

# *Spring 2015 Programs*



*Making  
God's  
Providence  
Visible*



## *Kearns Spirituality Center*

9000 Babcock Blvd., Allison Park, PA 15101

412-366-1124



Visit us at [www.cdpsisters.org](http://www.cdpsisters.org) or on Facebook  
A Sponsored Ministry of the Sisters of Divine Providence

# Program Quick Finder

<b>Lenten Breakfast</b> .....	<b>Page 4</b>
Tuesday, February 17; 7:00 am – 9:00 am	
<b>Book Discussion</b> .....	<b>Page 5</b>
Wednesday, February 25, March 4, 11, 18, 25; 10:00 am – 11:30 am	
<b>St. Patrick’s Day Tea</b> .....	<b>Page 6</b>
Monday, March 16; 4:00 pm – 6:00 pm	
<b>Providence Villa Spirituality in Action</b> .....	<b>Page 6</b>
Tuesday, March 24; 10:00 am – 2:00 pm	
<b>Busy Women’s Retreat</b> .....	<b>Page 7</b>
Friday, April 10, 6:00 pm through Saturday, April 11, 5:00 pm	
<b>Peace Forum</b> .....	<b>Page 8</b>
Sunday, January 25, February 22, March 15; 3:00 pm – 5:00 pm	
<b>North Hills Chorale Concerts</b> .....	<b>Page 8</b>
Spring Concert, May 2 at 7:00 pm; May 3 at 3:00 pm	
<b>2015 Festival of Thomas Merton event at Kearns</b> .....	<b>Page 9</b>
Thursday, April 16, 7:00 pm Sunday, April 26, 2:00 pm	
<b>2015/2016 Program Previews</b> .....	<b>Page 10</b>

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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.”



# Program Quick Finder

## Ongoing Programs

<b>Visio Divina: Seeing the Word</b> .....	Page 11
Sunday, January 11, February 8, March 8, April 12, May 10; 1:00 pm – 2:00 pm	
<b>Essential Tools for Natural Health Classes</b> .....	Page 12
Monday, January 5, February 2, March 2, April 13, May 4; 6:30 pm – 8:00 pm	
<b>Evening of Zen Meditation</b> .....	Page 12
Tuesday, January 20, 27, February 3; 6:30 – 8:00 pm Tuesday, April, 7, 14, 21; 6:30 – 8:00 pm	
<b>Falun Dafa Movement and Meditation</b> .....	Page 13
Tuesday, January 6 – May 26; 9:45 am – 11:00 am	
<b>Yoga</b> .....	Page 13
Tuesday, January 6 – May 26; 10:30 am – 11:45 am	
<b>Yoga I</b> .....	Page 13
Tuesday, January 6 – May 26; 7:00 pm – 8:00 pm	
<b>Centering Prayer</b> .....	Page 14
Wednesday, February 25 – April 29; 10:00 am – Noon	
<b>Tai Chi Qigong</b> .....	Page 14
Thursday, January 8 – May 28; 10:00 am – 11:00 am	
<b>Integrated Relaxation Method</b> .....	Page 14
Thursday, January 8, February 12, March 12, April 9, May 14; 6:30 pm – 8:00 pm	
<b>Special Services</b> .....	Page 15
<b>General Information</b> .....	Page 16
<b>About the Retreat Ministry facilities</b> .....	Pages 17, 18
<b>Directions to Kearns and Providence Villa</b> .....	Page 19

# Lenten Breakfast

**Busy Women Cultivating Inner Peace – Part VI**

**Tuesday, February 17; 7:00 – 9:00 am**

**Theme: No Time to Think: From Mindlessness to Mindfulness**

When we aren't super busy at work, we are crazy busy exercising, shopping, driving, or doing chores. When we do have a free moment, out come our phones to check the news and social media. What makes being idle so uncomfortable for humans? It's because we tend to dwell on problems when left alone, and these negative thoughts reverberate in our heads. But all this busyness is harmful to our mental and physical health and thwarts our ability to empathize, reflect, create, and experience joy. We'll take a look at the latest research and practices that can help us become more mindful and more content.

