



Spring 2020 Programs

Kearns Spirituality Center

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Drum Circle

*Wednesday, January 8, 22; February 5, 19; March 4, 18; April 8, 22;
7:00 pm – 8:00 pm*

Come join us for a chance to experience the transformational power of group drumming! This drum circle program will make hand drum-



ming and rhythm accessible to anyone willing to try. This hands-on program focuses on empowering and inspiring individuals to be creative and build community. If you are looking for mental clarity, reduced stress and anxiety or just a relaxing evening, this program is for you!

No prior experience necessary and beginners are warmly welcome.

Drums provided, but feel free to bring your own if you desire.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Presenter: Benjamin Dorsch: Certified Drum Circle Facilitator

Fee: \$15 per session

Mirrors of the Divine: Women Mystics for Our Day

Thursday, January 30, February 20, March 26, April 30, May 21;

10:00 am – Noon



The women we will examine in this series were ordinary women of their day who found God in the midst of their everyday experiences. What so touched them in their experience of God and the mystery of the holy in their inner lives that led them to discover the courage to live the gospel in such deep and profound ways? They listened to the voice of Spirit and caught God's vision for the world. Each of them in their own way, present a challenge to us to discover how to bring the gospel and its values into the present realities of our lives. Each month you will hear about the life of one of these women and have time to reflect on their gifts and how we discover our own gifts for our day and time. 10 monthly sessions; the first five will be held January - May. Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Margie Modro, CDP, M.S.

Fee: \$15 per session or \$70 for the series

Society Matters

Laudato Si': My Community and Me

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

Laudato Si' is Pope Francis's encyclical on the abuse our "throw-away" culture imposes on the environment and our most vulnerable brothers and sisters and the catastrophic world impact of such abuse on untold future generations. Responding to this may be the most significant challenge of our time, or any time. The encyclical dives deep into the root causes of this careless behavior; it helps us understand the concept of "ecological sin," why we tolerate it and what we can do about it. Beyond theoretical discussions, we will explore practical steps we can take as well as strategies to engage others. Reading the encyclical is not required but it will greatly enhance your understanding. It is available free online at: http://w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html or a print copy can be ordered for \$10 at registration.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Jim McCarville, M.S., M.Ph., and V.P., Association of Pittsburgh Priests.

Fee: \$10 per session



Finding Common Ground: Gun Violence in America

Wednesday, March 11, 7:00 pm – 9:00 pm

Join us at Kearns for a workshop on this important topic led by Don Gaffney. Don, author of *Common Ground: Talking About Gun Violence in America*, will engage participants via presentations and small group discussions, to think about and discuss how we relate to guns *vis a vis* our personal histories, our Christian faith, and our American culture with its myths - taking us on a journey designed to transform conversation into action.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Don Gaffney

Fee: \$20



Peace Forum

Sunday, February 9, 3:00 pm – 5:00 pm

Sunday, March 8, 3:00 pm – 5:00 pm

Sunday, April 5, 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

The Heart of the Mass



Tuesday, February 11, 18; 7:00 pm – 8:00 pm

Join us to learn about the growth and development of the Holy Mass throughout the last 2,000 years, the critical importance of the various rituals, and the meaning and the deep spiritual significance of the prayers of the Holy Mass. This program is designed to help participants understand and deepen their love and appreciation for the Holy Mass. The first session will focus on the Liturgy of the Word, the second, the Liturgy of the Eucharist. Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: John Corcoran, Jr.

Fee: \$30

Following in the Footsteps of St. Paul

Tuesday, February 25, March 3, March 10; 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.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Presenter: Karen Lehman, M.E.

Fee: \$15 per session or \$40 for the three week series.

Fee includes all materials and morning refreshments.

Creative Art Programs

Zentangle® with Spirit

Monday, March 2, Two times are offered:

10:00 am – Noon or 6:00 pm – 8:00 pm

Increase relaxation, focus, and refresh your spirit through this meditative art form. Certified Zentangle instructors will guide you through the process of creating art along with reflection on Scripture. Come join this creative way to find peace and renewal. If you can draw a dot or a line then... "You can do it!" While the end result is a surprisingly beautiful piece of art, the possible therapeutic benefits will keep you wanting more. Zentangle has helped people with anxiety, depression, insomnia, and more. No artistic experience necessary. **Pre-registration required.** Send email to: kearns@cdpsisters.org or call 412-366-1124, and indicate which session you will be attending.

