



*Kearns Spirituality Center  
Spring 2019  
Programs*

# Program Quick Finder

<b>Creative Art Programs.....</b>	<b>Page 4</b>
<b>Unfolding Faith with a Twist</b>	
<i>Wednesday, February 27, 10:00 am – 2:00 pm</i>	
<b>Faith Molded Close to the Heart</b>	
<i>Wednesday, April 24, 10:00 am – 2:00 pm</i>	
<b>Addition: Responding as People of Faith.....</b>	<b>Page 5</b>
<i>Monday, January 14 – May 20, 7:00 pm – 8:30 pm</i>	
<b>Drum Circle.....</b>	<b>Page 5</b>
<i>Wednesday, January 16, 30; February 13, 27; March 13, 27;</i>	
<i>April 10, 24; May 8, 22, 7:00 pm – 8:00 pm</i>	
<b>Soul Nurture Silent Winter Retreat.....</b>	<b>Page 6</b>
<i>Friday, January 25 – Sunday, January 27,</i>	
<i>6:00 pm Friday – 1:00 pm Sunday</i>	
<b>Lenten Breakfast.....</b>	<b>Page 6</b>
<i>Tuesday, March 5, 7:00 am – 9:00 am</i>	
<b>Book Discussion.....</b>	<b>Page 7</b>
<i>Wednesday, March 6, 13, 20, 27, April 3, 10:00 am – 11:00 am</i>	
<b>Cleaning the Attic.....</b>	<b>Page 7</b>
<i>Wednesday, March 6 – April 10, 7:00 pm – 9:00 pm</i>	
<b>Discerning God's Will.....</b>	<b>Page 8</b>
<i>Monday, March 11 – April 8, 10:00 am – Noon</i>	
<b>Conscious Aging.....</b>	<b>Page 8</b>
<i>Tuesday, March 12, 19, 26, April 2, 9, 16, 23, 10:00 am – Noon</i>	
<b>Central American Martyrs.....</b>	<b>Page 9</b>
<i>Tuesday March 26, April 2, 9, 16, 23, 30, 10:00 am – Noon</i>	
<b>Women in Hebrew Scriptures: Miriam.....</b>	<b>Page 9</b>
<i>Thursday, April 4, 10:00 am – 2:00 pm</i>	
<b>Busy Women's Retreat.....</b>	<b>Page 10</b>
<i>Friday, April 12, 6:00 pm – Saturday, April 13, 4:30 pm</i>	
<b>North Hills Chorale Spring Concert.....</b>	<b>Page 10</b>
<i>Saturday, May 4, 7:00 pm; Sunday, May 5, 3:00 pm</i>	
<b>Summer Moon Salutations.....</b>	<b>Page 11</b>
<i>Sunday, May 19, June 16, July 14, 7:00 pm – 8:30 pm;</i>	
<i>August 18, 6:30 pm – 8:00 pm</i>	
<b>Yoga Programs.....</b>	<b>Page 11</b>
<i>Tuesday, January 8 – May 28, 7:00 pm – 8:00 pm</i>	
<i>Thursday, January 10 – May 30, 7:00 pm – 8:00 pm</i>	

# Program Quick Finder

<b>APP Speaker Series.....</b>	<b>Pages 12, 13</b>
<i>Monday, March 25, 7:00 pm – 9:00 pm, Dr. Jeffrey Sachs</i>	
<i>Sunday, April 14, 2:00 pm – 4:00 pm, Dr. Greer Gordon</i>	
<b>Peace Forum.....</b>	<b>Page 13</b>
<i>Sunday, February 10, March 3 and 24, 3:00 – 5:00 pm</i>	
<b>Visio Divina: Seeing the Word.....</b>	<b>Page 14</b>
<i>Sunday, January 13, February 10, March 10,</i>	
<i>April 14, May 12, 11:00 am – Noon</i>	
<b>Centering Prayer.....</b>	<b>Page 14</b>
<i>Wednesday, March 6 – April 3, 11:30 am – 1:00 pm</i>	
<i>Wednesday, April 10 – May 15, 10:00 am – 11:30 am</i>	
<b>Tai Chi Qigong.....</b>	<b>Page 15</b>
<i>Thursday, January 10 – May 30, 10:00 am – 11:00 am</i>	
<b>Reiki Exchange for Practitioners.....</b>	<b>Page 15</b>
<i>Monday, January 14, February 11, March 11,</i>	
<i>April 8, May 13, 7:30 pm – 9:00 pm</i>	
<b>Poetry for the Soul.....</b>	<b>Page 15</b>
<i>Tuesday, April 9, 16, 23, 30, 7:00 pm – 8:30 pm</i>	
<b>Presenters.....</b>	<b>Pages 16 – 20</b>
<b>Spiritual Direction.....</b>	<b>Page 20</b>
<b>Program Information.....</b>	<b>Page 21</b>
<b>General Information.....</b>	<b>Page 21</b>
<b>Special Services.....</b>	<b>Page 22</b>
<b>Vessels of Hospitality.....</b>	<b>Page 22</b>
<b>About the Kearns Facilities.....</b>	<b>Pages 23, 24</b>
<b>Directions to Kearns.....</b>	<b>Page 25</b>
<b>Other Ministries of the Sisters of Divine Providence.....</b>	<b>Page 26</b>
<b>Registration/Deposit Form.....</b>	<b>Page 27</b>

