



*Spring 2017 Programs*

*Kearns Spirituality Center*

*A Sponsored Ministry of the Sisters of Divine Providence*

9000 Babcock Blvd., Allison Park, PA 15101

412-366-1124

Visit us at [www.cdpsisters.org](http://www.cdpsisters.org) or on Facebook

*Making God's Providence Visible in Our World*



# *Program Quick Finder*

## **Spring 2017 Programs**

- Book Discussion.....Page 4**  
Wednesday, March 1, 8, 15, 22, 29, 10:00 am – 11:30 am
- Peace Forum.....Page 4**  
Sunday, February 12, 3:00 pm – 5:00 pm  
Sunday, March 12, 3:00 pm – 5:00 pm
- Christian Contemplation and Meditation.....Page 5**  
Wednesday, March 8 and March 22, 7:00 pm to 10:00 pm.
- St. Patrick's Day Tea.....Page 5**  
Tuesday, March 14, 4:00 pm – 6:00 pm
- Compassion, Empathy and the Challenge of Forgiveness:  
12 Step Spirituality and the Christian Perspective.....Page 6**  
Monday, March 6, 13, 20, 27 and April 3, 7:00 pm – 9:00 pm
- Spirituality in Action: Faith Molded Close to the Heart.....Page 6**  
Tuesday, March 21, 6:00 pm – 9:00 pm
- APP Lecture Series.....Page 7**  
Sunday, April 2, 2:00 pm – 4:00 pm
- North Hills Chorale Spring Concert.....Page 7**  
Saturday, May 6, 7:00 pm  
Sunday, May 7, 3:00 pm
- Busy Women's Retreat.....Page 8**  
Friday, April 7 at 6:00 pm through Saturday, April 8 at 4:30 pm  
Registration starts at 5:30 pm on April 7.

# Program Quick Finder

## Ongoing Programs

<b>Visio Divina: Seeing the Word</b> .....	<b>Page 9</b>
<i>Monthly, Sunday: January 8, February 12, March 12, April 9, May 14, 11:00 am – 12:00 pm</i>	
<b>Yoga</b> .....	<b>Page 9</b>
<i>Weekly, Tuesday: January 3 – May 23, 7:00 pm – 8:00 pm</i>	
<i>Weekly, Thursday: January 5 – May 25, 7:00 pm – 8:00 pm</i>	
<b>Meditation</b> .....	<b>Page 9</b>
<i>Tuesday, January 3, 10, February 7, 14, March 7, 8:15 pm – 8:45 pm</i>	
<b>Tai Chi Qigong</b> .....	<b>Page 10</b>
<i>Weekly, Thursday: January 5 – May 25, 10:00 am – 11:00 am</i>	
<b>Reiki Exchange</b> .....	<b>Page 10</b>
<i>Third Wednesday: January 18, February 15, March 15, April 19, May 17, 7:30 pm – 9:00 pm</i>	
<b>Centering Prayer</b> .....	<b>Page 10</b>
<i>Weekly, Wednesday: March 1 – April 26, 11:30 am – 12:30 pm</i>	
<b>Presenters</b> .....	<b>Pages 11-13</b>
<b>Program Information</b> .....	<b>Page 14</b>
<b>General Information</b> .....	<b>Page 14</b>
<b>Special Services</b> .....	<b>Page 15</b>
<b>About the Kearns Facilities</b> .....	<b>Page 16</b>
<b>Mission Statement of Kearns Spirituality Center</b> .....	<b>Page 16</b>
<b>Directions to Kearns</b> .....	<b>Page 17</b>
<b>Other CDP Sponsored Ministries</b> .....	<b>Page 18</b>
<b>Vessels of Hospitality</b> .....	<b>Page 19</b>

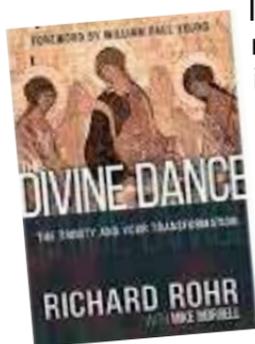
## Book Discussion

**Wednesday, March 1, 8, 15, 22, 29, 10:00 am – 11:30 am**

**Book for Discussion:** The Divine Dance:

The Trinity and Your Transformation

**Author:** Richard Rohr OSF with Mike Morrell



In *The Divine Dance*, Rohr examines the awesome mystery of the Trinity in a way that is not only intelligible but exciting. Drawing from Scripture, theology and the mystics, he presents a compelling alternative to aloof and fairytale versions of God—beloved, in communion as all-vulnerable, embracing and given to you and me. God is Community, is Friendship, is Dance. The Appendix, contains experience with seven practices to provide a rich area for discussion and meditative relationship with God.