Facilitators: Jeanne Pittavino and Pat Abraham

Fee: \$35 per session, Includes all supplies.

Faith Molded Close to the Heart

Tuesday, April 21, 10:00 am – 2:00 pm

Contemplate your relationship with your Creator as you engage in a creative activity. Unique designs will unfold before your eyes as you use your hands to form beads and pendants using polymer clays and simple techniques guaranteed to be easy for all. Cooperation between the maker and the clay comes to life in this process; walk away with a beautiful piece of jewelry and a renewed spirit! No experience needed. Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Ellen Carlins, B.S.

Fee: \$40. Includes lunch.



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

Book Discussion

Wednesday, March 4, 11, 18, 25, April 1, 8, 15 10:00 am – 11:30 am

"When one reaches the highest degree of human maturity, one has only one question left: How can I be helpful?" Teresa of Avila

Book for Discussion: *Sacred Fire: A Vision for Deeper Human and Christian Maturity*

In his new book, Ronald Rolheiser takes us on a journey through the dark nights of the senses and spirit as described by St. John of the Cross. Here, we experience the full gamut of human life, pleasure and fervor, disillusionment and boredom. When we embrace the struggle and desire to connect with God we can experience the entire range of human experience which can lead to a profound re-understanding of our daily lives. The intent of *Sacred Fire* is to try to address this question:

How can we live more mature and more generative lives? What constitutes deeper maturity and how do we reach that place? In essence, it tries to do what its subtitle promises, offer a vision for a deeper human and Christian maturity.

Facilitators: Joan Coultas, CDP, Ph.D. and Margie Modro, CDP, M.S.

Fee: \$30 for the 7-week series or \$5 per session, plus book.

Rolls and beverages provided.

A Grieving Hearts Journey

Thursday, March 5, 12, 19, 26, April 2, 16, 23, 10:00 am – 11:30 am



Grief is a journey of the heart. To come face to face with the death of a loved one can be a most difficult experience. Often families are forced to adjust to more changes than any other singular event they will experience in life. Join others who are on their own grief journey. Through conversation and support, participants will be drawn to understand the grief process and learn elements necessary to healing.

Space is limited, call 412-366-1124 or email kearns@cdpsisters.org to pre-register, deadline is Thursday, February 27.

Facilitator: Marlene Luffy, CDP

Donations accepted for Kearns Spirituality Center

Pray Always/Pray All Ways

Tuesday, March 17, 24, 31, April 7; 10:00 am – 11:30 am

What does Scripture mean when it tells us: “pray always”? Join us for prayer experiences, traditional and creative, as we explore how prayer practices can deepen our relationship with God.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

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

Fee: \$15 per session or \$55 for the series



Becoming Leadership-Ready

Wednesday, March 18, 25, April 1, 8, 6:30 pm – 8:00 pm

Leadership opportunities don't often present themselves as such: they may present as spontaneous or as ongoing commitments to solve, resolve, improve, or create solutions that affect personal or group well-being.

Based on the premise that an ability to lead may be more dependent on “who you are” than on how much you know, this workshop is designed to ready participants by exploring personal leadership potential using images, stories, reflections and discussions. You may not envision yourself as a leader, but if an opportunity presents itself, will you be ready?

Facilitator: Carolyn Heil, Ph.D.

Fee: \$50



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<https://KearnsSpiritualityCenter.flocknote.com>
to sign up!*



APP Speaker Series

Monday, March 23, 7:00 pm – 9:00 pm, Megan McKenna

Monday, April 20, 7:00 pm – 9:00 pm, John Carr

Wednesday, May 13, 7:00 pm – 9:00 pm, APP/CCOC

Sponsor: Association of Pittsburgh Priests (APP)

Hospitality: Kearns Spirituality Center

RSVP: 412-366-1124 or kearns@cdpsisters.org *Fee:* \$20 per talk

A Lenten Journey: Repairing One's Soul...Repairing the World

Monday, March 23, 7:00 pm – 9:00 pm

Presenter: Megan McKenna, Ph.D.

