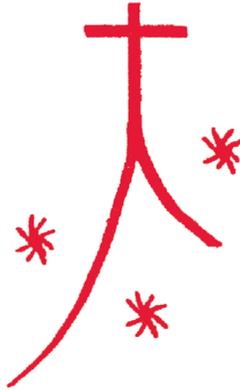


Programme

January – July 2016



TABOR

CARMELITE RETREAT HOUSE

A place of peace & transformation

169 Sharoe Green Lane
Fulwood, Preston
PR2 8HE
Telephone: 01772 717122
Email: tabor@carmelite.net
Website: www.carmelite.net

TABOR PROGRAMME: JANUARY – JULY 2016

SATURDAY RETREATS

Jan 23

THERESE OF LISIEUX: DOCTOR OF MERCIFUL LOVE

The speaker will explore the theme of Mercy in the writings of St Therese, especially focussing on her Offering to Merciful Love
Canon John Udris

Jan 30

THE CHRISTIAN FAMILY – CHALLENGED TO WITNESS TO THE LOVE OF GOD

Charles Whitehead

Feb 6

THE NON-NEGOTIABLE ESSENTIALS

What is the essential and non-negotiable within Christian spirituality? Lent offers us the answer.

Philip McParland

Feb 13

THE LOVE OF GOD: A DAY OF MEDITATION WITH THE HELP OF JULIAN OF NORWICH

Julian of Norwich offers a vision of the love of God which is vivid, gripping and fresh, and we will spend the day allowing her to lead our meditations.

Karen Kilby

Mar 5

LAUDATO SI' - ON THE CARE OF OUR COMMON HOME

Pope Francis' powerful new encyclical calls for a revolution. This day will present an overview of Laudato Si' and provide an

opportunity to explore this remarkable document and why ecology has been moved to the heart of Catholic Social Teaching.

Mark Rotherham

Mar 19

ISLAM, BUILDING BRIDGES

The different threads of Islam & the challenges facing Islam today.

Rauf Bashir

Apr 16

POTS, PANS AND THE ENKINDLING OF LOVE

A journey with Teresa and a fleet of mules...
The Foundations.

The day will begin with Mass at 9am at the Convent, St Vincent's Road, and continue at Tabor at 10.30am until 4pm.

Matt Blake OCD & Gillian Coxhead

Apr 30

HUMAN TRAFFICKING - MEDAILLE TRUST

Learn more about the scourge of this form of modern day slavery, and what one charity, Medaille Trust, is doing to support women, men and children.

Anthony Brown

May 7

QUIET DAY

Rev Martin Wray & Angela Rogerson

May 28

HIDING AND SEEKING WITH GOD

A day with Bishop Brian Noble

TABOR PROGRAMME: JANUARY – JULY 2016

SATURDAY RETREATS

Jun 18

IGNATIAN SPIRITUALITY

A talk on perhaps the most popular method of prayer in the church today.

Matthew Power, SJ

Jun 25

TERESA OF AVILA – LOVE AND FRIENDSHIP

A look at the most intimate relationships in Teresa's life from her father, Jesus Christ to Jerome Gratian.

John McGowan, OCD

Jul 2

BEING LOVE – THROUGH STILLNESS AND SILENCE (WCCM DAY)

An awareness of our essential nature – our being- as unconditional love, as revealed through regular meditation in stillness and silence. 'Letting go' of our peripheral world through presence and acceptance of what is.

Bob Morley

Jul 9

TAPPING INTO THE SOURCE OF OUR POWER TO WITNESS

Jesus' first gift from the Father was the Spirit, as the first fruits for those who believe, thus fulfilling his promise: but why don't I always feel powerful? Why am I insecure about what I should say? At this retreat we will explore what makes us feel timid and discuss how to combat our insecurities. We'll equip ourselves with scripture to face witnessing to Christ.

Alex Ezechuckwu, OCD

Jul 23

STAY AT YOUR INNER POST

We walk with Meister Eckhart and Etty Hillesum, as we discover pathways of the inner world.

Anthony Finnerty & Donna Worthington

See later in the programme for information on the speakers.

SATURDAY EVENTS

Booking essential.

Places can be secured on receipt of payment.

Suggested offering £15.

Saturday events begin with coffee/tea 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 secured on receipt of payment.
Suggested offering £7, unless otherwise indicated.*

Jan 18

ADRIAN CHILES

Personal testimony from a well-known TV personality who is also a committed Catholic: what he learned about the Church today from visiting a different Church every day of Lent last year. 7.30-9pm

Mar 1

MARTIN O'BRIEN

Shares his experience of growing up in Belfast and his work as Head of BBC Religious Affairs. 7.30-9pm

Mar 3, 4

POPE FRANCIS' INITIATIVE: 24 HOUR PRAYER

Beginning with Evening Prayer at 7pm on Thursday 3rd March and concluding Friday 4th March, with the usual Mass. Space to explore various ways of praying and time for silence.

