



Fall 2017 Programs

Kearns Spirituality Center

A Sponsored Ministry of the Sisters of Divine Providence

9000 Babcock Blvd., Allison Park, PA 15101

412-366-1124



Visit us at <https://cdpsisters.org/kearns> or at
www.facebook.com/KearnsSpiritualityCenter

Making God's Providence Visible in Our World!

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Program Cancellations and Updates

When it is necessary to cancel or change a scheduled program, the information will be posted to our Facebook page.



www.facebook.com/KearnsSpiritualityCenter

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Centering Prayer...ers Retreat

Be Still...And Know That I am God, *Psalm 46:10*

Tuesday, September 19, 5:00 pm through

3:00 pm Wednesday, September 20

This Intensive overnight contemplative retreat will let you experience God in Holy Silence using centering prayer toward transformation of life in the Spirit. The retreat is for those using centering prayer and for anyone who would like to learn centering as a way to "Rest in God."

You must pre-register for this program. Limited to 28 participants.

Presenter: Marian Senish, CDP, M.A.

Fee: \$95, includes a \$35 non-refundable deposit and includes overnight accommodations and three meals.

Continue your centering prayer experience...

Wednesdays from 11:30 am – 12:30 pm.

Additional information is on page 14.

Usui Reiki Class (Level 1)

Saturday, September 9, 9:30 am – 4:30 pm

Usui Reiki is a simple and easy to learn Japanese method of healing for peace and relaxation. In the Reiki level 1 class you will learn

how to give reiki to yourself and others through a reiki attunement. This class covers the history, uses and methods of giving reiki. It includes practice time for the development of confidence. When completed,

each participant receives a certificate as a Level 1 Reiki Practitioner. *(Level 2 class is scheduled for May 19th.)*

Facilitator: Cynthia Ballard

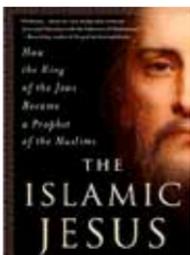
Fee: \$125 includes a \$25 non-refundable deposit, Usui Reiki Book and presentation materials. Please bring a bag lunch, drinks will be provided. Class size limited to 12.

You must pre-register for this program.

Book Discussion

Wednesday, October 4, 11, 18, 25, November 1, 10:00 am – 11:30 am

Book for Discussion: *The Islamic Jesus: How the King of the Jews Became a Prophet of the Muslims by Mustafa Akyol*



This unique and timely book tells the story of Jesus and Mary, as narrated in the Qur'an. It narrates how the Islamic picture resonates with pre-existing Christian sources. It unveils the fascinating similarity between Islam and "Jewish Christianity", a strain in the early Church. Akyol offers thoughts about what Jesus can offer Muslims today. Openness to these themes can lead the reader to ancient, yet unique new realizations that we all worship the same God. The book is available on Amazon.com or you may order through Shelley Johnsen at sjohnsen@cdpsisters.org (Our cost: \$18)

Facilitators: Joan Coultas, CDP, Ph.D. and Jean Rene Seiler CDP, M.S.

Fee: \$20 for the 5 week series or \$5 per session, plus book. Rolls and beverage provided

Craft Extravaganza at Providence Heights



Saturday, October 7, 10:00 am – 3:00 pm

The public is invited to this unique arts and craft show at our Historic Landmark building at 9000 Babcock Blvd.

FREE ADMISSION! For more information or to volunteer, please call 412-635-5401

Proceeds benefit the Sisters of Divine Providence.

Caring for our Souls, an Advent Series

Wednesdays, November 29 – December 20, 7:00 pm – 9:00 pm

Using the Christmas Story, this four week advent series will focus on the continuing birth and maturation of our spiritual life. Through teaching and group reflection, the participants will explore the foundation of the stages of spiritual growth and the natural "ebb and flow" in their growth.

Presenter: Margie Modro, CDP

Fee: \$10 per session or \$30 for the 4 week series.



Festival of Lights

Friday December 1, 4:00 pm – 8:00 pm

Come join us as La Roche College and the Sisters of Divine Providence spread holiday cheer. Listen to Advent hymns, Christmas carols and performances in the Sisters' Chapel; greet Santa Claus and enjoy entertainment at La Roche. Grab a bite to eat as well in the College Center cafeteria. Then enjoy the fireworks as a grand finale.

