, 2008 through June, 2009  
7:00 p.m. - 8:15 p.m.  
*Andrea Likovich OSF*  
Free will donation

### ONGOING T'AI CHI CHIH

October 2, 9, 16, 23, 30,  
November 6, 13, 2008  
7:00 p.m. - 8:15 p.m.  
*Mary Griffin OSF*  
\$70 (series)

### THEMES FROM GOD'S EXTRAVAGANT LOVE

October 22, 29, 2008  
February 10, 11, March 3, 10, 2009  
*Members of the Sisters of St. Francis*  
6:30 p.m. - 8:30 p.m.  
\$30 (each evening)

### BLESSED GRIEVING SUPPORT GROUP

Second Tuesdays  
beginning November, 2008 through May, 2009  
*Mary Lou Pappolla*  
*Jean Ustasiewski OSF*  
Free will donation

### YOGA

October 6, 13, 20, 27, November 3, 10, 2008  
7:00 p.m.- 8:30 p.m.  
*Maryanne Williams*  
\$40 (series)

### COMPASSION: THE FRUIT OF A GRATEFUL HEART

November 18, 2008  
5:00 p.m. - 8:30 p.m.  
*Julia Keegan OSF*  
\$20 (includes dinner)

### ADVENT EVENING OF REFLECTION

December 10, 2008  
5:00 p.m. - 8:30 p.m.  
*Anne Amati OSF*  
\$20 (includes dinner)

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### LONGER RETREATS

Arrival: 6:30p.m.-7:00 p.m. Departure: 11:00 a.m.

(Preached Retreats \$350 / Guided Retreats \$340 unless otherwise noted)

### TRIDUUM RETREAT

April 9-12, 2009  
\$160

### PREACHED RETREAT

“THE THIRD AGE:  
THE COMING OF THE HOLY SPIRIT”  
May 26 - June 2, 2009  
*Patrick Tuttle OFM*

### PREACHED RETREAT

A JOURNEY INTO THE PASCHAL MYSTERY  
WITH FRANCIS AND CLARE  
June 23 - 30, 2009  
*Don Blaeser OFM*

### FRANCISCAN SOLITUDE EXTENDED EXPERIENCE

at Clare House and the Hermitages  
June 23-30, 2009  
*Helen Budzik OSF*  
*Jean Ustasiewski OSF*  
\$340

### GUIDED RETREAT

THE PASSIONATE LOVE OF GOD  
July 21 - 27, 2009  
*Michael Laratonda FMS*

### DIRECTED RETREAT

August 2-9, 2009  
*Clare D'Auria OSF, Mary Walsh OSF*  
\$380

### GUIDED RETREAT

GOD'S EXTRAVAGANT LOVE  
August 2-9, 2009  
*Members of the Sisters of St. Francis*

### GUIDED RETREAT

MYSTICS, PROPHETS AND REBELS:  
WOMEN FOR OUR TIMES  
August 23-29, 2009  
*Edwina Gately*  
\$500

## SPECIAL EVENTS

**CHRIST LIVES AND LABORS IN OUR LIVES AS WE AGE**  
*Rea McDonnell SSND*

September 20, 2008  
10:00 a.m. - 3:00 p.m.

(for Sisters of St. Francis of Philadelphia only,  
sponsored by the Office of Senior Sisters and Pastoral Services)

**"AND THE WORD BECAME BOOK?"**  
**A JOURNEY INTO THE HEART OF THE QUR'AN**

September 5-6, 2008  
beginning Friday, 7:00 p.m.

*Michael Calabria OFM*  
(\$20 resident, \$10 commuter)

**Annual Charism Day**  
**A CONVERSION TOWARD GOD'S ABUNDANCE:**  
**SEEING THE WORLD ANEW"**

*Marybeth Ingham CSSJ*

March 15, 2009  
1:00 p.m. - 4:00 p.m.

\$20

**MINI-SABBATH**

**LIVING WITH BALANCE: LIFE IN ABUNDANCE**  
*Michael Laratonda FMS, Guest Presenters*

July 6 - 26, 2009

\$1800 all inclusive

(open to women and men, religious and lay)

## CLARE HOUSE OPPORTUNITIES

### FRANCISCAN SOLITUDE EXPERIENCE

October 10-13, 2008 and February 13-16, 2009

*Helen Budzik OSF*

*Jean Ustasiewski OSF*

\$160 (\$50 deposit)

### GUIDED RETREAT OPPORTUNITIES

November 7-9, 2008

March 13-15 and May 8-10, 2009

*Jean Ustasiewski OSF*

\$100 (weekends); \$60 (overnight); \$35 (day)

### CONTEMPLATIVE MORNINGS

Second Wednesdays

October, 2008 through May, 2009

9:30 a.m. - 11:30 a.m.

*Jean Ustasiewski OSF*

\$10

### FOCUSING I WEEKEND

January 9-11, 2009

*Mary Walsh OSF*

\$140

### DIRECTED RETREAT WEEKENDS

October 17-19, 2008

February 6-18 and April 24-26, 2009

*Mary Walsh OSF*

\$130

### TWILIGHT RETREAT FOR WIDOWS AND WIDOWERS

February 12, 2009

4:00 p.m. - 8:00 p.m.

*Jean Ustasiewski OSF*

\$30

**Registrations for 2008-09 events will be processed  
beginning May 1, 2008.**

*Full information on programs in this preview sheet  
are available in our semi-annual brochure  
and on our website: [www.fscaston.org](http://www.fscaston.org).*

*For further information at this time  
or to be placed on our mailing list,  
please call the Franciscan Spiritual Center at  
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**RETREAT IN EVERYDAY LIFE:**  
**ANNOTATION NINETEEN RETREAT**  
*Mary Walsh OSF*

Call for schedule and fees.

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**HERMITAGES** \$35 a night.

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**SERVICES**

**SPIRITUAL DIRECTION:** \$25-\$40 per session

**REFLEXOLOGY**

\$25 (1/2 hour) \$40 (hour)