

# INFORMATION

## SUGGESTED OFFERINGS

Tabor is a registered charity dependent on the offerings received from retreatants. The offerings necessary to maintain the life and work of Tabor are: Accommodation: £25 (overnight)  
Individual Day Retreat: £10 (daytime only) Spiritual Direction: By individual agreement  
A non-refundable deposit is required for all group and accommodation bookings.  
All cheques payable to: **Carmelite Retreat House.**

## DIRECTIONS TO TABOR

**By car** Leave M6 at junction 32. Follow signs for A6 Preston. At first major junction on A6 turn left into Sharoe Green Lane. You will see Royal Preston Hospital on the right, Booths supermarket and St Clare's Church on the left. After the church, cross a mini-roundabout. Tabor is immediately on the right after this roundabout.

Take the second entrance, into the large designated car park.

### By bus

Take bus 19 from Preston Bus Station to St Vincent's Road  
or Take bus 23 from Preston Bus Station to St Clare's Church.  
Tabor is 300 yards from both stops.

## MEMBERS OF THE TABOR RETREAT TEAM

Philip McParland OCD  
Frank Gallagher OCD

Rev Martin Wray  
Robert Opala OCD

## ADMINISTRATOR

Margaret McNulty

## PLEASE NOTE

An induction loop system is provided in the conference room for the benefit of hearing-aid users.

## ENQUIRIES & BOOKINGS

Monday to Friday 10.00 am–5.00 pm  
Telephone: 01772 717122

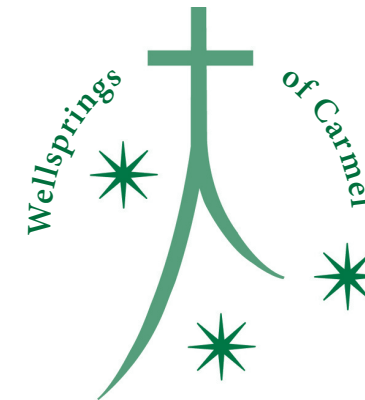
*(The retreat house will be closed for the month of August)*

## COME AND STAY AWHILE

Tabor offers an ideal location for those seeking a quiet place for rest and prayer. It is especially suitable for those wishing to get away for a few days on their own in an atmosphere of quiet and stillness. Tabor is a creatively designed retreat house which retains many of the features of the original 19th-century farmhouse from which it was converted.

*Registered Charity Number 272242*

# Programme January – July 2012



# TABOR

CARMELITE  
RETREAT HOUSE

---

*Come away to a quiet place  
and rest awhile*

---

169 Sharoe Green Lane  
Fulwood, Preston  
PR2 8HE

Telephone: 01772 717122

Fax: 01772 378030

Email: [tabor@carmelite.net](mailto:tabor@carmelite.net)

Website: [www.tabor-preston.org](http://www.tabor-preston.org)

# TABOR PROGRAMME: JANUARY – JULY 2012

## SATURDAYS

- Feb 11 FINDING NEVERLAND**  
*Searching for the true God and meaning in the movies.*  
 Robert Opala OCD
- Feb 25 CONTEMPLATING THE SEASON**  
*A pre-Lent Quiet Day*  
 Tabor Retreat Team
- Mar 10 PRAYING WITH ICONS**  
*Face to Face with Jesus.*  
 Peter and Mavis Lee
- Mar 31 THE AWESOME HUMANITY OF JESUS**  
*A preparation for the Holy Week journey.*  
 Professor Brian Thorne

### Sunday

- Apr 22 ADULT FAITH FOR THE 21st CENTURY**  
*Approaching our faith for today*  
 Diarmuid O'Murchu
- May 5 IN THE MIDDLE OF MY WINTER I DISCOVERED AN INVINCIBLE SUMMER**  
*Is there a way of finding God's grace and joy in our experiences of darkness and anxiety, shadow and sin?*  
 Daniel O'Leary
- May 12 OASIS DAY**  
*A day of spiritual renewal and reflection for carers.*  
 Lancashire Spirituality Network
- May 26 PENTECOST QUIET DAY**  
*Come Holy Spirit and enlighten the face of the earth*  
 Tabor Retreat Team
- June 16 A CERTAIN AGE**  
*Spirituality and the Second Half of Life.*  
 Martin Wray
- June 30 TRAVELLING TO THE EAST WE ARRIVE IN THE WEST**  
*Eastern perspectives on our Western faith*  
 Caroline McKenzie
- July 14 TERESA OF AVILA – BOOK OF THE FOUNDATIONS**  
*Insights into the times and work of the great Carmelite reformer*  
 Tabor Retreat Team