Sponsors and Location:

**La Roche College and the Sisters of Divine Providence
9000 Babcock Blvd., Town of McCandless**

North Hills Chorale Concert

Christmas Concert in Visitation Chapel

Saturday, December 9, 7:00 pm; Sunday, December 10, 3:00 pm

The North Hills Chorale, a well-known interfaith choral group, combines sacred and secular renditions fused with holiday spirit. Come join us to get into the true Advent spirit as you support and enjoy one of the best choral groups in the Northern area of Pittsburgh.

Donations accepted

Be Peace: A Silent Winter Retreat

January 19-21, 2018 – 7:00 pm Friday – 12:00 pm Sunday

Join us for inner reflection and meditative practices to renew the body, mind, emotions and spirit. Through stillness and pause we will journey to the deep silence within by traveling the pathway of gentle yoga movement, meditation, sound and specific breathing practices. Come and be nourished on all levels of your being through a moment by moment journey from the outer to the inner. *This is a silent retreat.*

Facilitator: Cynthia Ballard ("Through being we become")

Fee: \$175 includes a \$50 non-refundable deposit, 2 night accommodations, 4 meals, a snack Friday evening. Meals will be simple and nutritious.

You must pre-register for this program. Registration begins September 11. Retreat limited to 28 participants.

Yoga Programs

Yoga on the Labyrinth

Monday, September 11 - December 18, 9:30 am – 10:45 am

This class will incorporate the beauty of yoga, nature and the labyrinth. We will begin class with a flowing yoga sequence and then we will meditatively walk the labyrinth. Please wear shoes that are easy to take on and off for yoga and walking. Please bring a yoga mat and water. Group will move inside during inclement weather. Any cancellations will be posted on our Facebook page.



Facilitator: Kendell Romanelli

Fee: \$5 per session

Yoga I

Tuesday, September 5 – December 19, 7:00 pm – 8:00 pm

Come join us for a friendly Hatha yoga 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, M.A.

Fee: \$5 per session

Yoga

Thursday, September 7 – December 21, 7:00 pm – 8:00 pm

This class is designed to increase your flexibility, strength and balance. Kristen clearly explains each pose, so whether you are new to yoga or want to further your practice, this class is for you! Please bring a mat and a friend.



Presenter: Kristen Lane

Fee: \$5 per session

Program Cancellations and Updates

When it is necessary to cancel or change a scheduled program, the information will be posted to our Facebook page.



www.facebook.com/KearnsSpiritualityCenter

APP Lecture Series

Monday, September 11, 7:00 pm – 9:00 pm, Karen Clifton

Monday, October 2, 7:00 pm – 9:00 pm, John Haught

Thursday, November 9, 7:00 pm – 9:00 pm, Jack Nelson-Pallmeyer

Thursday, December 7, 7:00 pm – 9:00 pm, Bishop John Michael Botean

Sponsor: Association of Pittsburgh Priests (APP)

Hospitality: Kearns Spirituality Center

RSVP: 412-366-1124 or kearns@cdpsisters.org

Fee: \$20 per talk or \$65 for the series of four APP talks

◆ *End the Death Penalty and Promote Restorative Justice*

Monday, September 11, 7:00 pm – 9:00 pm

Speaker: Karen Clifton

We get to hear the Executive Director of the Catholic Mobilizing Network bring us up to date toward ending the death penalty in Pennsylvania and introduce us to the multiple efforts to bring restorative justice, repairing the harm caused when a crime is committed. It is a community-centered approach to justice that views crime as a violation of people and relationships rather than simply a violation of law.

◆ *Evolution and Faith: What is at Stake?*

Speaker: John Haught

Monday, October 2, 7:00 pm – 9:00 pm

This Distinguished Professor from Georgetown University brings years of theological and scientific research to view today's scientific theories from a faith perspective. Some scientists have joined in a "modern project of desacralizing the natural world." Some biblical fundamentalists are closed to any truth in science. Carl Sagan says, "there is nothing for a creator to do." This speaker, author of twenty books, bridges the divide, integrating faith and science. Come with your questions.

