



Fall 2019 Programs

Kearns Spirituality Center

Program Quick Finder

- Play and Pray Group**.....Page 4
Tuesday, September 3, October 1, November 5, December 3, 9 am – Noon
- Labyrinth Walk**.....Page 4
Tuesday, September 3, 10, 17, October 1, 6:30 pm – 8 pm
- Small Group Spiritual Journey: “Open The Door”**.....Page 5
Tuesday, September 3, 10, 17, October 1, 8, 15, 22, 10 am – 11:30 am
- Drum Circle**.....Page 5
Wednesday, September 4, 18, October 2, 16, November 6, 20, December 4, 18, 7 pm – 8 pm
- Grieving Hearts: The Emmaus Journey**.....Page 6
Thursday, September 5, 12, 19, 26, October 3, 10, 17, 10 am – 11:30 am
- Set Afire by God’s Love: St. John of the Cross**.....Page 6
Monday, September 9, 16, 30, October 7, 14, 21, 10 am – Noon
- Book Discussion**.....Page 7
Wednesday, October 2, 9, 16, 23, 30, 10 am – 11:30 am
- Discernment: Discovering God’s Will**.....Page 7
Thursday, October 17 – November 14, 7 pm – 9 pm
- Power, Prejudice and Privilege**.....Page 8
Tuesday, October 22, 10 am – Noon
- Becoming American**.....Page 8
Tuesday, October 22, 7 pm – 8:30 pm
- Living Your Best Life Now: A Chakra Journey**.....Page 9
Tuesday, October 29, November 5, 12, 19, 26, December 3, 10, 10 am – Noon
- Living Your Best Life Now: Millennial Mingle**.....Page 9
Monday, October 21, 28, November 4, 11, 7 pm – 8:30 pm
- In Expectation - an Advent Brunch**.....Page 10
Saturday, November 2, 9 am – 11:30 am
- Day of Reflection - For Those Who Grieve**.....Page 10
Saturday, November 2, 10 am – Noon
- Get a Life!**.....Page 10
Wednesday, November 6, 13, 3 pm – 4:30 pm
- Creative Art Programs**.....Page 11
- Creating Cards with Spirit**
Tuesday, November 12, 10 am – 2 pm
- Zentangle with Spirit**
Monday, November 18, 10 am – Noon, OR 6 pm – 8 pm

Program Quick Finder

APP Speaker Series.....	Pages 12, 13
<i>Monday, September 9, 7 pm – 9 pm, Father Jack Bendik</i>	
<i>Wednesday, October 2, 7 pm – 9 pm, Beverly Tatum</i>	
<i>Monday, November 4, 7 pm – 9 pm, Carolyn Helsel</i>	
Peace Forum.....	Page 13
<i>Sunday, October 13, November 17, December 15, 3 pm – 5 pm</i>	
Lectio Divina: Advent Series.....	Page 14
<i>Tuesday, November 26, December 3, 10, 17, 7 pm – 9 pm</i>	
Festival of Lights.....	Page 14
<i>Friday, December 6, 4 pm – 8 pm</i>	
North Hills Chorale Christmas Concert.....	Page 14
<i>Saturday, December 7, 7 pm or Sunday, December 8, 3 pm</i>	
Intentional Journey: Creating Your Path for 2020.....	Page 15
<i>January 10-12, 2020, 6 pm Friday – 1 pm Sunday</i>	
Tai Chi Qigong.....	Page 15
<i>Thursday, September 5 – December 19, 10 am – 11 am</i>	
Reiki Exchange for Practitioners.....	Page 15
<i>Monday, September 9, October 14, November 11, December 9, 7:30 pm – 9 pm</i>	
Visio Divina.....	Page 16
<i>Sunday, September 8, October 13, November 10, December 8, 11 am – Noon</i>	
Centering Prayer.....	Page 16
<i>Wednesday, October 2 – December 18, 10 am – Noon</i>	
Yoga Programs.....	Page 17
<i>Monday, September 30, October 7, 21, 28, November 4, 11, 10 am – 11 am</i>	
<i>Tuesday, September 3 – December 17, 7 pm – 8 pm</i>	
<i>Thursday, September 5 – December 19, 7 pm – 8 pm</i>	
Presenters.....	Pages 18 – 23
Spiritual Direction.....	Page 23
Program Information; General Information.....	Page 24
Special Services; Vessels of Hospitality.....	Page 25
About the Kearns Facilities.....	Pages 26, 27
Kearns Value Statement.....	Pages 28, 29
Directions to Kearns.....	Page 30
Registration Form.....	Page 31

