

Fall 2018 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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When it is necessary to cancel or change a scheduled program,
the information will be posted to our Facebook page.
www.facebook.com/KearnsSpiritualityCenter

Creative Art Programs

Come, Come Create at Kearns!

James Finley, former Trappist Monk and current staff member at Richard Rohr's Center of Action and Contemplation says, "The human longing for creative expression is part of our "God given godly nature." Even if you don't consider yourself creative or artistic, it is an inherent part of your being." These three offerings of creative classes will combine your inherent creativeness with scripture reflections to produce beautiful pieces of art. You can keep them for yourself or give them as gifts!

Ceramic Tile Painting – Create a Beautiful Tile

Tuesday, November 6, 10:00 am – 2:00 pm

Come explore the wonders of an interesting art medium called alcohol ink. This activity is all about simply frolicking with colors and finding amazement in creation. The possibilities are limited only by one's imagination. In this workshop, several simple techniques will be demonstrated, and then participants will have the opportunity for free "play" on ceramic tiles. One does not have to be a serious artist to enjoy this way of painting. With some short reading and reflection materials as a start, even just watching the way this product works is inspiring, and a useful meditative exercise. The end-product can be as detailed as one chooses. Please wear old clothes as the paints can permanently stain clothing.



Facilitator: Ellen Carlins, B.S.

Fee: \$30, includes a \$15 non-refundable deposit due at the time of registration, and all materials.

Registration begins August 6, 2018, class size limited to 15.

Please bring a bag lunch, drinks will be provided.

Altered Books and Visual Prayer Journaling

Wednesday, August 29, 9:00 am – 4:00 pm

In this full day session, we will create by exploring how to turn a hardback book into a beautiful piece of repurposed art using the medium of Altered Books. The day will include time for reflection and journaling. This will be a fun, spiritual, and hands-on class. No previous craftwork experience required.

Facilitator: Karen Lehman, M.E.

Fee: \$50, includes a \$20 non-refundable deposit due at the time of registration.

Registration begins August 6, 2018, class size limited to 15.

You must pre-register for this program. When you register you will receive a list of the materials you will need to bring to the class. Some materials are provided.

Please bring a bag lunch, drinks will be provided.

A Prayer to Wear – Create a Unique Beaded Bracelet

Tuesday, November 13, 10:00 am – 2:00 pm

You will experience crafting as an expression of scripture, prayer or interior reflection. In this presentation, starting with a relevant guided meditation that is a message of faith and trust in our Lord, individual creativity unfolds as participants each then create their own unique beaded bracelets which become tangible symbols and reminders of their personal intentions. This activity enables many to easily consider and share with each other the work God has done in their lives in a relaxed and casual environment. This exercise is fun and can often quietly probe the heart to take a surprisingly deep spiritual journey.

Facilitator: Ellen Carlins, B.S.

Fee: \$30, includes a \$15 non-refundable deposit due at the time of registration, and all materials.

Registration begins August 6, 2018, Class size limited to 15.

Please bring a bag lunch, drinks will be provided.



Centering Prayer...ers Retreat

Be Still...and Know That I Am God, Psalm 46:10

Monday, September 10, 5:00 pm through

3:00 pm Tuesday, September 11

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."

Presenter: Marian Senish, CDP, M.A.

Fee: \$95, includes a \$35 non-refundable deposit and includes overnight accommodations and three meals. You must pre-register for this retreat. Retreat limited to 12 participants.

Continue your centering prayer experience...

Wednesday, October 3 – October 31, 11:30 am – 1:00 pm,

Wednesday, November 7 – December 19, 10:00 am – 11:30 am

Additional information is on page 16.

Peacemaking as Disciples of Jesus

Thursday, September 13, 9:00 am - 3:30 pm

In this one-day retreat, participants will explore ways of being peacemakers in the context of faith. "Peacemaking is not an optional commitment. It is a requirement of our faith. We are called to be peacemakers not by some movement of the moment, but by Christ Jesus." (Pastoral letter of U.S. Bishops, *The Challenge of Peace*, 1983) Discussions will include how to sow biblical seeds of peace, how to cultivate respect for ourselves and others, and how to escalate love in a culture of violence.

