

# Ongoing Programs

## Yoga

Tuesday

10:30–11:45 am

**2011:** Sept. 6-Oct. 11; Oct. 18-Nov. 15;

Nov. 22-Dec. 20

**2012:** Jan. 3-31; Feb. 7-Mar. 6; Mar. 13-Apr. 10;

Apr. 17-May 29

These sessions are for all fitness levels; beginners will receive extra attention. Basic Hatha Yoga postures and breathing techniques are used to increase strength, energy and flexibility. Sessions are in groups of five or six weeks for discount purposes. Feel free to start anytime. Wear loose, comfortable clothing and bring a towel and a mat.

Presenter: **Judy Sheintal Watson, BA**

Fee: \$45 for series or \$10 a session

## Centering Prayer

Tuesday

7:00 - 8:30 pm

**Session I:** every Tuesday, September 6 to November 22, 2011

Winter Interim

**Session II:** every Tuesday, April 10 to May 29, 2012

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

Facilitator: **Marian Senish, CDP, MA**

Donations accepted

**To secure your place in these programs,  
please register at 412-366-1124,  
fax to 412-635-6318,  
or email to [kearnssc1@pghcdp.org](mailto:kearnssc1@pghcdp.org)**

## Falun Dafa

Thursday

10:00–11:00 am

September 8, 2011–May 31, 2012;  
except November 24, December 22 and 29, 2011  
and April 5, 2012

Falun Dafa is an ancient Chinese practice for mind, body and spirit. The five exercises involve slow, gentle movements and meditation. They are easy to learn and appropriate for all ages, genders, nationalities and faiths. Falun Dafa promotes the universal principles of compassion, truthfulness, and forbearance.

*Facilitator:* **Eleanor Howe, MSLS, MEd**

*Donations accepted*

## Lectio Divina

Sunday

1:00--2:00 pm

Visitation Chapel, Kearns Spirituality Center

**2011:** Sept. 25, Oct. 30, Nov. 27, Dec. 18

**2012:** Jan. 29, Feb. 26, Mar. 25, Apr. 29, May 27

Lectio Divina, translated from Latin as “Holy reading,” is a Christian practice of reading and praying with sacred scripture. “Lectio” involves savoring the word of God, letting it speak to your heart, responding to God and resting in God. Lectio Divina, like a deepening relationship of love, can transform one’s life.

*Facilitator:* **Anne Winschel, CDP, MS**

*Donations accepted*

---

## Registration

We encourage you to pre-register for **ALL** programs. Walk-ins are welcome provided space is available and the program does not require a prior deposit. To register, call 412-366-1124, Fax: 412-635-6318  
E-mail: [kearnssc1@pghcdp.org](mailto:kearnssc1@pghcdp.org)

## For Program Information...

contact M. Joan Coultas, CDP  
Kearns Spirituality Center,  
412-635-6314.email: [mjcoultas@yahoo.com](mailto:mjcoultas@yahoo.com)

# Special Services

## **Divine Providence Retreat Ministries**

The Sisters of Divine Providence sponsor two retreat centers that are available to individuals and groups who wish to come and spend some quiet reflection time. Each facility has a chapel, a woodland area and indoor space for private prayer, group gatherings, spiritual reading and meditation. To arrange for a hosted group or to schedule a personal retreat, at Kearns Spirituality Center contact: Agnes Raible, CDP, at 412-635-5404; at Providence Villa contact Marilyn Seidel, CDP, at 724-444-8055

## **Spiritual Direction**

An opportunity to 'come as you are spiritually' to speak confidentially with a spiritual director who affirms and challenges your spiritual journey. The focus is your relationship with God in prayer and in daily life. *By appointment only.*

Carolyn Bodenschatz, CSJ, 412-819-0135

Maura Luffy, CDP, 412-366-3451

Corinne Myer, RSM, 412-578-6289

Anne Winschel, CDP, 412-635-5409

## **Labyrinth**

The Labyrinth is open year round for all to use for prayer and contemplation without an appointment. A guide is available for a group Labyrinth program; call for an appointment: 412-366-1124.

## **Massage Therapy**

**By appointment only:**

**Full body Massage:** One Hour; \$50

**Thai (Yoga) Massage:** One hour; \$50

**Neck, back, shoulder area and feet:** Half hour; \$30

**Reflexology with Stress Reduction:** \$35

*Massage Therapist:* **Christina M. Ward, LMT**

**Call:** 724-612-3833 or e-mail: frodo@zbzoom.net

## **Gift Certificates**

Searching for a unique gift for special occasions? Choose a Kearns program! Gift Certificates are available by calling 412-366-1124.

## **Vessels of Hospitality**

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

# Directions

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

**Providence Villa** is just a 5 minute ride through North Park from Kearns Spirituality Center at 10745 Babcock Blvd. just past the Karrington Woods plan of homes when coming from Kearns.

