

**Programme**  
**January 2017 - August 2017**



**TABOR**  
CARMELITE  
RETREAT HOUSE

*A place of peace & transformation*

169 Sharoe Green Lane  
Fulwood, Preston  
PR2 8HE  
Telephone: 01772 717122

## 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 16<sup>th</sup> century mystics, Teresa of Avila and her companion, John of the Cross.

We are supported in our ministry by members of Tabor Retreat Team, the invaluable help of so many Volunteers, 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 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.

## 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

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 10am - 6pm Telephone: 01772 717122

(The retreat house will closed on 17 December, re-opening on 16 January 2017).



Registered Charity Number 272242

## FACILITIES

### Groups

Tabor is suitable for day / evening groups.

There is a large room which holds up to 100 people, a small meeting room, tea facilities, a liturgy room and a 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, at Tabor.

### 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

## SATURDAY RETREATS

**Jan 21**

### WALKING THE LITTLE WAY: DISCIPLESHIP WITH ST THERESE

A day to explore the transforming wisdom of this Doctor of the Church and experience her companionship and encouragement in our growth and holiness. John Udris

**Jan 28**

### CENTERING PRAYER: OPENING TO THE MIND AND HEART OF CHRIST

A day to discover our deepest selves through the journey of Centering Prayer.

Margaret McNulty

**Feb 4**

### ELIZABETH OF THE TRINITY: LET YOURSELF BE LOVED.

A day to examine the doctrine and teaching of this newly made Carmelite Saint.

Eugene McCaffrey

**Feb 18**

### TERESA OF AVILA AND AUGUSTINE OF HIPPO: TWO FLAMING HEARTS

Dr Margaret Lane

**Feb 25**

### TOWARDS A CONTEMPLATIVE VIEW OF LIFE

The day will explore seeing life as the poet, artist, child or mystic might see it,

so as to discern God's presence in daily life.

Katherine Daniels & Vincent O'Hara

**Mar 11**

### DREAMS AND THE SPIRITUAL LIFE

A dream workshop offering techniques to unlock your dreams and develop your spiritual life.

Veronica Whitty

**Mar 25**

### MINDFULNESS & OUR RELATIONSHIPS

A day to explore how mindfulness of God helps transform all our relationships - enabling us to respond wisely rather than react automatically.

Shaun Lambert

**Apr 8**

### TABOR QUIET DAY IN PREPARATION FOR HOLY WEEK

Angela Rogerson and Martin Wray

**Apr 22**

### VOCATIONS DAY (COME & SEE)

A day for discernment for anyone who feels they have a vocation to religious life, especially to Carmel.

Fr John McGowan

## WEEKDAY EUCHARIST & PRAYER

You are welcome to join the community

Monday to Friday:

7am Morning Prayer

5.30pm Evening Prayer

5.45pm Eucharist

# SATURDAY RETREATS

**Apr 29**

## **LAUDATO SI**

Pope Francis' new encyclical moved ecology to the heart of Catholic social teaching. The day will provide an overview and an opportunity to explore this remarkable document.

Mark Rotherham

**May 20**

## **LIGHT TOUCH, DEEP WISDOM**

Learning from the Desert Fathers and Mothers.

Angela Ashwin

**Jun 3**

## **THE LIVING FLAME OF LOVE**

Those who would give light must 'endure the burning'. A Pentecost Retreat with John of The Cross.

Matt Blake and Gillian Coxhead

**Jun 17**

## **THE BEAUTY OF GOD:THE WONDER OF YOU!**

A summer's day for free and open hearts.

Daniel O'Leary

**Jun 24**

## **ST TERESA OF CALCUTTA**

'Come darkness and be my light'.

A day exploring her life, teaching and her love for the poor.

Michael Miners

**July 15**

## **ELIJAH, CONTEMPLATIVE AND ACTIVE PROPHET**

A foundational inspiration for Carmelites, we travel with the fiery and courageous Elijah, exploring the relevance of his spirituality for today through silence, facing injustice, and inner work.

Donna Worthington

**July 22**

## **MARY AND MARTHA: A DAY FOR WOMEN**

Rose McCrave

## SATURDAY RETREATS

**Booking essential. Places can be secured on receipt of payment. Suggested offering £15.**

Saturday events begin with coffee/tea at 10am. Sessions start at 10.30am and finish at 4pm. Please bring a packed lunch.