Presenter: Janet Folk, CDP, M.A.

Fee: \$30, includes a \$10 non-refundable deposit due upon registering.

Retreat includes lunch and all materials.

You must pre-register for this program; small groups welcome.

Please register by September 7th.



Women in Hebrew Scripture

Time with Sarah and Hagar, Genesis 16 and 21:8-21

Friday, September 21, 10:00 am – 2:00 pm



Biblical stories help us imagine the realities of our lives in different terms and help us imagine the relationship of God and other human beings. Although Abraham prevails as the symbol of faith, his story pivots on Sarah and Hagar. One is the wife of a wealthy herdsman with privilege and power within the patriarchal structures. The other, an abused Egyptian slave, is the first person in scripture whom a divine messenger visits and the only person who dares to name the deity. How might we pray with these texts as we reflect on their lives, their relationships with Abraham, and with each other? How might the story give us words to describe our own relationship with others and with God? How might our hearts be healed and inspired?

Presenter: Bernadette Revicky, M.A.

Fee: \$30 includes a \$10 non-refundable deposit due upon registering, a light lunch and all materials.

Registration begins August 2.

You must pre-register for this program; small groups welcome.

Book Discussion

Wednesday, October 3, 10, 17, 24, 31; 10:00 am – 11:30 am

Book for Discussion: *The Great Emergence: How Christianity is*



Changing and Why, by Phyllis Tickle

Tickle has written this book at a time of “dizzying upheaval and hopeful promise during which various sectors of today’s churches swirl into a great confluence at the center.” She has heard the cries of many, particularly young people, calling for greater unity and focus on our “common story”. She also provides a guide with suggestions as to how we might outline the way ahead by mapping out fault lines and fusions to attain greater union. The Great Emergence cries out for serious discussion and possible implementation. The book is available on Amazon.com or order through Kearns at kearns@cdpsisters.org (Our cost: \$14)

Facilitator: Joan Coultas CDP, Ph.D.

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

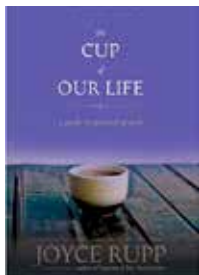
Small Group Spiritual Journey

Wednesday October 10, 17, 24, 31, November 7, 14, 2:00 – 3:30 pm

Using Joyce Rupp's book, "The Cup of Our Life;

A Guide for Spiritual Growth

In this 6 week series, we will integrate and celebrate



what has taken place during the week as we share our journey as expressed by the words of Joyce Rupp. This series is for anyone seeking a more intimate and disciplined life of prayer with the Divine. The book is available on Amazon.com or you may order through Kearns at kearns@cdpsisters.org. (Our cost: \$16)

Facilitator: Karen Lehman, B.A., M.E.

Fee: \$10 per class or \$50 for all six sessions,

Registration requested; walk-ins welcome.

Saint Teresa of Avila

St. Teresa of Avila: The Soul's Inner Landscape, Interior Castles

NOTE: Two class times to choose from: morning or evening

Monday, October 15, 22, 29, November 5, 12, 10:00 am – Noon or 7:00 pm – 9:00 pm (Same dates for either class.)

"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, M.S., CCORP

Fee: \$10 per class or \$40 for the 5 week series.

Registration requested; walk-ins welcome.

NOTE: This class is available in the morning and the evening to fit any schedule!

Saint John of the Cross

The Dark Night of the Soul: Set Afire by God's Love

Wednesday, October 17, 24, 31, November 7, 14, 28, 7:00 – 9:00 pm

St. John of the cross was a major figure of the counter-reformation, a Spanish mystic, a Roman Catholic saint, a Carmelite Friar and a Priest who was born at Fontiveros, Old Castile. He was a collaborator with St. Teresa of Avila in the reform of Carmel and many trials came to his life because of his mission. He thought about our lives as an ongoing love story where God invites us to a deeper and transforming relationship with Himself. Come and discover a deeper relationship with God. Class will have time for reflection and group discussion. (This class does not meet the week of Thanksgiving.)

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

Fee: \$10 per class or \$50 for the 6 week series.

Registration requested; walk-ins welcome.