Dr. McKenna, renowned theologian, storyteller, and prolific author, will bring her breadth of vision and world-wide experiences with Indigenous peoples to bear on the topic of Tikkum Olam, a Jewish concept which involves repairing one's soul, as well as repairing the world. Drawing upon her recent work in Northwestern Canada, Manitoba and in the Arctic Circle with First Nations, Dr. McKenna will extend the concept of Tikkum Olam to include restorative justice, at-one-ment, forgiveness, and reconciliation, and thereby convey to us "what it looks like to undo harm done and move towards resurrection life now." Join us as Dr. McKenna challenges us, in her clear and fiery manner, to listen more deeply to Scripture, our own experiences, and God's messages from one another.

"Salt and Light" for a Wounded Church and a Divided Nation:

Directions and Dangers for Catholic Leaders

Monday, April 20, 7:00 pm – 9:00 pm

Presenter: John Carr

What does it mean for believers to be "salt, light, and leaven" in a divided nation and wounded Church? John Carr, the founder and director of the Initiative on Catholic Social Thought and Public Life of Georgetown University, will explore the mission and message of Pope Francis and Catholic Social Teaching. He will outline the political and ecclesial context we face and the assets we bring in these tough times. He will conclude by suggesting directions and dangers for American Catholics in an election year for our nation and at a time of crisis for our Church. Carr, who has worked for the US Catholic Bishops Conference, will also offer principles for reflection, criteria for action and examples of faith making a difference.

APP/CCOC Interactive Evening: Helping Each Other Learn to Be Church

Wednesday, May 13, 7:00 pm – 9:00 pm

Join us at Kearns for this interactive session, co-sponsored by the Association of Pittsburgh Priests and Catholics for Change in Our Church, to help each other "learn to be Church."

Encountering Jesus: The Gospel of the Beloved Disciple

Monday, April 6, 13, 20, 27, May 4

Join us at 10:00 am – Noon or 7:00pm - 9:00 pm



The writer of the Fourth Gospel is very clear about the purpose for writing this Gospel. “These signs are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name. (John 20:31) In these sessions we will be introduced to the world of John and explore themes of discipleship, sign and symbol, commitment and the community of friends. We will breathe new life into the text through the familiar figures of Martha, Lazarus, Nicodemus and others as we engage the human spirit in a search for meaning, purpose and hope.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Margie Modro, CDP, M.S.

Fee: \$10 per session or \$45 for the series

Cancer Caring Conversation and Prayer

Tuesday, April 7, 14, 21, 28, 1:00 pm – 2:00 pm



Have you or a loved one been diagnosed with cancer? Or are you helping someone with cancer in a caregiver capacity? If so, you may be experiencing a myriad of emotions. Group conversation can provide a forum for discernment, clarity and support. At Kearns you'll find a comfortable, caring and spiritual environment for sharing stories, reflection and prayer with others in a small group setting. All are welcomed: can be family, friend or an acquaintance.

Limited to 6 participants.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Facilitator: Jay Deily

Donations for Kearns accepted

Busy Women's Retreat: Self Care: Put Your Oxygen Mask on First

Friday and Saturday April 17 – 18; Begins with Dinner on Friday at 6:00 pm and concludes on Saturday at 4:30 pm.

Nonstop schedule. Never-ending to-do list. Responsibility for meeting the seemingly unceasing needs of those who rely on you. If this sounds like your life, you are among the population of women who are depleted of energy and a sense of self. This is not sustainable for you - or those who love you. Many women, stretched too thin, find themselves stressed, agitated and exhausted; classic symptoms of burnout. One of the most effective ways to combat burnout is self-care, not to be confused with selfish care. There is nothing selfish about it. Each time you get on an airplane, the attendants instruct you to put on your own oxygen mask before you help others with theirs. If you don't care for yourself, you won't be able to care for others. This retreat provides practical and accessible ways to create a personal plan of body, soul and emotional nourishment and balance that you can incorporate into your lifestyle. As part of the retreat, you'll be able to participate in a variety of supportive sessions including yoga, massage, Spiritual Direction and more.

Presenter: Kristen Lane, M.S.

