



# *Spring 2018 Programs*

## *Kearns Spirituality Center*

*A Sponsored Ministry of the Sisters of Divine Providence*

9000 Babcock Blvd., Allison Park, PA 15101

412-366-1124

Visit us at <https://cdpsisters.org/kearns> or at

[www.facebook.com/KearnsSpiritualityCenter](https://www.facebook.com/KearnsSpiritualityCenter)

*Making God's Providence Visible in Our World!*



# Program Quick Finder

## Spring 2018 Programs

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# Program Quick Finder

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*Cover photo by Shelley Johnsen.*

## Program Cancellations and Updates

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



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

## *Poetry for the Soul, Part 2*

**Tuesday, February 6, 13, 20, 27, 10:00 am – 11:30 am**

Are you searching for something more? This four part series will look at forgiveness/mercy, joy, courage and trust as aspects of the soul brought to life and awareness through the active word. We will explore several poems and poets for their invitation into reflection. Sessions involve input, reflection/prayer and discussion.

**Presenter: Karen Lehman, M.E.**

**Fee:** \$15 per session or \$50 for the four sessions. Fee includes all materials and morning refreshments.

**Registration suggested; walk-ins welcome.**

## *Peace Forum Series*

**Sunday, February 11, 3:00 pm – 5:00 pm**

**Sunday, March, 25, 3:00 pm – 5:00 pm**

**Sunday, April 8, 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**

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## Conscious Aging

**Thursday, February 22, March 1, 8, 15, 22, April 5, 11:00 am – 1:00 pm**  
**New Program with an Introductory Rate!**

In this six week course, participants will examine the emotional, psychological and spiritual responses to the challenges and opportunities of aging. Discussions include: How are my beliefs about aging holding me back from a graceful and joyful life? How can I be more self-accepting? What gives heart and meaning to my life? How can I enhance connection with others? How can I reduce fear and increase acceptance in my elder years? Class activities include personal reflection, considering visionary ideas through readings, lectures, audio/visual experiences and conversation circles.



**Presenter: Carolyn Heil, Ph.D.**

**Fee:** Donations are accepted for Kearns for the class. The workbook for the class is \$25 and can be ordered when you register through Shelley Johnsen at [sjohnsen@cdpsisters.org](mailto:sjohnsen@cdpsisters.org) or by calling 412-635-6314. Class is held from 11:00 am until 12:30 pm with an optional light lunch for \$5 per session to follow. Reserve lunch when registering. Workbook and lunch costs are due at time of registration.

**Registration: Begins January 16, 2018** and is required, as class size is limited to 20 participants.

## Lenten Series

**Through the Darkness into the Light**  
**Monday, February 26, March 5, 12, 19, 26**  
**7:00 pm – 9:00 pm**



On this Lenten journey, the foundations of spirituality and the polarities between light and darkness as seasons necessary for spiritual growth will be explored. Through heart-work, participants will learn how to take the thread of every day experiences to weave a fabric of conscious living in the spirit. The five evenings will provide a context to understand the concepts of spirituality and awareness for personal growth.

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

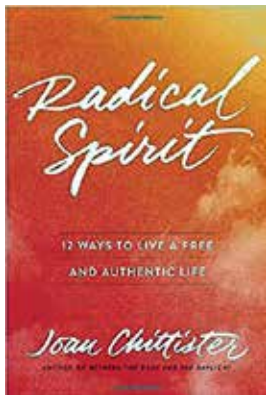
**Fee: \$10 per class or \$40 for the 5 week series**

**Registration requested; walk-ins welcome**

## *Book Discussion*

**Wednesday, March, 7, 14, 21, 28, April 4, 10:00 am -11:30 am**

**Book for Discussion: *Radical Spirit: 12 Ways to Live a Free and Authentic Life*, by Joan Chittister—Convergent, NY 2017**



If ever there was a time for this book, it is NOW! Interestingly, there are twelve steps in the author's journey to authenticity. These twelve steps follow a path from letting God be God to arriving at a newfound peace and serenity. The cornerstone is set in a new, yet ancient awareness of our Provident God's Presence lived with honesty and care for the people in our lives. It ends with a new understanding of the peak of human community. This journey is one desperately needed in today's world so beset with increasing chaos,

negativity and despair. It evolved out of a group process and provides a basis for rich discussion.