APP Lecture Series

◆ Faith in Violence: Is Religion Killing Us?

Speaker: Jack Nelson-Pallmeyer

Thursday, November 9, 7:00 pm – 9:00 pm

Whether we're talking about ISIS or U.S. foreign policy rooted in American Exceptionalism, we see a similar dynamic of religion being used to justify violence. Jack Nelson-Pallmeyer will examine "violence of God traditions" at the heart of the Bible and the Quran: how bad news was and is always good news for ancient writers and modern peoples who root hope in fantasies of God's redemptive or endtime violence, and how Christianity has been distorted by America's permanent warfare state. Constructive pathways forward begin with an honest assessment of "divinely sanctioned violence," alternative visions of a more just and peaceful society, and in people willing to seek out and embody authentic hope.

◆ Nonviolence or Nonexistence: Christian Moral Relevance Today

Speaker: Bishop John Micahel Botean

Thursday, December 7, 7:00 pm – 9:00 pm

This Catholic bishop asks: "Has the Church lost its voice by ignoring Jesus' teaching on nonviolent, active love of friend and enemy?" This talk will explore how the salvation of souls must take precedence over fostering, preserving, and/or promoting a political order in the pastoral activity of the Catholic Church.

Peace Forum Series

Sunday, October 1, November 5, December 3, 3:00 pm – 5:00 pm

Program features a speaker on current issues relating to peace and justice. Typically topics include climate change, the media, conflict areas, the Middle East, gun control from the perspective of creating a more peaceful world, etc. Join us to make your commitment to further the agenda of peace.

Information: maryhsheehan@gmail.com or 724-719-2571

Sponsor: Pittsburgh North People for Peace

Donations accepted

Ongoing Programs

Visio Divina: Seeing the Word

**Second Sunday of each month, September 10, October 8,
November 12, December 10, 11:00 am – 12:00 pm,
Mother of Providence Chapel, Providence Heights**

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*, currently resident in the Kearns and Providence Heights Chapels: "This is a work of art, a great work of art...a work for eternity."



Facilitator: Anne Winschel, CDP, M.S.
Donations accepted

Finding Strength Through Weakness:

12 Step Spirituality and the Christian Perspective

**Monday, September 11 - December 4, (except September 25.)
7:00 pm – 9:00 pm**

Addiction sends family members into an entirely different and unfamiliar place. For each member of the family life as they knew it is uprooted; all normal props are taken away and they are plunged into an alien environment. The journey to inner peace is the 12 Step Program we ask our loved ones to take in order to heal their lives. The 12-week Program is an opportunity for real transformation into a spiritually mature person. In this spiritual intensive program, participants are asked to enter more deeply into the process of inviting God to change us from the inside out through learning the practices of the 12 Steps from a Christian perspective. **Book:** *Breathing Under Water Spirituality and the 12 Steps* by Richard Rohr

Facilitator: Margie Modro, CDP, M.S., CCORP

Fee: \$5 per session

Ongoing Programs

Meditation

Tuesday, September 5, 12, 26 and October 3, 10, 8:15 pm – 9:00 pm

Meditation has many benefits, such as relieving stress and pain, preventing memory decline, increasing our focus and even slowing down the aging process. Come to our class and learn ways to cultivate a meditation practice with a few easy methods – bringing calm and peace into your daily life.

Presenter: Anne Kertz Kernion, M.A.

Fee: \$40 for 5 classes or \$10 per session

Poetry for the Soul

Tuesday, November 7, 14, 21, 28, 10:00 am – 11:30 am

Have you ever turned to soul searching after experiencing poetry?

For example: “Who says that those who’ve gone
are ever out of sight or mind?

They’re present but invisible.

They visit when they choose.

They rule the world.”

“Alone with Presences”, Sam Hazo

This four part series gives you the opportunity to experience this connection. We will explore several poems and poets for their invitation into reflection. Sessions will involve input, discussion and reflection time.

Presenter: Karen Lehman, M.E.

Fee: \$15 per session or \$50 for the four sessions. Fee includes all materials and morning refreshments.