No charge

Mar 14

I BLINKED - COMING OUT AS CATHOLIC

Frank Cottrell Boyce, 7.30-9pm

Apr 27

CARE FOR THE DYING - ENABLING A "GOOD DEATH"

Drawing together concepts of medicine, healing and wholeness at the end of life, within a Christian context, we will explore together some practicalities for preparing for the end of life and caring for the dying person, and find ways of supporting those who are on this difficult journey.

Elaine Gisbourne, 7-9pm

Jun 21 10-3pm

RETREAT DAY FOR SCHOOL & COLLEGE CHAPLAINS

Exploring Scripture

Donna Worthington and Liam Finnerty

OCD

Booking essential £15.

Holy Week 21-26 March
Celebration of the Easter Triduum
will be at the
Carmelite Monastery, St Vincent's Road

COURSES

Mar 12, 13, 17, Apr 9 £50

DEEP CALLS TO DEEP (PSALM 42:7)

A course for the under 40s: Explore travelled inner landscapes and find your own pathways....

Mar 12 10-3pm Contemplation and Mindfulness

How can we use contemplation and mindfulness to cope with life's pressures, overpowering emotions and seek to live in the present moment?

Angela Rogerson, Anthony Finnerty, Liam Finnerty OCD

Mar 13 10-3pm The Enneagram

How do we deepen understanding of our own psyches and face the disquiet? We explore the intriguing world of the Enneagram, a model that explores nine personality types.

Margaret McNulty

Mar 17 6-9pm The Interior Castle

We explore Saint Teresa of Avila's Interior Castle. What is the soul? How do we enter in to it? What are the spiritual traps along the way? How does Christ lead us into wholeness?

Donna Worthington

Apr 9 10-3pm Labyrinth and making life decisions

The labyrinth, a mirror to the soul, can offer a space to still the mind and reflect on key life decisions. We will walk this profound symbol of journeying and use myth to discover what we may have lost and how we regain wholeness and a sense of our true selves.

Mary McIntyre & Ruth Bavin

Mar 8,15,22

JESUS' FAREWELL

We will explore the crucially important Farewell Discourses of John's Gospel.

Knowing he would be put to death the day after, Jesus leaves the most poignant, challenging and consoling teaching to those who would follow him. These sessions will explore the Biblical texts and the profound implications of these sayings for Christians' spiritual journey.

Brendan Kelly-Ince, Liam Finnerty OCD & Donna Worthington
7-9pm £21

Apr 5, 12, 19

BEFRIENDING SCRIPTURE

Learning the language and exploring the Hebrew foundations of the Gospels.

Brendan Kelly-Ince & Donna Worthington
6.30-8.30pm £21

Jun 7, 14, 28, JUL 5, 12, 19 2-4pm

PRACTISING THE PRESENCE OF GOD

A very practical seeking out of the wisdom of Carmelite Brother Lawrence as we explore what it means to pray and experience God as the 'centre of rest'.

Donna Worthington £42

Jun 3-5

MINDFULNESS WEEKEND RETREAT

"Open heart.... Open mind."

A weekend of prayer and reflection in the Christian tradition, interspersed with mindfulness practices - an opportunity to practise the Presence of God, and to cultivate self-compassion

Angela Rogerson & Liam Finnerty OCD
Resident £150 Non resident £90

Jun 16, 23, 30

EXPLORING CARMELITE SPIRITUALITY

ALL SOULS ARE CAPABLE OF LOVE

St Teresa of Avila...The Book of Her Foundations...a little bell and a fleet of mules. Gillian Coxhead 7.30-9pm. Booking helpful but not essential just come and see!

GENERAL SESSIONS

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

LECTIO DIVINA

Based on the ancient, monastic way of praying the scriptures.

Every Friday 10.30 - 12noon

Recommencing Friday, January 22

MONDAY MEDITATION

An open invitation to join us for this weekly hour of quiet prayer & reflection.

Every Monday 8.00 - 9.00pm

Recommencing Monday, January 25

MINDFULNESS PRACTICE

An open invitation to join us for Mindfulness Meditation.

Every 2nd and 4th Tuesday of each month. 10.30am - 12noon. Commencing Tuesday, 26

January

No booking required.

Donations taken at each session

TABOR POETRY & BOOK CLUB

The joy of sharing well-loved novels, poetry & prose with others.

Usually* second Wednesday of the month 2-3.30pm

Recommencing Wednesday, 20 Jan*

and on Wednesday, 17 Feb* which are both third Wednesdays

THE SILVER SCREEN

Discovering gospel values and the meaning of life in film.

Third Wednesday of the month

7.00 - 10.00pm

Recommencing Wednesday, January 20

LABYRINTH WALKS

Led by the Tabor Labyrinth Team

First Wednesday of the month

7.00 - 9pm

Starting Wednesday, February 3

Last session will be Wednesday, July 6

TABOR SINGING GROUP

Informal gathering for singing together

Monthly – Tuesday 2.30-4.00pm

(Ring to confirm)

CENTERING PRAYER GROUP

Led by Margaret McNulty

Meets last Friday of each month 7-9pm

Starting Friday, 29 January

THEATRE PRODUCTION

Blackbirds At Dawn

Friday 20th May at 7pm, Saturday 21st May at 2.30pm and 7pm

Tickets £10 Booking essential.