The book is available on Amazon.com or you may order it through Shelley Johnsen at [sjohnsen@cdpsisters.org](mailto:sjohnsen@cdpsisters.org) (Our cost: \$15).

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

***Fee: \$20 for the 5 week series or \$5.00 per session plus book.***

***Morning refreshments provided.***

### ***Program Registration***

**We encourage you to pre-register for ALL programs.**

**Walk-ins are welcome provided space is available.**

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



## *APP Lecture Series*

***Choosing the Way of the Gospel...without Counting the Cost***  
***Sunday March 18, 1:30 pm – 3:30 pm***

***Speaker: Dr. Carol Zinn, SSJ***

Celebrate Spring's coming renewal by renewing your spirits with Dr. Zinn, as she views the personal, political and prophetic aspects of our times through the lens of the Gospel message. Her focus will include the Gospel's Way of asking us always to move toward mercy over judgment, love over fear, and inclusion over exclusion – never counting the cost. As we continue to journey through these challenging times – in the world and in our country – the call of the Gospel becomes ever more compelling, more demanding, more necessary. Nonetheless, "let us embrace these times with confidence, compassion, and courage," Dr. Zinn urges. "Our faith reminds us that wisdom, grace, and hope are always available to us."

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

***Hospitality: Kearns Spirituality Center***

***RSVP: 412-366-1124 or [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)***

***Fee: \$20***

## *Altered Book's*

***Altered Book's and Visual Prayer Journaling***

***Monday, April 9, 16, 23, 30, 7:00 pm – 8:30 pm***

Books are for reading right? Could a book's second purpose be to be used as your prayer journal? Come and explore how to turn a beloved book into a beautiful piece of repurposed art using the art medium of Altered Book's. This will be a fun and a spiritual hands-on experience. No previous craftwork experience required.



***Presenter: Karen Lehman, M.E.***

***Fee: \$50 for the 4 week series, or \$20 per class session***

***Registration: Begins March 1, 2018***

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

***When you register, you will receive a list of materials you need to bring to the first class. Some materials are provided.***

## *Busy Women's Retreat*

**Friday and Saturday April 13 – 14**

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

**Theme:** From Vulnerability to Wholeness

Finding the courage to accept ourselves as we are, with our imperfections and inconsistencies, leads us to discover deep beauty in our humanity. Embracing our vulnerability, our “cracks,” brings us heart-felt connection, revealing light and love that can flow out into our world. Through presentations, discussion, activities, and silence, we will tap into the strength and beauty inside each of us. The retreat will also feature a “sampler” of options – Tai Chi, Spiritual Direction, Massage etc., on Saturday afternoon.

**Presenter:** Anne Kertz Kernion

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

\$125 for overnight guests in a shared room

\$100 for two day commuter guests

All of the above options include 3 meals, all retreat materials and Saturday sampler options.

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

*You must pre-register for this program.*

*Limited space is available; please register early!*

*Information about programs  
at Kearns Spirituality Center  
is always available online at  
<https://cdpsisters.org/kearns/programs>*



## *Women in Hebrew Scripture*

***Women in Hebrew Scripture – Ruth and Naomi***

***Thursday April 19, 10:00 am – 2:00 pm***

***A Half Day Retreat with Lunch***

“May Yahweh deal kindly with you as ...” Ruth 1:8  
Come, rest, reflect and renew your spirit with kindred companions on your journey with God. Explore the rich wanderings, decisions and blessings of Orpah, Ruth and the women of Bethlehem as they embrace loss, grief, relationships, decisions, risk and fullness of grace in embracing the presence of the God. Witness and take heart from the lives of Naomi and Ruth who drive redemption and the coming of God into the stream of salvation. Our time will focus on the text of Ruth, private prayer and small group sharing.

