



What is TABOR HOUSE?

*Seeking silence and
peace in your life?*

Located on the beautiful Mount Alvernia campus of the Sisters of St. Francis of the Neumann Communities, Tabor House of Prayer offers an environment that is conducive to a deeper and more prayerful way of life. We invite you to visit Tabor and experience Franciscan hospitality, peace and solitude. Spend time with a spiritual director and receive guidance and encouragement on your spiritual journey. For more information, please call Sister Jane or Sister Mary Jo at 412.821.1149 or send an e-mail to taborhouse@millvalefranciscans.org

Featured Retreat



EMPOWERING *Women*

Saturday, September 26
9:30 a.m. – 4 p.m.

Featuring Edwina Gateley

Pre-registration Fee: \$50

Please make check payable to Tabor House of Prayer and send with registration by September 18.

Register at the door: \$55

Location: Scotus Hall, Mount Alvernia

During this retreat we will explore how the grace of God works through the feminine to inspire us to be the best we can be.

Discover the journey of some of the women of Scripture as well as the struggles and courage of contemporary women as we become conscious of our own potential for wholeness and our invitation to become channels of balance and healing. Edwina Gateley, author, poet, artist, missionary, social worker and national and international lecturer will motivate and inspire us as, together, we empower our lives.



Tabor House of Prayer
A ministry of the Sisters of St. Francis of the Neumann Communities
146 Hawthorne Road
Pittsburgh, PA 15209

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Fall

into
Winter '09 -'10
Retreats



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Mount Alvernia

146 Hawthorne Road, Pittsburgh PA 15209

412.821.1149 • www.sosf.org

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Fall into Winter 2009 - 2010 Retreat Schedule

Church History:

"Ancient Church to 19th Century"

Wednesday, September 2, 9, 16, 23, 30

12:30-2 p.m. or 7-9 p.m.

Fee: Free Will Offering

Presented in conjunction with Video films on "Inside The Vatican" with Sir Peter Ustinov.

(Four presentations: Upon This Rock, Flight from Rome, The Renaissance, Third Millennium; followed by discussion, comments, and prayer.) *Please bring notebook and pen.*

Celebrating The Older You

(Book Study)

Thursday, October 1, 8, 15, 22, 29

12:30-2 p.m. or 7-9 p.m.

Book may be purchased on Amazon.com

Reclaim the value of age as we pay respect, offer information and discover some "down home" recipes for healthy, graceful aging. Jo Schlehofer promises to help you rejoice in your wisdom. Early reservation required and donations are welcome.

Word Among Us

October 16-17; November 6-7; January 22-23

Begins Friday at 7 p.m., concludes Saturday at 6 p.m. with prayer

Fee: \$55, includes meals

Discover how reading Scripture on a regular basis can make a difference in your life. Give yourself the chance to deepen your relationship with Christ by listening and praying the Scriptures.

You are asked to bring three of your favorite Scriptures, a photograph of someone who has touched your heart spiritually. *Note: Each retreat focuses on different Gospels.*

Spirituality of Icon Writing

October 22-25, *Blessed Mother Icon*

January 14-17, *Christ Icon*

Presenter: Rosaire Kopczenski, OSF

Total Fee: \$300

Non-refundable deposit.....\$ 50

Materials and direction.....\$150

Lodging and meals.....\$200

Be assured that artistic talent is not a prerequisite for sharing in this spiritual experience. What is essential is that you are open to learn, to let go of your knowledge of realism and originality found in Western art, so you can respond to the movement of the spirit. To do so will allow God's truth to be proclaimed in the color and line of the icon.

We begin on Thursday evening at 6:30 p.m. Participants remain overnight at Tabor to savor the atmosphere as well as the contemplation. This opportunity is most profound and provides a deep transformational experience that expresses itself in the completion of "the writing."

Celebrating Origins of All Saints Day/Poor Souls

October 31; 7-9 p.m.

Donation: \$10

A quiet night for searching with the ancients through prayer, "discerning spirits" and Taizé music.

Contemplating Christ; Imitating Christ

November 20-21

Facilitator: Eileen Colianni

Fee: \$55

"In Him, we live and move and have our being." Acts 17:28

Contemplation has been defined as "a long, loving look at what is." In this retreat, we will contemplate Christ's words and actions as revealed in the Gospels and view our own daily lives through the prism of Christ, our role model for living, moving and being. Together, in a supportive setting, we will challenge ourselves to discover where Christ is alive in our lives, where he is missing and changes we must make to become more Christ-like. Retreat from everydayness and join us on this journey.

Living By Faith:

"Following the Book of Jabez"

(Chronicles)

November 28; 9:30 a.m. - 4 p.m.

Fee: \$30

Presented via video. Deals with issues of faith and trust. Books available for purchase. Program includes lunch.

As a Candle in the Darkness: "Embracing the Incarnation"

December 11-12; Begins 7 p.m. Friday and ends 6 p.m. Saturday

Presenter: Jane Schmitt, OSF

Fee: \$55

Promised in Genesis; prefigured and prescribed by the prophets. Put to the test in the human condition, Christ came among us "as a candle in the darkness." Make Advent more meaningful by lighting your candle in the darkness.

"The Woman at the Well"

January 8-9; Begins Friday at 7 p.m., concludes Saturday at 6 p.m. with prayer

Fee: \$55

Presenter: Staff

Each of us can find a part of ourselves in the situation of this woman. Her encounter with Christ was extraordinary. Can we seek the same in our life's situation?

Private and Directed Retreats

Retreat Fees: 1 full day (private) \$45
1 full day (directed) \$55
5 days (private) \$275
5 full days (directed) \$325

Please call Tabor House at 412.821.1149 or e-mail us at TaborHouse@millvalefranciscans.org to schedule your retreat.

Please note!

- All weekend retreats end Saturday at 6 p.m. with prayer.
- A \$20 deposit or payment in full is due with all reservations.