

THE BAPTISM OF OUR LORD

Sunday, January 13, 2019

7:00AM Maureen B. McCallum

8:30AM Lisa DiNicola

10:00AM Deacon Art McGuire

11:30AM Matthew LeTourneau

Monday, January 14, 2019

8:00AM Anthony and Dolly Narcavage

1:00PM ADORATION

Tuesday, January 15, 2019

8:00AM Margaret Smith (1st Anniversary)

Wednesday, January 16, 2019

8:00AM Lucille Francesco

Thursday, January 17, 2019

8:00AM Renee Hay

Friday, January 18, 2019

8:00AM Mickey Russell

Saturday, January 19, 2019

8:00AM Joseph Clapper

4:00PM For the People of the Parish

Sunday, January 20, 2019

7:00AM Daniel McGarvey

8:30AM Ida and Michael Palladino &

Carmela and George Loudon

10:00AM Rudolph Shiller (19th Anniversary)

11:30AM Marty Stenson

THE SANCTUARY CANDLE



This candle burns to remind us of the sacramental presence of Jesus Christ. If you wish to have the Sanctuary Candle burn for a week in memory of a loved one, or for the Special Intention of a loved one, you can make arrangements by coming to the rectory. Offering of \$20 is requested.

MEMORIAL FOR JANUARY 2019

BREAD ~ John & Bernadine Neary

WINE ~ available



†REMEMBER ALL THOSE WHO HAVE DIED†

*May they rest in God's peace and
May their families be comforted.*



Home Sales: Monday-Thursday; 9AM-5PM

Debbie Peterson at sfascrripsales@gmail.com call 484-432-1472

Sunday hours: CCR (building behind Church): 9-11:15AM.

ARCHDIOCESE OF PHILADELPHIA--TELEVISION MASS

Sunday mornings at 5:30AM: WPVI—Channel 6

The Archdiocese thanks Channel 6 for its generosity in broadcasting the Television Mass.

BREAKING OPEN THE WORD

Second Sunday in Ordinary Time ~ January 20, 2019

Isaiah 62:1-5

Things looked really bad for Israel but the prophet Isaiah foretells a glorious future. He says “the Lord delights in you” and “so shall your God rejoice in you.” Are there situations in your life that look really bad, maybe impossible? Can you believe that your God has the power and the will to turn things around for you? If not, why not?

1 Corinthians 12:4-11

We are all given gifts but we are not all given the same gifts. Do you use the gifts you have been given to give glory to God? Are you jealous of the gifts of others?

John 2:1-11

Talk about an impossible situation, it is a wedding and the wine has run out. Fortunately for the bride and groom, Mary notices and intercedes for them. Have you ever sought her intercession or implored her help? When have you ever been left unaided? Try to remember and ask.

PLEASE PRAY FOR OUR SICK



Baby Michael Farley	7 y/o Lexi Cable	Baby Caroline Ferry
Shiloh Cronck		14 y/o Evan Farrington
Timothy Duke	Dominic Rosini	Gino Francisco
Meghan Rauchut	Diane Colgan	Marjorie Silli
Isabella Carullo	Emilee Serrano	Carrie Serrano
Mag Post	Robby Wonder	Bill Colgan
Pam Flood	Susan Marcantonio	James Fox
Rich Buckley	Doreen Grafstrom	Monique Carpenter
Peter Minnis	Marie Brown	Andrew Barna
Bridget McHugh	Anne McGlone	Jack Valvardi
Steven Little	John Harlow	Jackie McPeake
Anna Rokos	Richard Gildea	Bill Seavey
Daniel Fahey	John Conforti	Colleen Minnis
Bob Iatesta	Phyllis Dunn	Violet McGeever
Nicole Vela Small	Thomas Nolan	Terri DeSantis
Diana Nardello	Ryan Montgomery	Christopher Biddle
Alan Lauer	Robert Busch	Barry Hill
Kathy Fritz	MaryLou Dellipriscoli	Jim McDonnell
Kenneth M. Siebert	Jeannette Siebert	Shealyn Mencil
Rev. Mark Kunigonis	Cynthia Fries	Henry Gray
O'Donnell	Judy Devine	Dr. Bill Hushion
Frank Canavan	Doris O'Hara	Joy Van Berg
Cass Johnston Lavan	Beth McCarron	Mary Benedetti
William Teste	Laura Howarth	Jon Grady
Jean Gallagher	Lauren McRae	Stephen Marchini
Kathleen Mullin	Ralph Feindt	Marty Meenan
Stephen Spence	Nicholas Panichelli	Kate Ciavarelli

If you have someone you would like prayed for, OR have removed from prayer list, please email Joan Curtis at sfabulletin@hotmail.com or call the Rectory at 610-543-0848. Thank you for your prayers.