*Cover photo by Shelley Johnsen.*

**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)**

# *Creative Art Programs*

## ***Come, Come Create at Kearns!***

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

## ***Unfolding Faith with a Twist***

***Wednesday, February 27, 10:00 am – 2:00 pm***

Set aside time this Lent to contemplate our interconnectedness with each other and how the Spirit uses that interdependence among us as a gift that weaves us all together. Inspiration comes to life before your eyes and through the work of your hands as you are guided through the process of weaving a simple basket. Anyone can do this activity. No experience necessary. Participants will leave with a unique creation, especially appropriate and just in time for Easter to either keep or give as a gift.

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

***Fee: \$25 + \$15 materials fee = \$40. Includes lunch.***

***Limited to 20 participants.***

## ***Faith Molded Close to the Heart***

***Wednesday, April 24, 10:00 am – 2:00 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 lunch***

## *Addiction: Responding as People of Faith*

**Monday, January 14 – May 20, 7:00 pm – 8:30 pm**

Families are faced with many heartbreaking decisions when a child, spouse, or other family member is caught in the throes of chemical dependency. As people of faith it is sometimes difficult to know how to respond to the situations that present themselves. In this program we will develop a clearer understanding of the nature of chemical dependency and enhance our ability to meet the challenges presented by the disease. We will search together for what would be a loving response to the many issues and challenges that arise when a loved one is trapped in the whirlwind of addiction. This is a weekly meeting for education and support in the context of shared faith.

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

**Fee: \$5 per session**



## *Drum Circle*

**Wednesday, January 16, 30; February 13, 27;**

**March 13, 27; April 10, 24; May 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 drumming 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.

**Presenter: Benjamin Dorsch: Certified Drum Circle Facilitator**

**Fee: \$15 per session**





# *Soul Nurture Silent Winter Retreat*

**Friday, January 25 – Sunday, January 27,**

**6:00 pm Friday – 1:00 pm Sunday**

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

**Facilitator: Kristen Lane, M.S.**

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

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

## *Lenten Breakfast*

***Neuroscience and Well-Being:***

***How Spirituality Affects Our Health and DNA***

**Tuesday, March 5, 7:00 am – 9:00 am**

As we begin the Lenten season, we often become more intentional about our daily spiritual practices. These practices can affect our physical and emotional health in a variety of ways. By exploring recent findings in neuroscience and the Catholic contemplative tradition and its practices, we'll discover how they slow aging in our cells, support the health of our bodies and brains, and reduce stress. This multimedia presentation will enlighten and encourage you on your Lenten journey.

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

**Fee:** \$35 per person and \$250 for a table of 8, includes breakfast and presentation

***Registration is requested; please call 412-366-1124***

***Thank you for supporting Kearns  
through this special breakfast event!***

## Book Discussion

**Wednesday, March 6, 13, 20, 27 and April 3, 10:00 am – 11:30 am**

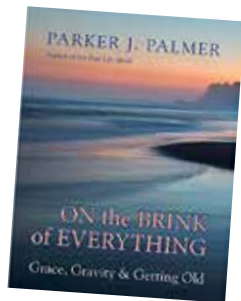
**Book for Discussion:** *On the Brink of Everything: Grace, Gravity & Getting Old*

**Author:** Parker J. Palmer, Founder: Center for Courage & Renewal

The author's tenth book is perhaps his wisest. Quoting from the publisher, "...this book from a great mentor is a guide for not merely surviving a fractured world, but embodying the fiercely honest and gracious wholeness that is ours to claim at every stage of life." Do you feel, at times, like you need a compass for life as you age? Come join our discussion with questions and wisdom. This book is available on Amazon.com or order through Kearns at [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) (Our cost \$20)