**Speaker: Anne Kertz Kernion, M.A.,** Artist/owner of Cards by Anne

**Fee:** \$30, includes breakfast and presentation

***Registration is requested; please call 412-635-5437***



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

***[www.facebook.com/KearnsSpiritualityCenter](http://www.facebook.com/KearnsSpiritualityCenter)***

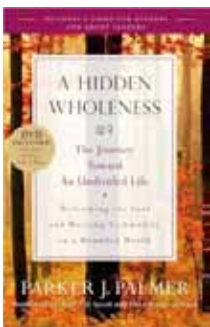
# Book Discussion, Prayer, Sharing

**Wednesday, February 25, March 4, 11, 18, 25; 10:00 – 11:30 am**

**Book for Discussion:** *A Hidden Wholeness: The Journey Toward an Undivided Life*, Jossey-Bass, c. 2004.

**Author:** Parker Palmer Ph.D.

Palmer brings together four vitally important themes:



- a. the shape of an integral life;
- b. the meaning of community;
- c. learnings for transformation; and,
- d. non-violent social change.

He states: "...may this book allow people to benefit...from the life-giving, world-healing power of communities that welcome the soul." This is a vital reading for an era focused on heightened individualism, where "community weaving" could

be lost in the midst of instant 21st century communication-technology. Book is available through Amazon.com or order through Peggy Huwe at Kearns. Our quoted price: \$16.50. Includes DVD.

**Facilitator:** Joan Coultas, CDP, Ph.D.

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

Breakfast rolls and beverages provided

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## Program Registration

Please pre-register for **ALL** programs.

Walk-ins are welcome provided space is available.

To register, call 412-366-1124 or e-mail: [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)

# St. Patrick's Day Tea

**Ireland, the Emerald Isle: The Past as Prelude to an Amazing Future**  
**Monday, March 16; 4:00 – 6:00 pm**

**Guest Speaker and Musician:** James Lamb, President,  
Ireland Institute of Pittsburgh

Usher in St. Patrick's Day with an enjoyable "High Tea" experience. Our speaker will explore the links between Ireland's glorious past and a glimpse of what is yet to come. 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.  
and Michele Quinn-Bisbey CDP, Ph.D.

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

## Providence Villa Spirituality in Action

**PLEASE NOTE:** This program is held at Providence Villa, 10745 Babcock Blvd., just ten minutes north of Kearns through North Park. Directions on page 19.



**Action Event: Unfolding Faith with a Twist**  
**Tuesday, March 24; 10:00 am – 2:00 pm**

Set aside time this Lent to contemplate our interconnectedness with each other and how the Spirit uses that interdependence among us as a gift that weaves us all together. Inspiration comes to life before your eyes and through the work of your hands as you are guided through the process of weaving a simple basket. Anyone can do this activity. No experience necessary. Participants will leave with a unique creation, especially appropriate and just in time for Easter to either keep or give as a gift.

**Facilitator:** Ellen Carlins, B.S.

**Fee:** \$25 + \$15 materials fee = \$40, includes lunch

**Limited to 20 participants.**

# *Busy Women's Retreat*

**Hildegard of Bingen, Doctor of the Church:**

**A Contemplative in Action for our Time**

**Friday, April 10, 6:00 pm to Saturday, April 11, 5:00 pm**

**The Question:** Who was Hildegard and can this dynamic woman speak to busy women today. If so, what in her message can change our lives?

**Clues to the answer:** Hildegard of Bingen (1098-1179) was a Benedictine abbess, visionary, prophet, musical composer, preacher and author in 12th century Germany. She is esteemed as Germany's first woman doctor and scientist, having compiled an encyclopedia of medieval medicine and natural science. Hildegard has also composed over 70 liturgical hymns and poems, and left a legacy of several hundred letters of correspondence addressed to popes and paupers alike. She continues to resound through the centuries as a "small sound of the trumpet from the Living Light".