***Presenter: Bernadette Revicky, M.A.***

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

***Registration: Begins January 22, 2018. You must pre-register for this program.***

***Small groups welcome***



## *Grace in the Midst of Crisis*

***Monday, April 30, May 7, 14, 21, and June 4 7:00 pm – 9:00 pm***

Personal crisis and the prospect of future tragedies at the national and international level tap into some of our deepest fears. This causes us to suffer at an emotional and psychological level. In this 5 week series, we will struggle with the spiritual questions that arise in the face of such events. Is there a way to live with meaning and hope? How do we help survivors?

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

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

***Registration requested; walk-ins welcome***



## *North Hills Chorale Concert*

### **Spring Concert in Visitation Chapel**

***Saturday, May 5, 7:00 pm***

***Sunday, May 6, 3:00 pm***

The North Hills Chorale, established in 2002, is an adult choral ensemble made up of members from all of the various North Pittsburgh Area 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 different 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!

***Fee: Monetary donations accepted, each person is also requested to bring a non-perishable food item.***

## *Usui Reiki Class (Level 2)*

***Saturday, May 19, 9:30 am – 4:30 pm***

Usui Reiki is a simple and easy-to-learn Japanese method of healing for peace and relaxation. In the Reiki level 2 class you will learn techniques to send distant healing and Reiki prayers to others, situations, earth, animals, etc. You will learn three Reiki symbols to use when performing Reiki on yourself or others. Pre-requisite: Reiki Level 1 class or certificate. This course includes a certificate as a Level II Reiki Practitioner.



***Facilitator: Cynthia Ballard***

***Fee: \$125 includes a \$25 non-refundable deposit, Usui Reiki Book and presentation materials. Please bring a bag lunch. Drinks will be provided. Class size limited to 12.***

***You must pre-register for this program.***

## *Summer Moon Salutations*

### **Summer Moon Salutations and the Labyrinth**

**Tuesday, May 29, 2018 – The Flower Moon 7:00 pm – 8:30 pm**

**Sunday, July 1, 2018 – The Strawberry Moon 7:00 pm – 8:30 pm**

**Sunday, July 29, 2018 – The Buck/Summer Moon 7:00 pm – 8:30 pm**

**Sunday, August 26, 2018 – The Red Moon 6:30 pm – 8:00 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.**



## *Yoga Programs*

### **Yoga on the Labyrinth**

**Monday, January 8 – May 21, 10:00 am – 11:15 am**

This class will incorporate the beauty of yoga, nature and the labyrinth. We will begin class with a flowing yoga sequence and then we will meditatively walk the labyrinth. Please wear shoes that are easy to take on and off for yoga and walking. Please bring a yoga mat and water. Group will move inside during inclement weather. Any cancellations will be posted on our Facebook page.

**Facilitator: Kendell Romanelli**

**Fee: \$5 per session**

## *Yoga Programs*

### **Yoga I**

**Tuesday, January 2 – May 29, 7:00 pm – 8:00 pm**

Come join us for a friendly Hatha yoga class designed to increase flexibility, strength and balance. Every pose is clearly explained, so whether you're brand new to yoga or simply want to further your practice, this class is for you! Please bring a mat and a friend.

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

**Fee: \$5 per session**

### **Yoga**

**Thursday, January 4 – May 31, except March 29, 7:00 pm – 8:00 pm**

This class is designed to increase your flexibility, strength and balance. Kristen explains each pose, so whether you are new to yoga or want to further your practice, this class is for you! Please bring a mat and a friend.

**Facilitator: Kristen Lane**

**Fee: \$5 per session**

## *Ongoing Programs*

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

**Second Sunday of each month, January 14, February 11, March 11, April 15, May 13, 11:00 am – 12:00 pm**

**Mother of Providence Chapel, Providence Heights**



Visio Divina 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 residing in the Kearns and Providence Heights chapels: "...is a work of art, a great work of art...a work for eternity."

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

**Donations accepted**

## *Ongoing Programs*

### ***Meditation for Daily Life***

***Tuesday, April 10, 17, 24, May 1, 8, 8:15 pm – 9:00 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***

### ***Centering Prayer***

***Wednesday, March 7 – May 23, 11:30 am – 12:30 pm***

(Follows Book Discussion for those attending both programs.)