Labyrinth Walk

Tuesday, September 3, 10, 17, October 1, 6:30 pm – 8:00 pm

The Four Virtues: Hope, Peace, Joy and Love



A labyrinth walk offers a way to journey to our own center and back again out into the world. Join us in a series of labyrinth walks designed to bring focus to, and a deeper understanding of, our relationship to each of these four virtues.

Facilitators: Anne Winschel, CDP; Marian Senish, CDP; Loretta Jean Schorr, CDP; Agnes Raible, CDP

Fee: \$40 or \$10 per session, fee includes light refreshments.

Play and Pray

**Tuesday, September 3, October 1, November 5, December 3,
9:00 am – Noon**

Come and join us, rain or shine, every first Tuesday of the month in our dining room at Kearns to spend time praying and playing with friends. Breakfast items, coffee/tea will be provided. BYOC-bring your own cards, board games, and invite some friends, for convivial fellowship in the comfort of Kearns. We will begin each session with prayer, reflection and intentions.



Hosted by Kearns Spirituality Center

Fee: \$10 Pre-registration each month will help us prepare enough refreshments for all; via email: kearns@cdpsisters.org or call 412-366-1124.

***“People are always good company
when they are doing what they enjoy”
Samuel Butler***

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

Small Group Spiritual Journey

Joyce Rupp's *Open the Door*

**Tuesday, September 3, 10, 17, October 1, 8, 15, 22,
10:00 am – 11:30 am**

Using Joyce Rupp's book, *Open the Door, A Journey To The True Self*, we will integrate and share what has taken place during the week as we challenge ourselves to a discipline of faithfully praying through this eight week series. The book is available on Amazon.com or available for purchase from Kearns, about \$17. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

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

Fee: \$10 per class or \$65 for all seven sessions



Drum Circle

**Wednesday, September 4, 18, October 2, 16, November 6, 20,
December 4, 18, 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



Grieving Hearts: The Emmaus Journey

**Thursday, September 5, 12, 19, 26, October 3, 10, 17,
10:00 am – 11:30 am**

The grief journey can be lonely and the pain overwhelming.



Those grieving the death of a loved one are invited to join with others who are also experiencing their own grief journey. Through conversation and exchange, participants will be drawn to understand the grief process and experience elements inherent and necessary to healing. Please **pre-register by August 30th** via email: kearns@cdpsisters.org or call 412-366-1124. No new participants accepted after September 12.

Facilitator: Marlene Luffy, CDP

Donations accepted for Kearns Spirituality Center

**There will be a Day of Reflection
on November 2 for those who grieve.
Please see page 10 for the details.**

Set Afire by God's Love: St. John of the Cross

Monday, September 9, 16, 30, October 7, 14, 21, 10:00 am – Noon

John of the Cross was a profound contemplative, mystic, theologian, spiritual director, Doctor of the Church and poet. At the same time he was a co-founder, reformer and administrator. He collaborated with St. Teresa of Avila in reform of the Carmel and many trials came to his life because of his mission to assist St. Teresa. John thought about our lives as an ongoing love story where God invites each of us to a deeper relationship. He repeatedly declared that God's love is meant for and accessible to all. Come join us for the next six weeks to explore his life and works. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Margie Modro, CDP, M.S.