## SATURDAYS

- July 28 ALONG THE ENCHANTED WAY**  
*Sharing the riches of poetry*  
 Eugene McCaffrey OCD

### SATURDAY RETREATS

**Booking essential. Places can only be confirmed on receipt of payment**  
**Suggested offering £12**

*Saturday retreats begin with coffee at 10.00am  
 Sessions start at 10.30am and finish at 4.00pm  
 Please bring a packed lunch*

## MIDWEEK EVENTS

*For these sessions booking is required  
 with payment on registration.  
 Suggested offering £6 unless otherwise indicated.*

### February

#### GOSPEL STUDY:

*Continuing with St. Mark's Gospel*  
 Thursday 2, 9, 16, 23  
 10.30 – 12 noon  
 Suggested Offering £20

#### TERESA OF AVILA

*Continuation of the award-winning Spanish film  
 'Teresa of Jesus'*  
 Tuesday 7  
 7.30pm

#### ASH WEDNESDAY

*Marking the beginning of the Forty Days*  
 Wednesday February 22nd  
 2.30 – 6.30pm  
 (Closing with Eucharist)

### March

#### JOURNEYING THROUGH LENT

*Time to reflect as we travel through the holy season*  
 Thursday 1, 8, 15, 22  
 10.30 – 12 noon  
 Suggested Offering £20

#### TERESA OF AVILA

*Continuation of the award-winning Spanish film  
 'Teresa of Jesus'*  
 Tuesday 6  
 7.30pm

## MIDWEEK EVENTS

### INDIVIDUALLY GUIDED RETREAT

*See information elsewhere in the programme*  
 Monday 12 – Friday 16

### April

#### THE SEVENTH CHAMBER

*A film about the life of Edith Stein*  
 Tuesday 3  
 7.30pm

#### INVITATION TO PRAYER

*Exploring aspects of the meaning and practice of praying*  
 April 24 to May 29  
 6 Tuesday evenings at 7.30pm  
 Suggested offering £35

### May

#### INVITATION TO PRAYER

Tuesday evenings 1, 8, 15, 22, 29  
 (see details above and inside this programme)

#### BETWEEN HEAVEN AND EARTH

*Circle Dances for Ascensiontide: Miggy Scott*  
 Thursday 24  
 10.30am – 3.30pm  
 Suggested offering £12 (Bring a packed lunch)

### June

#### GOSPEL STUDY:

*Continuing with St. Mark's Gospel*  
 Thursday 7, 14, 21, 28  
 10.30 – 12 noon  
 Suggested offering £20

#### BREAD FOR LIFE

*A day of reflection centered around bread-making:*  
 Martin Wray  
 Tuesday 12  
 10.30am – 3.30pm  
 Suggested Offering £15 includes ingredients!  
 (Bring a packed lunch and an apron)

### INDIVIDUALLY GUIDED RETREAT

*See information elsewhere in the programme*  
 Monday 18 – Friday 22

### July

#### OUR LADY OF MT. CARMEL

*Mary, Lady in waiting*  
 Monday 16th  
 2.30pm – 6.30pm  
 (Closing with the Eucharist)

## GENERAL SESSIONS

*No booking or payment required  
 for these regular sessions. A donation is welcome.*

### MONDAY MEDITATION

*An open invitation to join us for this weekly hour  
 of silent prayer & reflection*  
 Every Monday 8.00 – 9.00pm  
 Recommencing Monday, January 23

### LECTIO DIVINA

*Based on the ancient, monastic way  
 of praying the scriptures*  
 Every Friday 10.30 – 12noon  
 Recommencing Friday, January 20