Come away to enjoy this Busy Women's Retreat as we spend time with this extraordinary woman of spirit and creativity. We will view a short film of her life, spend time in quiet prayer with some of Hildegard's artwork, and also explore her spiritual writings. This retreat will offer a unique opportunity to embrace the beauty and inspired wisdom of this Doctor of the Church. Also, we will have a "sampler" of types of massage, Tai Chi, Spiritual Direction etc. available on Saturday afternoon and we will close with a liturgy for the 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, M.A.

**Massage Therapy:** Elizabeth Erbrecht, B.A., LMT, NCTMB

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

**Fee:** Private room and three meals: \$95

*Commuter for two days and three meals: \$70*

## Peace Forum Series

***Sunday, January 25; 3:00 – 5:00 pm***

“The Dirty Wars”, a DVD featuring Jeremy Scahill, the Investigative Reporter for the film; discussion follows.

***Information:*** pnpp@verizon.net.or 412-367-0383

***Sponsor:*** Pittsburgh North People for Peace

**Donations accepted**

***Sunday, February 22; 3:00 – 5:00 pm***

***Sunday, March 15; 3:00 – 5:00 pm***

Program features an outstanding speaker (TBA) on current issues relating to peace and justice. Make your commitment to further the agenda of peace by joining us.

***Information:*** pnpp@verizon.net.or 412-367-0383

***Sponsor:*** Pittsburgh North People for Peace

**Donations accepted**

## North Hills Chorale Concerts

**Spring Concert in Visitation Chapel**

***Saturday, May 2, 7:00 pm***

***Sunday, May 3, 3:00 pm***

Do you want to hear and feel the spirit of Spring? In our often troubled times, 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**





# 2015 Festival of Thomas Merton

## 2015 Festival of Thomas Merton Events at Kearns Spirituality Center



**Thursday, April 16; 7:00 pm**

**“We Are All Immigrants”** The 30-minute documentary features generations of immigrants from 10 countries who settled in Pittsburgh. Immigrants recount their challenges in coming to the city and also their contributions to the region. The year-long project was undertaken by the PATH to Justice Committee of the Catholic Sisters Leadership Council of Western Pennsylvania. Local radio broadcaster, Lynn Cullen interviewed the immigrants, edited the script and provided the narration. Dr. Dennis Woytek, an assistant professor in journalism and multimedia arts at Duquesne University, was the videographer and film editor.

**Presenter:** Sister Betty Sundry, CDP

## **Association of Pittsburgh Priests Interfaith Forum**

**Sunday, April 26; 2:00 pm**

**“Waking from a Dream of Separateness –  
Thomas Merton on Interfaith Dialogue”**

**Presenter:** Bonnie Bowman Thurston

**Sponsor:** Association of Pittsburgh Priests

**Fee:** \$20

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### **Program Registration**

We encourage you to pre-register for ALL programs.

Walk-ins are welcome provided space is available.

To register, call 412-366-1124 or e-mail: [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)

## 2016 Program Preview

*Watch for details on this program  
in the 2015/2016 Program booklet.*



Sunday afternoon, March 6, 2016, the Association of Pittsburgh Priests will host a program featuring Ilia Delio, OSF. Sister Ilia holds a doctorate in Historical Theology from Fordham University. She lectures nationally in Franciscan theology/spirituality and gives workshops and retreats in this area. She is also actively engaged in the religion and science dialogue. She is a recipient of the Templeton Course Award in Science and Religion (2000) and has participated in Science and Religion workshops at Washington Theological Union.

## 2015 Program Preview

***Providence Villa Action Event: Prayer Squares***

**Tuesday October 6, 2015**

What better way to remember to pray daily than to have a favorite inspiration on a decorative tile always in plain view? Participants will be amazed at how easy it is to create an object reflecting Spirit and beauty with the look of an expensive fire glazed tile through, this simple decoupage technique.