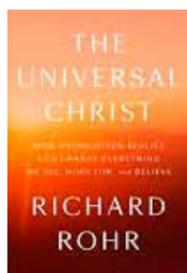
Fee: \$10 per session or \$55 for the series

Book Discussion

Wednesday, October 2, 9, 16, 23, 30, 10:00 am – 11:30 am

Book for Discussion: *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe.*

Author: Richard Rohr



Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant, unfolding work in the world. "God loves things by becoming them," he writes, and Jesus' life was meant to declare that humanity has never been separate from God – except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize

the Creator's presence all around us, and in everyone we meet. Please pre-register at: 412-366-1124. If you would like to order the book through Kearns, please do so at registration; our cost: \$18.00.

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.

Discerning God's Will

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

Thursday, October 17 – November 14, 7:00 pm – 9:00 pm

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 of 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. Please pre-register via kearns@cdpsisters.org, or call 412-366-1124.

Facilitator: Margie Modro, CDP, M.S.

Fee: \$45 for entire series

Society Matters

Power, Prejudice and Privilege

Tuesday, October 22, 10:00 am – Noon

Do you sometimes feel uncomfortable talking about race, sexual orientation, gender, age, religion or disabilities? Have you been made to feel guilty about belonging to a privileged group? Do you think that power changes people and relationships? Is everyone prejudiced to some degree? Can you identify your own prejudices? What unearned advantages might you enjoy because of your membership in a privileged group? This session will explore these and related issues in a safe and non-threatening environment. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Sandy Stevenson, M.A.

Fee: \$20



Becoming American: An Immigrant Experience

Tuesday, October 22, 7:00 pm – 8:30 pm

The author of *Motherlands*, Natasha Garrett, moved from her native Macedonia to the U.S. to attend La Roche University; she never expected to become a proud Pittsburgher. She

will read excerpts from her book and discuss the changing patterns of immigration. In her writing, she uses humor and personal stories to explore what it means to “become” American and navigate languages, cultures and identities.

Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Natasha Garrett, Ph.D.

Fee: \$20, includes a copy of Natasha’s book *Motherlands*



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

Living Your Best Life Now

Exploring The Chakras – A Spiritual Journey

Tuesday, October 29, November 5, 12, 19, 26,

December 3, 10, 10:00 am – Noon



In the Christian, and other spiritual traditions, it is believed that we are born into the physical world for spiritual learning. Learning about and becoming mindful of chakra energy centers can help transform your life. This group will explore the 7 best known chakras (yes – there are more) to identify the powers and energies of each, along with their physical, spiritual, social, and sacramental aspects. We will chart, color, and meditate, using mantras or affirmations along the way. Join us in a journey designed to help you live your best life now. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Carolyn Heil, Ph.D.

Fee: \$70 for series plus \$10 material fee. **Total fee: \$80**

Millennial Mingle

Monday, October 21, 28, November 4, 11,

7:00 pm – 8:30 pm



Are you one of “THOSE” Millennials? Ever been offended or frustrated with others thinking that your generation is self-involved, unmotivated or too demanding of support? Often misinterpreted, Millennials face challenges not experienced by previous generations. Join your peers to examine these challenges and identify how to leverage your best qualities to dispel misperceptions and enhance relationships at home or at the workplace. These transformative conversations are designed to help you live your best life now. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Carolyn Heil, Ph.D.

Fee: \$15 per session

In Expectation - an Advent Brunch

Saturday, November 2, 9:00 am – 11:30 am

Join us at Kearns for a special morning designed to bring our focus to the upcoming season of Advent. A delicious brunch will be served as we are guided through a thoughtful examination of the virtues of Advent by a specially selected speaker.

Details to be posted to Kearns' Facebook page as the event nears: www.facebook.com/KearnsSpiritualityCenter.