The Mandala of the Great Round of Life (Introduction)

Thursday, October 25, 9:00 am – Noon

The Sanskrit word *mandala* means sacred circle. The drawing of a circle organizes space. Ideas of inside/outside, near/far, here/there, upper/lower, comes into being when a circle is drawn. The mandala invites one to focus attention on what is inside the circle. It invites us to draw, decorate, bisect, color, and seek intention and meaning that may not be readily apparent when relying on the intellect alone. Participants will consider the organization of the circle as it relates to the stages of life, including beginnings and engagement with the self. Time for presentation, drawing, interpretation, and journaling.

Facilitator: Carolyn Heil, Ph.D.

Fee: \$30 includes a \$10 non-refundable deposit due upon registering, and all materials. Optional after program discussion, bring a bag lunch and join us, Kearns will provide drinks.

Registration: You must pre-register for this program, class size limited to 15.



Creating a New Image of Aging *-- Going Deeper*

**Wednesday, November 7, 14, Tuesday, November 20,
Wednesday, November 28 and December 5, 10:00 am – Noon**

Part 2 of the Conscious Aging Series; This five week workshop creates opportunities for those who have completed the first workshop, "Conscious Aging", to engage in a deeper understanding of paths to walk in the journey of transformation in the remaining years of life. These topics are: emotional resilience, becoming a source of wisdom for yourself, coming home to yourself, creating circles of connection, and renewing yourself from within. Mindfulness practices will encompass each workshop experience. Workbook necessary for the class may be purchased through amazon.com or order through Kearns at kearns@cdpsisters.org.

Facilitator: Carolyn Heil, Ph.D.

Fee: \$60 for the 5 week workshop includes a \$30 non-refundable deposit due upon registering, and all class materials. The workbook is extra: *The Chemistry of Joy Workbook* by Henry Emmons, MD. (\$20 our cost)

Registration: You must pre-register for this program,
class size limited to 15.

Optional after program discussion, bring a bag lunch and join us, Kearns will provide drinks.

Pre-requisite: 2018 Spring Conscious Aging Class

Gratitude as an Avenue of Healing

Monday, November 19, 26, December 3, 10, 10:00 am – 11:30 am

What is the place of gratitude in your life? Can gratitude be a healing practice? A new way of seeing? In these four sessions we will increase our awareness of gratitude through input, reflective journaling and sharing. Join us for a closer look.

Presenter: Karen Lehman, B.A., M.E.

Fee: \$10 per session \$30 for the 4 sessions,
Registration requested; walk-ins welcome.



Christian Contemplation and Meditation

Thursday, November 29 and December 6, 7:00 pm - 9:00 pm

Come enhance and enrich your Advent practices at the beginning of the new Church Year. These two evening presentations will address the history and practical application of the Christian tradition of Contemplation and Meditation. The first evening will focus on the history and tradition of Christian contemplation and meditation including the principle monastic elements of **Lectio** ("read"), **Meditatio** ("meditate"), **Oratio** ("pray") and **Contemplatio** ("contemplate"). In addition to historical analysis, the presentation will include discussion of various Christian methods and forms of meditation such as those taught by St. Teresa of Avila, St. Ignatius of Loyola and St. Francis de Sales. The second evening will be a practical application of a method for Christian Meditation on a daily basis. In summary, it is the desire of the Presenter to assist individuals in developing an integrated daily meditation practice that is infused within the Christian liturgy.



Facilitator: John P. Corcoran Jr.

Fee: Donations accepted for Kearns Spirituality Center, Registration requested; walk-ins welcome.

Peace Forum

Sunday, September 30, 3:00 pm – 5:00 pm

Sunday, October 14, 3:00 pm – 5:00 pm

Sunday, November 4, 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

APP Speaker Series

Monday, September 17, 7:00 pm – 9:00 pm, Megan McKenna

Monday, October 15, 7:00 pm – 9:00 pm, Barbara Reid

Thursday, November 7, 7:00 pm – 9:00 pm, Tony Flannery, C.Ss.R.

