

A photograph of a garden path. The path is made of grey bricks and is bordered by a curved line of large, light-colored stones. To the left of the path, there is a large bush of white daisies with yellow centers, and a smaller bush of yellow flowers. To the right, there are various green plants and flowers, including purple ones. In the background, there are trees and a white gate. The scene is brightly lit with sunlight filtering through the leaves.

# Kearns Spirituality Center

September-October 2020  
Zoom Programs

Kearns Spirituality Center  
9000 Babcock Boulevard  
Allison Park, PA 15101



## A "Quick Look" schedule of Kearns Zoom Programs:

### SEPTEMBER 2020

#### Day Programs

- Mondays, September 14 - December 14: Chair Yoga and Breathing, 10 am – 11 am
- Tuesdays, September 8 - November 3: Encountering Jesus: The Gospel of the Beloved Disciple (9 sessions), 10 am - Noon
- Wednesdays, September 16 - October 28: Book Discussion: Sacred Fire by Ronald Rolheiser (7 sessions), 10 am - 11:30
- Thursdays, September 24 - October 22: Are You Where You Want to Be on Your Spiritual Journey? (5 sessions), 10 am - 11:30
- Saturday, September 26: Mini Meditation Retreat with Anne Kertz Kernion, 10 am - Noon (ET)

#### Evening Programs

- Tuesdays, September 22 - 29: Under the Mantle of the Holy Mother: a Search for a Deeper Understanding of the Blessed Virgin Mary (2 sessions), 7 pm - 8:30 pm
- Wednesdays, September 30, October 7, 21, 28: Pope Francis, Laudato Si' and Our Common Crises (4 sessions), 7 pm - 8:30 pm
- Thursdays, September 10 - November 19: Mirrors of the Divine: Women Mystics for Our Day (11 Sessions), 7pm - 8:30 pm

### OCTOBER 2020

#### Evening Programs

- Tuesdays, October 13 - 20, The Heart of the Mass (2 sessions), 7pm - 8:30 pm

**Kearns Zoom Program descriptions, information on presenters, registering and program fees, detailed on subsequent pages.**

#### APP Zoom Speaker Series\*

- Tuesday, September 8: Encounter the One on the Margins: Reaching out to LGBT Catholics, by Fr. James Martin, S.J., 7 pm
- Wed., October 14: What about Women? The Promise of Women's Full Participation in the Catholic Church, by Deborah Rose-Milavec, 7pm

**\*Registration for APP sessions must be done directly on the APP website: [associationofpittsburghpriests.com](http://associationofpittsburghpriests.com)**

## ***ZOOM PROGRAM DESCRIPTIONS (Alphabetized):***

### ***Are You Where You Want to Be on Your Spiritual Journey?***

***Thursday, September 24 – October 22, 2020 (5 sessions); 10:00 am – 11:30 am***

Have you ever wondered where you are in terms of your own spiritual journey? Do you feel as if you've reached a plateau or need a new way of thinking or applying yourself to get to the "next level"? Where ever you are on the path towards spiritual development, this program intends to help you benchmark where you are now, determine where you'd like to be and assist you in advancing your journey. We will explore a range of specially selected topics and practices designed to enable the process. . Call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) to register.

***Facilitator: Carolyn Heil, Ph.D., Fee \$75***

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

***Wednesday, September 16 – October 28, 2020 (7 sessions); 10:00 am – 11:30 am***

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. . Call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) to register.

***Facilitators: Joan Coultas, CDP, Ph.D. and Margie Modro, CDP, M.S., Fee: \$30 for the series or \$5 per session, plus book.***

### ***Breathing and Chair Yoga***

***Monday, September 14 – December 14, 2020 (no class November 30); 10:00 am – 11:00 am***

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, a joint-freeing series (lubricates joints), gentle movement, and deep relaxation. Each class honors any limitations and is a personal journey. Everyone is welcome. Call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) to register.

***Facilitator: Cindi Ballard, E-RYT500, Yoga Therapist, Fee: \$5 Donation to Kearns Spirituality Center***

### ***Encountering Jesus: The Gospel of the Beloved Disciple***

***Tuesday, September 8 – November 3, 2020 (9 sessions); 10:00 am – Noon***

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](mailto:kearns@cdpsisters.org) to register.

