



FOR IMMEDIATE RELEASE  
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**PITTSBURGH MERCY PARISH NURSE & HEALTH MINISTRY PROGRAM  
OFFERS SPIRITUAL RETREAT MARCH 7 IN PITTSBURGH**  
*“Sacred Dance to the Rhythm of Life” is the theme of the day-long event*

PITTSBURGH (January 20, 2020) – The [Pittsburgh Mercy Parish Nurse & Health Ministry Program](#), part of [Pittsburgh Mercy](#) and [Trinity Health](#), serving in the tradition of the Sisters of Mercy, will host a spiritual day retreat, “Sacred Dance to the Rhythm of Life,” from 8 a.m. to 4 p.m. Saturday, March 7, 2020 at Martina Spiritual Renewal Center, 5244 Clarwin Avenue, Pittsburgh, PA 15229 (West View).

The contemplative healing retreat will be facilitated by the Rev. Dr. Joan Prentice, M. Div., D. Min., founder, executive director, and pastor of The Ephesus Project, a Pittsburgh nonprofit established in 2013. Dr. Prentice, who has more than 20 years in pastoral ministry experience, began as a staff pastor to new disciples at Mount Ararat Baptist Church in Pittsburgh, where she focused on pastoral care, spiritual counseling for new members, curriculum development, and volunteer training. The Ephesus Project, which Dr. Prentice describes as a “Traditional Church in an Untraditional Way,” exists in the community as a “church without walls” and holds true to the principles of the Christian faith — but in creative ways of ministry.

Dr. Prentice devotes her time to teaching and developing leaders for the church and community ministry in the 21st century, such as New Paradigm Leadership Training, Grace Space Gatherings, Open Word Bible Study and Conversation, pastoral and leadership retreats, focus symposiums, and Mothers United in Christ.

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She resides in Pittsburgh with her husband Marvin, and is the mother of three adult children and a grandmother of eight.

The theme for this spiritual retreat is “Sacred Dance to the Rhythm of Life” which is designed as a contemplative, healing retreat. In our busy lives, especially those involved in ministry, we sometimes feel overwhelmed to the point of neglecting our own spiritual needs. We risk having little to pour out and then burn out. Retreat participants will come together for healing, refreshment, and restoration in a safe, sacred space. There is a holy dance with which we are invited to enter into with the living Lord. As our Creator leads, we follow and find a deeper freedom in the sacred dance of the rhythm of life.

The retreat begins with a continental breakfast at 8 a.m.; the opening session begins at 9 a.m. and the retreat ends by 4 p.m. Lunch is simple with minimal talking so that retreat participants have time and space for self-reflection. Participants are invited to a time of prayer, solitude, quiet reflection, learning, and fellowship. It is a time away from both personal and professional responsibilities, especially during the Lenten season.

The cost is \$55 per person and is payable to the Pittsburgh Mercy Parish Nurse & Health Ministry Program. The cost is an extra \$40 for participants who choose to stay overnight on Friday (dinner on your own) that is paid directly to Martina Spiritual Renewal Center. Space for overnight retreat participants is limited. Early registration is strongly encouraged. Handicap accessibility is available upon request.

To register, download a registration form at <https://www.pittsburghmercy.org/wp-content/uploads/2020/01/Spiritual-Retreat-2020-Registration-Form.pdf>. Send the completed registration form along with a check made payable to the “Pittsburgh Mercy Parish Nurse & Health Ministry Program” to: Pittsburgh Mercy Parish Nurse & Health Ministry Program, UPMC Mercy Health Center, 1515 Locust Street, Suite 705, Pittsburgh, PA 15219. Completed forms and payment must be received by **March 1, 2020**. Space is limited.

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 [Pittsburgh Mercy Parish Nurse & Health Ministry Program](#), part of [Pittsburgh Mercy](#) and [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, has served more than 4,000 health care professionals and laypersons who volunteer in their faith

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communities, and has commissioned more than 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](http://www.pittsburghmercy.org), a member of [Trinity Health](http://www.trinityhealth.org), serving in the tradition of the Sisters of Mercy, is a person-centered, population-based, trauma-informed community health and wellness provider. 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, Pittsburgh Mercy Behavioral Health, Pittsburgh Mercy Community Health, Pittsburgh Mercy Intellectual Disabilities Services, Pittsburgh Mercy Parish Nurse & Health Ministry Program, Pittsburgh Mercy’s Operation Safety Net®, and Pittsburgh Mercy Family Health Center. Together, these Pittsburgh Mercy programs and their 1,500 employees serve more than 33,000 individuals annually at 70+ 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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