Sponsor: Association of Pittsburgh Priests (APP)

Hospitality: Kearns Spirituality Center

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

Fee: \$20 per talk

♦Beloved Friends of God: Women as Servants, Preachers and Prophets

Monday, September 17, 7:00 pm – 9:00 pm

Speaker: Megan McKenna, Ph.D.

“Remember Jesus’ words!” is a recurrent, passionate theme of Dr. Megan McKenna’s. Throughout her prolific writings and international presentations, she challenges readers and listeners to “really hear and live the Gospel.” In this talk, she will focus on Jesus’ words to women in Scripture. Of His words, “Woman, go in peace, your faith has saved you,” Dr. McKenna comments, “With Jesus’ praise and commands, we are given glimpses and intimations of what women are called to be as disciples of Jesus and how they are to use the powers of the Spirit they are given to bless the church, minister to the world and boldly be the presence of the Risen Lord. “It is high time we remembered Jesus’ words and obeyed them!” she declares. For over 40 years, this renowned theologian and storyteller has used her gifts of insight to help us take a fresh look at the role of the Gospels in contemporary church life. As Remi DeRoo, a Vatican II Council Father, has written: “Her reflections are a fertile field to till in our search for further and richer truth.” Daniel Berrigan, S.J. echoes this praise in commenting on Dr. McKenna’s book “And Morning Came”: “Shall we proclaim Resurrection, even as creation is threatened with going under?” he writes. “Yes!... and morning came...birth, rebirth wins out over death. Thank you, Megan.”

APP Speaker Series

♦Reading the Scriptures with the Mind, Eyes, and Heart of a Woman

Monday, October 15, 7:00 pm – 9:00 pm

Speaker: Barbara Reid, O.P., Ph.D.

What is feminist biblical interpretation? When did it begin? Why does it matter for both men and women? New Testament scholar Barbara Reid will explore these aspects of feminist biblical interpretation in her talk. It is also the focus of her most recent book: "Wisdom's Feast: An Introduction to Feminist Interpretation of the Scriptures." Dr. Reid's presentation will include an exercise in interpreting the death and resurrection of Jesus in the Gospel of John to demonstrate the importance of how one reads and interprets the Scriptures. She is encouraged, she reported recently, by the number of people now engaged in feminist biblical interpretation, as well as by the "huge, big reach of people benefiting from this project."

♦Christian Teaching: New Images and Language for Contemporary Believers

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

Speaker: Tony Flannery, C.Ss.R.

Father Tony Flannery, a Redemptorist priest born in County Galway, Ireland, was silenced by the Vatican in April, 2012, for his views on women's ordination, homosexuality and contraception. In 2013, he rejected the Vatican's order to remain silent, stating, "I refuse to be terrified into submission." Since then, Fr. Flannery remains steadfastly active in church reform, contending, "Some Church doctrines are not scripture-based and come from a time when there was a very different understanding of the world and of humanity." About the ban on women's ordination, for example, he is emphatic: "...there is no theological or scriptural basis for this position...it is purely an institutional construct hiding a fairly primitive desire for male domination." In his talk, Fr. Flannery will share how his turbulent journey with the church he loves has convinced him of a pressing need for fresh images, as well as new language which accurately reflects reality.

Festival of Lights



Friday December 7, 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 in the College Center cafeteria. 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**

Soul Nurture Silent Winter Retreat

Friday, January 25 – Sunday, January 27, 2019,

6:00 pm Friday – 1:00 pm Sunday

January, the dark, cold month following the holidays – can be a time of melancholy, disquiet, and sadness. Join the “Soul Nurture” Silent Retreat, and learn to consciously confront these feelings and replace them with mindfulness, self-awareness, and healing. By moving into shared silence, you will receive the rare gift of being able to focus solely on deep reflection, meditation, gentle yoga practice, and light cleansing meals. This retreat provides the path for you to enter the new year joyfully by embracing mind-body health (Ayurveda); taking part in a digital detox; beginning or continuing your journey of forgiving yourself and others; and finding inspiration to simply be.

Facilitator: Kristen Lane, M.S.

Fee: \$175 includes a \$75 non-refundable deposit due at the time of registration, 2 night's accommodations, 4 meals, and a snack Friday evening. Meals will be simple and nutritious.

You must pre-register for this program.

