



Welcome to a new adventure at Tabor House. With the dawn of a refreshing autumn, we invite you to find among our programs, some new and challenging presentations that will enhance and deepen your contemplative search.

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@sosf.org.

Tabor House of Prayer
A ministry of the Sisters of St. Francis of the Neumann Communities

Mount Alvernia
146 Hawthorne Road
Pittsburgh, PA 15209
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January 2011

Introduction to Centering Prayer

**Friday, January 14 from 7 P.M. until
Saturday January 15 at 4 P.M.**
Facilitator: **Sister Jane Schmitt, OSF**
FEE: **\$25**

This prayer brings us to the center of our being where we find the presence of God. Is God calling you to this special experience?

Retreat on Prayer: Why Do I Need Prayer?

**Friday, January 28 from 7 P.M. until
Saturday, January 29 at 4:30 P.M.**

Living on a firm foundation of prayer adds strength and encouragement for our daily encounters. Quiet times and reflection are good for the spirit, as well.



Our Regular Offerings

- 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)
- 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!

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

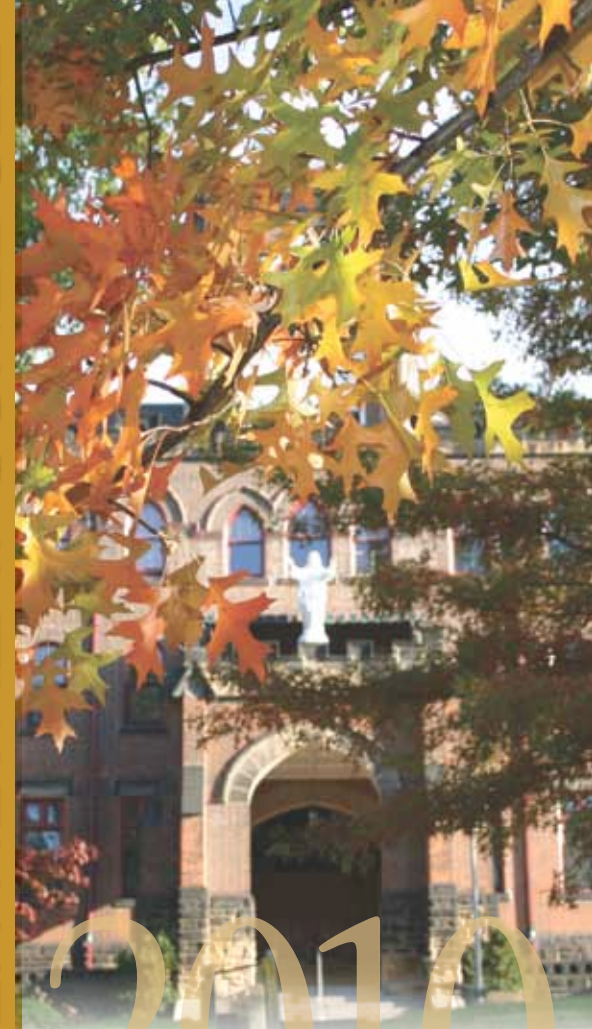
1 full day (private)	\$45
1 full day (directed)	\$55
5 days (private)	\$275
5 full days (directed)	\$325

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

New 2010 Presenter

Franciscan Sister Marie Grace Blum recently celebrated her 60th anniversary as a Sister of St. Francis. She has served the people of God in various ministries. As chaplain assistant; co-founder of Ecclesia Center, a renewal center for clergy and women and men religious; and spiritual director. Marie Grace brings to this presentation the wisdom of experience and God's grace.

FALL & WINTER RETREAT SCHEDULE



2010



*A ministry of the Sisters of
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Word Among Us

Saturday, September 4
9:30 a.m. - 3 p.m.
FEE: **\$30**

An opportunity to further reflect upon Scripture, building a personal relationship with God, and how Scripture affected and enhanced your life.