## MORE INFORMATION ON OUR SPEAKERS

**Fr John Udris**, a RC priest of Northampton Diocese and a lecturer at Oscott RC Seminary, Birmingham. He has given many talks on St Therese and written books on the same theme.

**Fr Eugene McCaffrey OCD** is based in Avila Carmelite Centre in Dublin. He has written books on Carmelite spirituality and has given many retreats.

**Dr Margaret Lane** received her doctorate for work on the role of attention in Augustine's understanding of the soul's ascent to God, an understanding which founded the Western Christian Mystical tradition. Margaret is also a teacher within the World Community of Christian Meditation (WCCM) and gives retreats and study days.

**Katherine Daniels** is a play therapist and editor of *The Virgin Eye: Towards a Contemplative View of Life*, written by her husband Robin Daniels, deceased.

**Fr Vincent O'Hara OCD** is Prior of Avila Carmelite Centre in Dublin.

**Fr Kevin Murphy** was ordained as a Catholic priest after teaching English and Creative Writing for over twenty years in various schools, colleges and Adult Education centres. He has written and staged two musical plays and, as a keen singer-songwriter, has produced three CDs of his songs.

**Veronica Whitty** is a writer who does dream workshops in the UK and abroad. She holds a Master's degree in Peace Studies from Bradford University.

**Shaun Lambert** is a Baptist minister, trained counsellor and psychotherapist.

**Brendan Kelly-Ince** has degrees in biblical languages and theology.

**Angela Ashwin** is a lay Canon at Newcastle Cathedral. She travels widely as a retreat leader and speaker on spirituality. She has written several books about prayer in everyday life and compiled collections of prayers and meditations.

**Fr Matt Blake OCD** is a member of the Carmelite Community, Boars Hill, Oxford.

**Fr Daniel O'Leary** has been a regular visitor to Tabor and leads conferences and retreats throughout Europe.

**Fr Michael Miners** is involved in parish ministry and retreat work. He is a lecturer at Oscott RC Seminary, Birmingham.

**Rose McCrave** is an experienced prayer guide and spiritual director. She has a special interest in women's spirituality.

# GENERAL SESSIONS

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

## LABYRINTH WALKS

*Led by the Tabor Labyrinth Team*

First Wednesday of the month 7- 9pm.

Recommencing Wednesday,  
1st February 2017.

*NB To enquire about training to lead  
labyrinth walks,  
contact Donna Worthington.*

## TABOR SINGING GROUP

Informal gathering for singing together. Usually second Tuesday of the month 2:30 - 4pm in the Liturgy Room. Everybody welcome.  
Recommencing Tuesday 24 January 2017.

NB 14 March: Joining 24 Hour Prayer Vigil. (Same time)

11 April: Holy Week Songs of Praise

## SACRED MOVEMENT (DANCING)

Every moment can be a prayer. Open your heart to the world through gentle movement. Reflect and move mindfully to beautiful music. Usually, first Friday of the month 7-9pm in the Conference Room. Everybody welcome!  
Recommencing Friday  
20 January 2017.  
NB 12 May (2nd Friday)  
21 July (3rd Friday).

## CENTERING PRAYER GROUP

Meets last Friday of each month, 7-9pm. Recommencing Friday 27 January 2017.

# MIDWEEK EVENTS

*For these sessions booking is secured on receipt of payment.  
Suggested offering £7 unless otherwise indicated.*

**Feb 7**

## THE ARAMAIC LORD'S PRAYER

Jesus spoke in Aramaic; discover his profound and beautiful prayer in its original language.

**Please note this is a repeat of the September 8<sup>th</sup> 2016 evening.**

Donna Worthington  
6.30-9pm

**Feb 14, 21, 28 Mar 7 (4 sessions)**

## THE ENNEAGRAM

The Wisdom of the Enneagram: "I'm not just a number or a type!" A four week course to explore how this tool for honest self understanding and awareness can help us to let go of our attachment to false identities and through grace allow the truth of who we are to emerge.

*Please note this course is a repeat of the previous course.*

Margaret McNulty  
7-9pm

**Feb 16**

## RETREAT DAY: CARING FOR CARERS

We are all carers and we must care for ourselves. Open to everyone who finds themselves in a difficult life situation. Lunch will be provided. Suggested offering £10.