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

**Fee:** \$20 for the 5-week series or \$5 per session, plus book.  
Rolls and beverages provided.



## Cleaning the Attic

**Wednesday, March 6 – April 10, 7:00 pm – 9:00 pm**

Phyllis Tickle explains that something dramatic is happening in our churches. The focus of our time would be to explore in a prayerful and contemplative way how Tickle's analysis of Christian history is part of a larger dynamic that occurs every 500 years. These changes are not just occurring in church denominations, but also in our political and social systems. In her three books, *The Great Emergence*, *Emergence Christianity* and *the Age of the Spirit*, she provides insights into these massive transitions from the past and the possible impact on our present-day transition. In these sessions we will consider the questions these changes raise and how we might respond to the challenges they present.

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

**Fee:** \$10 per session or \$55 for the series



## Discerning God's Will

**Discernment: Is it possible to know the will of God?**

**Monday, March 11 – April 8, 10:00 am – Noon**

What is God's will for us? Are we designed to know God's will? How do we get clarity about the direction of our lives? The purpose of discernment is to decide which movements are of the spirit of



God and which are not God. Each day we are shown never-ending choices and through a process of discernment verify with the Spirit what we have discovered through the use of our heads and hearts.

In these sessions we will discover a process of discernment and how to read the spiritual movements within us that either bring us closer to God or separate us from the embrace of divine love.

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

**Fee: \$10 per session or \$55 for entire series**

## Conscious Aging

**Tuesday, March 12, 19, 26 and April 2, 9, 16, 23, 10:00 am – Noon**

In this seven 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.

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

**Fee: \$10 per session or \$60 for the entire course. The workbook is additional and the cost is \$25. The workbook may be ordered through Kearns at 412-366-1124.**

**Registration: You must pre-register for this program; class size is limited to 20 participants.**



## Central American Martyrs

**The Martyrs of Central America: Models for a Reformed Church**  
**Tuesday, March 26, April 2, 9, 16, 23, 30, 10:00 am – Noon**

Disillusioned by an institutional church mired in clericalism and scandal? Reflect on the inspirational stories of seven U.S. missionary martyrs whose commitment to the marginalized in Guatemala and El Salvador in the 1980s offers an alternative vision of church, one that is grounded in the gospels and the concepts of the Second Vatican Council. Sessions will also consider the reasons for poverty and repression in Central America and U.S. foreign policy in the region.



**Required reading:** Donna W. Brett and Edward T. Brett, *Martyrs of Hope: Seven U.S. Missioners in Central America* (Orbis Books, 2018). \$25.

**Presenters/Authors:** Donna W. Brett, M.A., Edward T. Brett, Ph.D.

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

## Women in Hebrew Scripture: Miriam

**Thursday, April 4, 10:00 am – 2:00 pm**

Miriam, as a 7 year old, links the women of Egypt and Israel in saving her brother Moses' life. Later, she challenges Moses and asks if the Lord speaks to him alone only to be punished with leprosy. Healed by the Lord, Miriam, with tambourine in hand, followed by all the women, leads the Exodus crossing of the sea. Her chant sets the precedent for the Holy War tradition, victory is due to God's gift, not human power. For Miriam, the Exodus experience is God's promise of new life. Miriam challenges the status quo for a role in leading the quest for change. What might be stirred within us to be prophetic voices for changes needed in family, society and church today? How might the story of Miriam nourish our reflection and belief that we make a difference, that we can be prophetic challengers and leaders in discerning God's presence and hope for humankind?

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

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

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

## *Busy Women's Retreat*

**Friday and Saturday April 12 – 13**

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

Our Busy Women's Retreat will draw on the latest research from Neuroscience, Positive Psychology and Spirituality that encourages Meditation, Mindfulness, Gratitude, Compassion, Exercise and Healthy Eating. We will delve into the health benefits of each of these practices, which support the well-being of the brain, the body, the mind, and the spirit. Simple tools to bring these practices into our daily lives will be offered. Come join us for an insightful and motivating retreat, sure to bring more calm, vitality, and joy into your life! The retreat will also feature a "sampler" of options for Tai Chi, Spiritual Direction, etc., on Saturday afternoon.