***Facilitator: Margie Modro, CDP, M.S.; Fee: \$80 for the series or \$10 per session***

## ***Mini Meditation Retreat with Anne Kertz Kernion***

***Saturday, September 26, 2020; 10 am – Noon***

When we meditate, we practice letting go of thoughts and the worries of daily life. We build a sense of calm and space, guiding our thoughts back to the present moment and the joy that can be found there. Numerous studies have proven that meditation is more than just a relaxation tool. It can also have life-altering effects on your brain, your body, and your overall well-being. And who doesn't need that right about now? Our mini-retreat will explore all of those benefits and provide ample time to practice several forms of meditation, supplying you with a variety of ways to incorporate meditation into your life. To register, call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org).

***Facilitator: Anne Kertz Kernion; Fee: \$25***

## ***Mirrors of the Divine: Women Mystics for Our Day***

***Thursday, September 10 – November 19, 2020 (11 sessions); 7:00pm – 8:30pm***

The women we will examine in this zoom 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 week 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. Call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) to register.

***Facilitator: Margie Modro, CDP, M.S. Fee: \$100 for the series or \$10 per session***

## ***Pope Francis, Laudato Si and Our Current Crises***

***Wednesday, September 30, October 7, 21, 28, 2020 (5 sessions); 7:00pm – 8:30pm***

Pope Francis is known as the environmental pope. Actually, his Letter, "Laudato Si'" (Praised be), shows us how many of the reasons we abuse the environment are the same reasons we tend to abuse our fellow man. The Letter goes deep into our sub-conscience as to the reasons we ignore the obvious warning signs and he then offers a variety of pathways out. This course will explore both the theoretical guidance of Laudato Si' but it also will explore practical steps one can take as an individual or in groups. The course will take advantage of Zoom technology to facilitate small group discussions as well as all class interactions. Call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) to register.

***Facilitator: Jim McCarville, M.S., M.Ph. and V.P., Association of Pittsburgh Priests. Fee: \$50***

## ***The Heart of the Mass***

***Tuesday, October 13 & 20, 2020; 7:00 pm – 8:30 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](mailto:kearns@cdpsisters.org) to register.

***Facilitator: John P. Corcoran, Jr., J.D., Fee: Donation to Kearns Spirituality Center***

## ***Under the Mantle of Our Holy Mother: a Search for a Deeper Understanding of the Blessed Virgin Mary***

***Tuesday, September 22 & 29, 2020; 7:00 pm – 8:30 pm***

Join us to delve into the historical, theological, scriptural, and mystical importance of the Holy Mother of God. In these sessions we will seek to gain a deeper understanding of the Blessed Virgin Mary within the context of first century Judaism and key events of the New Testament. We will analyze critical elements of Marian devotion in the Catholic Church, including a review of *True Devotion to Mary* by Louis de Montfort. There will be a special emphasis on the works of St. John Paul II in *Redemptoris Mater* and St. Paul VI in *Signum Magnum* and *Marialis Cultus*, as well as the Second Vatican Council document *Lumen Gentium*. Via this course, we will strive to foster a deeper devotion to the Blessed Virgin Mary. To register, call 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org).

***Facilitator: John P. Corcoran, Jr. J.D., Fee: Donation to Kearns Spirituality Center***



## ***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.”

## Zoom Program Facilitators

**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.

**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.

**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 "Cross-Cultural Understanding of Religious Meaning" at Carlow University for 14 years and was an adjunct professor at CCAC for seven. Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality, to groups across the U.S. and Australia. Her book, "A Year of Spiritual Companionship" was published by SkyLight Paths in 2016. Her next book, "Spiritual Practices for the Brain: Caring for Body, Mind and Soul," will be published in October 2020 by Loyola Press.

