



Saint Francis Retreat House

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ST. FRANCIS RETREAT HOUSE



ANNUAL FRIARS'

BISTRO

& WINE PULL



Wednesday, October 9
5-8pm

Honoring Mike Albarell and Brother Ed Skutka

Dear Friends of Saint Francis Retreat House,

We are happy to welcome you to our **Annual Friars' Bistro!** As in previous years, this event will bring together community leaders and patrons of Saint Francis Retreat House.

Our Bistro will showcase sample tastings from local restaurants, bakeries and wineries. Our event is scheduled for Wednesday, October 9, 2019, from 5:00 pm to 8:00 pm. In addition to the tasty entrée's, you will also be treated to the sounds of the popular band, Island Time, plus a full coffee and hot beverage bar with an abundance of amazing deserts.

We are especially happy to be able to honor at the Bistro two very significant people connected to Saint Francis Retreat House: Mr. Michael Albarell and Brother Edward Skutka. Michael Albarell, President of Albarell Electric, is a member of our Board of Directors and has served in that capacity for many years. In addition, he has been a generous benefactor of Saint Francis Retreat House and a friend of the entire staff. Whenever Mike appears in the building, he is a most welcome guest. In addition to his goodness to us, he and his wife Lynn have been generous supporters of other institutions throughout the Lehigh Valley. Anyone who has come to Saint Francis during the last 49 years know Brother Ed! Brother is one of the Franciscan Friars assigned here at Saint Francis and yes, he has been here 49 years! Brother has provided all these many years of service to Saint Francis through his ministry in our kitchen. When return groups check in for a retreat, they often ask, "Is Brother Ed still here?" We assure them he is... and will be for the long haul!

Saint Francis is an overnight retreat facility with bedroom/bath accommodations for 102 guests. We host several thousand people of different faith traditions each year who come for programs and retreats. Many high schools hold retreats here which help students in their own self-discovery. Numerous recovery retreats take place for folks suffering from addictions. We offer daily classes in Scripture, Prayer and Spiritual Reading. And, more and more frequently, we see individuals coming for "private retreats" of two or more days simply seeking silence and some healthy solitude away from the worries and concerns of their everyday lives. We welcome you to consider attending any of our many programs, too.

Your presence this evening helps us to continue to be the Gospel Inn for all of those who use our facility. We are so very grateful for your help and thank you for attending.

With gratitude,

Brother Mark, OFM

Brother Mark Ligett, OFM

Administrative Team and Guardian,
Saint Francis Retreat House and Friary



Mission Statement:

St. Francis Retreat House in the spirit of St. Francis of Assisi, is committed to spread the Gospel of Jesus Christ and the message of God's love for all people.

In this Franciscan environment of hospitality and compassionate concern, we seek:

To respond to contemporary needs by working under the guidance of the Holy Spirit.

To provide an affordable, peaceful oasis for those seeking spiritual nourishment and renewal.

To serve those in need by providing programs that support human and spiritual growth.

Thanks to our Vendors!

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their
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SPECIAL THANKS TO OUR BISTRO COMMITTEE

**Jaye Capobianco
Meg Trunzo
Suzie Farley
Jean Genova
Toni Gabrielli-Riley
Frank Godino
Lois Arciszewski**

Brother Ed Skutka, O.F.M.

Τη σπιριτ οφ Σαιντ Φρανχισ οφ Ασσισι ηασ ρεμεινεδ αλιπε ανδ πιβραντ ηερε ατ Σαιντ Φρανχισ Ρετρεατ Ηουσε τηρουγη τηε λιφε ανδ μινιστρην οφ Σιστερ Ρεγινα Ανν. Ο περ τηε λαστ 25 ψεαρσ, μανη φριαρσ ηαπε χομε ανδ γονε φρομ ουρ ρετρεατ ηουσε, βυτ Σιστερ Ρεγινα ηασ ρεμεινεδ α χοντινυουσ Φρανχισχαν τηρε αδ.

