

Making God's Providence Visible



*Kearns Spirituality Center
Spring 2014 Programs*



Kearns Spirituality Center

9000 Babcock Blvd., Allison Park, PA 15101

412-366-1124



Visit us at www.cdpsisters.org or on Facebook

A Sponsored Ministry of the Sisters of Divine Providence

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Kearns Spirituality Center Mission Statement

Kearns Spirituality Center invites people of all faiths, searching for a deeper meaning in their lives, to experience an environment dedicated to the renewal and revitalization of the human spirit. A Catholic retreat center sponsored by the Sisters of

Divine Providence, Kearns Spirituality Center shares in the mission of the Congregation: “to make God’s Providence more visible in our world.”



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All facilities at Kearns are handicapped accessible.

Peace Forum Series

January 26, March 16, April 27, 3:00 – 5:00 pm

Program features an outstanding speaker on current issues relating to peace and justice. Topics include climate change, the media, conflict areas such as Syria, Afghanistan, etc., or other subjects e.g. gun control from the perspective of creating a more peaceful world. Make your commitment to further the agenda of peace by joining us.

Information: pnp@verizon.net or 412-367-0383

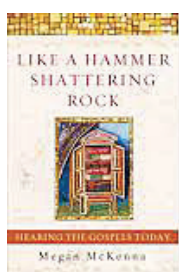
Sponsor: Pittsburgh North People for Peace

Donations accepted

Book Discussion, Prayer, Sharing

Wednesday, February 26, March 5, 12, 19, 26, 10:00 – 11:30 am

Book for Discussion: *Like a Hammer Shattering Rock: Hearing the*



***Gospels Today* by Megan McKenna**

When confronting some of the troubling issues we face today — everything from poverty to violence — Christians often bypass the Gospels, thinking their wisdom does not apply; worse still we may resist their meaning, thereby losing a great opportunity to transform our lives and our society. As we at Kearns honor the Presence of the Word in the *St. John's Bible*, what better time to explore the four Gospels with Megan McKenna a great storyteller and Biblical scholar and author of more than

forty books! *Book is available through Amazon.com or you can order through Peggy Huwe at Kearns. (Our quoted price: \$12.)*

Facilitator: Joan Coultas, CDP, Ph.D.

Fee: \$20 for the series or \$5 per session plus book.

Breakfast rolls and beverages provided

Lenten Breakfast

Busy Women Cultivating Inner Peace – Part V

Tuesday, March 4, 7:00 – 9:00 am

Join us for our fifth annual “Fat Tuesday” Lenten Breakfast and presentation by speaker Anne Kertz Kernion. Anne will guide us to an understanding of the Lenten Season as a time of transformation. She will share her insights and tips on how busy women can find balance and peace in a hectic world.

Benefits the Sisters of Divine Providence.

Speaker: Anne Kertz Kernion, MA, Artist/owner of Cards by Anne

Fee: \$30 **Registration is requested; please call: 412-635-5437**

St. Patrick's Day Tea

Ireland: Then and Now – the Isle of Cataclysmic Change – with Tea, Scones, Music and More!

Thursday, March 13, 4:00 – 6:00 pm

Usher in St. Patrick's Day with an enjoyable "High Tea" experience. Explore with us the many social, political and ecclesial changes which have occurred in Ireland since the Millennium. While the natural beauty of the Emerald Isle remains constant, the cultural life of the people is in dynamic flux! Prayer, wonderful home-baked treats and live music are always integral to our celebration.



Facilitators:

Joan Flynn-Coultas CDP, Ph.D.

Michele Quinn-Bisbey CDP, Ph.D.

Special Guest Presenter: James Lamb, President of the Ireland Institute of Pittsburgh



Fee: \$25, includes tea and Irish "goodies" prepared by our Chefs, Associates Jeanne Kohser and Paula Gilchrist.