Retreat limited to 28 participants.

Instruments for Spirit - An Advent Series

Monday, November 26, December 3, 10, 17, 7:00 pm - 9:00 pm

At some point most people come to face one of the ultimate questions of life: "Why am I here? What is my purpose?" It's phrased many ways but it directs us to a process of discernment, a way of listening both to our deepest selves and to outer events so we can come closer to God's vision for our lives. Spirit is always here, always with us, around us and inside us. Spirit gives us everything we need, here and now. Each one of us alone must find the courage to live our lives according to the Spirit. When that happens each of us is left with the beautiful residual feelings that remain after one has participated in carrying our Spirit's purpose.

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

Fee: \$10 per session or \$30 for the 4 week series, includes all materials.

Registration requested; walk-ins welcome.

North Hills Chorale Concert

Christmas Concert in Visitation Chapel

Saturday, December 8, 7:00 pm and Sunday, December 9, 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



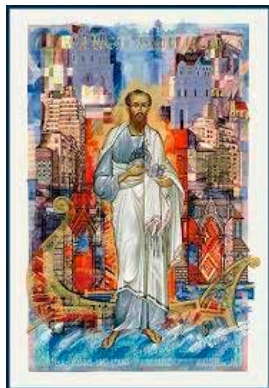
Ongoing Programs

Visio Divina: Seeing the Word

**Second Sunday, September 9, October 14, November 11,
December 9, 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*, "This is a work of art, a great work of art...a work for eternity." Various volumes currently reside in the Kearns, Providence Heights and LaRoche College chapels.



Facilitator: Anne Winschel, CDP, M.S.

Donations accepted

Centering Prayer

New Participants and Ongoing Groups:

Wednesday, October 3 – October 31, 11:30 am – 1:00 pm

(Follows Book Discussion for those attending both programs.)

Wednesday, November 7 – December 19, 10:00 am – 11:30 am

Facilitator: Marian Senish, CDP, M.A.

Donations accepted for Kearns Spirituality Center

See page 6 for information about a Centering Prayer retreat!

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. Program includes time for prayer, faith-sharing and discussion.

Sr. Marian offers Advanced Group sessions and Centering Prayer presentations, make arrangements with her at: 412-952-8939

Ongoing Programs

Tai Chi Qigong

**Thursday, September 6 – December 20, 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

Reiki Exchange for Practitioners

Monday, October 8, November 12, December 10, 7:00 pm – 9:30 pm

Group comes together to discuss Reiki principles and practice in a context of prayer and reflection. The sessions conclude with an exchange of treatment. All levels of Reiki practitioners are welcome.

Facilitator: Nancy Gogal, Certified Reiki Master, 412-367-7024

Fee: \$5 per session

Yoga Programs

Yoga I

Tuesday, September 4 – December 18, 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 6 – December 20 (Except October 4,
November 15 and 22), 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, M.S.

Fee: \$5 per session

Presenters

Bodenschatz, Carolyn, CSJ, M.A., a Sister of St. Joseph of Baden, PA, has experience in spiritual direction and retreat work in the Tri-State area, as well as in CSJ leadership.

Carlins, Ellen, B.S. in psychology, has been leading and teaching art and craft activities for over 20 years. Her zeal for sharing joy and spirituality through artistic expression has also made her known for her ability to create, and help others create, unique one of a kind jewelry and gifts that speak to the heart. Examples of Ellen's work can be found at www.prayertowear.com

Corcoran, John P., Jr., J.D., served as a Lieutenant in the U.S. Navy Judge Advocate General's Corp. and left the Navy Reserve as a Lt. Commander in 2010. He is a Partner in the firm of Jones, Gregg, Creehan and Gerace. He is a parishioner at St. Sebastian's and has given presentations on Christian Contemplation and Meditation at Providence Heights Alpha School, Kearns and various parishes.

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.

Gogal, Nancy, Certified Reiki Master, who has been practicing for over ten years. Nancy also offers private Reiki sessions.

