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



## Tabor House Of Prayer

**Winter to Spring 2009**



*Silence is God's first language;  
Everything else is a poor translation.  
In order to hear that language,  
we must be still and rest in God.*  
*J. Keating*

## WELCOME!

We welcome you to a new format of our brochure and a renewed invitation to join us in our selective choice of "new" and "used" programs.

Beside individual and private space offerings, we make suggestions for hosting groups from parishes and communities.

Would you please read and reflect upon our offerings that may be timely for your present spiritual needs.

For more information, please call 412-821-1149.



### SPIRITUALITY OF ICON WRITING

Presenter: Rosaire Kopczenski, 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."

#### Dates:

January 15-18	Christ
March 5-8	Mother of Peace
May 13-17	Christ
July 9-12	Guardian Angel

Total Fee:	\$350.00
Non-Refundable deposit	\$ 50.00
Materials and direction	\$150.00
Lodging and Meals	\$200.00

## PRIVATE RETREATS

1 Day	\$ 40.00
Overnight /1 Day	\$ 50.00
2 Days	\$100.00

Meals are provided.

## LENTEN RETREATS

*(During Lent private retreats are encouraged)*

Lent again comes to us appealing to make this season one of renewed and deepened fervor for the Passion of Christ.

What better way of observing this time of Christ's commitment for us than to stand with one commitment to prayer and solitude for him. Let us walk this season of Lent beside him, the one who encourages it. Now is the time of your salvation.

1 Day	\$ 40.00
Overnight /1 Day	\$ 50.00
2 Days	\$100.00

Call for reservations.

### February 20-21

### THE WORD AMONG US!

Presenter: Jane Schmitt, OSF

Opens Friday at 7:00 p.m. and ends Saturday with supper.

Fee: \$55.00

This retreat centers on the Word—which is Christ found in Scripture. Also, the discovery of yourself as Christ is revealed to you in the Word.

Bring to the Retreat: Three (3) of your favorite scriptures, a photograph that tells about you or someone who touched your life profoundly and an open heart.

**February 27 – 28**  
**LENTEN RETREAT: THE PRODIGAL SON**

Begins at 7:00 p.m. February 27 and ends February 28 with supper.

Fee: \$55.00

Recognize the prodigal son within yourself and mend the broken fences. Come to terms with forgiveness of self and others.



**Tuesdays, March 3, 10, 17 and 24**  
**LENTEN WEEKDAYS OF REFLECTION**

10:00 a.m. - 12:00 p.m.

Share in a video presentation on the Passion, followed by reflection and sharing.

Donations appreciated.

**March 13 – 14**  
**LENTEN RETREAT: A JOURNEY TO CALVARY WITH MARY, OUR SORROWFUL MOTHER**

Presenter: Regina Wilson, IHM

Retreat begins at 7:00 p.m. on March 13 and ends March 14 with supper.

Fee: \$55.00

Together we will recall and reflect on the seven sorrows of our blessed lady revealed to her by Simeon at the first presentation of our blessed Lord in the temple. During our time together, we will unite ourselves to the sufferings of Christ through the pierced heart of his mother Mary as she agonizes over the plight of her son, Jesus. In reflection, meditation and prayer, we will relive these sorrowful experiences in preparation for the holiest week in the church year.

**April 4**  
**CATECHUMENS RCIA RETREAT**

Presenter: Concetta Fabo, OSF

9:30 a.m. to 3:30 p.m.

Fee: \$40.00 Lunch included

Topic: The Trinity in our lives

This retreat is sponsored for parishes having candidates for acceptance.

Have you ever tried to “wrap your understanding around” the mystery of the Trinity? An impossible task for most of us. Instead, why not have a devotional experience of our three-person God?

Parish groups and individuals are invited to this day of retreat to reflect upon the mystery and pray the scriptures.

**Wednesday, April 8**  
**SEDER MEAL**

6:00 p.m. - 8:00 p.m.



Donation: \$10.00 Call early for reservation.

Space is limited.

Participate in this annual traditional meal held during Holy Week in remembrance of the Passover

**SAVE THE DATE!**  
**Saturday, September 26, 2009**  
**9:30 a.m. to 4:00 p.m.**

**Edwina Gateley**  
World-renowned speaker

**Topic: Empowering Women**  
Fee: \$50.00

**SPECIAL OFFERINGS OF INTEREST**  
**FOR HOSTING GROUPS**

For church groups or organizations that would like to bring individuals for a day of prayer and reflection, we offer the following choices:

1. Prayer of Jabez - Put your money where your mouth is. Live your faith!
2. Recognizing the prodigal sons in ourselves and mending the broken fences. Coming to terms with forgiveness of self and others.
3. Approaching the Stations of the Cross with a first-hand view. What the Stations tell me about myself and about Christ.
4. Taking a new look at prayer. Where is it in my life? How important is it to me?
5. Fundamentals of Centering Prayer.

**May 1 – 2**  
**LEARNING TO LOVE YOURSELF:**  
**SCRIPTURAL GUIDELINES FOR DEVELOPING**  
**SELF-ESTEEM**

Presenter: Eileen Colianni

Opens Friday at 7:00 p.m. and ends Saturday with supper. Fee: \$55.00.

*I have called you by name, you are mine.*

*You are precious in my eyes - I love you. Isaiah 43:4*

“You are God’s work of art.” Eph. 2:10. And yet, many believers remain trapped in false beliefs that they somehow aren’t good enough... are less than...don’t measure up. Such nagging self-doubts beget self-sabotaging behaviors, such as: negative self-talk, harsh judgments of self and others, worrying and more.

Join us as we explore the reassurances of The Word and the insights of psychology to help us reclaim our divine DNA. Then, we will be free to love our neighbors as ourselves, not instead of ourselves!

**May 13, 20, 27 and June 3**  
**CELEBRATING THE OLDER YOU**  
**Presented by Tabor House Staff**

7:00 p.m. to 9:00 p.m.

Book Fee: Approximately \$12.00  
Donations appreciated.

Book study on “Celebrate the Older You.”  
Become a wiser, warmer, mature woman.

**June 12 – 13**  
**THE WORD AMONG US!**  
(Please refer to Feb. 20–21 for details)

Presenter: Jane Schmitt, OSF

Opens Friday at 7:00 p.m. and ends Saturday with supper.

Fee: \$55.00

**June 16, 23, 30; 12: 30 – 2:30 p.m.**  
**June 18, 25 & July 2; 7:00 – 9:00 p.m.**  
**BOOK STUDY ON THE HUMAN**  
**CONDITION - THOMAS KEATING**

Fee: \$20.00 – all three sessions

*(Sessions can be alternated between morning and evening for your convenience.)*

This program is divided into three settings:

1. Where are you?
2. Who me? (False self)
3. Contemplation and Divine Therapy