Workshop in Welcoming Diversity

Saturday, March 29, 10:00 am – 4:00 pm

This workshop is interactive, experiential and carefully designed to begin with light, non-threatening material building gradually into more challenging issues. Skills to be learned include:

1. Identifying learned misinformation; 2. Expressing pride in groups to which we belong; 3. Learning how groups experience mistreatment; 4. Learning the personal impact of discrimination incidents, and 5. Learning how to interrupt prejudicial remarks, jokes and slurs. Each exercise is modeled by the facilitator and debriefed as we proceed.



Facilitator: Sandy Stevenson

Fee: \$25, Includes continental breakfast and lunch.

Busy Women's Retreat

Three Women Doctors of the Church:

Becoming a Contemplative Presence in the World

Friday, April 4, 6:00 pm – Saturday, April 5, 5:00 pm

The Question: How do we balance lives of contemplation and action? What wisdom can we gather from three women Doctors of the Church, who have shared our same struggles and challenges?

Clues to the answer: Our keynoter will help us intersect the wisdom of Catherine of Siena, Teresa of Avila, and Therese of Lisieux with our own lives. Each of these women struggled with the challenge of integrating who I am vs. what I do—the classic Mary-Martha paradigm. Yet Catherine, Teresa and Therese radiated the grace of a true integration of contemplation and action, and each offers us salutary wisdom and insight into this grace of integration. Come and spend time in reflection, prayer and fellowship with these three Doctors of the Church and with other contemporary women who share in the challenges of balance in their lives. The retreat closes Saturday with a 4:00 pm liturgy for Sunday.

Keynoter: Lori McMahan, Pastoral Associate, St. Anne Parish and Faculty Member, Epiphany Academy of Spirituality

Spiritual Directors: Sisters Anne Winschel, Jean Rene Seiler and Marian Senish, CDP

Stress Reduction: Agnes Raible CDP, MA

Massage Therapy: Elizabeth Erbrecht, LM, NCTMB

Presenters: Anne Winschel, M. Joan Coultas, CDP and Staff

Fee: Private room, three meals: \$75

Commuter for 2 days, three meals: \$50

North Hills Chorale in Visitation Chapel

Spring Concert

Saturday, April 26, 7:00 pm

Sunday, April 27, 3:00 pm

Do you want to hear and feel the spirit of Spring and be in tune with true “songbirds?” Come join us for a live, inspirational concert by the North Hills Chorale and realize the musical talent which exists in our own neighborhood. Enjoy this presentation at Visitation Chapel in Kearns

Donations accepted

Providence Villa Spirituality in Action

PLEASE NOTE:

This event is held at Providence Villa, 10745 Babcock Blvd, just five minutes north of Kearns. See page 15 for directions.



Action Event II: Into the Heart of God: Meditation with Icons

Tuesday, May 6, 10:00 am – 2:00 pm

In this glorious season of the Church year there is a richness of artistic material upon which to reflect from which we will choose three particular icons. We will spend time reflecting on the history and spirituality of iconography. Time will be allotted for quiet prayer and for faith sharing. NO experience with icons is necessary!

Facilitator: Lori McMahan, BS, MS

Fee: \$25 Includes lunch *Limited to 20 participants.*

*Please RSVP by April 25 to Peggy Huwe, 412-366-1124
or kearnssc1@pghcdp.org*



THE SAINT JOHN'S BIBLE



Furthering the Message: *The Pentateuch* **Thursday, May 22, 7:00 – 9:00 pm**

By popular demand, Sr. Michele Bisbey, who is part of a group spearheading the St. John's Bible project at La Roche, will return to Kearns to continue her exploration of the Illuminations, the historical context and the wisdom of the Bible.



Come join us in breaking open the Word in conversation and prayer.

Presenter: Michele Bisbey CDP, Ph.D.

Refreshments served

Donations accepted

Preached Retreats

The Sisters of Divine Providence offer preached and directed retreats at Kearns Spirituality Center. You're invited to sit in on the conferences at these preached retreats. Please note that these are silent retreats and we ask that you observe silence while visiting.