### TABOR POETRY & BOOK CLUB

*The joy of sharing well-loved novels,  
 poetry & prose with others*  
 Second Tuesday of the month  
 7.30 – 9.00pm  
 Recommencing Tuesday, January 17

### THE SILVER SCREEN FILM CLUB

*Discovering gospel values  
 and the meaning of life in film*  
 Third Wednesday of the month  
 7.00 – 10.00pm  
 Recommencing Wednesday, January 18

### PRAYING IN THE MOUNTAINS

*Join Robert Opala and friends for an enjoyable  
 and relaxing day in the hills  
 on the last Sunday of each month*  
 Recommencing Sunday, March 25  
 (Ring to confirm beforehand)

### MOUNT CARMEL FAITH SHARING GROUP

*A group of Christians who meet together monthly  
 to share their faith*  
 First Saturday of the month  
 2.15 – 4.00pm  
 Recommencing Saturday, February 4  
 (Ring to confirm beforehand)

# TABOR INFORMATION

## TABOR

*Tabor is home to a small community of Discalced Carmelite Friars (OCD) who organise their day around fixed times of prayer. As Carmelites we continue to draw inspiration from a rule of life written in 1207 and also from the teaching of the 16th-century mystics, Teresa of Avila and her companion, John of the Cross. We are supported in our ministry by members of The Retreat Team, the invaluable voluntary help of the friends of Tabor, the Carmelite Sisters from St Vincent's Road and members of the Carmelite Secular Order.*

**We are always grateful for new volunteers to help with the day-to-day running of the retreat house.**

## FACILITIES

### Groups

Tabor is suitable for day / evening groups.  
There is a large room which holds up to 60 people, a small meeting room, tea facilities, a liturgy room and prayer room.

### Individuals

Tabor offers an ideal location for those seeking a quiet place for rest and prayer.  
There are four single bedrooms, a modern kitchen with self-catering facilities and a comfortable lounge.

### Bookshop

Tabor has a small bookshop with a selection of cards and books on spirituality.

### Secular Order

There are two groups of the *Carmelite Secular Order (OCDS)* associated with Tabor. Information available on request.

## WEEKDAY EUCHARIST AND PRAYER

You are welcome to join the community Monday to Friday

<b>5.30pm</b>	<b>Evening Prayer</b>	<b>5.45pm</b>	<b>Eucharist</b>
<b>6.10pm</b>	<b>Silent Prayer</b>	<b>6.50pm</b>	<b>Night Prayer</b>



## TABOR HEALING MINISTRIES

*Nurturing body, mind & spirit*

**Indian Head Massage, Relaxation,  
Natural Healing & Counselling**  
Anne Lawson – phone 01772 864848

**Reflexology & Holistic Massage**  
Susan Coyne – phone 01772 556574

## SCHOOL OF PRAYER

September 2012 – May 2013

*Sharing the journey of prayer with others*

An opportunity for those who realise the importance of personal prayer in their lives and are seeking a deeper relationship with God.

The course will be experiential.

Participants will be invited to take part in spiritual conversation, workshops and small group sharing.

The course can only run if there are sufficient people to make a viable group, so please register your interest and book early.

*Further details on request.*

## INDIVIDUALLY GUIDED RETREATS

12 – 16 March 2012

18 – 22 June 2012

### Directors from the Tabor Team

These five day silent retreats begin at 2.00pm on Monday and finish after lunch on Friday. Retreatants will meet with their director once a day for guidance, especially in prayer. A cooked evening meal will be provided.

Limited to four people. Offering: £150.00

## HOLY WEEK AT TABOR

### Holy Thursday 2.30pm – 7.30pm

An afternoon retreat concluding with the Mass of the Last Supper

### Good Friday 3.00pm – 6.00pm

3.00pm Commemoration of the Lord's Passion

5.00pm 'By his wounds we are healed'

Meditations for Good Friday

### Holy Saturday 8.00pm

Celebration of the Easter vigil

## TABOR INDIA FUND (TIF)

This is a Tabor-sponsored charity set up in 2008 to help our Carmelite Missionary Sisters in Bangalore who have devoted themselves to improving the lives of the slum-dwellers of Bangalore and to giving hope to many of the city's 'untouchables'.