CHURCH UN-DECORATING

We extend an invitation to all men, women and teens to come and help UNDECORATE St. Francis Church AFTER Christmas. **We will gather in Church on Sunday, January 13th at 2:00PM.** Your help will be GREATLY APPRECIATED! *All are welcome! All are needed! FREE FLOWERS!*





ST. VINCENT de PAUL SOCIETY

Our conference of The St. Vincent de Paul Society assists the parish in performing the Corporal and Spiritual Works of Mercy. Due to these difficult times, we have been unable to provide needed help to some clients in need. Donations to the St. Francis Conference would be appreciated. 100% of all donations have always been distributed to those in need; there are no middleman costs or overhead. We acknowledge donations over \$50.00 and we are a Section 501 © (3) charity. Vincentians practice the Spiritual and Corporal Works of Mercy in helping those in need. Our assistance is given confidentially. We are always open to new members who have a desire to aid those in need. We meet on the 4th Tuesday of the month in Conway Hall at 7:30PM.

GREENDROP CLOTHING PICKUP

Donate your gently used CLOTHING every 2nd and 4th Tuesday. GreenDrop Clothing pickup will be at the White Elephant from 9AM for an hour (sometimes longer). ONLY CLOTHING WILL BE ACCEPTED. Collections benefit the St. Vincent de Paul Society.

PARISH CATHOLIC BOOK CLUB



Coordinated by the Three Parish Adult Faith Formation Team

The Three Parish Book Club meets on the last Wednesday of the month at 7pm in the Parish Center of Holy Cross

Church.

Our next meeting will take place on January 30th. At each meeting, we not only discuss the selected book(s) but also offer suggestions of books we personally enjoyed. You need not have read the month's selection to attend. We would love to have you join us for refreshments and conversation!

JANUARY: The Twelve by Bernard Ruffin

FEBRUARY: The Diary of Ann Frank

MARCH: Rejoice and Be Glad by Pope Francis

For more information, please call Angie Homony at 610- 328-1054.

JOIN WOMEN FOR A WOMEN'S WEEKEND



What do the Beatitudes say to us about growing in holiness? What opportunities in daily life are given

to you to grow in holiness? Drawing on the thoughts of Pope Francis, we will explore ways we can take up this challenge to live the Gospel and grow in holiness.

Rev. Jim McBurney, OSA and Sister Sagrario Núñez, ACJ

Friday, February 1-4pm to Sunday, February 3-12pm

St. Raphaela Center, 616 Coopertown Rd., Haverford, PA 19041. Cost: Shared Room – \$185.00.

Private Room with Bath – \$225.00

Individual Room - \$215.00

Hermitage – \$235.00

Deposit Required. Register: 610-642-5715 or Email -

info@straphaelacenter.org. If you have any questions call

Marianne Calabrese 610-543-0728

PARISH RELIGIOUS EDUCATION NEWS ~ PREP

A high school student is needed as a one-on-one classroom aide for a 2nd grader in the Parish Religious Education Program which is held on Tuesdays from 4:30-5:45.

If interested, please contact Madelyn McBride at sfare@sfaparish.org.



PRO-LIFE INFO...

**JANUARY IS PRO~LIFE MONTH...
SPIRITUAL ADOPTION PRAYER PROGRAM**

Third Month

Your spiritually adopted baby is quite active. Even though their mother cannot feel them yet, the baby kicks and flips around in their secure, watery world. Their eyes have closed so that the delicate eyeballs can finish developing. Their cartilage skeleton begins to change over to real bone. Your baby sucks their thumb, hiccups when they swallow the amniotic fluid, and can close their fingers around an object placed in their hand. Your baby's face is very expressive; they can squint, frown and smile! Your baby is now 3 inches long and can hear outside noises. Their favorite sound is their mother's voice.

SPIRITUAL ADOPTION PRAYER

Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn child whom I have spiritually adopted who is in danger of abortion.

"PRO-LIFE" LINES"

Crisis Pregnancy Resource hotline: 610-626-4006.