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

**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!***

## *North Hills Chorale Concert*

**Spring Concert in Visitation Chapel**

**Saturday, May 4, 7:00 pm**

**Sunday, May 5, 3:00 pm**

The North Hills Chorale, a well-known interfaith choral group, combines sacred and secular renditions fused with holiday spirit. Come join us to get into the true Advent spirit as you support and enjoy one of the best choral groups in the Northern area of Pittsburgh.

***Donations accepted***

## Summer Moon Salutations

### Summer Moon Salutations and the Labyrinth

**Sunday, May 19 – The Flower Moon, 7:00 pm – 8:30 pm**

**Sunday, June 16 – The Strawberry Moon, 7:00 pm – 8:30 pm**

**Sunday, July 14 – The Buck/Summer Moon, 7:00 pm – 8:30 pm**

**Sunday, August 18 – 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 I

**Tuesday, January 8 – May 28, 7:00 pm – 8:00 pm**

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

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

**Fee:** \$5 per session

### Yoga

**Thursday, January 10 – May 30, 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.

**Presenter: Kristen Lane, M.S.**

**Fee:** \$5 per session

# APP Speaker Series

**Monday, March 25, 7:00 pm – 9:00 pm, Dr. Jeffrey Sachs**

**Sunday, April 14, 2:00 pm – 4:00 pm, Dr. Greer Gordon**

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

**Hospitality:** Kearns Spirituality Center

**RSVP:** 412-366-1124 or [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) **Fee:** \$20 per talk

## **Poverty Requires a Faith Response: What Can We Do?**

**Monday, March 25, 7:00 pm – 9:00 pm**

**Presenter: Dr. Jeffrey Sachs**

Tonight we welcome a world-renowned economist from Harvard and Columbia, one who has concretely responded to the dire poverty in our world by guiding policies and efforts in developing countries toward sustainable development. Although Dr. Sachs is Jewish in faith, Popes John Paul II and Francis have sought him out for input into encyclicals, most recently for *Laudato Si: On Care for our Common Home*. Sachs calls it “magnificent, breathtaking...compellingly holistic. It inspires in its profundity.” He is similarly enthusiastic about the Church’s social teaching: “I love the leadership the Church shows in goodwill to humanity. Pope Francis has said repeatedly that his encyclicals are a call to all of humanity...they touch me very deeply.” If you have wondered what responses we can make to poverty, join us as Sachs teaches us how the Social Gospel of the Church can bring justice and peace in our world.

## **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](mailto:associates@cdpsisters.org) or 724-594-4606.



## *APP Speaker Series*

***Truth in the Heart: The Church, Entitlement, and Sexual Crimes***  
***Sunday, April 14, 2:00 pm – 4:00 pm***

***Presenter: Dr. Greer Gordon***

Rape, molestation, seduction, sexual exploitation and sexual harassment have all become exposed in the Church. The perpetrators and their silent accomplices who hid such acts are slowly being identified for their sinfulness. If we would be, as we claim to be, Christ in the midst of the world, then we must identify and reject the spirit of entitlement that has allowed priests and bishops to set themselves above the standards of Christian moral-ethical living. We must be bold in our analysis of facts, uncompromising in our defense of truth, and unrelenting in eliminating clerical entitlements. Dr. Gordon will present an analysis of what has happened and offer concrete suggestions as to how the Church may proceed in returning to a people who cherish God's love for "truth in the heart." Please join us for a prayerful exploration of the crisis in our Church.

## *Peace Forum*

***Sunday, February 10, 3:00 pm – 5:00 pm***

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

***Sunday, March 24, 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***



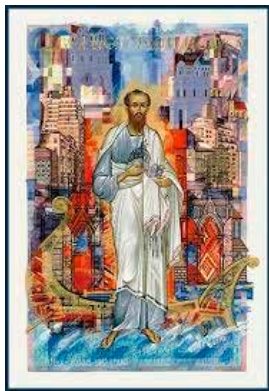
Visit us at <https://cdpsisters.org/kearns> or at [www.facebook.com/KearnsSpiritualityCenter](https://www.facebook.com/KearnsSpiritualityCenter)

# Ongoing Programs

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

**Sunday, January 13, February 10, March 10, April 14, May 12,  
11:00 am – 12:00 pm,**

**Mother of Providence Chapel, Providence Heights**



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

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

**Donations accepted**

## **Centering Prayer**

**New Participants and Ongoing Groups:**

**Wednesday, March 6 – April 3, 11:30 am – 1:00 pm**

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

**Wednesday, April 10 – May 15, 10:00 am – 11:30 am**

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

**Donations accepted for Kearns Spirituality Center**

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

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



# Ongoing Programs

## ***Tai Chi Qigong***

***Thursday, January 10 – May 30, 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 14, February 11, March 11, April 8, May 13,  
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***

## ***Poetry for the Soul***

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

Have you ever turned to soul searching after experiencing poetry? For example: "Who says that those who've gone  
are ever out of sight or mind?