Day of Reflection for Those Who Grieve

Saturday, November 2, 10:00 am – Noon

Those grieving the death of a loved one and those who support them are invited to participate. Grief is a journey of the heart. To come face

to face with this journey through the death of a loved one can be a difficult experience. Often, families are forced to adjust to more changes than any other singular event they will experience in life. An understanding of the grief process, time for reflection, and suggestions to help “get through” this experience will be discussed. Coffee, tea and light snacks will be provided. Please pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Marlene Luffy, CDP

Donations accepted for Kearns Spirituality Center



Get a Life!

Wednesday, November 6 and 13, 3:00 – 4:30 pm

Get a Life: Ever stop to think about the opportunity this commonly used phrase offers us? In Deuteronomy we are reminded to “Choose Life or Death.” Jesus tells us: “I am the way, the truth, and the light (LIFE). What does this mean in light of the many experiences that are presented to us each day? We do have a CHOICE. Come and explore with others the significance of this opportunity for our own life experiences through Scripture, meditation, and prayer. Pre-register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Loretta Jean Schorr, CDP

Fee: \$10 per session



Creative Art Programs

Creating Cards with Spirit

Tuesday, November 12, 10:00 am – 2:00 pm

Join us in creating distinctive handmade cards as we reflect on the Scriptures. Using specialty craft papers in assorted patterns and colors - some seasonal - we will cut these materials into a variety of shapes and assemble them to create surprisingly beautiful cards. Participants should leave the session renewed from a day of contemplation and with ten handmade cards worthy of gifting to family and friends! **Pre-registration required.** Register via email: kearns@cdpsisters.org or call 412-366-1124.

Facilitator: Ellen Carlins, B.S.

Fee: \$20 + \$20 materials fee = \$40. Includes lunch.

Limited to 20 participants.



Zentangle® with Spirit

Monday, November 18, Two times are offered:

10:00 am – Noon or 6:00 pm – 8:00 pm

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

Facilitators: Jeanne Pittavino, Pat Abraham

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



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

APP Speaker Series

Monday, September 9, 7:00 pm – 9:00 pm, Father Jack Bendik

Wednesday, October 2, 7:00 pm – 9:00 pm, Beverly Tatum

Monday, November 4, 7:00 pm – 9:00 pm, Carolyn Helsel

Sponsor: Association of Pittsburgh Priests (APP)

Hospitality: Kearns Spirituality Center

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

Building Faith Communities Amid Changing Realities

Monday, September 9, 7:00 pm – 9:00 pm

Presenter: Father Jack Bendik

As 188 parishes of the Pittsburgh diocese merge into 57 vibrant faith communities, the loss and pain of the past year can find hope in a pastor who led and accompanied four parishes in Pittston, PA, to become one of the premier “servant churches” in the country. The vision of a Vatican II Church became incarnate as parishioners were invited to share their gifts within a struggling community. Care and Concern Ministries grew in response to the needs of the local community.

Following the presentation, a panel of Pittsburghers will share their experiences and wisdom, followed by questions and discussion.

The panel will include Mary Swindal, Lois Campbell, and Fr. Frank Almada. Come to hear folks who have shared in your efforts to build a faith community where you are.

Can We Talk About Race? A Conversation with Beverly Tatum

Wednesday, October 2, 7:00 pm – 9:00 pm

Presenter: Beverly Tatum, Ph.D.

We welcome a nationally known woman of outstanding awareness and insight to help us know the difficult experiences of many African Americans. A clinical psychologist, her focus on children and teens led to her path-breaking book *Why Are All the Black Children Sitting Together in the Cafeteria?* A guest on Oprah Winfrey and a dialogue partner with President Clinton on his nationally televised series on race, Tatum helps us look at our unexamined racial attitudes and their impact on the continuing division and separation in our country. While schools can be the key to success, Tatum sees instead the under-reported re-segregation of America. Her easy conversational style invites us to examine our attitudes and behavior. Come and be part of the conversation.