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

**Fee:** \$20 for the 5 week series or \$5 per session, plus \$7 paperback book through Peggy Huwe's office, 412-366-1124 or online.

## Peace Forum Series

**Sunday, February 12, 3:00 pm – 5:00 pm**

**Sunday, March 12, 3:00 pm – 5:00 pm**

Program features an outstanding speaker on current issues relating to peace and justice. Topics include climate change, the media, conflict areas such as the Middle East etc. or other subjects from the perspective of creating a more peaceful world. Make your commitment to further the agenda of peace by joining us.

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

**Sponsor:** Pittsburgh North People for Peace

**Donations accepted**

## *Christian Contemplation and Meditation*

**Wednesdays, March 8 and March 22, 7:00 pm – 10:00 pm.**

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 meditation practice that is infused within the Christian liturgy. This is a great program to enhance and enrich one's Lenten practices.

**Facilitator: John P. Corcoran Jr., J.D.**

**Donations accepted**

## *St. Patrick's Day Tea*

**Tuesday, March 14, 4:00 pm – 6:00 pm**

Current Irish Spirituality featuring a variety of writers and speakers from Ireland and the States.

**Facilitators: Kathy Kozdemba and  
Joan Coultas Flynn, CDP**

**Guitar and Irish Music by James Lamb**

**Fee: \$25, includes tea and Irish "goodies"**



## *Compassion, Empathy and the Challenge of Forgiveness*

### **12 Step Spirituality and the Christian Perspective**

**Monday, March 6, 13, 20, 27 and April 3, 7:00 pm – 9:00 pm**

In his book, *Near Occasions of Grace*, Father Richard Rohr writes, "Unless and until Christ is someone happening between people, the Gospel remains largely abstract. Until he is passed on personally through faith and forgiveness, through the bonds of unity, I doubt whether he is passed on at all." This is our challenge as people of faith. In these sessions we will explore the meaning of compassion, empathy and forgiveness and the implications for us as Christians and followers of the Gospel.

#### ***Weekly Themes:***

March 6:	A True Test of Spirit
March 13:	The Inclusivity of the Gospel
March 20:	A Call to Change Our Hearts
March 27:	Restoration Through Forgiveness
April 3:	Binding Up Wounds

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

***Donations accepted for Kearns Spirituality Center or \$5 per session***

## *Spirituality in Action*

### **Action Event: Faith Molded Close to the Heart**

**Tuesday, March 21, 6:00 pm – 9:00 pm**

Contemplate your relationship with your Creator as you participate in your own creative activity. In this event, participants will form beads and pendants as a work of their own hands using readily available polymer clays. We use simple clay forming techniques that will be demonstrated and are guaranteed to be easy for all. Watch unique designs unfold before your eyes. Cooperation between the maker and the clay comes to life in this process. Please remember that NO prior experience is needed.

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

***Fee: \$25 + \$15 materials fee = \$40. Includes a light dinner.***

## *APP Lecture Series*

**Sunday, April 2, 2:00 pm – 4:00 pm**

**Speaker: Daniel G. Groody, B.A., S.T.L., Ph.D.**

**Topic: Passing Over: Migration, Theology, and the Eucharist**

With more than 65 million refugees in the world, some call our own times “the age of migration.” What are the gifts and challenges of this issue? How are we to look at it from the perspective of Christian faith.? This talk will look at the God who migrated to our world in the incarnation, our migration through this world in discipleship, and our response to migrants among us and our connection together in the body of Christ. Fr. Groody teaches at Notre Dame, does research on theological and spiritual aspects of migration and refugees, and is Director of Immigration Initiatives at the Institute for Latino Studies.

