

*“May all that is unforgiven in you
be released.*

*May your fears yield
their deepest tranquilities.*

*May all that is unlive in you
Blossom into a future
Graced with love. ”*

- John O'Donohue

Tau Center

26W171 Roosevelt Road
Wheaton, Illinois 60187

(located on the same campus as Marianjoy Hospital)

www.taucenter.org

Phone: 630-909-6805

In the spirit of St. Francis and St. Clare of Assisi, Tau Center provides a peaceful and reflective environment for people seeking a deeper relationship with God, self, others and all of Creation. We are committed to the transformation of our world by helping individuals awaken to the sacredness of Life and reveal the unique gifts each person contributes to the hope and healing of all.



**Offering diverse experiences
where individuals can nourish
their spirit.**



a spirituality ministry of the Wheaton Franciscans

Explore Your Inner-Wisdom

Personal Day Retreats & Intensives



PERSONAL DAY RETREATS

How many times have you found yourself with time or space, and a feeling that you need to fill it with something productive?

That's where we find ourselves most of the time. Keeping up with that shopping list. Getting the house cleaned. Finally getting around to that never ending to-do list.

At Tau Center, we know how essential and nurturing it is to take a personal 'timeout', and how a day of retreat can rejuvenate your inner-spirit and your outer-being.

We invite you to spend a personal retreat day at our facility where you will have **your own Quiet Room** and can take advantage of our beautiful grounds, peace path, chapel, and other amenities. We're here to provide a space that allows you to reconnect with yourself. Write, create, pray, meditate, relax, or find your inner-voice in the silence.

Retreat days can be self-directed or customized as a guided retreat focused on your spiritual path or interests. **If you're interested in a personal day retreat at Tau Center, call us at 630-909-6805.**

For more details on our retreats, visit www.taucenter.org.



A day of deeper exploration: One-on-One Retreat Intensives

If you are seeking a day for yourself that offers a safe space to explore your spirituality through guided activities, then our one-on-one retreat intensives are for you.

Rooted in 'deep listening', a retreat intensive is a gently structured day that weaves together silence and conversation, instruction and direct experience. Customized to your individual needs, each retreat includes spiritual companioning, light meditation and prayer, readings, inner-reflection, and contemplative activities, using a specific interest or practice as the day's framework:

Meditation Retreat

Throughout the day, you will befriend stillness using various meditative practices drawn from Christian and Eastern influences to help deepen your connection with your inner-spirit.

Creative Spirituality Retreat

Creative expression is a growing spiritual practice. Enjoy process art making as a way to discover deeper meaning in your spiritual life. You may focus on a specific form of expression, such as poetry, free writing, journaling, drawing, painting, or shrine box creation.

Franciscan Prayer & Spirituality Retreat

Explore our deep connection to Mother Earth and all living things using St. Francis' "Canticle of Creation" and other Franciscan resources as a guide throughout your day.

A Day of Christian Prayer

Deepen your spiritual practice through the Common Christian prayer, "Liturgy of the Hours", using the Psalms and Seasons of the liturgical calendar as your guide.

Retreats are offered 9:00am-3:00pm on weekdays with an optional 8:30am liturgy in our chapel, as well as some limited Saturdays. To schedule a retreat, please call Sharon Devo at 630-909-6809.