APP Speaker Series

The Racist Next Door: How to Have Anti-Racist Conversations in Your Community

Monday, November 4, 7:00 pm – 9:00 pm

Presenter: Carolyn Helsel, Ph.D.

Dr. Helsel has been dealing with the seemingly impossible task of helping future preachers talk about racism and the Gospel of Jesus Christ. Her position as professor of homiletics at Austin Seminary in Texas has helped to refine her insights into everyone's struggle to deal with the racism in ourselves, our Church, our neighbors, and our country. Her Christian Century article offers some myths which white people may believe about racism: "Racism is not our problem." "Racism is about hateful actions and words." "Only KKK members and self-proclaimed white supremacists perpetuate racism." "Racism has to do with intentions." Come with your experiences, your questions, your hopes to unite our divided country and Church and neighborhoods and families.

Peace Forum

Sunday, October 13, 3:00 pm – 5:00 pm

Sunday, November 17, 3:00 pm – 5:00 pm

Sunday, December 15, 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

Lectio Divina: Advent Series

Tuesday, November 26, December 3, 10, 17, 7:00 pm – 9:00 pm

“We read under the eye of God until the heart is touched and leaps to flame.”



“Lectio Divina”, a Latin term that means “divine reading,” describes a way of reading Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us. Join us Tuesday evenings as we prepare ourselves to be touched by the Christ child’s arrival.

Facilitator: Margie Modro, CDP, M.S.

Fee: \$10 per session

Festival of Lights



Friday, December 6, 4:00 pm – 8:00 pm

Come join us as La Roche University and the Sisters of Divine Providence spread holiday cheer. Listen to Advent hymns, Christmas carols and performances in the Sisters’ Chapel; greet Santa Claus and enjoy entertainment at La Roche. Grab a bite to eat in the University Center cafeteria. Enjoy the fireworks as a grand finale.

Sponsors and Location: La Roche University and the Sisters of Divine Providence, 9000 Babcock Blvd., Town of McCandless

North Hills Chorale Concert

Christmas Concert in Visitation Chapel

Saturday, December 7, 7:00 pm and Sunday, December 8, 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

Intentional Journey: Creating Your Path for 2020

January 10 - 12, 6:00 pm Friday – 1:00 pm Sunday

An immersive experience embracing steps to let go of the past year and intentionally plan for the year ahead, using the best moments of 2019 as a wellspring. You'll learn how to transform times of fear, failure, and sadness into a foundation to practice forgiveness, self-care, and dreams. We will practice gentle yoga and breath work. This safe and welcoming retreat will provide a supportive environment in which to clarify your compass for 2020. Participants will craft a personal talisman to serve as a symbol of grounding and balance throughout the New Year.



Facilitator: Kristen Lane, M.S., Certified Health and Wellness Coach

Fee: \$175 includes a \$75 non-refundable deposit due at time of registration. Two nights' accommodations, four meals, and a snack Friday evening. **Pre-registration required** via kearns@cdpsisters.org or call 412-366-1124. **Limited to 15 participants.**

Ongoing Programs

Tai Chi Qigong

Thursday, September 5 – December 19, 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, September 9, October 14, November 11, December 9,
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

Ongoing Programs

Visio Divina: Seeing the Word

**Sunday, September 8, October 13, November 10, December 8,
11:00 am – Noon**

Mother of Providence Chapel, Providence Heights

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



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

Centering Prayer

New Participants and Ongoing Groups:

Wednesday, October 2 – December 18, 10:00 am – Noon

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

Facilitator: Marian Senish, CDP, M.A.