Flannery, Tony, C.Ss.R., is a founding member of the Irish Association of Catholic Priests and a longtime contributor to Reality Magazine and many other publications. He is the author of seven books, the most recent of which is *A Question of Conscience*, a full account of his dealings with the Vatican. Fr. Flannery acts on his ongoing commitment to church reform by traveling here and abroad with a series of talks entitled "Repairing a Damaged Church."

Presenters

Folkl, Janet, CDP, M.A. in Theology and Spirituality from St. Louis University. She is an experienced spiritual director and has given retreats in a variety of settings. Her other ministry experiences include education, pastoral work, formation and congregational leadership.

Furst, Vincenza, a certified Tai-Chi instructor, she has been teaching Tai-Chi Qigong for over 15 years. She is dedicated to the well-being of the senior population throughout the North Hills of Pittsburgh, conducting classes at various locations.

Heil, Carolyn, Ph.D., has wellness related certificates in: MARI, Quantum Energy Transformation, Conscious Aging and Reiki. These processes offer excellent opportunities for using one's intuitive knowledge to nurture integration of body, mind and spirit while seeking insights into life-long patterns of choice and problem resolution. Her last educational position was Director of Teacher Education at La Roche College. She is currently pursuing interests in relationships between spirituality and the quantum field. As a member of Sealarks, a women's organization, she assists with program coordination and devotional reflections.

Kernion, Anne Kertz, M.A., is a certified Yoga teacher and the artist/owner of Cards by Anne, an international greeting card company 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. She welcomes and honors everyone who wants to transform their spiritual and bodily health, regardless of age, weight, gender, or previous yoga experience.

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.

Presenters

Modro, Margie, CDP, M.S., CCORP, has degrees from La Roche College in History and Religious Studies and from Shippensburg University in Community Counseling. She 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 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.

McKenna, Megan, Ph.D., is a theologian, internationally recognized storyteller, and author of more than 50 books, one of which, *This Will Be Remembered of Her: Stories of Women Reshaping the World*, won a Catholic Press Award. In 2002, she was named Ambassador of Peace for Pax Christi. She resides in Albuquerque where she works with Indigenous groups.

Reid, Barbara, O.P., Ph.D., a Dominican Sister of Grand Rapids, MI, is Vice President, Academic Dean and Professor of New Testament Studies at Catholic Theological Union, Chicago. Dr. Reid is the author of many books, including *Choosing the Better Part? Women in the Gospel of Luke*. A past President of the Catholic Biblical Association of America, she also leads study tours and retreats in the Holy Lands.

Revicky, Bernadette, M.A., is a graduate of Andover Theological School. In addition to her degree in Hebrew Scripture, Bernadette has a professional background in education and health care, working primarily in long term care, hospice and senior services.

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.

Presenters

Stenger, Carol, CDP, MRE, LSW, ACSW, has a Masters in Religious Education from Seattle University, and also a Masters in Clinical Social Work from WVU. Carol has been practicing counseling for over 30 years. She currently works as a counselor and spiritual director for Samaritan Counseling-Coaching-Consulting in Bakerstown and Sewickley. Carol is also a Reiki Master.

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. 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 25 for representative samples.

Tobin, Alison R.N., B.S.N., RYT, has been a loyal participant of various life - and spiritual-enhancing programs here for many years. She is a registered nurse of 31 years who practiced acute care in a hospital setting. More recently, she worked in education as a Nursing Lab coordinator. Alison is also a registered yoga instructor with Yoga Alliance and is in the process of completing her Reiki Master Certification as well as Meditation Specialist training. She embraces, practices, and lives an integrative and holistic health management lifestyle. She feels blessed to be able to help others and to share her professional and personal experiences of managing, living and thriving with autoimmunity.

Ulewicz, Leona, CDP, M.S. in Education from Duquesne and a **M.A.** in Administration and Supervision from University of Phoenix, Puerto Rico Campus. After teaching and ministering to Hispanics in various areas, she received her Certificate in Spiritual Direction from Villa Maria Education and Spirituality Center. Sr. Leona directs English and Spanish speaking directees.

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.

Spiritual Direction

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

By appointment only.

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Margie Modro, CDP, M.S., CCORP

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724.454.1232, cbodenschatz@stjoseph-baden.org

Anne Winschel, CDP, M.S.

