



FOR IMMEDIATE RELEASE  
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**PITTSBURGH MERCY PARISH NURSE & HEALTH MINISTRY PROGRAM  
OFFERS DAY RETREAT ON APRIL 14 IN PITTSBURGH**  
*'Nurturing Body, Mind, and Spirit' is the theme*

PITTSBURGH (February 15, 2018) – The [Pittsburgh Mercy Parish Nurse & Health Ministry Program](#), a member of [Trinity Health](#), serving in the tradition of the Sisters of Mercy, will host a day retreat, “Nurturing Body, Mind, and Spirit,” on Saturday, April 14, 2018 at [St. Paul of the Cross Passionist Retreat Center](#), 148 Monastery Avenue, Pittsburgh, PA 15203.

The retreat begins with breakfast at 8 a.m., followed by the opening session at 8:45 a.m. The retreat ends at 3:30 p.m. Lunch is in silence, giving time and space for self-reflection. Participants are invited to a time of prayer, solitude, quiet reflection, learning, and fellowship.

The retreat will be facilitated by Pittsburgh Mercy Parish Nurse staff members Sister Rebecca Nolan, OP, BSN, MA, RN; Amy Armanious, DNP, MSN, MSOL, RN; and Linda Burkett, DNP, MSN, RN, all of whom are faith community nurses experienced in nursing, education, faith community nursing, church ministry, spiritual care, spiritual direction, and servant leadership. Each brings their own unique style and creativity to the design of this retreat.

Self-care, learning, and self-exploration opportunities are the focus of the six-hour inspirational retreat. St. Paul of the Cross Passionist Retreat Center is a peaceful, spiritual environment that offers participants the sacred time needed for refreshing the spirit and recharging the mind. Attendees are encouraged to use this opportunity, as coordinated by the retreat facilitators, to deepen their knowledge of God, self, and service.

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**Pittsburgh Mercy Parish Nurse & Health Ministry Program to offer day retreat April 14**  
**Page 2 of 2**

Each participant is asked to bring one item to share that is meaningful in their life, such as a photo of a dearly loved grandmother, a childhood toy, a piece of jewelry, a family heirloom, or a treasured book or Bible. Also, in silent reflection, each participant will be given time to create an artistic spiritual board to take home for further personal self-reflection. All art supplies are provided by the retreat facilitators and included in the cost of the retreat.

The cost for the day retreat is \$75. For participants who choose to stay overnight Friday at the retreat center, the total cost is \$140 (does not include Friday dinner). Handicap accessibility and limited partial scholarships are available upon request.

Early registration is encouraged. Reservations are limited to 20 participants. To register, download a registration form at [https://www.pittsburghmercy.org/wp-content/uploads/2018/02/Retreat\\_Registration\\_Form.pdf](https://www.pittsburghmercy.org/wp-content/uploads/2018/02/Retreat_Registration_Form.pdf). Send the completed registration form along with a check made payable to: Mercy Parish Nurse & Health Ministry Program, Mercy Health Center, 1515 Locust Street, Suite 705, Pittsburgh, PA 15219. Completed forms and payment must be received by **April 2, 2018**.

For more information, contact Amy Armanious, health ministry specialist, Pittsburgh Mercy Parish Nurse & Health Ministry Program, at [ParishNurse@pittsburghmercy.org](mailto:ParishNurse@pittsburghmercy.org) or 412-232-5815.

***About the Pittsburgh Mercy Parish Nurse & Health Ministry Program***

Established in 1991, the [Mercy Parish Nurse & Health Ministry Program](#), a member of [Trinity Health](#), serving in the tradition of the Sisters of Mercy, was the first parish nurse program in Southwestern Pennsylvania. The program integrates faith and health, and has served more than 4,000 health care professionals and laypersons who volunteer in their faith communities, and has commissioned nearly 400 faith community nurses and health ministers through the “Foundations of Faith Community Nursing” preparation course. To learn more about the Pittsburgh Mercy Parish Nurse & Health Ministry Program, or to make a donation in support of its important work in the community, visit [www.pittsburghmercy.org](http://www.pittsburghmercy.org).

***About Pittsburgh Mercy***

[Pittsburgh Mercy](#), a member of [Trinity Health](#), serving in the tradition of the [Sisters of Mercy](#), is a person-centered, trauma-informed, population-based health and social service nonprofit organization engaged in working with people and families in our community. Pittsburgh Mercy is one of the largest employers and the only Certified Community Behavioral Health Clinic in Southwestern Pennsylvania. Pittsburgh Mercy includes Bethlehem Haven, McAuley Ministries, Mercy Behavioral Health, Mercy Community Health, Mercy Intellectual Disabilities Services, Mercy Parish Nurse & Health Ministry Program, Operation Safety Net®, and Pittsburgh Mercy Family Health Center. Together, these Pittsburgh Mercy programs and their 1,700 employees serve more than 33,000 individuals annually at more than 60 locations in Southwestern

Pennsylvania. To learn more about Pittsburgh Mercy or to make a donation in support of its important work in the community, visit [www.pittsburghmercy.org](http://www.pittsburghmercy.org).

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