



a spirituality ministry of the Wheaton Franciscans



**Spirituality Programs
& Retreats**

Awaken Your Spirit.

At Tau Center we offer
a sacred space to assist individuals on
their own spiritual journey – whether
it is to reconnect with their inner-spirit
or whether they are seeking a deeper
relationship with God and the world
around them.

No matter where you are on your spiritual
journey, you will find a comfortable
atmosphere for further spiritual exploration
and enrichment at Tau Center.



Sr. Glenna Czachor, OSF
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*Offering Spiritual Direction
& Retreat Facilitation*

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

*May your fears yield
their deepest tranquilities.*

*May all that is un-lived in you
Blossom into a future
Graced with love.*

- John O'Donohue

A Peaceful Space Awaits You

Tau Center is a peaceful space, both indoors and outdoors, where individuals and groups of diverse spiritual traditions can nourish their lives and find companions on their spiritual journey. In the spirit of Saint Francis and Saint Clare of Assisi, we welcome all people looking for greater meaning in life and a deeper relationship with God, others, self, and all Creation. Located in of Our Lady of the Angels Motherhouse, we invite you to enjoy our:

- Quiet Rooms
- Chapel
- Meditation Room
- Labyrinth
- Outdoor Peace Path
- And more

When you visit Tau Center, we hope you feel a sense of quiet beauty, peacefulness and at one with God.

Explore Your Spirituality

Sometimes in life, we find ourselves drawn to explore our own spirituality – to connect more with our God, our inner-wisdom – and help enhance our faith understandings. At Tau Center, we offer diverse experiences where individuals can nourish their spirit, find companions on their journey, and connect what they discover to meaning in their life and the world around them. Our open and diverse approach to spirituality programs provides a comfortable space for people on different spiritual paths. Core offerings are augmented by seasonal programs and Franciscan teachings using:

- Contemplation and prayer
- Meditations (mindful, silent, soundings, etc.)
- Contemplative arts practices
- Inner-exploration and self-reflection
- Holistic and healing arts for body, mind and soul

In addition, we invite national and regional presenters who offer unique retreats where participants can experience a variety of practices. For upcoming programs or to sign-up for our weekly e-newsletter, visit www.taucenter.org.

ENJOY A PEACEFUL DAY...

Self-Guided 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.

Church Staff Retreats

At Tau Center, we understand how busy your faith work is and how important it is to your local community. That's why we offer retreats for churches and other faith communities to give you and your staff the space and time to refresh and rejuvenate your own spirits and bring renewed energy back to your congregations.

We encourage your staff to leave their daily surroundings and use Tau Center as a space to focus not on the work you do, but why you do it. Whether it's time for quiet reflection, a meeting space to share observations, or a program designed to lead your staff through a day of spiritual rejuvenation, our retreats can be customized to meet your group's needs.

Many of the Wheaton Franciscan Sisters have worked in parishes and are available to facilitate and/or help plan your retreat based on your interests or topics. Our Sisters can help supplement a spiritual atmosphere through creative prayer or spiritual meditation as a part of your day at Tau Center.

Private Group Retreats

Tau Center welcomes groups with a spiritual or religious mission to enjoy our space for private retreat where your attendees can experience a day of reflection, prayer, team sharing or other customized retreat options.

We offer a contemplative space for small religious or spirituality-based groups of up to 50 attendees to enjoy a special retreat day at our center.



If you're interested in a personal day retreat at Tau Center, call us at 630-909-6805.



SPIRITUAL COMPANIONING...

What is Spiritual Direction?

Spiritual direction is a process of deep listening with a spiritual companion as you attempt to deepen your relationship with the divine and grow in your own personal spirituality. In trust with a spiritual director, it offers a gentle process of deep inner-wisdom over time that helps you recognize the grace given to you in everyday life. A spiritual director serves as a companion – a witness – to discern the divine where you may have missed it and to integrate that awareness in your life's journey.

Who is it for?

Spiritual direction can be the next step on your journey if you long to find meaning in your spiritual life, discover your inner-self, and grow closer to God and to others. It is different than psychological counseling in that it is concerned with hearing and responding to God.

Spiritual direction sessions provide an opportunity to hear how God is moving you toward growth, and how you can begin to practice a more contemplative spirituality that brings God closer to you in your daily life.

What is a spiritual direction session like?

Spiritual direction sessions typically occur one time per month for an hour and can be ongoing for as long as you and your spiritual director wish to continue.


The spiritual director provides a safe place for you to explore spiritual questions. You are encouraged to share stories of your encounters of the divine, or how you may be experiencing spiritual issues. The director listens carefully and asks questions to assist you in your process of reflection and spiritual growth, and helps you discover what God might be saying through you.

How do I begin?

It is important to find the right companion on your journey, and at Tau Center we have a small group of **Spiritual Directors** available to you. Their information and backgrounds can be found on our website at www.taucenter.org, and we encourage you to contact them directly regarding your interests and their availability. Fees are determined individually by each spiritual director and should be negotiated with them directly.

We also offer **Guided Retreats** at Tau Center which provide a reserved space and time for you to work directly with a spiritual director on staff at Tau Center or your own personal director on a day specifically designed for you.

If you have any questions on how to begin with spiritual direction or Guided Retreats, please contact Tau Center at 630-909-6805.



Many people long to find meaning in their lives, to discover their true selves, and to grow closer to God and others. But sometimes, it's hard to know just where to start.

Guided Retreats

As we go through adulthood, we experience many moments where life calls us to pause and wonder. Transitions in family circumstances, professional career, moving to a new location, marriage or death can be marked by an inner change as we sometimes examine our faith during these times. Sometimes we find ourselves at a point where we need something, but we're not sure exactly what we're yearning for.

As you seek inner-peace in your life, a **Guided Retreat** offers a personal, quiet space to explore your relationship with God and the love that surrounds you always. We work closely with you to create a Guided Retreat customized around your needs and where you are in life and on your spiritual journey. A quiet retreat provides an opportunity to rest, renew, learn and grow in your own spirituality.

During the retreat you are provided a comfortable Quiet Room and also given time for contemplative and solitary activities, including prayer, journaling, reading, walking the grounds, art and music, and use of our Chapel.

You may also request the companionship of a spiritual director during your retreat. Our directors are sensitive and responsive to where you are on your journey and are experienced in different faith practices. You will have time to meet with one of them and share any issues that may have emerged. You may be given a scripture reading or something that might help you to be compassionately present with whatever has surfaced in your life.

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 companionship, 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

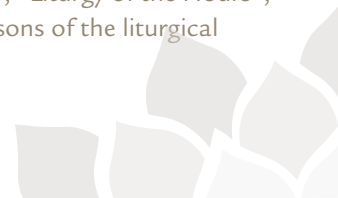
Creative expression is a growing spiritual practice. Enjoy process art making as a way to discover deeper meaning in your spiritual life. You may focus on a specific form of expression, such as poetry, free writing, journaling, drawing, painting, or shrine box creation.

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.



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.**