They're present but invisible.

They visit when they choose.

They rule the world."

*"Alone with Presences", Sam Hazo*

This four-part series gives you the opportunity to experience this connection. We will explore several poems and poets for their invitation into reflection. Sessions will involve input, discussion and reflection time.

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

***Fee: \$15 per session or \$50 for the four sessions.***

***Fee includes all materials.***

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

## Presenters

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

**Balestreire, Doreena, B.A.,** is a Board Certified Massage Therapist and has Orthopedic Massage Certification. Integrated Manual Therapy Certification 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.

**Brett, Donna W., M.A.** served as an academic advisor at the School of Arts & Sciences, University of Pittsburgh.

**Brett, Edward T., Ph.D.,** is a professor emeritus of history, La Roche College. The Bretts' previous book, *Murdered in Central America* (Orbis 1988), won a Christopher award.

**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](http://www.prayertowear.com)

**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.

**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.

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

## Presenters

**Gordon, Greer, Ph.D.**, is a theologian, author, and lecturer, known for her teaching, publications, and work in the fields of evangelization and catechesis. Among her publications is "A Profound Understanding of the Feminine Person and the Plan of Salvation." Dr. Gordon was one of eight women invited by the Vatican to respond to John Paul II's Encyclical on Women and is an author for the monthly prayer journal "Give Us This Day."

**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.

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

**Kernion, Anne Kertz**, 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 founded in 1986. Her book, "A Year of Spiritual Companionship" was published in 2016. Anne's cards are available online ([cardsbyanne.com](http://cardsbyanne.com)) and in hundreds of stores. 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](http://www.cardsbyanne.com)**

## *Presenters*

**Lane, Kristen, M.S.,** has been practicing and teaching yoga for more than 30 years. She is a Registered Yoga Teacher and Trainer with the Yoga Alliance, as well as a holistic health coach certified by the Institute for Integrative Nutrition. She welcomes and honors everyone who wants to transform their spiritual and bodily health, regardless of age, weight, gender, or previous yoga experience.

**Lehman, Karen, B.A. in History, M.E. in Social Studies** (Cultural Diversity, Psychology and Sociology), Administrator, Certified Religion teacher, Campus Minister, and Certified Spiritual Director.

**Modro, Margie, CDP, M.S.,** has degrees from La Roche College in History and Religious Studies and from Shippensburg University in Community Counseling. She is certified in Addiction Treatment and Prevention from Penn State and in Crisis Response from the Pennsylvania Certification Board. She has worked in the field of addiction as a therapist, trainer, and consultant for the Pennsylvania Departments of Education, Drug and Alcohol Programs; St. Francis Medical Center; Western Psychiatric Institute and Clinic; Greenbriar Treatment Center and the Bridge to Hope.

**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 or moon salutations and hatha yoga postures.

## *Presenters*

**Sachs, Jeffrey, Ph.D.**, an economist with degrees from Harvard, is currently the Quetelet Professor of Sustainable Development at Columbia University's School of International and Public Affairs. As an advisor to the United Nations, he helped to develop 17 global Sustainable Development Goals. A co-editor of the World Happiness Report, Sachs is also the author of 17 books, the most recent of which is: "Building the New American Economy: Smart, Fair, and Sustainable." He comes to Pittsburgh with his wife Sonia to be with their new grandchild...and with us.

**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.

**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**, 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! Through her craft, she shares with others the healing power of praying and playing with clay. Charlotte is a graduate of La Roche College and has a Master's from Edinboro in fine arts. She has taught ceramics since 1998.

***Her ceramics are for sale at Kearns.  
See page 22 for representative samples.***

**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.***

**Janet Folkl, CDP, M.A.,** 781.582.5289, jfolkl@cdpsisters.org

**Margie Modro, CDP, M.S.,** 412.418.2444, mmodro@cdpsisters.org

**Carol Stenger, CDP, MSW, LSW, SCSW,** 814.221.0337,  
cstenger@cdpsisters.org

**Leona Ulewicz, CDP,** 412.418.7729, lulewicz@cdpsisters.org

**Karen Lehman, B.A., M.E.,** 412.486.1151, karengiraffe10@comcast.net

**Carolyn Bodenschatz, CSJ,** 724.454.1232,  
cbodenschatz@stjoseph-baden.org

**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 e-mail: [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org) or visit our website at <https://cdpsisters.org/kearns>.