Registration suggested; walk-ins welcome.



Ongoing Programs continue on page 14

Spring 2018 Preview

St. Teresa of Avila:

The Soul's Inner Landscape, Interior Castles

Dates and Times TBD for February – March 2018

“Mental prayer is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.” She says; “It is for you to look at him. He never takes His eyes off you.” –St. Teresa of Avila



The interior castle is the soul. The door into this castle is prayer. What Teresa offers us is a spirituality of interior development fully grounded in the active life of the world. In this five week session, participants explore the meaning of each mansion within the castle and what it means for our spiritual formation. **Presenter: Margie Modro, CDP**

Usui Reiki Class (Level 2)

Saturday, May 19, 9:30 am – 4:30 pm

Usui Reiki is a simple and easy-to-learn Japanese method of healing for peace and relaxation. In the Reiki level 2 class you will learn techniques to send distant healing and reiki prayers to others, situations, earth, animals, etc. You will learn three reiki symbols to use when performing reiki on yourself or others. Pre-requisite: Reiki Level 1 class or certificate. This course includes a certificate as a Level II Reiki Practitioner.

Facilitator: Cynthia Ballard

Fee: \$125 includes a \$25 non-refundable deposit, Usui Reiki Book and presentation materials. Please bring a bag lunch. Drinks will be provided. Class size limited to 12. You must pre-register for this program.



Busy Women's Retreat

Friday and Saturday April 13 – 14

Begins with Dinner on Friday at 6:00 pm and concludes with Liturgy for Sunday on Saturday at 4:30 pm.

Theme: From Vulnerability to Wholeness

Finding the courage to accept ourselves as we are, with our imperfections and inconsistencies, leads us to discover deep beauty in our humanity. Embracing our vulnerability, our "cracks," brings us heartfelt connection, revealing light and love that can flow out into our world. Through presentations, discussion, activities, and silence, we will tap into the strength and beauty inside each of us. The retreat will also feature a "sampler" of options – Tai Chi, Spiritual Direction, Massage etc., on Saturday afternoon.

Presenter: Anne Kertz Kernion

Fee: \$145 for overnight guests in a private room

\$125 for overnight guests in a shared room

\$100 for two day commuter guests

All of the above options include 3 meals, all retreat materials and Saturday sampler options.

A \$50 non-refundable deposit is due when registering.

You must pre-register for this program.

Registration begins January 8, 2018

Limited space is available; please register early!

Ongoing Programs

Centering Prayer

New Participants and Inquiry Group:

Wednesday, October 4 – December 20, 11:30 am – 12:30 pm

(Follows Book Discussion for those attending both programs.)

Ongoing and Advanced Group: Call to arrange dates and times with Sr. Marian at 412-952-8939

Learn the fundamentals and beyond 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: Marian Senish, CDP, M.A.

Donations accepted for Kearns Spirituality Center

See page 4 for information about a Centering Prayer retreat!

Be Peace Integrative Relaxation Method (IRM)

Wednesday, September 6, October 4, November 1, December 6, January 3, February 7, March 7, April 4, May 2, 6:30 - 7:45 pm

Be Peace Integrative Relaxation is a pathway to acceptance and peace through breathing practices, gentle movement, progressive relaxation and sound. Through deep stillness and pause, we begin to tap into the extraordinary potential from within for health, rejuvenation, balance, creativity, abundance and intuition. Join us and create a space of peace within through simple, easy and practical relaxation practices. (Through “Being” we “Become”).

Facilitator: Cynthia Ballard, RYT, AYN, Certified Facilitator

Donations accepted for Kearns Spirituality Center

Program Cancellations and Updates

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www.facebook.com/KearnsSpiritualityCenter

Ongoing Programs

Evening Centering Prayer

A Call from the Heart of Spirit

Wednesdays October 18 – November 22, 7:00 pm – 9:00 pm

We are told unanimously by the mystics that the “Kingdom of God is within,” and we are to search the depth of our souls until we uncover, hidden in our innermost beings, the real self of all existence. All true prayer is based on the conviction of the presence of the Spirit in us and of the Spirit’s unfailing and continual inspiration. In these six evenings we will learn how to do Centering Prayer and what may occur in our lives from forming a deep connection with the God who dwells in us all.