**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.

**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.

# KEARNS ZOOM PROGRAM CALENDAR

## September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Encountering Jesus: The Gospel of the Beloved 10 am – Noon  APP: Encountering the Ones on the Margins 7 pm	<b>9</b>	<b>10</b>  Mirrors of the Divine 7 pm – 8:30 pm	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Chair Yoga & Breathing 10 am – 11 am	<b>15</b> Encountering Jesus: The Gospel of the Beloved 10 am – Noon	<b>16</b> Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am	<b>17</b> Mirrors of the Divine 7 pm – 8:30 pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Chair Yoga & Breathing 10 am – 11 am	<b>22</b> Encountering Jesus: The Gospel of the Beloved 10 am – Noon  Under the Mantle of the Holy Mother 7 pm - 8:30 pm	<b>23</b> Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am	<b>24</b> Are You Where You Want to Be on Your Spiritual Journey? 10 – 11:30 am  Mirrors of the Divine 7 pm – 8:30 pm	<b>25</b>	<b>26</b>  Mini Meditation Retreat with Anne Kertz Kernion 10 am – Noon
<b>27</b>	<b>28</b> Chair Yoga & Breathing 10 am – 11 am	<b>29</b> Encountering Jesus: The Gospel of the Beloved 10 am – Noon  Under the Mantle of the Holy Mother 7 pm - 8:30 pm	<b>30</b> Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am  Pope Francis, Laudato Si' & Our Current Crises 7 pm – 8:30 pm			

# KEARNS ZOOM PROGRAM CALENDAR

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Are You Where You Want to Be on Your Spiritual Journey? 10 am – 11:30 am  Mirrors of the Divine 7 pm – 8:30 pm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>  Chair Yoga & Breathing 10 am – 11 am	<b>6</b>  Encountering Jesus: The Gospel of the Beloved 10 am – Noon	<b>7</b>  Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am  Pope Francis, Laudato Si' & Our Current Crises 7 pm – 8:30 pm	<b>8</b> Are You Where You Want to Be on Your Spiritual Journey? 10 am – 11:30 am  Mirrors of the Divine 7 pm – 8:30 pm	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>  Chair Yoga & Breathing 10 am – 11 am	<b>13</b>  Encountering Jesus: The Gospel of the Beloved 10 am – Noon  The Heart of the Mass 7 pm - 8:30 pm	<b>14</b>  Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am  APP: What about Women? The Promise of Full Participation in the Catholic Church 7pm	<b>15</b> Are You Where You Want to Be on Your Spiritual Journey? 10 am – 11:30 am  Mirrors of the Divine 7 pm – 8:30 pm	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>  Chair Yoga & Breathing 10 am – 11 am	<b>20</b>  Encountering Jesus: The Gospel of the Beloved 10 am – Noon  The Heart of the Mass 7pm—8:30 pm	<b>21</b>  Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am  Pope Francis, Laudato Si' & Our Current Crises 7 pm – 8:30 pm	<b>22</b> Are You Where You Want to Be on Your Spiritual Journey? 10 am – 11:30 am  Mirrors of the Divine 7 pm – 8:30 pm	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>  Chair Yoga & Breathing 10 am – 11 am	<b>27</b>  Encountering Jesus: The Gospel of the Beloved 10 am – Noon	<b>28</b>  Book Discussion: Sacred Fire (Ronald Rolheiser) 10 am – 11:30 am  Pope Francis, Laudato Si' & Our Current Crises 7 pm – 8:30 pm	<b>29</b>  Mirrors of the Divine 7 pm – 8:30 pm	<b>30</b>	<b>31</b>



# KEARNS ZOOM PROGRAM CALENDAR

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Chair Yoga & Breathing 10 am – 11 am	<b>3</b> Encountering Jesus: The Gospel of the Beloved 10 am – Noon	<b>4</b>	<b>5</b> Mirrors of the Divine 7 pm – 8:30 pm	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Chair Yoga & Breathing 10 am – 11 am	<b>10</b>	<b>11</b>	<b>12</b> Mirrors of the Divine 7 pm – 8:30 pm	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Chair Yoga & Breathing 10 am – 11 am  APP: Where Are We Headed? New Ecclesial Movements, by Massimo Faggioli, Ph.D. 7 pm	<b>17</b>	<b>18</b>	<b>19</b> Mirrors of the Divine 7 pm – 8:30 pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Chair Yoga & Breathing 10 am – 11 am	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					