Introduction to Centering Prayer

Saturday, September 25 from 7 P.M. until
Sunday, September 26 at 3:30 P.M.
FEE: **\$30**
PRESENTER: **Sister Jane Schmitt, OSF**

Discover a plan for meeting God within you. This prayer builds an abiding presence with God.

Icon Retreat

September 25 to December 4
Saturdays, 1 P.M. - 4 P.M.
FEE: **\$100**
PRESENTER: **Sister Rosaire Kopczenski, OSF**

Learn how to paint icons in the Byzantine/Russian style. Participants will be introduced to the spirituality of writing icons. Students will learn the canon of icon painting and the techniques used. Each person will draw, paint and varnish his or her own icon in class. Boards, paints and brushes will be included in the initial fee. Experience in the method of painting icons is not necessary. What is necessary is the willingness to learn a new method and technique. Call for reservations. Space is limited.

How to Forgive Oneself and Others

Saturday, October 2
9:30 A.M. - 4:30 P.M.
FEE: **\$35**
PRESENTER: **Eileen Colianni**

Join us for this daylong examination of the Scriptural mandate to forgive. Explore aspects of the process including: blocks and myths; the penalties of refusing to forgive; specific steps onto the path of forgiveness; and the blessings which flow when we do the hard work of giving "birth to the child of forgiveness."

Aging and Saging

October 7, 14, 21, 28 (Thursdays)
12:30 P.M. - 2:30 P.M.
FEE: **Donation Accepted**

Invite yourself to an inward discovery of your "aging self." Don't be afraid to look. It can be a learning experience. Let the autumn leaves be your inspiration. Includes video and discussion.

Bible Study: Book of Job

November 1 - 29
12:30 - 2:30 P.M. & 7 P.M. - 8:30 P.M.
FEE: **Free Will Donation**
PRESENTER: **Sister Jane Schmitt, OSF**

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.

Bridges - Part 1

Saturday, October 16
9:30 a.m. - 2 p.m.
Mount Alvernia Regional House,
East Conference Room
FEE: **\$30 (includes luncheon)**
PRESENTER: **Sister Ann Carville, OSF**

We are pleased to offer the first of a three-part series entitled, "Bridges" presented by Sister Ann Carville, OSF. Drawing on lived experiences, participants will earnestly seek the God who dwells within as Ann shares her wisdom. "Bridges" will initiate a spiritual journey, and offer you the opportunity to live a more peace-filled life as you deepen connections with others and God.

A Sister of St. Francis of the Neumann Communities, Sister Ann Carville serves as an organizational



consultant for the National Religious Retirement Organization. She has worked nationally and internationally with numerous organizations including the National Conference of Catholic Bishops, Leadership Conference of Women Religious and the Catholic Healthcare Association of the United States and Canada. Previously, she served as community minister of the Sisters of St. Francis in Millvale.

Carville earned a doctorate degree in human and organization development from The Fielding Institute in Santa Barbara, Calif.; a master's degree in educational administration from St. Louis University in St. Louis, Mo.; and a bachelor's degree in English from Carlow College in Pittsburgh, Pa.

Seven Spiritual Powers: Choosing to Use Them

Friday, November 19 from 7 P.M. until
Saturday, November 20 at 5 P.M.
FEE: **\$50**
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.

Advent Retreat: The Time is Now

Friday, December 10 at 7 P.M. until
Saturday, December 11 at 5 P.M.
FEE: **\$50**
PRESENTER: **Sister Marie Grace Blum, OSF**

We await. For whom? God with us. Now is the time! Our God, in his fountain fullness, overflowing, never ending love for humanity, is present within us. Let us reflect on the way in which we Christians are called to bring forth Jesus in today's reality. We will walk in the footsteps of Mary, the Mother of Jesus and St. Francis while contemplating such generosity.

"Reed of God" Book Study and Reflection

November 29, December 6, 13, 20
(Mondays) 10 A.M. - Noon
FEE: **\$5**

Written by Carryl Houslander, this is a profound way to spend Advent with Mary.