**Sponsor:** Association of Pittsburgh Priests (APP)

**Hospitality:** Kearns Spirituality Center

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

**Fee:** \$20

## *North Hills Chorale Concert*

**Spring Concert in Visitation Chapel**

**Saturday, May 6, 7:00 pm**

**Sunday, May 7, 3:00 pm**

North Hills Chorale is a well-known interfaith choral group in the area that combines sacred and secular renditions fused with holiday spirit. Come join us in the Kearns Visitation Chapel to get into the true Lenten/Easter spirit as you support and enjoy one of the best choral groups in the Northern area of Pittsburgh.

**Donations accepted**



## *Busy Women's Retreat*

**Friday and Saturday April 7 – 8**

**Registration starts at 5:30 pm on April 7.**

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

**Theme: *Spirituality & Neuroscience:***

***Living in Awareness & Gratitude***

We live in a world that rewards multitasking, yet what we really need is space to take a deep breath. Drawing on sources from several spiritual traditions and the latest in brain research, Anne will present simple, daily practices that bring balance, joy and peace to our daily lives. We will explore mindfulness, meditation, and other activities that increase our happiness and gratefulness. Time will be allotted for silence, wandering and gentle yoga. Come treat yourself to an experience of reflection and rejuvenation! The retreat will also feature a “sampler” of options for Tai Chi, Spiritual Direction, Massage etc., on Saturday afternoon.

***Presenter: Anne Kertz Kernion, M.A.***

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

Commuter for two days and three meals: \$75.

### ***Program Cancellations and Updates***

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



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

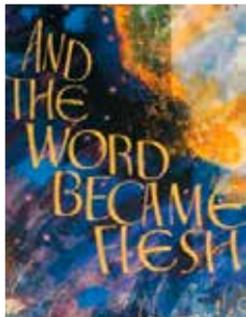
***[www.facebook.com/KearnsSpiritualityCenter](http://www.facebook.com/KearnsSpiritualityCenter)***

## Ongoing Programs

### **Visio Divina: Seeing the Word**

**Second Sunday of each month, January 8, February 12, March 12, April 9, May 14, 11:00 am – 12:00 pm,**

**Mother of Providence Chapel, Providence Heights**



Visio Divina (Seeing the Word) is a Christian practice of **reading** God's Word, **listening** to the Word, **meditating** on the Word, **seeing** the Word, **praying** the Word and **responding** to its challenges by becoming more Christ-like in daily living. Like a deepening relationship of love, "Visio Divina" holds power to transform one's life. Images will be from the *St. John's Bible*. Pope Benedict XVI said of the *St. John's Bible*, currently resident in the Kearns and Providence Heights Chapels: "This is a work of art,

a great work of art...a work for eternity."

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

**Donations accepted**

### **Yoga**

**Tuesday, January 3 - May 23, 7:00 pm – 8:00 pm**

**Thursday, January 5 - May 25, 7:00 pm – 8:00 pm**

Come join us for a friendly vinyasa flow 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**

### **Meditation**

**Tuesday, January 3, 10, February 7, 14, March 7, 8:15 pm – 8:45 pm**

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

**Presenter: Anne Kertz Kernion, M.A.**

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



## *Ongoing Programs*

### ***Tai Chi Qigong***

***Thursday, January 5 - May 25 (except February 2 and April 13, Holy Thursday), 10:00 am – 11:00 am***

Do you want to improve mobility, increase energy and have 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***

***Donations accepted***

### ***Reiki Exchange for Practitioners***

***Wednesday, January 18, February 15, March 15, April 19, May 17, 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***

### ***Centering Prayer***

***New Participants and Inquiry Group:***

***Wednesday, March 1 - April 26, 11:30 am – 12:30 pm***

*(Follows Book Discussion for those attending both programs.)*

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

Learn the fundamentals and beyond of Centering Prayer as well as ways to integrate more reflective time and contemplation into your busy life and world. Includes time for prayer, faith sharing and discussion.

***Facilitator: Marian Senish, CDP, M.A.***

***Donations accepted***

## *Presenters*

**Carlins, Ellen, B.S.** in psychology, has been leading and teaching art and craft activities with diverse groups of individuals 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.

**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 currently a Partner in the firm of Jones, Gregg (JGC&G). He is a parishioner at St. Sebastian's and has given presentations on Christian Contemplation and Meditation at Providence Heights Alpha School and at 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. Currently Program Coordinator at Kearns, she has taught, lectured and given workshops on many topics related to psychology and spirituality.