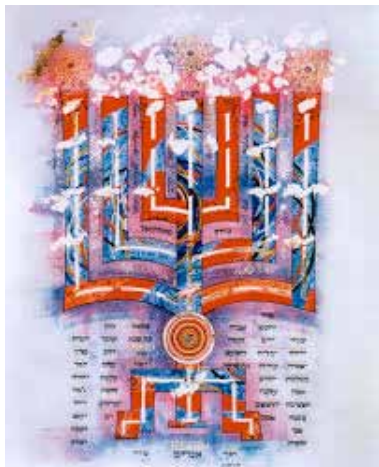
***Facilitator:*** Ellen Carlins, B.S.

# Ongoing Programs

## Visio Divina: Seeing the Word

**Sunday 1:00 – 2:00 pm, Providence Heights Chapel, monthly  
January 11, February 8, March 8, April 12, May 10**

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 of the St. John's Bible is currently in the Kearns and the Providence Heights chapels.*



**Facilitator:** Sr. Anne Winschel, CDP, M.S.

**Donations accepted**



**Visit Kearns Spirituality Center  
on Facebook!**

**[www.facebook.com/KearnsSpiritualityCenter](http://www.facebook.com/KearnsSpiritualityCenter)**

# Ongoing Programs

## Essential Tools for Natural Health Classes

**Monday 6:30 – 8:00 pm, monthly**

**January 5, February 2, March 2, April 13, May 4**

Join us for informative classes and learn how you can replace household items with the natural power of essential oils. Learn easy approaches to a variety of “life’s little emergencies”, using plant-based biochemistry. doTERRA Certified Pure Therapeutic Grade Essential Oils can be used to address everything from bee stings to headaches to muscle aches, sore throats, fever, colds, and more. Go to <http://thisoilyhouse.com/calendar> for more information.

**Facilitator: Elizabeth M. Erbrecht, LMT, NCTMB**

**Fee: \$15**

## Evenings of Zen Meditation

**Tuesday 6:30 – 8:30 pm**

**January 20, 27, February 3; April 7, 14, 21**

Each week, we’ll meditate for 25 minutes, walk for 10 minutes and Jisen will give a short talk followed by conversation. Meditation instruction is given for those new to this method. See the website: [city-dharma.org](http://city-dharma.org) for more information about Jisen and Zen Buddhist practice.

**Week 1:** A Method for Settling into our Lives: Come and experience a form of seated meditation from the Soto Zen Buddhist tradition. In meditation we create an environment where you are encouraged and supported to trust in being with the flow of life.

**Week 2:** What’s Trustworthy? We can trust in the capability to be open, receptive and lively to whatever is happening now.

**Week 3:** What’s Next? How can we introduce a meditative process into our daily lives and busy schedules? Let’s explore where we go from here.

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

**Fee: \$20 for all three evenings**

# Ongoing Programs

## Falun Dafa Movement and Meditation

**Tuesday 9:45 – 11:00 am, weekly**

**January 6 – May 26**

Falun Dafa is 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 10:30 – 11:45 am, weekly**

**January 6 – May 26**

These sessions are for all fitness levels; beginners may enroll at any time and will receive extra attention. Basic Hatha Yoga postures and breathing techniques are used to increase strength, energy and flexibility. Feel free to start anytime. Wear loose, comfortable clothing and bring a towel and a mat.

**Presenter: Judy Sheintal Watson, B.A.**

**Fee: \$12 per session**

## Yoga I

**Tuesday 7:00 – 8:00 pm, weekly**

**January 6 – May 26**

Come join us for a friendly Yoga I 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**

# Ongoing Programs

## Centering Prayer

**Wednesday 10 am – Noon, weekly**

**New Participants and Inquiry Group: February 25 – April 29** (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 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, M.A.

**Donations accepted**

## Tai Chi Qigong

**Thursday 10:00 – 11:00 am, weekly**

**January 8 – May 28, excluding April 2, Holy Thursday**

Improve mobility, increase energy and have a stronger immune system as 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

**Donations accepted**

## Integrated Relaxation Method (IRM)

**Thursday 6:30 – 8:00 pm, monthly**

**January 8, February 12, March 12, April 9, May 14**

IRM guided meditation is a pathway to peace and acceptance through meditative awareness, providing clarity through observation of “what is”. Through deep stillness and pause we tap into the extraordinary potential from within for health, rejuvenation, balance, creativity, abundance and grace. Bring a mat if you have one, a blanket, a pillow—whatever makes you comfortable.