412.635.5409, awinschel@cdpsisters.org

Does your group need a facilitator?

**Kearns offers facilitators for Centering Prayer,
Labyrinth Walks, Confirmation and School Retreats.**

**For more information, contact
Peggy at 412-366-1124 or email kearns@cdpsisters.org**

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 25 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 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.

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 Alison Tobin at 412-977-8208.

Comfort and Hospitality Program...Special thanks to UPMC Passavant Foundation for their continued support of the Comfort and Hospitality program. This program hosts families and friends of UPMC Passavant Hospital patients, offering them convenient and secure overnight accommodations in a friendly and contemplative atmosphere.



PASSAVANT HOSPITAL
FOUNDATION

For more information contact Peggy Huwe at 412-366-1124 or email kearns@cdpsisters.org

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 Charlotte at 412-956-6314.



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



See our Facebook page for a complete picture tour. www.facebook.com/Kearns-SpiritualityCenter



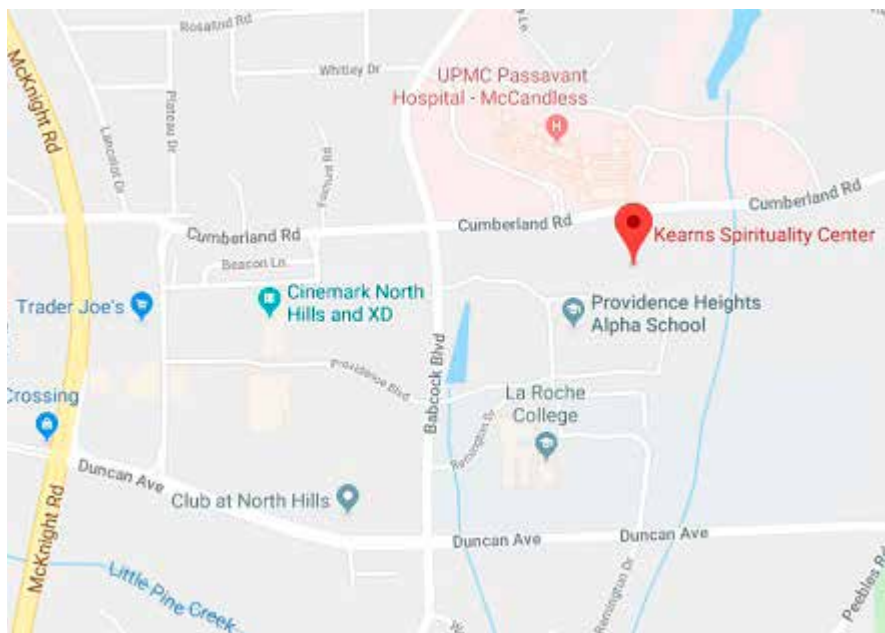


***Visitation Chapel is available for weddings, anniversaries or other special occasions. The Chapel seats 175 people.
Contact Peggy Huwe, 412-366-1124 or at kearns@cdpsisters.org***



***The Conference Center accommodates up to 250 guests for meetings with state-of-the-art audio/visual, computer capability and WiFi in public areas.
An excellent quiet facility to hold your next meeting or retreat.
Contact Peggy Huwe, 412-366-1124 or at kearns@cdpsisters.org***

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.

(Map courtesy of and copyrighted Google.)

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



*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

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.”



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...



**Providence Heights
Alpha School**

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.

R. S. V. P. to Kearns

Program Registration Deposit Form

Once you have a confirmed online or phone registration, please use this form for your program deposit.

Name: _____

Address: _____

Phone number: _____

Email address: _____

Program(s) I have registered for: _____

Amount enclosed: _____

Please mail your program registration deposit form to:

Kearns Spirituality Center

Attn: Programs

9000 Babcock Blvd

Allison Park, PA 15101

I am unable to attend any of the current programs Kearns has to offer, but I would like to make a difference at Kearns and help support the center. In the Amount of:

☐\$500 ☐\$250 ☐\$100 ☐\$50 ☐\$25 ☐\$10 ☐Other \$_____

Your donation is tax-deductible. If you would like a receipt please include your mailing address above and check the box here ☐.

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



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Look for the 10 new programs!

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