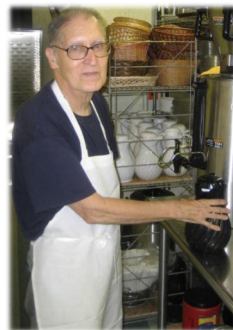
Σιστερ ηαιλσ φρομ Εμμαυσ, Πεννσυλβανια. Φρομ ηερ εαρλιεστ τ δαψσ ασ α χηιλδ σηε ωασ σεεν ασ ηελπφυλ το αλλ σο ιτ ισ νοτ συρπρισιנג σηε ωουλδ εντερ ρελιγιουσ λιφε βεχομινγ α Σχηοολ Σιστερ οφ Σαιντ Φρανχισ. Ηερ εαρλιεστ δαψσ ιν τηε χονπεντ φουνδ ηερ τεαχηινγ ιν τηε ηιγη σχηοολ χλασσροομ. Ηερ σπεχιαλιτη ωασ Ματη ανδ Σπανιση βυτ ηερ ρεαλ φοη ωασ ον τηε βασκετβαλλ χουρτ ωιτη τηε ψουγγ ωομεν σηε ταυγητ. Σηε ωασ νοτ ον λη ασσισταντ χοαχη ατ Σαιντ Φρανχισ Αχαδεμψ, βυτ αλσο διρεχτεδ τηε χηεερλεαδερσ ανδ τηε πεπ χλυβ. Ωηεν ιτ χαμε τιμε φορ τηε σχηοολ μυσιχαλ, Σιστερ Ρεγινα χοορδινατεδ α τεαμ το χονστρυχτ τηε σχενερψ. Ωε ηαπε βεεν τολδ τηατ ηαδ σηε νοτ βεχομε α ρελιγιουσ σιστερ, σηε προβαβληψ ωουλδ ηαπε βεεν α βαλλερινα! Ψεσ σηε λοπεσ το δανχε!



Ωηατ συσταινσ Σιστερ Ρεγινα ιν ηερ επερψδαψ λιφε ισ πραινερ. Σηε ισ α ωομαν οφ γρεατ πραινερ. Φλωωινγ φρομ ηερ δεεπ σπιριτυαλ λιφε αρε ηερ μανη στηερ γιφτσ: κινδνεσσ, ιννερ στρενγητ, εμπατηψ ανδ προφουνδ χομπασιον. Σηε ισ α ωομαν οφ γρεατ ιντεγριτηψ, αλωαψσ τρεατινγ στηερσ ωιτη ρεσπεχτ. Ηερ ηονεστψ ενχουραγεσ οπεννεσσ ιν στηερσ.



Σιστερ Ρεγινα ηασ ηελδ α νυμβερ οφ ιμπορταντ ποσιτιονσ ιν ηερ χομμυνιτηψ: Τρεασυρερ, Προπινχιαλ ζιχαρ, Προπινχιαλ Χουνχιλορ ανδ Διρεχτορ οφ Νοπιχεσ. Φορ νεαρληψ 25 ψεαρσ σηε ηασ σερπεδ ηερε ατ Σαιντ Φρανχισ Ρετρεατ Ηουσε ασ Φινανχιαλ Διρεχτορ; βυτ τηατ ισ νοτ τηε ονληψ ηατ σηε ωεαρσ. Ον μοστ δαψσ ψου χαν φινδ ηερ δοινγ α μιλλιον-ανδ-ονε στηερ τασκ φορ ομ μακινγ βεδσ ανδ χλεανινγ το ωεεδιנג τηε γαρδενσ.



Βροτηερ Μαρκ ονχε δεσχηριβεδ ηερ ασ αν αμαζινγ χομβινατιον οφ τηε βεστ οφ τηε ολδ νυνσ ανδ τηε βεστ οφ τηε νεω νυνσ.

Σιστερ Ρεγινα χαρριεσ ωιτην ηερ αλλ οφ τηεσσε ωονδερφυλ θυαλιτιεσ τηατ ενδεαρεδ υσ το τηε σιστερσ ωηο ταυγητ υσ ιν Χατηολιχ σχηοολσ. Ατ τηε σαμε τιμε, σηε ισ αλωαψσ νεω, αλωαψσ φρεση ανδ αλωαψσ ωιλλινγ το χηανγε ανδ γρωω.



Τωο ψεαρσ αγο, Σιστερ Ρεγινα ωασ ναμεδ α Ωομαν οφ Στρενγητ βψ Σαιντ Φρανχισ Αχαδεμψ. Σηε ηασ βεεν ανδ χοντινυεσ το βε τηατ φορ Σαιντ Φρανχισ Ρετρεατ Ηουσε

About Saint Francis Retreat House...