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

\$125 for overnight guests in a shared room

\$100 for two-day commuter guests

The above options include 3 meals and retreat materials.

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

You must pre-register for this program.

Limited space is available; please register early!

Call 412-366-1124 or email kearns@cdpsisters.org to register.

North Hills Chorale Concert

Spring Concert in Visitation Chapel

Saturday, May 2, 7:00 pm; Sunday, May 3, 3:00 pm

The North Hills Chorale, established in 2002, is an adult choral ensemble made up of members from North Pittsburgh communities. Their goal is that every member of the audience departs with a greater understanding of the music heard and its cultural, historical and social significance. Exposing the community to choral music of many genres is an important educational objective of the chorale. Come join us in the Visitation Chapel at Kearns for the Spring Concert which will surely be a delight!

Donations accepted

Summer Moon Salutations and the Labyrinth

Sunday, June 7 – The Strawberry Moon, 7:00 pm – 8:30 pm

Sunday, July 5 – The Buck/Summer Moon, 7:00 pm – 8:30 pm

Sunday, August 2 – The Red Moon 7:00 pm – 8:30 pm

Moon Salutations were developed in the early 1980s by four women at Kripalu Institute to balance the energy of traditional Sun Salutations. Moon Salutes tune into the reflective, intuitive energy of the moon focusing on hip and heart opening postures. Each posture is held for several seconds in order to allow the body to accept the energy of the practice. It is a mixed-level yoga practice that builds stamina of the body and mind. This 90-minute workshop combines the beautiful flow of Moon Salutations with the powerful, meditative walk of the labyrinth followed by deep relaxation with the setting sun. The entire workshop is supported with live guitar music by Rick Romanelli. Since this practice is outdoors it will be rescheduled in case of rain.

Facilitators: Kendell and Rick Romanelli

Fee: \$20 (Cash only) per session, no pre-registration required

Soul Nurture Silent Retreat

Friday, August 7, 6:00 pm – Sunday, August 9, 1:00 pm

Join us at Kearns for an end of summer “Soul Nurture” Silent Retreat, designed to help replenish mind, body, and spirit, through the application of mindfulness, self-awareness, and healing techniques. 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 partake in light, cleansing meals. This retreat provides opportunities for strengthening mind-body health; benefiting from digital detox; beginning or continuing your journey of forgiving yourself and others; and finding inspiration from simply “being”.

Facilitator: Kristen Lane, M.S.

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

You must pre-register. Retreat limited to 28 participants.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Yoga and Meditation Programs

Yoga can help reduce stress and build strength, flexibility and balance. Whether you're new to yoga or simply want to further your practice, come to Kearns for a class!

Rise and Shine Yoga with Alison Tobin

Monday, January 27 – May 18; 10:00 am – 11:00 am

Get your day going with gentle yoga postures and breathing exercises. Alison offers modified poses for those with injuries or restrictions. Bring a yoga mat, straps, block, and a friend!

Facilitator: Alison Tobin

Fee \$10 per session

Tuesday Evening Yoga with Anne Kertz Kernion

Tuesday, January 7 – May 26; 7:00 pm – 8:00 pm

Grab your mat and a friend, for this popular Tuesday evening class.

Presenter: Anne Kertz Kernion, M.A.

Fee: \$5 per session

Thursday Evening Yoga with Kristen Lane

Thursday, January 2 – May 28; 7:00 pm – 8:00 pm

Grab your mat and a friend, for this popular Thursday evening class.


Presenter: Kristen Lane, M.S.

Fee: \$5 per session

Guided Meditation and Breath Work

Thursday, March 26 – May 14, 6:30 pm – 7:30 pm

Join us for 8 weeks of guided meditation and breath work, as we

 come to understand how meditation can change our brains for the better, helping us be more resilient to stress, more focused, and better decision-makers.

Sensory awareness practices will also be used. While meditating alone can be very beneficial, meditating with others aids in developing meditation as a healthy habit, addressing any difficulties or struggles you may have had with meditating in the past, and in connecting with like-minded people.

Call 412-366-1124 or email kearns@cdpsisters.org to register.