Presenter: Margie Modro, CDP

Fee: \$5 per session

Tai Chi Qigong

Thursday, Sept. 7 – Dec. 21, except Thanksgiving, 10:00 am – 11:00 am

Are you hoping for improved mobility, increased energy and a stronger immune system? Tai Chi Qigong invigorates the inner workings of your body. This requires a bit of group work and play on a regular basis, as you participate in Tai Chi Qigong.

Facilitator: Vincenza Furst

Fee: \$5 per class

Following in the Footsteps of St. Paul

Thursday, September 7, 14, 21, 10:00 am – 11:30 am

This three part series invites you to walk along with St. Paul from Greece to Turkey as he spread Christianity far and wide. Via a modern day pilgrim, join in your vicarious pilgrimage. Sessions will include input, discussion, labyrinth activity and prayer.



Presenter: Karen Lehman, M.E.

Fee: \$10 per session or \$25 for the three week series. Fee includes all materials and morning refreshments. Registration suggested; walk-ins welcome.

Presenters

Ballard, Cynthia, E-RYT, RM, Relaxation Therapist, IRM Facilitator. Cynthia shares meditative and spiritual practices to cultivate inner peace, acceptance and harmony, techniques that helped manage her journey of living with a chronic illness. She volunteers at Our Clubhouse, Hillman Cancer Center and other venues in the city. She is a Certified Yoga Therapist, Relaxation Therapist and Reiki Master.

Botean, Bishop John Michael, leads the Romanian Catholic Diocese based in Canton, OH. He previously worked at the Center for Applied Research and at the Pax Christi USA Center on Conscience and War at Cambridge, MA. His 2003 Lenten Pastoral Letter directly condemned the U.S. war with Iraq. He termed it “an objectively graced evil, a matter of mortal sin.” These were the most outspoken terms committed to paper by a U.S. Catholic bishop regarding the war.

Clifton, Karen, A graduate of St. Mary’s School of Theology, St. Thomas University, Karen has been an organizer and advocate since 1990 for the Catholic Worker, the Campaign for Human Development, the San Jose Clinic, AIDS ministry, as well as the CD coordinator for the Ignatian Spirituality Project. The mother of five adult children and seven grandchildren, Karen received the Servitor Pacis Award from the Paths to Freedom Foundation, the Mission of the Vatican to the United Nations to promote peace.

Coultas, M. Joan, CDP, Ph.D. from Catholic University, is a psychologist, former Provincial Director of the Sisters of Divine Providence and former President of La Roche College. She has taught, lectured and given workshops on topics related to psychology and spirituality.

Erbrecht, Elizabeth, B.A., LMT, a practicing Licensed Massage Therapist, doTERRA oils wellness advocate educator, and Access Consciousness Bars Facilitator, holds a B.A. in theology and counseling from Carlow University. She is a holistic facilitator and creator who uses alternative healing therapies to support the whole body and being. She has accumulated the training and experience required for teaching level mastery, bringing insight and education to those interested in helping individuals attain the highest levels of health and well-being possible.

Presenters

Furst, Vincenza, was originally a metropolitan New Yorker. While in New York, she was involved with Tai Chi for more than ten years. Realizing the large senior population in the Pittsburgh area she began to send out information on her wellness program centered in Tai Chi Qigong. The response has been amazing! Vincentian Home, Sunrise Assisted Living, Holy Family Manor and St. Athanasius Parish.

Haught, John, is a Distinguished Professor at Georgetown University. His interest in science, cosmology, evolution, ecology, and religion has led to years of research and twenty books, including “Science and Faith,” “Making Sense of Evolution: Darwin, God, and the Drama of Life,” “Science and Religion in Quest of Cosmic Purpose.” He has received numerous awards, including a “Friend of Darwin” award from the National Center for Scientific Education.

Kernion, Anne Kertz, M.A., is a certified Yoga teacher and the artist/owner of Cards by Anne, an international greeting card company, founded in 1985, which specializes in messages that speak to the heart and soul. Anne has a BS in Environmental Engineering and a Masters in Theology. She strives to maintain a work/life balance through centering prayer, meditation, daily exercise and family time. Recently Anne published “A Year of Spiritual Companionship,” a book of very practical reflections for each week.