Once quietly tucked away in the Lehigh Valley not even half an hour south of the Pocono Mountains, St Francis Retreat House sat upon a sloping hill far enough away from a quiet country road where it claimed its silence for peace seekers. There would be an occasional car rumble by and travelers might notice the chapel's white steeple or the red brick façade of the friary, home to over 15 Franciscan Friars.

But now the recently expanded St Francis Retreat House has become a sought after refuge and conference center in the midst of busy expressways and in the lives of even busier people. Folks still seek after that peace which they manage to find even after 50 years.

The always popular and timeless message of St Francis of Assisi, the Italian saint who lived from 1182-1226, beckons people to the chapel. The chapel crowns the center point of the retreat house. It is flanked by meditation gardens, Stations of the Cross and quiet pathways for meditation and quiet.

It was St Francis who asked God to make him an instrument of His peace. He looked into his 13th century warring world and asked God to make him aware that whenever he saw hatred or despair he would bring love and hope. The young troubadour was convinced this happened not only through his simple words of encouragement, but by a loving witness of virtuous example and compassion for his fellow human being. The world remembers how, through the grace of his conversion, he quickly rode past a leper, turned around in humility, dismounted his horse, kissed the leper and saw Christ. He realized God lived in all people and he welcomed them.

Since 1961 the retreat house has become a "retiro" (retreat) for laymen and women of all ages and faith persuasions, for priests and religious, for lay Franciscans and many youth who know that to be truly free in the gospel of Christ one first must be grounded in finding that still quiet center hidden deep within the heart and soul.

St Francis Retreat House is now staffed, not only by Franciscan friars and sisters, but also by professional lay people who administer and tend to the constant financial and physical needs of the ministries.



As our fund raising efforts reach out further and further to people like you who give generously, be assured of the daily prayerful remembrances of the Franciscans who hold up your needs to God in their daily prayers of the Liturgy of the Hours and the Eucharist.

We invite you to come for a tour or to visit the chapel, meditation garden, pieta or walk the grounds.

If you are interested in using our facilities for groups of 100 or less, for day long or weeklong gatherings, or for weekday meetings, call **610-258-3053** or email: stfranh@rcn.com

www.stfrancisretreathouse.org



The Franciscan Friars
Province of St. John the Baptist

support and celebrate the

Friars, Staff, Volunteers
& Benefactors
of
St. Francis Retreat House

who proclaim Good News
and provide a place of peace!

May the Lord bless you
and keep you.

May he show his face to you
and be gracious to you.

May he look upon you kindly
and give you peace.

www.franciscan.org

Mike Albarell

A dedicated and faithful Christian man, Mike Albarell has been a dedicated board member and generous businessman to St Francis Retreat House. Mike has been the president of Albarell electric, a company founded by his father, based on integrity, respect and a great asset to our community.



As a leader of the business Mike leads by example and has inspired his loyalty among its employees. Albarell Electric is one of the main supporters in and around our community funding many charitable causes.



Mike sits on numerous boards throughout the Lehigh Valley as well as being part of Bethlehem Rotary, Lehigh Valley Chamber of Commerce, ArtsQuest Foundation and many others. Mike has a strong sense of pride as an alum of Notre Dame High School and always recognizes his Catholic education as a key piece to his success in life.

Mike is a family man, husband, father, brother, and uncle to many. He has the warmest heart and we are honored here at St Francis Retreat House to have Mike as a friend.



Thanks Mike for all you do!



MONDAY NIGHT MINI-RETREATS 2019 EVERDAY HOLINESS: WHOLE HEARTED LIVING

November 11, 2019: "DO YOU NEED A PUSH? "

Now is the time to renew your hearts and your minds in Christ Jesus. But that is more difficult than we imagine. Old habits die hard and we easily stagnate in bad spiritual habits that keep us from becoming God's new creation. Join Jeanne Hunt in a dynamic, humorous, and interactive presentation that will bring us to a change of heart that will stick!