Donations accepted for Kearns Spirituality Center

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

Yoga Programs

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

Rise and Shine Yoga with Alison Tobin

**Monday, September 30, October 7, 21, 28,
November 4 and 11 10:00 am – 11:00 am**



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

Facilitator: Alison Tobin

Fee \$10 per session

Tuesday Evening Yoga with Anne Kertz Kernion

Tuesday, September 3 – December 17, 7:00 pm – 8:00 pm

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

Presenter: Anne Kertz Kernion, M.A.

Fee: \$5 per session

Thursday Evening Yoga with Kristen Lane

Thursday, September 5 – December 19, 7:00 pm – 8:00 pm

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

Presenter: Kristen Lane, M.S.

Fee: \$5 per session

Become a CDP Associate

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

Associates share the spiritual and ministerial life of the Sisters.

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

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



Presenters

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

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

Bendik, Father Jack, is a retired priest of the Scranton diocese who was privileged to study theology during Vatican Council II. He developed a campus ministry program at East Stroudsburg State College, served in various parishes, and served on numerous diocesan advisory committees and boards. The challenges at the parishes in Pittston, PA, were overwhelming. It took ten years to bring three ethnic and one territorial parish together as one.

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

Carlins, Ellen, B.S. in psychology, has been leading and teaching art and craft activities for over 20 years. Her zeal for sharing joy and spirituality through artistic expression has also made her known for her ability to create, and help others create, unique one of a kind jewelry and gifts that speak to the heart. Examples of Ellen's work can be found at www.prayertowear.com

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

Presenters

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

Folkl, Janet, CDP, M.A. in Theology and Spirituality from St. Louis University. She is an experienced spiritual director and has given retreats in a variety of settings. Her other ministry experiences include education, pastoral work, formation and congregational leadership.

Furst, Vincenza is a certified Tai-Chi instructor and has been teaching Tai-Chi Qigong for over 15 years. She is dedicated to the well-being of the senior population throughout the North Hills of Pittsburgh, conducting classes at various locations.

Garrett, Natasha, Ph.D., Director of International Student Services, La Roche University, was born and raised in Macedonia. Her poetry, personal essays and translations have appeared in *Transnational Literature*, *Gravel*, *Allegro Poetry Magazine*, *Arts and Letters*, and other publications. She is the editor of "Macedonia 2013: 100 Years After the Treaty of Bucharest." She obtained her Ph.D. in Education at the University of Pittsburgh, and her Master's in English Literature from Duquesne University.

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

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

Presenters

Helsel, Carolyn B., Th.M., M.Div, Ph.D., is a professor of preaching at Austin Seminary in Texas. Her writings, especially her book “Anxious to Talk about It: Helping White Christians Talk Faithfully about Racism”, indicate her prophetic response to the Gospel. Her more recent book is “Preaching about Racism: A Guide for Faithful Leaders”. Carolyn describes herself as a teacher, mother, professor, painter, drummer, clutter-spreader, a white woman who wants to help other white people talk about race.

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

Cards by Anne are sold at Kearns and online: www.cardsbyanne.com

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

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

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

Presenters

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

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

Raible, Agnes, CDP, B.S., M.A., is a certified holistic healer and also the former Director of Kearns Spirituality Center for over 20 years. She is a seasoned teacher and administrator, as well as an avid gardener and reader.

Schorr, Loretta Jean, CDP, B.S., has been a facilitator of retreats, workshops and faith development sessions for over forty years. She was Director of the Adult Faith Formation and Deacon Program in the Wheeling – Charleston Diocese and adjunct faculty at Wheeling Jesuit College for Ministry Formation. Presently Loretta Jean works part-time at Jubilee Kitchen as Coordinator of social services.

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.

Presenters

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.

Senish, Marian, CDP, M.A., the foundress of Transfiguration House of Prayer, is involved in the house of prayer movement. Marian is a spiritual director, a pastoral minister and developer of the Kearns Labyrinth.