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

**Program Information...** For more information, contact 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 Sr. Charlotte Tolliver's 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 22 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)

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

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

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

## Special Services

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

**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](mailto: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 appointment: call or text to 412-657-5330 as well as online scheduling: <https://www.massagebook.com/Pittsburgh~Massage~Doreena-B>

## Vessels of Hospitality



*A creative gift for any occasion may be one of Sister Charlotte Tolliver's wheel-thrown pottery items on display in the Kearns lobby! Please feel free to drop in and shop or call Charlotte at 412-956-6314.*



# *Kearns Spirituality Center*

*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
- ♦ 27 air-conditioned and smoke-free guest rooms, plus three suites
- ♦ Dining room seats 70
- ♦ Fully equipped kitchen
- ♦ Food service available



*See our Facebook page for a complete photo tour.*  
*[www.facebook.com/KearnsSpiritualityCenter](http://www.facebook.com/KearnsSpiritualityCenter)*

## *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](mailto:kearns@cdpsisters.org)***



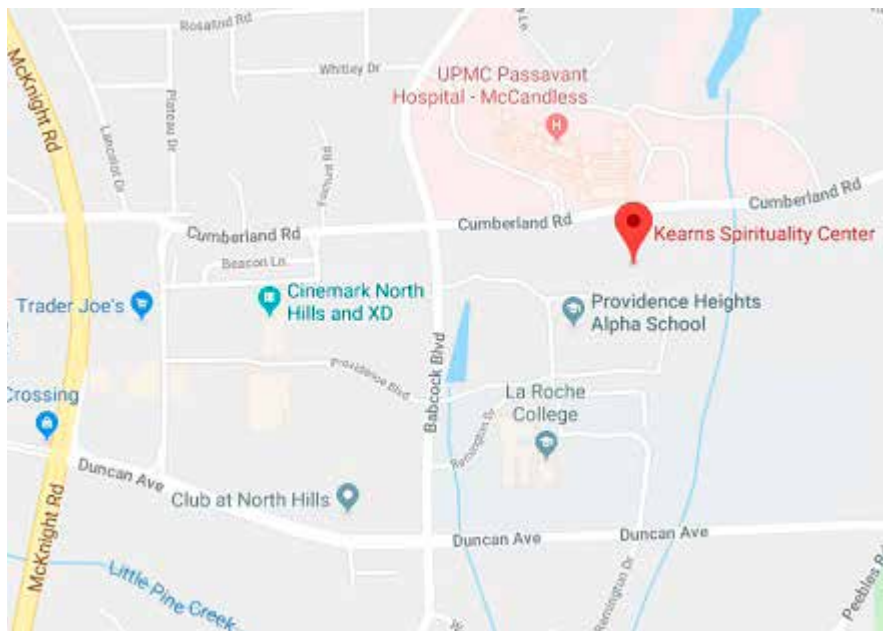
***The Conference Center accommodates up to 250 guests for meetings with state-of-the-art audio/visual, computer capability and WiFi in public areas.  
An excellent quiet facility to hold your next meeting or retreat.  
Contact Peggy Huwe, 412-366-1124 or at [kearns@cdpsisters.org](mailto:kearns@cdpsisters.org)***

# *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 College.

*(Map courtesy of and copyrighted Google.)*

## **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)**

# *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.



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

### **Education...**



**Providence Heights  
Alpha School**

The Sisters founded the **Providence Heights Alpha School** in 1924 in Pittsburgh.



The **Sacred Heart School System**, administered by the Sisters in Kingston, MA, in the Archdiocese of Boston, provides quality education to students from pre-primary through high school.



Founded by the Sisters in 1963, **LaRoche College** is a four-year, co-ed liberal arts college in the Town of McCandless.



# Program R.S.V.P.

## Program Registration Deposit Form

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Program(s) I have registered for: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Amount enclosed: \_\_\_\_\_

***Please mail your program registration deposit form to:***

Kearns Spirituality Center

Attn: Programs

9000 Babcock Blvd

Allison Park, PA 15101

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

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

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

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



**Return Service  
Requested**

### *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."

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**Look for the 5 new programs!**