Cards by Anne are sold at Kearns and online: www.cardsbyanne.com.

Lane, Kristen, M.S., has been practicing and teaching yoga for more than 30 years. She is a Registered Yoga Teacher and Trainer with the Yoga Alliance, as well as a holistic health coach certified by the Institute for Integrative Nutrition. Kristen believes passionately that you don’t need to be “bendy” to benefit significantly from a yoga practice. She welcomes and honors everyone who wants to transform their spiritual and bodily health, regardless of age, weight, gender, or previous yoga experience.

Presenters

Lehman, Karen, B.A. in History, M.E. in Social Studies (Cultural Diversity, Psychology and Sociology), Administrator, Certified Religion teacher, Campus Minister, and Certified Spiritual Director

Luffy, Maura, CDP, M.A., is an experienced spiritual director and teacher. She has been a spiritual companion and director for retreats since 1977. Her formal background has been in education and in spirituality. Currently Sr. Maura is a spiritual director on the Retreat Ministry Team for Kearns Spirituality Center.

Modro, Margie, CDP, M.S. CCORP, holds degrees from La Roche College in History and Religious Studies and from Shippensburg University in Community Counseling. Margie is certified in Addiction Treatment and Prevention from Penn State and in Crisis Response from the Pennsylvania Certification Board. She has worked in the field of addiction for over 30 years as a therapist, trainer, and consultant for the Pennsylvania Departments of Education, Drug and Alcohol Programs; St. Francis Medical Center; Western Psychiatric Institute and Clinic; Greenbriar Treatment Center and the Bridge to Hope. Margie has been a regular presenter on topics of spirituality at Kearns.

Nelson-Pallmeyer, Jack, B.A., M.Div., a Lutheran, is an associate professor of justice and peace studies at St. Thomas University. A nationally recognized teacher, writer, public speaker, and activist committed to nonviolent social change, he has focused on showing linkages between faith and critical political, economic, and social issues. His thirteen books plus numerous articles face issues of hunger, poverty, U.S. foreign policy, the historical Jesus, problems of God and violence, and authentic hope.

Presenters

Romanelli, Kendell, began her practice of yoga in 1993 for peace of mind and focus during the stress of her MFA program. Kendell discovered Kundalini yoga with its invigorating and meditative healing aspects. She has practiced several styles of yoga, but her love of combining Kundalini yoga with flowing hatha yoga is what fuels her practice and her classes. Her classes are designed to work the body by using various sun salutations and hatha yoga postures.

Seiler, Jean Rene CDP, M.A., in addition to her Masters' in religious education, possesses a graduate certificate in spirituality from Loyola University of Chicago. She has spent many years in religious and adult education and more recently has been engaged in pastoral work with aged and infirm persons in nursing homes and care centers. She is also a spiritual director at Kearns.

Senish, Marian, CDP, M.A., the foundress of Transfiguration House of Prayer, is involved in the house of prayer movement. Marian is a spiritual director, a pastoral minister and developer of the Labyrinth at Kearns. Along with her service in the retreat ministry, she gives talks in local parishes.

Tolliver, Charlotte, CDP, M.S., has a passion for mud! She lights up at the feel of clay swishing through her fingers. Through her craft, she shares with others the healing power of praying and playing with clay. Sister Charlotte is a graduate of La Roche College's art and design program and has a Master's from Edinboro in fine arts. She has taught ceramics since 1998.

Her ceramics are for sale at Kearns.

Also, see page 23 for representative samples.

Winschel, Anne, CDP, M.S. in counseling psychology, graduate work in spirituality and in scripture from Boston College and Pittsburgh Theological Seminary. Anne has been engaged in teaching, counseling and spiritual direction for over thirty years.

Program Information

Registration... We encourage you to pre-register for **ALL** programs. Walk-ins are welcome provided space is available. To register, call us at 412-366-1124 or e-mail: kearns@cdpsisters.org or visit our website at <https://cdpsisters.org/kearns>.