Rachel's Vineyard Post-Abortion healing: 877-HOPE-4-ME

www.rachelsvineyard.org.

A Baby's Breath 24-hour hotline: 484-580-6436,

www.ababysbreath.org.

Delaware County Pregnancy Center: www.dcpchester.org.

Mother's Home: 610-583-HOME, www.mothershome.org.

Pro-Life Union of Delaware County: 610-789-LIFE,

www.prolifedelco.org.

MARCH FOR LIFE

St. Francis of Assisi Parish will again be sending a bus to the 46th Annual "March for Life" in Washington, DC on Friday, January 18th. For more information, or to



reserve a seat, please call Anita Galligan at (610)585-0142.

Pray for an end to abortion---all lives are precious.

Request for Year-End Financial Statement

If you would like a statement of your yearly contributions for tax purposes, please complete this request form and either mail it, drop it off at the Rectory, or place it in the collection basket.

Name _____

Address _____

Phone # _____

Pick-Up _____ Mail _____

To request your year-end statement or for any questions, please call Joan Fogarty at 610-543-0848 ext. 117.



*“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink...”
Matthew 25:35*

MORE THAN 20 YEARS AGO, the Souper Bowl of Caring began with a simple prayer from a single youth group:

“Lord, as we enjoy the Super Bowl football game, help us to be mindful of those without even a bowl of soup to eat.”

The Souper Bowl of Caring is now a nationwide movement that unites schools, congregations, and community organizations in the fight against hunger. The event has transformed Super Bowl weekend into the nation’s largest youth-led weekend of giving and service.

We here at St Francis of Assisi are teaming up with the Springfield Ministerium again to collect canned goods, non-perishable food items, and monetary donations on **Saturday, February 2nd.**

On February 2nd, Parishioners receiving a flier can leave a bag with canned goods on their door step **before 10AM** and someone will be by to pick it up and deliver to Conway Hall. Alternatively, Parishioners can also drop off items at Conway Hall before 1:00PM.

Those who wish to volunteer for Conway Hall packaging and transportation of boxed canned goods to the Bernardine Center in Chester on Saturday, February 3rd, any time between 10:30 AM to 3:00 PM are asked to email Jim Larkin in advance at lark526@comcast.net to let him know of your desire to participate.

Everything collected will be given to the Bernardine Center in Chester. (Interfaith Coalition of Food Centers of Delaware County). Monetary donations are also accepted. Checks can be made payable to “Delco Community Cares”.

After Mass on Saturday, February 2nd and Sunday, February 3rd, Teens will be at the Church doors with Soup Pots to collect monetary contributions for the hungry. Your contribution will be sent to the St. Vincent de Paul Cupboard in BVM Parish in Darby.

Thank You to everyone for your generosity, donations, and participation, especially our young people. We are grateful for your **CARING AND SHARING!** Visit us on Facebook at www.facebook.com/delcosouperbowlofcaring/.

SFA CYO is the recipient of the United Way under the Honor Option Plan. Your donation supports our activities for youth of our parish. If you wish to support the CYO, please indicate:
CYO/ST. FRANCIS OF ASSISI/SPRINGFIELD #7046 SFA CYO

ST. FRANCIS FAMILY ROSARY GROUP

Father Patrick Peyton is known for saying, “The family that prays together stays together.” The St. Francis Family Rosary Group meets to bring families together for the purpose of prayer – to pray for families and youth, the parish, our priests, bishops, our Holy Father Pope Francis, the Universal Church and peace in the world as requested by Our Lady of Fatima. If you have any questions, please contact Anita Galligan at anitagalligan1@verizon.net or Beth McCarthy at mccarthy9022@aol.com

*Family Rosary group meets Fridays at 7pm in the church.
Families and individual parishioners of all ages are all welcome to join us!*

Dear Brothers and Sisters in Christ,



Fulfilling the Church’s mission of mercy and the Gospel call to love others as we love God, the Catholic Relief Services (CRS) Collection funds six Catholic agencies that work for the benefit of our brothers and sisters around the world. In providing humanitarian aid, resettling displaced individuals and families, and advocating on behalf of victims of atrocities such as human trafficking, the organizations supported by the CRS Collection act from their belief that every individual is an equal heir of Christ’s love and care.

The annual Catholic Relief Services Collection challenges American Catholics to put their faith into action and to see “Jesus in disguise” in the faces of the poor, and to support ongoing efforts to respond to their needs. The funds collected support vital Catholic programs that share in the Catholic mission of promoting the sacredness of human life. A small amount from the collection is retained by the Archdiocese to help cover local efforts to promote the collection.