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.***

***Fee: Donations accepted for Kearns Spirituality Center***

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

***Thursday, January 11 – May 31, except March 29,***

***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***

### **Does your group need a facilitator?**

Kearns offers facilitators for Centering Prayer, Labyrinth Walks, Confirmation and School Retreats. For more information contact Peggy at 412-366-1124 or email [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)

## *Presenters*

### **Ballard, Cynthia, E-RYT, RM, Relaxation Therapist, IRM Facilitator.**

Cynthia shares meditative and spiritual practices to cultivate inner peace, acceptance and harmony, techniques that helped manage her journey of living with a chronic illness. She volunteers at Our Clubhouse, Hillman Cancer Center and other venues in the city. She is a Certified Yoga Therapist, Relaxation Therapist and Reiki Master.

**Coultas, M. Joan, CDP, Ph.D.** from Catholic University, is a psychologist, former Provincial Director of the Sisters of Divine Providence and former President of La Roche College. She has taught, lectured and given workshops on topics related to psychology and spirituality.

**Erbrecht, Elizabeth, B.A., LMT,** is a practicing Licensed Massage Therapist, doTERRA Oils wellness educator, and Access Consciousness Bars Facilitator. She holds a B.A. in theology and counseling from Carlow University. As a holistic facilitator and creator she uses alternative healing therapies to support the whole body and being. Elizabeth has the training, experience and mastery to bring insight and education to those interested in attaining the highest level of health and well-being possible.

**Furst, Vincenza,** is a Certified Tai-Chi Qigong Practitioner/Instructor, originally a metropolitan New Yorker, 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. As a result, she teaches at Vincentian Home, Sunrise Assisted Living, Holy Family Manor and St. Athanasius Parish.

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

## *Presenters*

**Kernion, Anne Kertz, M.A.,** is a certified Yoga teacher and 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).

**Lane, Kristen, M.S.,** has been practicing and teaching yoga for more than 30 years. She is a Registered Yoga Teacher and Trainer with the Yoga Alliance, as well as a holistic health coach certified by the Institute for Integrative Nutrition. Kristen believes passionately that you don't need to be “bendy” to benefit significantly from a yoga practice. 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

**Luffy, Maura, CDP, M.A.,** is an experienced spiritual director and teacher. She has been a spiritual companion and director for retreats since 1977. Her formal background has been in education and in spirituality. Currently Sr. 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 from Penn State and in Crisis Response from the Pennsylvania Certification Board. She has worked in the field of addiction for over 30 years as a therapist, trainer, and consultant for the Pennsylvania Departments of Education, Drug and Alcohol Programs; Western Psychiatric Institute and Clinic; Greenbriar Treatment Center and the Bridge to Hope. Margie has been a regular presenter on topics of spirituality at Kearns.



## *Presenters*

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

**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 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 Labyrinth at Kearns. Along with her service in the retreat ministry, she gives talks in local parishes.

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

## *Presenters*

**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 is a graduate of La Roche College's art and design program and has a Master's from Edinboro in fine arts. She has taught ceramics since 1998.

***Her ceramics are for sale at Kearns.***

***Also, see page 23 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 over thirty years.

**Zinn, Carol, SSJ, Ph.D.,** is a Sister of St. Joseph from Philadelphia with extensive experience and expertise in the fields of education, leadership and transformation, and global systemic change. A consultant/facilitator in grassroots-based international movements, she has served as the main representative for the Congregations of St. Joseph, an NGO in General Consultative Status with the Economic and Social Council at the United Nations, representing over 15,000 Sisters of St. Joseph who live and minister in 57 countries. In this capacity, Dr. Zinn participated in UN sessions on Human Rights, Eradication of Poverty, Environment, Peace and Disarmament, Education, Sustainable Development, Women, Children and Healthcare. She has also served as President of LCWR, (Leadership Council of Religious Women) for a three year term, 2012 – 2015. Currently, Dr. Zinn is a Senior Vice President for Mission Integration at Plante Moran Cresa Company.