Presenter: Erin Commendatore

Fee: \$ 10 per session; \$70 for the series

Yoga and Meditation Programs

Breathing and Chair Yoga

Tuesday, January 21 – May 19; 10:00 am – 11:00 am

Please join us for a gentle yoga class that is experienced in a chair. Through focused attention on sensation and the breath, we diffuse tensions, balance emotions, increase energy, and deeply relax the body/mind. Each class will blend breathing techniques, joint freeing series (lubricates joints), gentle movement, and deep relaxation. Each class honors any limitations and is a personal journey. Everyone is welcome.

Presenter: Cindi Ballard, E-RYT500, Yoga Therapist, Reiki Master

Fee: \$5 Donation to Kearns Spirituality Center



Integrative Relaxation

Monday, January 27, February 24, March 30, April 27;

6:30 pm – 7:45 pm

Integrative Relaxation (conscious relaxation) is a deeply relaxing experience that can be practiced in a chair or lying down. The class will begin with your personal intention and shifts through a guided experience of sound, breathing practices, progressive body relaxation, and affirmations. Studies have proven that some benefits of integrative relaxation (yoga nidra) are increased immunity, relaxation of mind/body, reduction of pain and anxiety, and balancing hormones. Bring your favorite pillow, blanket (optional), yoga mat (if you will be lying on the floor), whatever makes you feel comfortable. Everyone welcome.

Presenter: Cindi Ballard, E-RYT500, Yoga Therapist, Reiki Master

Fee: \$10 Donation to Kearns Spirituality Center



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to sign up!***



Ongoing Programs

Visio Divina: Seeing the Word

Sunday, January 12, February 9, March 8, April 5, May 10

11:00 am – Noon

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 La Roche University chapels.



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

Centering Prayer

New Participants and Ongoing Groups:

Wednesday, March 4, – May 20, 10:00 am – 11:30 am

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.

Facilitator: Marian Senish, CDP, M.A.

Donations accepted for Kearns Spirituality Center

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

Ongoing Programs

Tai Chi Qigong

Thursday, January 9 – May 28, 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, January 13, February 10, March 9, May 11,
7:30 pm – 9:00 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

Become a CDP Associate

Associates are a diverse group of men and women who find a deeper connection with God and others through their relationship with the Sisters of Divine Providence.

Associates share the spiritual and ministerial life of the Sisters. We invite you to become an Associate, to participate in life-giving liturgies and prayer rituals, the challenging call to social justice, the presence and action of a Provident God in your life!



**To learn more, contact Director of Associates, Erin Middleton,
at associates@cdpsisters.org or 724-594-4606.**

Presenters

Abraham, Patricia, CZT, a Certified Zentangle® Teacher, has been partnering with Jeanne Pittavino, CZT, the last for four years, to offer the benefits of mindfulness through these sessions.

Balestreire, Doreena, B.A., is a Board Certified Massage Therapist and has Orthopedic Massage Certification. Integrated Manual Massage works to balance all your body systems as preventative health care, energy work and for physical rehabilitation. She began practicing full-time in 2010. Her sessions are custom designed to facilitate your needs.

Ballard, Cindi, E-RYT500, Yoga Therapist, Reiki Master, is grateful to have discovered the gift of yoga and meditation while navigating through an illness over 20 years ago. She found the practices so beneficial in managing her symptoms that she began to share with others through her experience. Cindi is a 500+ hour certified yoga therapist specializing in hatha yoga, yoga nidra, restorative yoga, mobility practices and meditation. Cindi has taught at a local yoga studio for over 14 years and also volunteers at Our Clubhouse (cancer support center) sharing practices for peace and well-being.

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

Carr, John, has been a leader at the intersection of faith and politics for three decades in Washington. He has served as Director of Justice, Peace and Human Development for the U.S. Catholic Bishops and as a residential fellow at the Harvard Institute of Politics. He is a sought-after commentator on PBS News Hour, CNN, ABC, CBS, NBC, as well as a frequent contributor to the Washington Post, Wall Street Journal, New York Times, et al. Mr. Carr currently chairs the Board of Bread for the World and is also founder of the Circle of Protection, which advocates for low-income families.