A door. Closed. Blackbirds singing. An underground flat in the future... An old woman is struggling to survive poverty, cold and the haunting memories of her past, when suddenly the hidden world of human enslavement knocks on her door in the form of a young woman, desperate. Blackbirds At Dawn is a play about modern slavery, survival, fear, hope, the body and what it means to live a human life.

MORE INFORMATION ON OUR SPEAKERS

John Udris

RC priest of the Northampton Diocese and Lecturer at Oscott RC Seminary, Birmingham. He has given many talks on St Therese and written books on the same theme. He is currently finding out if there is enough support to proceed with the process for the canonization of G.K. Chesterton.

Charles Whitehead

Charles Whitehead is one of the leading laymen in the RC Church in England and Wales. A Knight of St Gregory he was appointed by the Archbishops of England and Wales to the Catholic Agency Supporting Evangelisation. He has been President and Chairman of various national and international Committees, including "Celebrate" since 1994 and Director of Premier Christian Radio since 2001; he travels for meetings in the Vatican on a regular basis. He has been Editor of 'Goodnews' magazine, and written several books, including 'Pentecost is Always for Living' and "The Nature of the Catholic Charismatic Renewal".

Rauf Bashir

Project Manager of an inter-faith organisation called 'Building Bridges' in Pendle and 'The Good Neighbour's Project: Developing Tomorrow's Good Citizens Today'.

Matthew Power, SJ

Rector of St Wilfrid's RC Parish, Preston, and formerly Director of the Jesuit Centre, Loyola Hall, near Liverpool. He has a great

deal of experience teaching the Ignatian method of prayer, which is the best known method in the Church today.

Alex Ezechukwu, OCD

A member of the Anglo-Irish province of the Discalced Carmelite Order, based in London. He is a priest and scholar, having studied at the famous Biblicum in Rome.

Bishop Brian Noble

Brian retired from the Shrewsbury Diocese a few years ago and has now dedicated much of his time to giving talks to local Church groups.

Frank Cottrell-Boyce

A screenwriter, novelist and occasional actor. He has written for Coronation Street and Brookside, plus several books for children for which he has won major awards. In 2011 he co-presented the Papal Visit to Hyde Park with TV personality Carol Vorderman. He was the writer for the 2012 Summer Olympics opening ceremony. He is also a patron of the Insight Film Festival, a biennial, interfaith festival held in Manchester, to make positive contributions to understanding, respect and community cohesion. He is married and the father of seven children.

Martin O'Brien

Was Head of BBC Religious Affairs N. Ireland for many years.

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. If interested please contact Tony McDonald, OCDS

Spiritual Accompaniment

We offer individual spiritual accompaniment, a way of discerning God's presence in your life. Spiritual accompaniers have training, experience and some understanding of what those being accompanied might encounter as they make their faith-journey. If you would like to explore this further please call or email us.

Tabor Healing Ministries

Indian Head Massage Relaxation & Natural healing

Nurturing body, mind & spirit
Anne Lawson - phone 01772 864848

Reflexology

David Jepson - phone 01254 878177

WEEKDAY EUCHARIST & PRAYER

You are welcome to join the community

Monday to Friday:

7.00am Morning Prayer

5.30pm Evening Prayer

5.45pm Eucharist



TABOR INDIA FUND (TIF)

This is a Tabor sponsored charity set up in 2008 to help our Carmelite Missionary Sisters in India who have devoted themselves to improving the lives of the slum dwellers of Bangalore and Andhra Pradesh 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.

COME AND STAY AWHILE

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.

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.

TABOR 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: £30 (overnight)

Individual Day Retreat: £15 (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.**

We can take credit and debit card payments.

DIRECTIONS TO TABOR

By car

Leave M6 at junction 32. Follow signs for A6 Preston. At the 4th set of traffic lights turn left off the A6 into Sharoe Green Lane. You will pass Royal Preston Hospital on the right and then Booths supermarket on the left. Then cross the next 2 mini roundabouts, continuing along Sharoe Green Lane, passing St Clare's Church on the left and keeping the hospital on your right. After the church, cross another 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

Liam Finnerty OCD John McGowan OCD

Gillian Coxhead Anthony Finnerty Anne Lawson

Margaret McNulty Angela Rogerson Mark Rotherham

Rita Wharton Donna Worthington Rev Martin Wray

PLEASE NOTE

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

ENQUIRIES & BOOKINGS

Monday to Friday 10.00am - 6.00pm Telephone: 01772 717122

(The retreat house will be closed for the month of August, re-opening on Thursday 1 September)



VISA

VISA
DEBIT