If you would like to support the project you can do so by a cash donation, cheque or standing order.

More information can be found on the Tabor website.

Every penny you give goes to the poor. Thank you.

# MORE ON OUR SPEAKERS AND SESSIONS

## SATURDAYS

### March 10

Peter and Mavis Lee will lead a day on praying with Icons. Mavis is the Catholic Chaplain of the Lancaster Campus of the University of Cumbria ecumenical chaplaincy team. Peter is an artist and icon-writer.

### March 31

**Professor Brian Thorne** is Emeritus Professor of Counselling at the University of East Anglia, Norwich, and Co-founder of the Norwich Centre which provides counselling services and training for counsellors and spiritual directors. He is a Lay Canon of Norwich Cathedral. He has written widely on counselling matters and especially the spiritual dimensions of counselling. Professor Thorne has a passionate commitment both to the theory and practice of person-centred therapy and to membership of the Anglican Church.

### Sunday April 22

Fr Diarmuid O'Murchu is a member of the Sacred Heart Missionary Order, and a graduate of Trinity College, Dublin Ireland. He is a social psychologist most of whose working life has been in social ministry, predominantly in London. He has worked as a counsellor, in bereavement work, AIDS-HIV counselling, and with homeless people and refugees. As a workshop leader he has worked throughout the world facilitating programmes on Adult Faith Development. His most recent book is *Christianity's Dangerous Memory* (2011).

### May 5

**Fr Daniel O'Leary** has been a regular visitor to Tabor and leads conferences and retreats throughout Europe. An award-winning author of twelve books, he regularly contributes to the Tablet and the Irish Furrow. Fr O'Leary was born in Rathmore, near Killarney, in County Kerry, Ireland.

### May 12

**The Lancashire Spirituality Network** is an ecumenical group comprising lay, religious and ordained people who have had training and experience in forms of spiritual accompaniment. They are involved in one-to-one work as well as leading groups, Weeks of Guided Prayer and Open Door Retreats throughout the North West of England.

### June 30

**Caroline Mackenzie** is an artist theologian. She spent many years in India including time in a Christian Art Ashram and in a Hindu temple town. Since her

return to the west she has been involved with various forms of psychotherapy, leads art and drama workshops and has published numerous articles. It will be her first visit to Tabor.

### July 28

**Fr Eugene McCaffrey** was Prior of Tabor for eight years and is now part of the Retreat Team in "Avila", the Carmelite house in Dublin. He has written several books on Carmelite Prayer and Spirituality, including *Patterns of Prayer* (Paulist Press 2003) and has a great love of poetry.

**Tabor Retreat Team:** Members of the Team are involved in every aspect of the retreat programme, including Monday Meditation, LectioDivina, Book & Poetry Club, Silver Screen, and many of the Saturday retreats. We are joined regularly by a number of helpers and associates: GillianCoxhead, Angela Rogerson, Margaret McNulty, Liz Duke, Rita Wharton, Donna Worthington, Anthony Finnerty and others who are part of the wider Tabor Team.

## MIDWEEK EVENTS

### February 2, 9, 16, 23 and June 7, 14, 21, 28

The *Gospel Study* course is a continuation of the study of St. Mark's Gospel begun last term. It comprises discussion on the Gospel informed by the writings of the New Testament scholars. New members are always welcome – no experience required!

### April 24, May 1, 8, 15, 22, 29

**Invitation to Prayer** is a short course exploring the meaning of prayer and various approaches to prayer. Each evening there will be some input with time for reflection and practice. It is an ideal self-contained introductory course but might also serve as a taster for our longer "School of Prayer" – further details of which are found elsewhere in this programme. The series will be led by members of the Tabor Team.

### May 24

**Between Heaven and Earth: Circle Dances for Ascensiontide.** Miggy Scott is an experienced Circle Dance Teacher from Kendal. Her programme will celebrate this season between Christ's Ascension to Heaven and the descent of the Holy Spirit to Earth.

### June 12

The popular *Bread for Life* days are centred around the making of bread. We shall use the very physical activity of bread-making as a way of stimulating reflection on what "bread" represents for us. Ingredients included! Bring an apron and a packed lunch.