**Ehrbrecht, Elizabeth, B.A., LMT, NCTMB**, a practicing Licensed Massage Therapist, doTERRA oils wellness advocate educator, and Access Consciousness Bars Facilitator, holds a BA in theology and counseling from Carlow University. Dedicated to the pursuit of holistic, nature-based healing, Elizabeth is a multi-faceted practitioner, advocate, and educator who supports alternative healing therapies to eliminate chronic or acute illnesses. She has accumulated the training and experience required for teaching level mastery, bringing insight and education to those interested in helping individuals attain the highest levels of health and well-being possible.

**Furst, Vincenza**, is originally from metropolitan New York where she was involved with Tai Chi for more than ten years. Realizing the large senior population in the Pittsburgh area, she began to send out information on her wellness program centered in Tai Chi Qigong. The response has been amazing. Current roster includes Northland Public Library, Vincentian Villa Retirement Community and Vincentian Home, Sunrise Senior Living and Town North Towers.

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

## *Presenters*

**Groody, Rev. Daniel G., B.A., S.T.L., Ph.D.,** is a Catholic priest, a Holy Cross religious, a scholar, teacher, and an award winning author and film producer. He is currently an Associate Professor of Theology and the Director of the Center for Latino Spirituality and Culture at the Institute for Latino Studies at the University of Notre Dame.

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

***Cards by Anne are sold at Kearns and online: [www.cardsbyanne.com](http://www.cardsbyanne.com).***

**Kozdemba, Kathy,** the first lay-woman chairperson of the La Roche College Board, is the former president, publisher and CEO of the North Hills News Record, served as Director of Readership Services for Gannett Co. Inc. in Washington D.C. She is currently Assistant to the President of La Roche College.

**Lamb, James, M.S. Ed.,** is President of the Ireland Institute of Pittsburgh. As Director of Training, he established an internship for Catholic and Protestant young adults. As President, Jim has worked tirelessly to build partnerships in business, trade and investment between Pittsburgh and Ireland with the goal of creating jobs on both sides of the Atlantic.

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

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

## Presenters

**Raible, Agnes, CDP, M.A.**, is a certified holistic healer and also the Director of Kearns Spirituality Center. She is a teacher, administrator and Reiki master, as well as an avid gardener and reader.

**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 infirmed persons in nursing homes and care centers. She is also a spiritual director at Kearns.

**Senish, Marian, CDP, M.A.**, is a spiritual director, a pastoral minister and developer of the Labyrinth at Kearns. Along with her service in the retreat ministry, she gives talks in local parishes.

**Tolliver, Charlotte, CDP, M.S.**, has a passion for mud! She lights up at the feel of clay swishing through her fingers. Through her craft she shares with others the healing power of praying and playing with clay. Sister Charlotte, a graduate of La Roche College's art and design program with a Master's from Edinboro in fine arts, has taught ceramics since 1998. ***Ceramics are on display for sale at Kearns. Also, see page 19 for representative samples.***

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

## The Lure of Providence

*The Lure of Providence* recounts the history of the international congregation of the Sisters of Divine Providence who have spent over a century and a half transcending boundaries of nation, culture, and ministry. Receive your copy of *The Lure of Providence* for a \$25 contribution. Proceeds benefit the ministries and mission of the Sisters of Divine Providence. *The Lure of Providence* is available in a Spanish language version, too! Make check payable to the Sisters of Divine Providence and mail to: Mission Advancement, Sisters of Divine Providence, 9000 Babcock Blvd., Allison Park, PA 15101



## *Program Information*

**Registration...** We encourage you to pre-register for **ALL** programs. Walk-ins are welcome provided space is available and this brochure does not state that a prior deposit is necessary. To register, call us at 412-366-1124 or e-mail: kearns@cdpsisters.org or view our website at cdpsisters.org.

**Program Cancellations, Updates...** When it becomes necessary to cancel or change a program schedule, the information will be posted to our Facebook page, [www.facebook.com/KearnsSpiritualityCenter](http://www.facebook.com/KearnsSpiritualityCenter).

**Program Information...** For more information about the programs, contact M. Joan Coultas, CDP, 412-635-6314, [mjcoultas@cdpsisters.org](mailto:mjcoultas@cdpsisters.org) or Peggy Huwe, 412-366-1124, [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)

## *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 19 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](mailto:kearns@cdpsisters.org) or Agnes Raible, CDP, 412-635-5404 or email: [araible@cdpsisters.org](mailto:araible@cdpsisters.org)

**Volunteer Opportunities!...** Do you have down time to fill and/or have talents to share with others? We could use you! Call 412-366-1124

**Kris's Fund...** Kris Rosenberg (+2004), initiated a fund to enhance the ministry of Kearns Spirituality Center. The labyrinth has been dedicated to Kris, and many services and enhancements to the Center have been made possible through Kris's Fund.