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

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

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**Program Information...** For more information, contact Shelley Johnsen at 412-635-6314, [sjohnsen@cdpsisters.org](mailto:sjohnsen@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 23 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)

**Confirmation and School Retreats...** Facilitator available. For more information contact Peggy Huwe at 412-366-1124 or [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)



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

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

**18 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,  
cbodenschatz@stjoseph-baden.org

Karen Lehman 412.486.1151, karengiraffe10@comcast.net

Maura Luffy, CDP, M.A., 412.366.3451, mauraluffycdp@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 offer the services of Massage Therapist Elizabeth M. Erbrecht, LMT. For appointment: 412-445-3704 or e-mail: elizerbrecht.lmt@gmail.com

***Reiki...*** A “touch therapy” method of reducing the effects of stress, e.g. blood pressure elevation, tight muscle structure, heightened anxiety and stress, etc., done in a prayerful reflective atmosphere. By appointment only, with Alison Tobin, 412-977-8208.

***Comfort and Hospitality Program...*** Special thanks to UPMC Passavant Foundation for a third \$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 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

## *Under New Management!*

Sisters Agnes Raible and Joan Coultas have retired as Director and Program Coordinator, respectively of Kearns Spirituality Center. A familiar face to many, Peggy Huwe, CDP Associate, is the new Director. Shelley Johnsen, CDP Associate is now the Program Coordinator/Hospitality Coordinator. Kathy Nellis is now the Housekeeping and Environmental Specialist.

Contact Peggy at 412-635-6307 or [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org).  
Contact Shelley at 412-635-6314 or [sjohnsen@cdpsisters.org](mailto:sjohnsen@cdpsisters.org).

***Congratulations to Sister Agnes and Sister Joan  
For your years of great service to the Kearns ministry***



**Kathy Nellis, Peggy Huwe, Shelley Johnsen**

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

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



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

# *Kearns Spirituality Center*

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

- ◆ A welcoming staff
- ◆ Woodland reflection trail
- ◆ Labyrinth for prayerful walking
- ◆ Meditation garden
- ◆ Spirituality library
- ◆ Visitation Chapel accommodates 175 guests
- ◆ Air conditioned, smoke-free, handi-cap accessible
- ◆ Conference center accommodates up to 250 guests for meetings and 200 for dining
- ◆ State-of-the-art audio/visual, computer capability and WiFi in public areas
- ◆ Piano in each meeting room
- ◆ Retreat Center lounge accommodates up to 30 guests
- ◆ 27 air-conditioned and smoke-free guest rooms, plus three suites
- ◆ Dining room seats 70
- ◆ Fully equipped kitchen
- ◆ Food service available



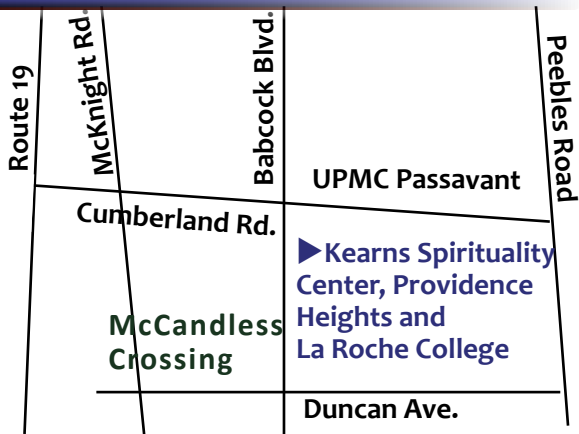
## *Kearns Spirituality Center Mission Statement*

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.”

## Directions to Kearns

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



## Kearns Spirituality Center



The Labyrinth is open year round for prayerful walking.



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



## *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 Sr. Charlotte at 412-956-6314.*



## *Other Ministries Sponsored by the Sisters of Divine Providence*

**Social Service Ministries....La Posada Providencia** is a ministry in Texas assisting people from around the world who are seeking legal refuge in the USA; **Providence Family Support Center**, Pittsburgh, offers programming and services aimed at strengthening families; **Room at the Inn** provides immediate emergency shelter for families that are homeless in St. Louis County, MO.

**Education...**The Sisters founded **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. **LaRoche College**, founded by the Sisters in 1963, is a four-year co-ed liberal arts college in McCandless Township.

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



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