Presenter: **Jeanne Hunt, Spiritual Director**

December 16, 2019: "A FRANCISCAN CHRISTMAS"

We will gather once again to prepare for Christmas with food, spiritual input, and song. We will watch "The Fourth Wise Man" and converse together on its meaning for us. Martin Sheen plays the fourth wise man who misses traveling with the other magi but makes his journey with his faithful servant. It is a fascinating tale, full of subtle humor, irony, and sensitivity; suitable for the whole family.

Presenter: **The Saint Francis Retreat Committee.**

Monday Evening Mini-Retreats begin at 6:00 p.m. with a full meal.
For more info and registration, call: 610-258-3053, x. 10
or online at: stfrancisretreathouse.org



A "Spiritual Push" Retreat

NOVEMBER 8 - 10

"Push" is a dynamic retreat that offers participants encouragement to push their spiritual lives forward. Each letter stands for a spiritual principle that can boost our souls into a powerful step forward. This retreat is full of interaction, prayer, Jeanne's stories and good humor.

Bio: Jeanne is a mother and grandmother. She teaches for the Archdiocese of Cincinnati, serving as Associate Director of Family Life. Jeanne is a nationally recognized speaker, has authored many books, and writes for the Catholic Press. She preaches parish missions, gives retreats, days of reflection and workshops. Her latest book is Raising a Moral Child, Paulist Press.

Cost: \$205.00



Jeanne Hunt

2019 Weekday Classes and Sessions

These classes take place weekly from 9:30 am to 11:30 am. Sept. - May. You may join in at any time. Call the office to register. There is no charge, but a free-will offering is collected at each class.



“Lectio Divina” / Scripture Sharing Group Tuesday Mornings: 9:30 to 11 am

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 the group sessions. A free will offering is graciously welcomed.

Spiritual Book Study

Wednesday Mornings: 10:00 to Noon

Deacon Kenneth and Mary Weiland / Directors

This well-received 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. Anyone may join at any time. Started Sept. 11th. A free will offering is graciously welcomed.

Prayer of the Heart: Contemplative Prayer

Thursday Mornings: 9:30 to 11:30 am **Starts October 10th**

Bro. Mark Ligett, 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 to study 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 Tuesday of every month 9:30-11:00 am.

Directed by Karen Reesman, PhD, RN

The Friars 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 to ultimately reach peace. Anyone may join at any time.



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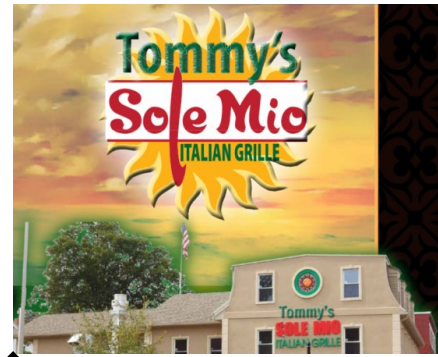
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*Thank You Brother Ed Skutka & Mike Albarell
for your years of service and dedication to
St. Francis Retreat House!*



*Congratulations!
Tony and Mary Martocci*

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Congratulations to:
Br. Ed Skutka & Mike Albarell
From: Joseph & Daphne Uliana

J M ULIANA & ASSOCIATES

5336 Greenbriar Dr,
Bethlehem, PA 18017
(610) 861-0400
hwhitaker@jmuliana.com
jmuliana.com

*Our best wishes and continued support for
St. Francis Retreat House as they celebrate
their Fourth Annual Friars Bistro!*

*We Congratulate the Honorees
"Brother Ed Skutka & Mike Albarell
And wish them every grace and blessing!*

The Capobianco Family



The Holy Family Statue in the Meditation Garden at the Retreat House

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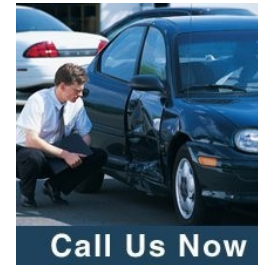


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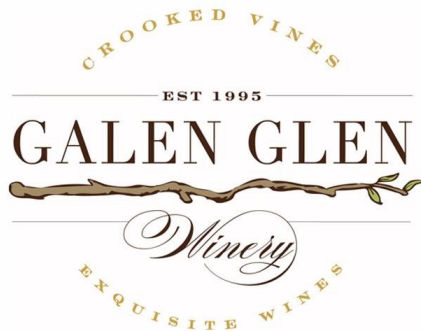
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