June 9 – 13, 2014

Topic: To Know Him is to Love Him: A Journey of Intimacy with Jesus, with Mary as Our Guide

Retreat Director: Rev. Michael Greb, OFM Cap., M.Div.

June 23 – 27, 2014

Topic: Walking and Praying with the Women in Luke

Retreat Director: Rev. Bonnie Thurston, Ph.D.

To confirm the conference times and your attendance,
8 **please call 412-366-1124 or email to kearnssc1@pghcdp.org.**

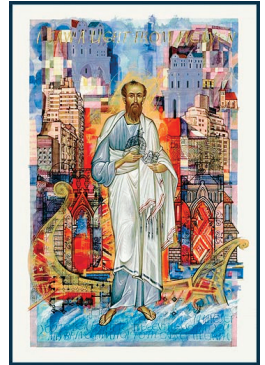
Ongoing Programs

Visio Divina: Seeing the Word

Sunday 1:00 – 2:00 pm, Kearns Spirituality Center
January 26, February 23, March 30, April 27, May 25



Visio Divina (Seeing the Word) is a Christian practice of reading God's Word, listening to the Word, meditating on the Word, seeing the Word, praying the Word and responding to its challenges by becoming more Christ-like in daily living. Like a deepening relationship of love, "Visio Divina" holds power to transform one's life. Images will be from the *St. John's Bible*. Pope Benedict XVI said of the *St. John's Bible*, "This is a work of art, a great work of art...a work for eternity." A volume is currently in the Kearns Visitation Chapel.



Facilitator: Sr. Anne Winschel, CDP, MS
Donations accepted

Falun Dafa Movement and Meditation

Tuesday, January 7 – April 29, 9:45 – 10:45 am

A traditional practice of five standing and sitting exercises with gentle movements and stretches to improve body, mind and spirit. Relieves stress and anxiety. Falun Dafa promotes the universal principles of truthfulness, compassion and forbearance.

Facilitator: Eleanor Howe, MSLS, M.Ed.
Donations accepted

Yoga

Tuesday, January 7 – April 29, 10:30 – 11:45 am

These sessions are for all fitness levels; beginners will receive extra attention. Basic Hatha Yoga postures and breathing techniques are used to increase strength, energy and flexibility. Sessions are in groups of five or six. Feel free to start anytime. Wear loose, comfortable clothing and bring a towel and a mat.

Presenter: Judy Sheintal Watson, BA
Fee: \$12 per session

Ongoing Programs

Zen Meditation and the Practice of Awareness

Tuesday, February 4 – April 29, 6:30 – 8:30 pm

Sessions include introducing meditation, zazen, walking, study and conversation. Wear comfortable, loose-fitting pants appropriate for sitting on a cushion or chair and shoes for walking outside, weather permitting. All seating will be provided. www.city-dharma.org for further information.

Facilitator: Rev. Jisen Coghlan, Senior Priest, Zen Center Pittsburgh
Donations accepted

Yoga I

Tuesday, January 7 – April 29, 7:00 – 8:00 pm

Come join us for a friendly vinyasa flow class designed to increase flexibility, strength and balance. Every pose is clearly explained, so whether you're brand new to yoga or simply want to further your practice, this class is for you! Please bring a mat and a friend.

Presenter: Anne Kertz Kernion, MA

Donations accepted



Centering Prayer

**Wednesday New Participants and Inquiry Group Meets 10 am – Noon
February 26 – April 23**

Ongoing and Advanced Group: Meets by arrangement with Sr. Marian

Learn the fundamentals of Centering Prayer as well as ways to integrate more reflective time and contemplation into your busy life and world. Includes time for prayer, faith sharing and discussion.

Facilitator: Sr. Marian Senish, CDP, MA

Donations accepted

Tai Chi Qigong

**Thursday, January 9 – April 24, excluding April 17, Holy Thursday
10:00 – 11:00 am**

Improve mobility, increase energy and have a stronger immune system through Tai Chi Qigong as it invigorates the inner workings of your body. This requires a bit of group work and play on a regular basis.

