



Francis House of Prayer

Trenton Diocesan Spiritual Center

Sister Marcy Springer, S.S.J. - Director • 84 Walnford Road • Allentown, New Jersey 08501
Phone: 609-877-0509 • FHOP@verizon.net
www.FHOP.org

2020 ZOOM PRESENTATION

HOW TO FEEL CALMER IN THE MIDST OF CORONAVIRUS PANDEMIC

Presenter: Sr. Anne Myers SSJ, Ph.D

Wednesday, October 21 7:00 – 8:00 PM

or

Friday, October 23 10:00 – 11:00 AM

Over the last several months the coronavirus pandemic has impacted nearly everyone in one way or another. One common theme is stress as a result of so many issues, including: fear of contracting the virus, grief associated with losing a loved one to the virus, having a loved one at risk, financial uncertainty, juggling children's and work schedules as well as many other things.

We are all experiencing varying levels of anxiety due to the uncertainty of the future regarding the pandemic. Through her presentation, Sr. Anne hopes to help us navigate this unique time with a sense of calm. Please plan on joining us via Zoom for this very needed talk on finding a little peace in the midst of uncertainty.

Donation: \$10



To register, please email FHOP@verizon.net with your name, phone number & email address, so we can send you the Zoom link.

Please send checks to:

Francis House of Prayer, 84 Walnford Rd., Allentown, NJ 08501

or

Credit/debit cards can be used through our website: www.FHOP.org