

Dear Friend of Tabor,

May this New Year bring you peace and promise!

In an effort to conserve God's resources, we are making format and mailing changes with our seasonal retreat brochures. Beginning with this brochure, **we will begin sending our brochures to you through e-mail.** For those who do not have access to e-mail, we will continue sending you hard copy.

We also ask that you please let us know whether or not you wish to continue hearing from Tabor House. We send out hundreds of brochures each year and we would really appreciate knowing if you are still interested in joining us at prayer or retreats. **Will you please let us know as soon as possible?**

We hope all is well with your families and that the many crises facing our country today are not plaguing your home surroundings. It is a call to prayer, not only for our own, but for all people of this world.

May God bless this season for you and allow this New Year to bring deeper and fuller blessings to your and yours.

Peace in his presence,



Sister Jane Schmitt

Please let us know if you would like to continue hearing from us!



Tabor regularly offers:

- **Centering Prayer**
First and third Tuesday of each month at 7 p.m. Anyone interested in knowing more about centering may attend.
- **Prayer of Jabez: A Way of Life in Faith (presentation)**
- **Lectio Divina**
Presentations on Scripture and the use of Lectio Divina in "The Word Among Us," poised to build up and enhance your understanding of Scripture.
- We are open to hosting groups who care to spend a day or weekend with their own group. You may also bring your own presenter!

Private and Directed Retreats

Retreats may be designed for private or group; silent, contemplative or just on your own.

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.

New 2010 Presenters:

Father Joe Markolonis is a Franciscan Conventual Friar from St. Matthew's Parish in Pittsburgh's Lawrenceville neighborhood. He has served many years with the missions in Brazil. We welcome him back.

Father Regis Schlick is a Capuchin Friar also from Lawrenceville. He also has been in missionary work for many years in Puerto Rico. Father now resides at St. Augustine Monastery.

2010 Winter & Spring

Retreat Schedule



*A ministry of the Sisters of St. Francis
of the Neumann Communities*

Mount Alvernia

412.821.1149

TaborHouse@millvalefranciscans.org



Tabor House of Prayer

A ministry of the Sisters of St. Francis of the Neumann Communities
146 Hawthorne Road, Pittsburgh, PA 15209
412.821.1149 ~ www.sosf.org

2010 Winter and Spring Retreat Schedule



What is Tabor House?

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 at 412.821.1149 or send an e-mail to taborhouse@millvalefranciscans.org.

Icon Retreat

January 14-17: Christ Icon

March 18-21: Veronica's Veil

May 20-23: Theme TBA

Total Fee: \$300

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

Materials and direction..... \$100

Lodging and meals.....\$200

Presenter: Rosaire Kopczeni, OSF

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."

Word Among Us

Saturday, January 23 from 9:30 a.m. - 4:00 p.m.

Fee: \$30

This deepening action for understanding and grasping the depth of Scripture will deal with the readings during this Lenten season. It will enrich your love of the Bible. Lunch is included.

Ash Wednesday

Wednesday, February 15

Make Lent more meaningful this year by giving yourself the opportunity for quiet time alone, or with a group retreat.

Lenten Retreat:

A Time to Renew or Recover

February 26-27

Fee: \$55 (\$20 as a non-refundable deposit)

Presenter: Father Joe Markolonis, TOR

Opens Friday at 7 p.m. and ends with Mass on Saturday at 5:30 p.m. There will also be time provided for confession. Father Joe is not new to Tabor, and we welcome him back to put us in the "mind of Christ."

Meager Meals

Wednesdays during Lent from 6 p.m. – 8:30 p.m.

Presenter: Father Regis Schlick

Evening consists of a Meager Meal (soup & bread), prayer, reflection and sharing.

Seder Meal

Wednesday, March 31 at 6 p.m.

Donation of \$10 is appreciated

Each year we recall the original Passover event by celebrating the Seder Meal on the Wednesday of Holy Week. Our gathering is limited to 16 people.

Study of the Book of Job

Thursdays in April from 12:30 p.m. – 2:30 p.m.

Donations accepted

Presenter: Sister Jane Schmitt

Everyone can identify with Job. Most of us have had our chance to sit on the "dung heap." Sympathize with Job and give yourself a boost by reflecting on his situation. Books will be provided, but please bring a notebook and an open mind.

Message of the Psalms

April 16-17 from Friday 7 p.m. – Saturday 5 p.m.

Fee: \$55 (\$20 non-refundable deposit)

Presenter: Sister Jane Schmitt

Reflection and content based on commentary by Walter Brueggeman. The Psalms were the basic prayers for Jesus'

acquaintances, and are also the basis for common prayers and the Liturgy of the Hours. If you seek deeper prayer into Scripture and the mode of prayer at Jesus' time, come and get acquainted with the Psalms.

Seven Spiritual Powers:

Choosing to Use Them

April 30 – May 1 from Friday 7 p.m. – Saturday 5 p.m.

Fee: \$55 (\$20 as a non-refundable deposit)

Presenter: Eileen Colianni

As children of God, we are each born with innate goodness and powerful inner capacities. We can choose to use our divine legacy for good or for ill. Some remain unaware of their inner riches and so they lie dormant, neglected...wasted.

However, it's never too late to light up our spiritual lives by actualizing the gifts within each of us. Join us as we examine seven of those gifts and explore ways they can empower us to move into a deeper relationship with God.

Word Among Us

Saturday, May 22 from 9:30 a.m. – 4 p.m.

Fee: \$30

These reflections will follow the liturgical reading for Pentecost Sunday. Please bring three readings that are your special choices.

"The Woman at the Well"


June 18-19 from Friday 7 p.m. – Saturday 5 p.m.

Fee: \$55 (\$20 as a non-refundable deposit)

Presenter: Sister Jane Schmitt

This is one of the most poignant retreats we offer. Each of us can find a part of ourselves in the extraordinary situation of this woman. Can we seek the same in our life's situation? The story is a reminder of not only coming to the well, but becoming a well. It may add a new dimension to your life.

Tabor House of Prayer



Registration Form

Name

Home Phone

Cell Phone

Address

City

State

Zip

E-mail address

I wish to remain on the e-mail distribution list.

Please remove me from the e-mail distribution list.

I need to receive a hard copy of any distributed materials.

Please register me for the following program(s):

My check for \$ _____ payable to "Tabor House of Prayer" is enclosed. Mail registration and check to **Tabor House of Prayer**, 146 Hawthorne Road, Pittsburgh, PA 15209.

*A ministry of the Sisters of St. Francis
of the Neumann Communities*

Phone: 412.821.1149 Web site: www.sosf.org
TaborHouse@millvalefranciscans.org

Have an idea for a program? Interested in learning more about a particular topic? Let us know!