Facilitator: Vincenza Furst

Donations accepted

Special Services

Labyrinth

The Labyrinth is open year round for all to use for prayer and contemplation. If you wish to create a program for a group using the labyrinth, the Center can provide a guide for this experience. In that case, please call for an appointment at 412-366-1124.

Spiritual Direction

An opportunity to “come as you are spiritually” to speak confidentially with a spiritual director who affirms and challenges your spiritual journey. The focus is your relationship with God in prayer and in daily life.

By appointment only.

Carolyn Bodenschatz, CSJ, 412-819-0135

Maura Luffy, CDP, MA, 412-366-3451

Corinne Myer, RSM, 412-578-6289

Jean Rene Seiler, CDP, 412-367-7728, cell: 412-508-7841

Anne Winschel, CDP, 412-635-5409

Massage Therapy

Kearns is pleased to announce that we have a new
Massage Therapist: Elizabeth M. Erbrecht, LMT, NCTMB.
For appointment: 412-445-3704 or e-mail: erbrecht3@gmail.com



Stress Reduction Through Reiki

These sessions use the Reiki “touch therapy” method of reducing the effects of stress, e.g. blood pressure elevation, tight muscle structure, heightened anxiety and stress, etc., done in a prayerful reflective atmosphere. By appointment only with Sr. Agnes Raible CDP, MA. Phone: 412-635-5405 or 412-366-1124 or e-mail: agnesraible@pghcdp.org.

Divine Providence Retreat Ministries

The Sisters of Divine Providence sponsor two retreat centers that are available to individuals and groups who wish to come and spend some quiet reflection time. Each facility has a chapel, a woodland area and indoor space for private prayer, group gatherings, spiritual reading and meditation.

Kearns Spirituality Center 412-366-1124

Providence Villa 724-444-8055

General Information

Registration

We encourage you to pre-register for **ALL** programs. Walk-ins are welcome provided space is available and this brochure does not state that a prior deposit is necessary.

To register, call 412-366-1124 or e-mail: kearnssc1@pghcdp.org

Gift Certificates

Are you in search of unique gifts for birthdays, anniversaries, etc. Why not choose a Kearns program or a massage at Kearns?

Kearns gift certificates are available by calling 412-366-1124

Vessels of Hospitality

Another creative gift may be one of Sister Charlotte Tolliver's hand built, wheel-thrown ceramic pottery items on display in the Kearns lobby! Please feel free to drop in and shop or to call Sister Charlotte at 412-956-6314.

Hosted Groups, Personal Retreats

To arrange for a hosted group or to schedule a personal retreat contact

Peggy Huwe, 412-366-1124 or email: kearnssc1@pghcdp.org

or Agnes Raible, CDP, 412-635-5404 or email: agnesraible@pghcdp.org

Volunteer Opportunities!

Are you looking to fill some down time and/or do you have talents to share with others? We could use you! Call 412-366-1124.

Kris's Fund

Kris Rosenberg (+2004), initiated a fund to enhance the ministry of the Kearns Spirituality Center. The labyrinth has been dedicated to Kris, and many services and enhancements to the Center have been made possible through this fund. ***Your donation to this fund will help to ensure the future of Kearns Spirituality Center!***

Program Information

For more program information, contact:

M. Joan Coultas, CDP, 412-635-6314, mjcoultas@yahoo.com

or Peggy Huwe, 412-366-1124, kearnssc1@pghcdp.org

Retreat Facilities of the Sisters of Divine Providence

**Kearns Spirituality Center, 9000 Babcock Blvd, Allison Park
412-366-1124**

- ◆ Welcoming staff
- ◆ Woodland reflection trail
- ◆ Labyrinth for prayerful walking
- ◆ Meditation garden
- ◆ Screened Gazebo
- ◆ Spirituality library
- ◆ Visitation Chapel accommodates 175 guests
- ◆ Air conditioned, smoke-free, handicap accessible
- ◆ Conference center accommodates up to 250 for meetings and 200 for dining
- ◆ State-of-the-art audio/visual, computer capability and WiFi
- ◆ Piano in each meeting room
- ◆ Retreat Center lounge accommodates up to 30 guests
- ◆ 27 air conditioned and smoke-free guest rooms
- ◆ Dining room seats 70
- ◆ Fully equipped kitchen
- ◆ Food service available



