
The Hebrew word "Ruah" is translated as "spirit", "wind", "breath", a breath that Walter Bruggerman says "Is a shaped, purposefully, intentional force." Each breath we take begins in God and is filled with the Spirit of God. We are connected to God and each other by this invisible yet powerful force. We can't fully live until we recognize this connection.

We, the Congregation of Divine Providence, impelled by the Spirit of Jesus, commit ourselves to co-create a world of compassion, justice and peace. Guided by the legacy of Wilhelm Emmanuel von Ketteler and Marie de la Roche, we nurture in ourselves and in others a trust and confidence in God's faithful presence. We further commit ourselves to making God's Providence more visible in our world.



WISDOM, UNDERSTANDING
AND COMPASSION

CONTACT US

Sisters of Divine Providence
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Sisters of Divine Providence
Marie de la Roche Province

WHY RUAH?

What is most needed in the world is the bedrock of spirituality. There is a vacuum of teachers who are available and understand the journey, the ups and downs, dangers along the way, who can point a direction and bring individuals to know the God who lives and loves in and through them.

We are finding more commonality of belief that isn't dogmatic or aligned to a particular church's belief system. Practices and prayer forms have been shared from many traditions. We believe this is a time of Spirit transforming how we approach faith. People are able to renew their faith in a God who walks with them through spiritual direction and are able to verify with the Spirit what has been discovered through the use of our heads and hearts.

**Feel the spirit of the Lord
move within your life.
Rejoice!**

PROGRAM

MONTHLY RETREATS

Participants will attend 10 monthly, weekend retreats beginning in March 2023 from Friday evening to Sunday at 3pm at Kearns Spirituality Center in Allison Park, PA.

- March 17-19
- April 21-23
- May 19-20
- June 16-18
- July 21-23
- August 18-20
- September 15-17
- October 20-22
- November 17-19

PARTICIPANT REQUIREMENTS

Participants must:

- Be at least 30 years old.
- Have a background counseling, social work, religious education or have participated in other programs on spirituality and spiritual formation.
- Minimally 3 years experience in above areas
- Clergy, religious, lay and human service professionals welcome!

COST

The cost for the full program is:

- Program with food and lodging - \$4500
- Commuter - \$3500

COURSE OF STUDIES

- The Ammas and the Abbas
- Holy Listening: The Art of Spiritual Direction
- The Evocative Method of Spiritual Direction
- Listening for Blocks and Openings
- Prayer Practices to Aid Spiritual Development
- Frameworks for the Journey
- Differing Beliefs and Spiritual Direction
- The Practice of Discernment: Is it Possible to Know the Will of God?
- The State of Shipwreck: Addiction, Mental Health and Spiritual Direction
- Working with Victims of Trauma in Spiritual Direction
- Entering the Realm of the Sacred: Dealing with Death and Dying in Spiritual Direction
- Facing Issues of Grief in Spiritual Direction
- Meeting Resistance in Spiritual Direction
- Transference and Counter-transference
- Ethical Behavior in Spiritual Direction
- Care for the Caregiver
- Practicum in Using the Evocative Method
- The "How Tos"

HOW TO LEARN MORE AND APPLY

To learn more and apply, scan the QR code below or contact Sr. Margie Modro at the contact information on the back.