Presenters

Commendatore, Erin, E-RYT, M.A. ED/CN, received her 150-hour certification in Mindfulness and Meditation at Healthy Body, Peaceful Soul, and is a member of the International Institute for Complementary Therapists. She has also completed a variety of mindfulness continuing education courses and programs, including Mindfulness-Based Stress Reduction. Erin has been a meditation practitioner since 1992. She is also an E-RYT, registered Yoga Alliance instructor who has been instructing yoga since 2001. Erin earned her Bachelor of Arts in Communication and Rhetoric and a Master of Arts in Educational Counseling.

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. He is in the Permanent Deacon Formation Program for the Diocese of Pittsburgh.

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 University. She has taught, lectured and given workshops on topics related to psychology and spirituality.

Deily, Jay, a volunteer at a cancer clinic for over six years, has experienced first-hand the relief and hope that people have found via sharing "their story" with others. Jay is also a Kearns Spirituality Center advisory board member.

Dorsch, Benjamin, Certified Drum Circle Facilitator, has been participating in Drum Circles for over five years and has the desire to share the positive power of these circles with others, all in a fun supportive environment. He has witnessed first-hand the transformation that group drumming can have on individuals and hopes to share this opportunity with the intention of building a stronger community.

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 is a certified Tai-Chi instructor and 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.

Presenters

Gaffney, Don, is a Disciples of Christ minister who grew up in Newtown, CT, and attended Sandy Hook Elementary School as a child. Profoundly grieved after the massacre at Sandy Hook on December 14, 2012, he has immersed himself in the issues surrounding gun violence, especially as it is discussed in the church.

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

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 University. 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, B.S. in Environmental Engineering, Penn State; **M.A.** in Theology, Duquesne University; Certificate in the Science of Happiness, U.C. Berkeley; current graduate student in Positive Psychology, U. of Missouri, is the owner/artist of Cards by Anne, an inspirational greeting card company. Anne taught at Carlow University and was an adjunct professor at CCAC. Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality.

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 Certified Health and Wellness Coach, 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

Luffy, Marlene, CDP, B.S., M.E., a certified Bereavement Pastoral Minister, is certified through St. Paul Education Center and the American Academy of Bereavement. She co-authored the first National Bereavement Training Manual used in U.S. parishes. For over 20 years in the bereavement field, she has facilitated support groups, offered days of reflection and trained parish ministers. She has served on the Board of the National Catholic Ministry to the Bereaved, including two years as President. She also served the Diocese of Pittsburgh in schools as well as parish ministries.

McCarville, James, B.A., M.S., M. Ph. Prior to a 40-year career in public service, he helped organize and work with the Base Community movement in Brazil and helped organize the World Justice and Peace Office for the Capuchin Province in Milwaukee. He has a Master of Science (Foreign Service) from Georgetown University and a Master of Philosophy (Sociology/Education) from Roosevelt University. He previously taught at the University of Wisconsin at the UW Milwaukee and Parkside-Kenosha campuses. He now teaches in the OSHER programs at Pitt and CMU. He previously served on the Board of Directors of the Thomas Merton Center and is currently Vice-President (Lay Member) of the Association of Pittsburgh Priests.

McKenna, Megan, Ph.D., is a renowned Catholic 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. She was named Ambassador for Peace for Pax Christi in 2002. Dr. McKenna resides in Albuquerque where she works with Indigenous groups.

Modro, Margie, CDP, M.S., has degrees from La Roche University 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 Department of Education, Drug and Alcohol Programs; Western Psychiatric Institute and Clinic; Greenbriar Treatment Center and the Bridge to Hope.

Pittavino, Jeanne, B.S., CZT, a Certified Zentangle® Teacher, has a B.S. degree in Administration, Management, and Design from La Roche University. Jeanne has been bringing this meditative and therapeutic art form to people since 2015.

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 or moon 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 Kearns Labyrinth.

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 and currently works at Samaritan Counseling-Coaching-Consulting in Bakerstown and Sewickley. Carol is also a Reiki Master.

Tobin, Alison R.N., B.S.N., RYT, served others as a Registered Nurse for over 30 years. She is a holistic and preventative healthcare and wellness advocate. Realizing and personally experiencing the positive healing benefits of yoga and mindfulness, she became a registered Yoga Instructor through Yoga Alliance. She is a Certified Reiki Master and has completed her first level Meditation Specialist training.