Stevenson, Sandy, M.A., an Associate of the Sisters of Divine Providence, received her Masters degree from Slippery Rock University where she was employed as Director of Training and Employee Services. Sandy also served as Interim Assistant Director of the Office of Social Equity and chaired the Presidents' Commission for Racial and Ethnic Diversity. While at SRU, she developed a six-week training program for white anti-racists. Sandy received the Martin Luther King, Jr., Service Award and the Woman of Distinction Award for her mentoring of women and for being an advocate for People of Color at the University. Sandy was also a member of the Unity Group in Butler for many years.

Tatum, Beverly, B.A., M.A., Ph.D., was usually the only black student in her classes in Bridgewater, MA. She became a psychologist, allowing her to skillfully study the development of children and teens. President of Spelman College, the oldest historically black college for women in the U.S. from 2002-2015, she authored "Can We Talk about Race? and Other Conversations in an Era of School Re-segregation" (2007) and "Assimilation Blues: Black Families in a White Community" (2000). The American Psychological Association presented Dr. Tatum with the Award for Outstanding Lifetime Contribution to Psychology.

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

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 University 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 25 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, M.S., 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

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 25 for samples of her work.*

Hosted Groups, Personal Retreats... To arrange for a hosted group or to schedule a personal retreat, contact Peggy Huwe, 412-366-1124 or email: kearns@cdpsisters.org

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

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!

Program Information

Registration... We encourage you to pre-register for **ALL** programs. Walk-ins are welcome provided space is available. To register, call us at 412-366-1124 or via e-mail: kearns@cdpsisters.org or visit our website: <https://cdpsisters.org/kearns>.

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

Program Information... For more information contact us at Kearns: 412-366-1124 or via email: kearns@cdpsisters.org

Special Services

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

Reiki...A “touch therapy” method of reducing the effects of stress, e.g.: blood pressure elevation, tight muscle structure, heightened anxiety and stress, etc., done in a prayerful reflective atmosphere. By appointment only, call 412-366-1124 to contact Alison Tobin.

Comfort and Hospitality Program...Special thanks to UPMC Passavant Foundation for their continued support of the Comfort and Hospitality program. This program hosts families and friends of UPMC Passavant Hospital patients, offering them convenient and secure overnight accommodations in a friendly and contemplative atmosphere. For more information contact Peggy Huwe at 412-366-1124 or email kearns@cdpsisters.org



PASSAVANT HOSPITAL
FOUNDATION

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

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



Special Event Facilities



Visitation Chapel is available for weddings, anniversaries or other special occasions. The Chapel seats 175 people. Contact Peggy Huwe, 412-366-1124 or at kearns@cdpsisters.org



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

Kearns Spirituality Center Value Statement

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

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



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

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

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

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

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

Directions to Kearns

9000 Babcock Blvd., Allison Park, PA 15101 412-366-1124
A Sponsored Ministry of the Sisters of Divine Providence



Kearns Spirituality Center is located in the Town of McCandless on the grounds of the Sisters of Divine Providence between UPMC Passavant Hospital and La Roche University. *(Map courtesy of Google.)*

Other Ministries Sponsored by the Sisters of Divine Providence

Social Service Ministries

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

Education

The Sisters founded the **Providence Heights Alpha School** in 1924 in Pittsburgh....The **Sacred Heart School System**, administered by the Sisters in Kingston, MA, in the Archdiocese of Boston, provides quality education to students from pre-primary through high school....Founded by the Sisters in 1963, **La Roche University** offers 66 undergraduate programs, six master's and one doctoral degree.

Program R. S. V. P.

Program Registration Deposit Form

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

Name: _____

Address: _____

Phone number: _____

Email address: _____

Program(s) I have registered for: _____

Amount enclosed: _____

Please mail your program registration deposit form to:

Kearns Spirituality Center

Attn: Programs

9000 Babcock Blvd

Allison Park, PA 15101

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

\$500 \$250 \$100 \$50 \$25 \$10 Other \$ _____

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

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



**Return Service
Requested**

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 16 new programs!