Program Cancellations, Updates... When it is necessary to cancel or change a program schedule, the information will be posted to our Facebook page, www.facebook.com/KearnsSpiritualityCenter.

Program Information... For more information, contact Shelley Johnsen at 412-635-6314, sjohnsen@cdpsisters.org or Peggy Huwe, 412-366-1124, kearns@cdpsisters.org

General Information

Gift Certificates... Do you need a unique gift for birthdays, anniversaries, etc.? Why not choose a Kearns program or a massage at Kearns? Call 412-366-1124 for a Kearns gift certificate.

Vessels of Hospitality... Another creative gift may be one of Sister Charlotte Tolliver's hand built, wheel-thrown pottery items on display in the Kearns lobby! Please feel free to drop in and shop or to call Sr. Charlotte at 412-956-6314. *See page 23 for more information.*

Hosted Groups, Personal Retreats... To arrange for a hosted group or to schedule a personal retreat, contact Peggy Huwe, 412-366-1124 or email: kearns@cdpsisters.org

Volunteer Opportunities!... Do you have down time to fill and/or 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 Kearns Spirituality Center. The labyrinth has been dedicated to Kris, and many services and enhancements to the Center have been made possible through Kris's Fund.

Your donation to Kris's Fund will help ensure the future of Kearns!

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, 724.454.1232,
cbodenschatz@stjoseph-baden.org

Karen Lehman 412.486.1151, karengiraffe10@comcast.net

Maura Luffy, CDP, M.A., 412.366.3451, maturaluffycdp@cdpsisters.org

Jean Rene Seiler CDP, M.A., 412.508.7841

Anne Winschel, CDP, M.A., 412.635.5409, awinschel@cdpsisters.org

Massage Therapy...Kearns is pleased to offer the services of Massage Therapist Elizabeth M. Erbrecht, LMT. For appointment: 412-445-3704 or e-mail: elizerbrecht.lmt@gmail.com

Reiki...A “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 Cynthia Ballard, 412-715-6760.

Comfort and Hospitality Program...Special thanks to UPMC Passavant Foundation for a third \$10,000 grant in support of the Comfort and Hospitality program.



PASSAVANT HOSPITAL
FOUNDATION

This program hosts families and friends of UPMC Passavant Hospital patients, offering them convenient and secure overnight accommodations in a friendly and contemplative atmosphere. For more information contact Peggy Huwe at 412-366-1124 or email kearns@cdpsisters.org

Kearns Spirituality Center

Kearns offers...

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



Under New Management!

Sisters Agnes Raible and Joan Coultas have retired as Director and Program Coordinator, respectively of Kearns Spirituality Center. A familiar face to many, Peggy Huwe is the new Director. Peggy is in the CDP Associate inquirer program and will become an Associate in the Fall. CDP Associate Shelley Johnsen is the new Program Coordinator. Contact Peggy at 412-635-6307 or kearns@cdpsisters.org. Contact Shelley at 412-635-6314 or sjohnsen@cdpsisters.org.

***Congratulations to Sister Agnes and Sister Joan
for your years of great service to the Kearns ministry!***

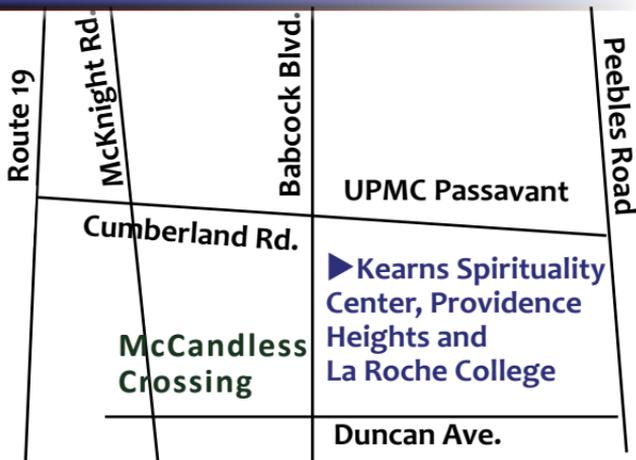
Vessels of Hospitality

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



Directions to Kearns

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.



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



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Return Service Requested

Kearns 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."