Cathy York and Angela Rogerson  
10-3pm

**Mar 10**

## SING A NEW SONG

Fr Kevin Murphy will sing some of his own songs and talk about how they came to be written and about creativity in general. For all who enjoy words, music and self expression in the Spirit.

Kevin Murphy  
7-9pm

**Mar 13/14**

## 24 HOUR PRAYER VIGIL

The vigil begins and ends with Mass (5.45pm). During the 24 hours Tabor will be open for prayer, silence and quiet reflection. There will also be led sessions throughout (contact Tabor for a programme of these sessions). Please feel free to attend whatever you are able. All are very welcome.

# MIDWEEK EVENTS

*For these sessions booking is secured on receipt of payment.  
Suggested offering £7 unless otherwise indicated.*

## LENTEN RETREATS:

**Mar 1**  
**LENTEN LABYRINTH  
PRAYER WALK**  
Tabor Labyrinth Team  
7-9pm

**Mar 8**  
**IMAGES OF GOD**  
Angela Rogerson  
7-9pm

**Mar 15**  
**THE SILVER SCREEN  
FILM EVENING**  
Mark Rotherham  
7-10pm

**Mar 22**  
**LENTEN PRAYER**  
John McGowan  
7-9pm

**Mar 29**  
**LENTEN POETRY**  
Martin Wray  
7-9pm

**Apr 5**  
**LENTEN LABYRINTH  
PRAYER WALK**  
Tabor Labyrinth Team  
7-9pm

**Apr 25, May 2, 9**  
**THE BOOK OF JONAH -  
The Spirituality of Bewilderment**  
Brendan Kelly-Ince  
6.30-8.30pm

**May 23**  
**SCRIPTURE AS STORY**  
Tony McDonald  
7-9 pm

**Jun 15 and 22**  
**EXPLORING CARMELITE  
SPIRITUALITY**  
'Upon a Darkened Night'.  
The unspeakable joy of encountering  
God. Two evenings with John of the  
Cross.  
Gillian Coxhead  
7.30-9pm

**Jun 6, 13, 20, 27, Jul 4, 11**  
**AN INTRODUCTION TO  
JEWISH MYSTICISM**  
Brendan Kelly-Ince  
6.30-8.30pm

**July 18**  
**LIVING SIMPLY: DECLUT-  
TERING ONE'S HEART AND  
HOME**  
Fiona Castle (wife of the late Roy  
Castle)  
7-9 pm

# 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 10.30am - 12pm.  
Recommencing Friday,  
20 January 2017.

**MONDAY MEDITATION**  
An open invitation to  
join us for this  
weekly hour of quiet  
prayer & reflection.  
Every Monday 8-9pm.  
Recommencing Monday  
23 January 2017.

**MINDFULNESS PRACTICE**  
An open invitation to join us for  
Mindfulness Meditation.  
Every 2nd and 4th Tuesday of each  
month. 10.30am -12pm.  
Recommencing Tuesday  
24 January 2017.

**OLDER PILGRIMS ON A JOURNEY**  
Come and have a chat with friends over afternoon tea, explore honest questions  
about faith and life, experience stillness and quiet prayer.  
Every 3rd Tuesday of the month 2-4pm.  
Recommencing 21 Feb, then 21 Mar (No session in Apr) 16 May  
20 Jun 18 Jul 2017.  
Cost £2

**TABOR POETRY & BOOK CLUB**  
The joy of sharing  
well-loved novels,  
poetry & prose with others.  
Usually second Wednesday of  
the month 2-3.30pm.  
NB Recommencing Wednesday  
18 January 2017 (3rd Wednesday of  
the month).  
Feb: *The Go-Between* by LP Hartley  
Mar: The Poetry of Thomas Merton  
Apr: *Gilead* by Marilyn Robinson  
May: Archbishop by Michele Guiness  
Jun: *Give Dust A Tongue: A Faith  
and Poetry Memoir* by John F Deane  
Jul: *From The Holy Mountain* by  
William Dalrymple

**THE SILVER SCREEN**  
*Discovering gospel values and  
the meaning of life in film.*  
Third Wednesday of the  
month 7-10pm.  
Recommencing Wednesday  
18 January 2017.