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

## *Special Services*

**Labyrinth...**The Labyrinth is open year round for all to use for prayer and contemplation. If you wish to create a program for a group using the labyrinth, the Center can provide a guide for this experience. In that case, please call for an appointment at 412-366-1124.

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

**By appointment only.**

Carolyn Bodenschatz, CSJ, 724.454-1232, mccbcsj1@verizon.net  
Maura Luffy, CDP, M.A., 412.366.3451, maturaluffycdp@cdpsisters.org  
Jean Rene Seiler CDP, M.A., 412.508.7841  
Anne Winschel, CDP, M.A., 412.635.5409, awinschel@cdpsisters.org

**Massage Therapy...**Kearns is pleased to announce that we have a Massage Therapist: Elizabeth M. Erbrecht, LMT, NCTMB. 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 Sr. Agnes Raible CDP, MA. Phone: 412-635-5405 or 412-366-1124 or e-mail: arabile@cdpsisters.org

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



PASSAVANT HOSPITAL  
FOUNDATION

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

# *Kearns Spirituality Center*

## ***Kearns offers...***

- ◆ A welcoming staff
- ◆ Woodland reflection trail
- ◆ Labyrinth for prayerful walking
- ◆ Meditation garden
- ◆ Spirituality library
- ◆ Visitation Chapel accommodates 175 guests
- ◆ Air conditioned, smoke-free, 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
- ◆ 27 air-conditioned and smoke-free guest rooms, plus three suites
- ◆ Dining room seats 70
- ◆ Fully equipped kitchen
- ◆ Food service available



## *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.”



# Kearns Spirituality Center



The Labyrinth is open year round for prayerful walking.

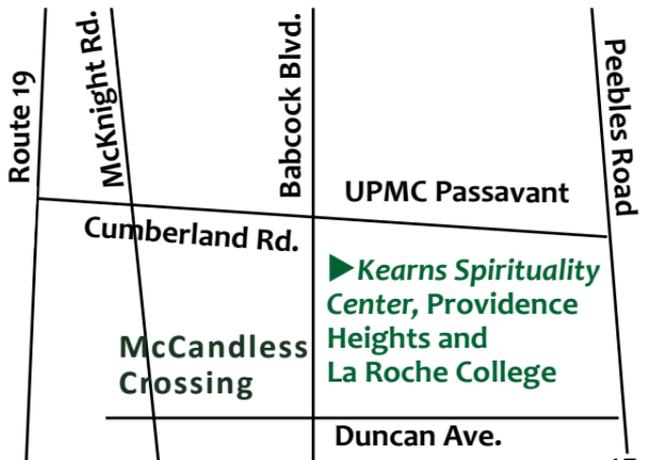


Visitation Chapel offers a quiet place for reflection, prayer and meditation.



## Directions

**Kearns Spirituality Center** is located on the grounds of the Sisters of Divine Providence at 9000 Babcock Blvd., McCandless Township between UPMC Passavant Hospital and La Roche College.



## *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**

Founded by the Sisters in 1926, **Providence Heights Alpha School** in Pittsburgh, teaches the children to be independent thinkers, imaginative problem solvers, and caring, compassionate individuals.

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 College** is a four-year, co-ed liberal arts college in McCandless Township.

## *Craft Extravaganza at Providence Heights*

**Make plans now to participate in or attend  
the 2017 Craft Extravaganza!**



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

Public is invited to this unique arts and craft show at our Historic Landmark building at Providence Heights.

To reserve your booth call 412-635-5401.

Proceeds benefit the  
Sisters of Divine Providence.

## Vessels of Hospitality

*One of Sister Charlotte Tolliver's hand built, wheel thrown pottery items is a creative gift for any occasion. See the display in the Kearns lobby! Feel free to drop in and shop or call Sr. Charlotte at 412-956-6314.*



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

**Return Service Requested**

*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.*



Non-Profit Org.  
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*From "Kearns' Song" by Ken Madema*