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 30 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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Anne Winschel, CDP, M.S., 412.635.5409, awinschel@cdpsisters.org

Jean Rene Seiler CDP, M.A., 412.508.7841

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 via e-mail: kearns@cdpsisters.org or visit our website: <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 us at Kearns: 412-366-1124 or via email: kearns@cdpsisters.org

***Join us on Flocknote for news about
Kearns programming: text Kearns to 84576 or go to
<https://KearnsSpiritualityCenter.flocknote.com>
to sign up!***



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.



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.

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, call 412-366-1124 to contact Alison Tobin.

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



PASSAVANT HOSPITAL
FOUNDATION

Massage Therapy... Kearns is pleased to offer the holistic wellness services of Board Certified Massage Therapist Doreena Balestreire. For an appointment: call or text to 412-657-5330 as well as online scheduling: <https://www.massagebook.com/Pittsburgh~Massage~Doreena-B>

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.

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

Kearns Spirituality Center

A Sponsored Ministry of the Sisters of Divine Providence

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, handicap 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
- ◆ Fully equipped kitchen
- ◆ Food service available



Dining room seats 70



27 air-conditioned and smoke-free guest rooms, plus three suites

Special Event Facilities



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

Kearns Spirituality Center

Value Statement

The mission of Kearns Spirituality Center is to invite “people of all faith traditions to search for deeper meaning in their lives, to experience an environment dedicated to the renewal and revitalization of the human spirit.” The revitalization of body, mind and spirit are central to this mission. We welcome all those who are seeking a closer relationship with the Creator of all that exists.

- We welcome all faith traditions and commit ourselves to responding to the spiritual needs across diverse perspectives.
- We offer a beacon of hope to those who seek to share and explore the commonalities in our belief systems to bring unity in our diversity.
- We believe that spiritual formation has its roots in God’s desire for human beings to live in a mutual loving relationship with God and each other.
- We support and encourage participation in programs and experiences that enhance the development of one’s spiritual life.
- We foster an atmosphere conducive to prayer, self-examination and building a relationship with the God of each person’s understanding.
- We uphold our Catholic identity while providing space for individuals of other faith traditions.

Diversity – We welcome all faith traditions and commit ourselves to meeting the spiritual needs across diverse perspectives. We foster compassion for each other’s story and their views of the spiritual journey.

Spirituality – We offer a beacon of hope to those who seek to share and explore the commonalities in our belief systems to bring unity in our diversity. We embrace the wisdom and the essence of multiple world religions, belief systems, art and philosophies. We support each other’s free exploration of practices that enhance inner peace, gratitude and love. We believe that all people are created with sacred worth, and we strive to reach out to all who seek support and spiritual growth.

Hospitality and Service – As a welcoming community we host many groups who seek a safe, secure, tranquil environment conducive to the strengthening and practicing their own religious beliefs. We foster an atmosphere conducive to prayer, self-examination and building a relationship with the God of each person's understanding.

Education – We offer spiritual educational opportunities which are practical and transformative. Our spiritual formation has its roots in God's desire for human beings to live in a mutual loving relationship with God and each other. We uphold our Catholic identity while providing space for individuals of other faith traditions.

Right Communication and Relationship – We value honest communication, respectful listening, healthy expression of disagreement and openness to divergent views. We believe it is part of our task as Christians to create ways of living in the world as communities of faith discovering more productive ways to resolve conflicts and to build new and expanded concepts of relationships.



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."

Directions to Kearns

9000 Babcock Blvd., Allison Park, PA 15101 412-366-1124

A Sponsored Ministry of the Sisters of Divine Providence



Kearns Spirituality Center is located in the Town of McCandless on the grounds of the Sisters of Divine Providence between UPMC Passavant Hospital and La Roche University. *(Map courtesy of Google. For more precise location information, search using the 15237 zip code.)*

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 homeless families 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, **La Roche University** offers 66 undergraduate programs, six master's and one doctoral degree.

Program R.S.V. P.

Program Registration and/or 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 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

Return Service Requested

Look! 13 new programs!

*Join us on Flocknote for news about
Kearns programming: text Kearns to 84576 or go to
<https://KearnsSpiritualityCenter.flocknote.com>
to sign up!*

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