The collection will be taken up in the parishes of the Archdiocese of Philadelphia the weekend of **January 19th & 20th.** The American Catholic community and the Archdiocese of Philadelphia in particular, have always responded very generously to this annual collection.

I am grateful to you for your compassionate response. May you be blessed for your faithfulness to living the Gospel and recognizing Jesus in those in need.

Sincerely yours in Christ,
**Most Reverend Charles J. Chaput, O.F.M. Cap.
Archbishop of Philadelphia**

WEEKLY MEN’S GROUP AT SFA

Weekly Men’s Group meets here at St. Francis every **Saturday, 7-8AM** in “Conway Conference Room” (building behind Church). Experience the power of investing one hour a week with men who share a desire to be better husbands, fathers, grandfathers, leaders, followers, sons and friends. Free material is supplied. For more info, call Rob Longo 610.544.2103.

FLAME OF LOVE CENACLE at ST. FRANCIS

The parish Cenacle Group meets each **Monday at 1:30PM in the Church** for Adoration and the Rosary. Join us to pray for priests, the dying, the souls in purgatory and for our parish. All are welcome.

LEGION OF MARY

The Legion of Mary presidium, called Our Lady Queen of Peace, meets every **Thursday evening at 7:00PM**, in Conference Room ‘A’ of the Rectory basement. We welcome those interested in becoming members and auxiliary members. Members do two hours a week of good work for the parish; auxiliary members pray for the universal Church and the intentions of the Blessed Mother. Come and see what you can do for Our Lady.

BABYSITTING DURING MASS

Babysitting is available during the 8:30-10:00 Mass. Babysitting is now taking place in the **Pre-school room of St. Francis School.** Please enter by the gate to the little playground. Infants to age 4 years old are welcome. No registration is necessary.

CONGRATULATIONS!

We congratulate...

*Meghan Babcock and Ryan Curran
Mary Kate Clifton and Jacob Kreiner*

...who married in December of 2018.

May the Lord bless you with peace and love throughout your married life!



St. Francis of Assisi Parish Fundraiser

February 2, 2019 ~ 7PM to 12MN

Leonard Hall (SFA Gym)

Advanced Tickets until 1/29: \$45.

After date and at the Door: \$50

Ticket sales: contact Kara Thompson at

karathompson126@gmail.com or 610-357-6031

We are looking for event sponsors and auction item donations. Contact info for both is listed below:

Event sponsors contact:

Kellie Rutledge (kellierutledge27@gmail.com or 610.405.4246)

Bridget Gillen (bridgetgillen@gmail.com or 610.368.1870)

Auction item donations:

Amy Foran (amyforan@comcast.net or 484-432-1472)

ST. FRANCIS OVER 50

The next meeting is January 24. We will have meatball sandwiched. The theme is Good Old Days. Tickets for Hoagie Day (Feb. 28) will be on sale.



UPCOMING TRIPS:

Casino Trips: (1/21~Resorts) (2/18~Resorts) (3/18~Resorts) Cost: \$23 with a return of \$25 in slot play. Bus leaves at 10AM. Call Bob Hodgson at 610-449-2956.

The casino trips leave from the Springfield Country Club (400 W. Sproul Rd.) Use the parking lot near the Ice Rink and park in spaces facing Sproul Rd.

March 31, 2019: "Late Nite Catechism" comedy show called Sister Rolls the Dice. The convent needs a new roof so Sister throws a Las Vegas Night. Cost is \$85 (includes bus, show at Church of Visitation, full course luncheon with 4 entrees at Tuscan Restaurant). Bus departs 9AM from Springfield Library (70 Powell Road) Boarding at 8:45AM. For more info or reservations, contact Maria Santone at 610-544-7664 or 610-745-0820. Reserve ASAP since this trip is expected to sell out!

For Rosaries: call Claire Doyle at 610-604-0160

For Membership: call Betty Pote at 610-544-7570

The club is non-denominational and all are welcome!

ADVERTISER OF THE WEEK

We salute the advertisers in our bulletin. This week we thank

MORGAN BASEMENT WATERPROOFING

www.morganbasements.com 610-696-0100

Please consider using our advertisers' services and tell them you saw their ad in our bulletin.

