

## WVIS Associate Spiritual Directors Charleston, WV Area

Donna K. Becher, M.S.  
Sr. Barbara Goodridge, OSF, M.A.  
Sr. Rose Ann Hefner, SSJ, M.S., LPC, LSW  
Kathy Lester, M.B.A.  
Sr. Molly Maloney, OSF, M.A., LMT  
Rev. Bill Petro, M.A.  
Sr. Carole Riley, CDP, PhD, LPC, AAPC-Fellow  
Sr. Ritamary Schulz, ASCJ, M.S., M.S., Ed.  
Robert Sylvester, M.A.

## WVIS Associate Spiritual Directors Serving West Virginia Outside the Charleston Area

Rev. Barbara Accord, M. Div.  
(Sutton, WV)  
Eileen Chwalibog, B.A.  
(Huntington, WV)  
Liz Deal, M.F.A.  
(Huntington, WV)  
Paula Osborne, M.A.  
(Berkeley Springs, WV)  
Mary Quick, M.A.  
(Spencer, WV)  
Sr. Ritamary Schulz, ASCJ, M.S., M.S., Ed.  
(Beckley, Bluefield, Princeton, WV)  
Phyllis Vealey, M.S.  
(Beckley, WV)

*~for more information about contacting a  
Spiritual Director, call 304-345-0926 or visit  
the website at: [www.wvis.org](http://www.wvis.org).*



## WVIS Associate Spiritual Directors Outside West Virginia

Sr. Carole Riley, CDP, PhD, LPC, AAPC-Fellow  
(Wexford, PA)  
Leanna Lake, B.S.  
(Waynesburg, PA)  
Rev. Meredith Hutchison, M.M., M.Div.  
(Greensburg, PA)  
Cindy Neely, RN, BSN, M.S.  
(Chapel Hill, North Carolina)  
Donna (Dee) Kochirka, RN, M.A., B.S.  
(Pittsburgh, PA)  
Rev. Rindy Trouteaud, D. Min.  
(Atlanta, GA)  
Sr. Mary Irene Sorber, SCC, M.S.  
(Mendham, NJ)  
Sr. Ritamary Schulz, ASCJ, M.S., M.S., Ed.  
(Hamden, CT)  
Elaine Soper, Ph.D.,  
(Toledo, OH)

## The West Virginia Institute for Spirituality

### What Is Spiritual Direction?

1601 Virginia Street East  
Charleston, West Virginia 25311  
Phone: 304-345-0926  
Fax: 304-345-8206  
Email: [wviscr@aol.com](mailto:wviscr@aol.com)  
Website: [www.wvis.org](http://www.wvis.org)  
Facebook: The West Virginia  
Institute for Spirituality



*Rooted and living in the light of God's love.*

### Satellite Locations

Atlanta, Georgia  
Beckley, West Virginia  
Berkeley Springs, West Virginia  
Chapel Hill, North Carolina  
Huntington, West Virginia  
Pittsburgh, Pennsylvania  
Princeton, West Virginia  
Toledo, Ohio  
Waynesburg, Pennsylvania

### Member

Spiritual Directors International

## WHAT IS SPIRITUAL DIRECTION

**Spiritual Direction** provides a companion and guide for the journey of spiritual growth. It is the goal of the Spiritual Director to help a person develop a closer relationship with God and to discern the invitations of the Holy Spirit.

### SPIRITUAL DIRECTION

Assists in de-mystifying prayer, making it a practical part of everyday life;

Helps you to see and face the truth about yourself without rationalization;

Provides help and non-judgmental support for the rough spots in a Christian life; and

Gives clarification on aspects of religious doctrine as it applies to daily life.

### WHAT TO LOOK FOR IN A SPIRITUAL DIRECTOR

Key qualities are compatibility and a listening ear. Find someone you are comfortable with and can trust.

### NO SPIRITUAL DIRECTOR NEAR YOU?

Not to worry. You can meet with an Associate Spiritual Director by phone, or:

- FaceTime
- Skype
- Zoom

Or, other type of Face-to-Face technology.



### HOW DO I FIND A SPIRITUAL DIRECTOR

You may contact: The West Virginia Institute for Spirituality by phone at 304-345-0926 by email at [wviscr@aol.com](mailto:wviscr@aol.com).

### WHAT HAPPENS IN SPIRITUAL DIRECTION

Spiritual direction is really not about being “directed.” Rather, it is very much about being encouraged to draw closer to God. In spiritual direction, you reflect deeply on the experiences of your daily life. Gradually, as you contemplate, you may begin to recognize God’s presence and grace in your life. The director is a reverent listener offering questions and guidance as your spiritual journey unfolds. A session may include spoken and/or silent prayer, contemplative exercises, or Scripture reading.

*~ from: Spiritual Director’s International with editing.*

## HOW TO PREPARE FOR A SESSION

Prior to your spiritual direction session you might spend some time reflecting upon and maybe journaling your response to these question:

1. What has been the general spiritual tone of your life?
2. What events, experiences, relationships, etc. have communicated to you a sense of God’s presence?
3. What events, experiences, relationships, etc. have communicated to you a sense of God’s absence?
4. Describe your manner of prayer. How well does your prayer help you to experience conscious contact with God?
5. What kinds of decisions in your life have you searching for a sense of God’s will?
6. In what area of life do you sense God calling you to growth?
7. What kind of feedback would you like from your spiritual director?

*~from: The Handbook for Spiritual Directees’ by Philip St. Romain*

### FINANCIAL CONSIDERATION

Spiritual directors are professionals trained to do this work. The donation is negotiated on an individual basis.