Accessible



***Visit Kearns Spirituality Center
on Facebook!***

www.facebook.com/KearnsSpiritualityCenter

Retreat Facilities of the Sisters of Divine Providence

Providence Villa, 10745 Babcock Blvd, Gibsonia, 724-444-8055

- ◆ Comfortable accommodations
- ◆ Food Service
- ◆ Meeting Rooms
- ◆ Audio-visual equipment
- ◆ Wireless Internet
- ◆ Conference phone system
- ◆ 17 bedrooms (3 semi-private)
- ◆ Quiet Chapel
- ◆ Wood burning fireplaces
- ◆ Spacious lawn and woodland trails
- ◆ Screened Gazebo



Other CDP Sponsored Ministries

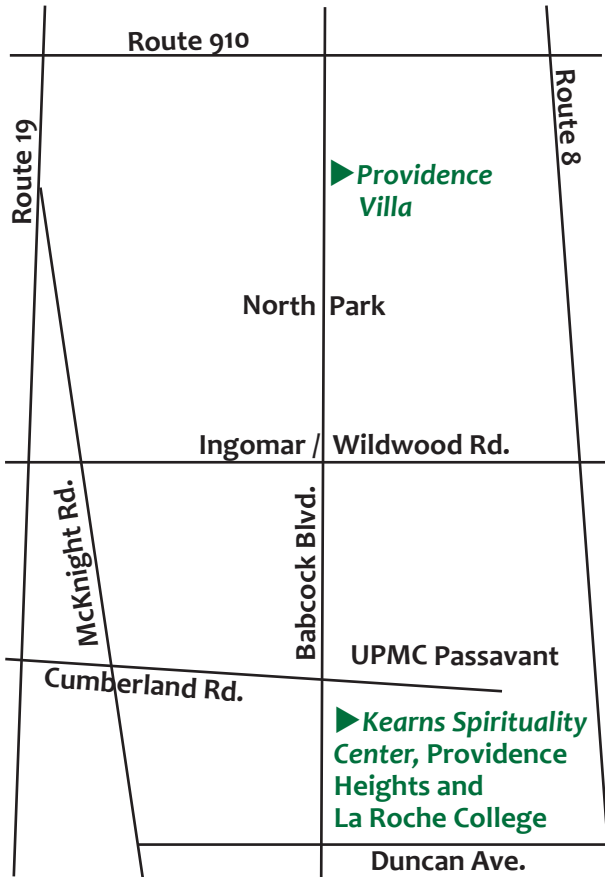
Social Service Ministries....La Posada Providencia in Texas is a ministry for people from around the world who are seeking legal refuge in the USA; **Providence Family Support Center**, Pittsburgh, offers programming and services aimed at strengthening families; **Room at the Inn** provides immediate emergency shelter for families that are homeless in St. Louis County, MO.

Education...The Sisters founded the **Providence Heights Alpha School** in 1924 in Pittsburgh. The **Sacred Heart School System**, administered by the Sisters in Kingston, MA, in the Archdiocese of Boston, provides quality education to students from pre-primary through high school. Founded by the Sisters in 1963, **LaRoche College** is a co-ed four-year liberal arts college in McCandless Township.

Directions

Kearns Spirituality Center is located on the grounds of the Sisters of Divine Providence at 9000 Babcock Blvd., McCandless Township between UPMC Passavant Hospital and La Roche College.

Providence Villa is just a 5 minute ride through North Park from Kearns Spirituality Center at 10745 Babcock Blvd., just past the Karrington Woods plan of homes when coming from Kearns.



*Join us
this Spring!*



*Kearns Spirituality Center
Sisters of Divine Providence
9000 Babcock Blvd.
Allison Park, PA 15101-2713*