God Bless All Who Serve Our Country



"Deliver me
from my enemies,
O my God; protect me
from those who
rise up against me."
Psalms 59:1

Davidson Cox ~ Skip Turner ~ Kevin Geiger ~ Jon Hylton
Connor Lyons ~ Michael McGarvey ~ Steven Ramoni
Mike Froeter ~ Daniel McLee ~ Bill McDermott ~ Dan Marchini
James McDonald ~ Timothy McCans ~ Patrick J. Ryan, Jr.
Sean Sweeney ~ Michael Jones ~ Peter Quinn ~ Joseph Spence
Mitch Devine ~ Rick Kern, Jr. ~ Cale Amador
Timothy Drabyak ~ Daniel McGonigal
James M. Ketter, Jr ~ Jonathan Butterfield
Jimmy Braconnier ~ Colin Butler ~ Liam Golden
Jake & John-Michael Bartovic ~ Nicholas & Stephen Peranteau
Anthony Del Vecchio ~ Shane Donnelly
Jesse and Chase Stewart ~ Shawn McConaghy

Let us pray for those who SERVE and PROTECT...

*Dear Lord, bless our soldiers, protectors of our land.
Servants called to battle when our country takes a stand.
Please give them the strength and courage and hearts that
will forgive. With peace and understanding in a world for
all to live. Our country's prayers are with them, no matter
where they roam. Please listen when they are lonely and
return them safely home. Amen.*

what's happenin'!

COME AND SEE WEEKENDS A Come and See Weekend is a perfect opportunity for men who are considering a vocation to come to St. Charles Borromeo Seminary to see what seminary life is like and explore the possibility of their own call to the priesthood. This is an ideal retreat for someone who is actively pursuing a call to the priesthood. It is also a great opportunity for a man who has been evangelized to explore the possibility of a call to the priesthood! The weekend includes reflections on the priesthood, vocation stories from seminarians, Liturgy of the Hours, Mass and Eucharistic Adoration. Come and See Weekends are scheduled for high school men and post-high school men on separate weekends. To learn more, or to register for a particular weekend, visit www.heedthecall.org/comeandsee.com or contact the Vocation office at 610-667-5778.

HIGH SCHOOL MEN POST-HIGH SCHOOL MEN

Jan. 26-27, 2019

Jan. 18-20, 2019

Feb. 16-17, 2019

Feb. 22-24, 2019

Mar. 29-31, 2019

CATHOLICPHILLY.COM

Stay up to date with local Catholic news from CatholicPhilly.com. Use your computer or smart phone to read about parish news, Archbishop Chaput's column and other commentary, plus information on activities throughout the Archdiocese of Philadelphia. Sign up for a free newsletter sent by email twice a week at www.catholicphilly.com/newletter

CARDINAL O'HARA FASHION SHOW

“Stepping through the Season’s”. **February 17, 2019** at Drexelbrook. Luncheon starts at 1:00 pm doors open at noon. Seating will be by reservation only and can be purchased online at cohs.com. Tickets are \$50 per adult or \$450 for a table of 10, \$25 for children 12 and under.

Email cohsfashionshow2019@gmail.com. with any questions.

CAMILLA HALL...known by many as the “**Powerhouse of Prayer**”, is a convent home for the sick and aging Sisters, Servants of the Immaculate Heart of Mary located in Immaculata, PA. The Camilla sisters are ready, willing and able to respond to your requests for prayers and special intentions. Consider putting the **Powerhouse of Prayer** to work for you. Call 610-386-2000 to leave a message or email prayforme@camillahall.org.

BEREAVEMENT DAY: “FOOTSTEPS THROUGH GRIEF: LEARNING HOW TO LIVE” will be held at the IHM Conference Center, 401 S. Bryn Mawr Avenue, Bryn Mawr, Pa 19010 on **Thursday, January 17, 10AM-2PM**. Presenter: Domenica Rafferty. Stipend: \$25 (includes lunch). If you are grieving the death of a loved one (recent or not), this time of reflection will help you explore ways of moving forward through this time of sorrow.