**Facilitator:** Cynthia Ballard, RYT, AYN, Certified Facilitator

**Donations accepted** for Kearns Spirituality Center



# 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

Maura Luffy, CDP, M.A., 412-366-3451

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

Anne Winschel, CDP, M.A., 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: [elizerbrecht.lmt@gmail.com](mailto: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 Sr. Agnes Raible, CDP, M.A. Phone: 412-635-5405 or 412-366-1124 or e-mail: [arabile@cdpsisters.org](mailto:arabile@cdpsisters.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, contact us or view our website at [cdpsisters.org](http://cdpsisters.org), call 412-366-1124 or e-mail: [kearns@cdpsisters.org](mailto:kearns@cdpsisters.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 Sr. 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 Sr. 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: [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) or Agnes Raible, CDP, 412-635-5404 or email: [araible@cdpsisters.org](mailto:araible@cdpsisters.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 information about the programs, contact:

M. Joan Coultas, CDP, 412-635-6314, [mjcoultas@cdpsisters.org](mailto:mjcoultas@cdpsisters.org);  
or Peggy Huwe, 412-366-1124, [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)



# Retreat Facilities of the Sisters of Divine Providence

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

## **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
- ◆ 26 air-conditioned and smoke-free guest rooms
- ◆ Dining room seats 70
- ◆ Fully equipped kitchen
- ◆ Food service available



**Accessible**

Kearns – a place for peace and quiet;  
Kearns – a place to look back down along the road;  
Kearns – a place to find some sanity again;  
Kearns – a place to go and find the peace,  
the love and grace of God.



*From "Kearns' Song" by Ken Madema*

# 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 Ministries Sponsored by the Sisters of Divine Providence

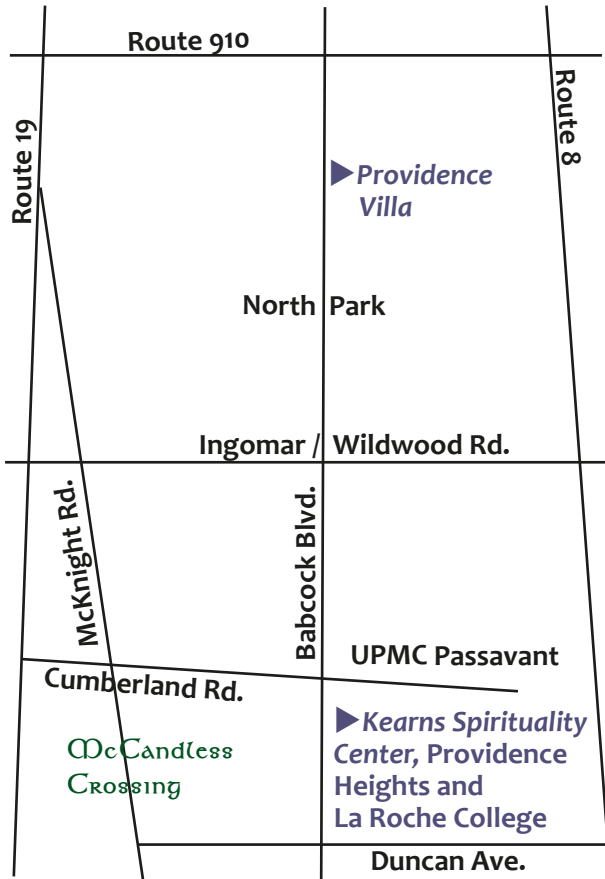
**Social Service Ministries....** **La Posada Providencia** in Texas is a ministry for people from around the world who are seeking legal refuge in the USA; **Providence Family Support Center**, Pittsburgh, offers programming and services aimed at strengthening families; **Room at the Inn** provides 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 four-year, co-ed 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 10 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.



*Kearns Spirituality Center  
Sisters of Divine Providence  
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Return Service Requested



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