DISCERNMENT RETREAT-January 18 (6pm)-January 20 (1pm), Villa Maria House of Studies, 220 IHM Drive, Malvern, PA 19355. Experience a weekend retreat at the IHM Motherhouse with the Sisters, Servants of the Immaculate Heart of Mary sisters and novices. Single young women ages 18-35 are invited to come for a weekend of prayer, spiritual conferences, meals, and times of recreation with the sisters. Daily Mass, Liturgy of the Hours, and Eucharistic adoration are included in our weekend retreat. Contact: 610-889-1553 or ihmvoc@gmail.com

THE CALIX SOCIETY: Are you currently in a 12-Step Program? Would you like to be able to freely discuss how your Catholic Faith, Christ and His Sacraments nourish your recovery? If so, The Calix Society is for you! We welcome participants from other 12-Step Programs and those concerned with addiction. We meet on the **2nd Monday** of each month, at 6:15PM in the Adoration Chapel at Nativity B.V.M. Church, located at Monroe and Franklin Streets, Media, PA. We follow our Holy Hour with discussion from 7-8PM in the brick building. For more details, please contact Harry at 610-316-5560. All are welcome!

REDISCOVER THE LOVE IN YOUR MARRIAGE!

The Retrouvaille Marriage Program offers help for struggling marriages. It gives you the chance to rediscover yourself and your spouse. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending a Retrouvaille weekend and the six post sessions that follow it. The next program begins on the weekend of **February 8-10** at the Family Life Center in Malvern, PA. For more information, or to register for our upcoming weekend, visit our website: www.HelpOurMarriage.org or call 1-800-470-2230 or 1-215-766-3944. All inquiries are kept strictly confidential.

BUSY PERSON'S RETREAT...YOU NEED A BREAK!

January 22, 2019 - 8:30-11:30AM. Make yourself a priority for a short morning retreat and take a breath while

spending the morning finding balance in mind, body and spirit. Highlights of the morning: SoulCore Movement Class, Resources for creating work/life balance, Adoration, meditation, spiritual direction. Cost - \$15, with lunch at noon - \$25, with spiritual direction booked in advance \$35-\$75.

Registration: <http://straphaelacenter.org/index.php?page=calendar> OR Contact 610-642-5715 OR straphaelacenter@gmail.com.

WINTER DIRECTED RETREAT EXTENDED

January 25 - 4:00pm to February 1 - 11:00am OR

January 25 - 4:00pm to January 27 - 12:00pm

Spend a week or a weekend in silence and tranquility to listen more deeply to the quiet voice of God. Our spiritual directors on staff will accompany you throughout this time of retreat in the Ignatian spirit. Come away to be renewed and refreshed in the abundant love of God. Cost: Ranges from \$200-\$605 depending on length of time & choice of room. Registration: On-line at www.straphaelacenter.org or call St. Raphaela Center at 610-642-5715 by Friday, January 11, 2019

LILY'S GIFT... If a prenatal diagnosis is poor... you are not alone. There is help. Lily's Gift is a network of concerned parents and professionals who have experienced or worked closely with issues surrounding poor prenatal diagnosis. Modeled and trained by BE NOT AFRAID, volunteers from Lily's Gift offer a free service of practical guidance and compassionate care focusing on meeting the needs of expectant parents as they seek to honor the life of their baby no matter how frail or how brief. For more info, visit www.LilysGift.org, or www.benotafraid.net. For support call Sr. Kathleen Schipani at 215.587.3530; or email LilysGiftLuke12.27@gmail.com.

WHAT'S NEXT? RETREAT AT THE ST RAPHAELA CENTER

Looking for a Catholic retreat this spring in the Philadelphia area? Charis Ministries is a retreat ministry in the Jesuit tradition for those in their 20s and 30s. This year, Charis and the Handmaids of the Sacred Heart of Jesus in Haverford, PA are coming together to host the “What's Next? Retreat” at the St Raphaela Center. This particular retreat is designed for men and women in their 20s and 30s and will occur the weekend of **March 1st through 3rd**. The retreat focuses on the variety of life transitions experienced by retreatants in young adulthood. Registration is open online under special events at <http://straphaelacenter.org/>. If you have any questions, please email us at ignatianyaretreats@straphaelacenter.org

PRAYER AGAINST NEGATIVITY



Dear heavenly Father,

I feel as if the walls of my mind are closing in upon me. My head is filled with negativity. Help me, Father. Free me, Lord, from this prison of negative thoughts. I don't want to expect the worst from situations or people. I don't want to lose hope. But my wounds and my weakness limit me. So I go to the only place where I might have a fighting chance. In your presence, I begin to see the light. In Your Word, I find the rock to grab hold of. Cleanse me, Lord. Free my mind just as only You can. Free my soul. Let me be free to be me again, Father...Filled with hope, alive in love, in Jesus name. Amen.