



THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

1601 Virginia Street East, Charleston, West Virginia, 25311
304.345.0926 (main) 304.345.8206 (fax)

Email: wviscr@aol.com

Website: www.wvis.org

Facebook: The West Virginia Institute for Spirituality

NEWS FROM WVIS

2023 #4

Message from our Executive Director

Sister Carole A. Riley, CDP, Ph.D.



*Occasion suggests a period of special time when
something significant unfolds. Time is a constant invitation to growth
to become more than we have been, to transform loss into presence.
At the gate of time, blessing waits to usher toward us the grace we need.
O'Donohue, 2008, p. 182*

Dear Spiritual Companions:

WVIS is celebrating 25 years of presence and ministry. Birthed from the closure of the Cenacle, WVIS tenderly and unexpectedly grew through the wisdom, insight, and guidance of Linda Cooper, La Ree Naviaux, Ardath S. Francke, Charles E Boll, II, Margaret Llamas, Robert McAteer, Cynthia and Ed Neely, Diane D Shoaf, Rick Steelhammer and many unnamed prophetic voices. As we begin another season of ministry, we are graced with participants from around the world eager to learn and to contribute.

We are grateful for our past and look forward to future blessings to usher us toward the grace we need.

Give thanks for your part in the WVIS ministry, invite others who may benefit from participating, and support all of us with your prayers.

*For all that has been thanks
For all that will be 'Yes'. e.e. cummings*

Be blessed abundantly. Be a blessing to others as we move forward in gratitude.

Sister Carole Riley CDP

Sister Carole Riley, CDP, Ph.D.
Executive Director

Visit the WVIS website (www.wvis.org) to learn more about spiritual direction, retreat options, and upcoming programs.

Message from our Board President

Rev. David S. Lake

Pastor, First United Methodist Church
Waynesburg, PA
dslake2000@gmail.com



Dear Friends,

This time of year we are filled with gratitude because Thanksgiving is approaching. This wonderful "Holiday Season" is right around the corner! I am reminded of the song "Give Thanks."

Let's take a few moments and make a Gratitude List...I am grateful for: Almighty God, my spouse, warm homes, clean sidewalks, beautiful snowfalls, hats, mittens, gloves, children's laughter, adult laughter, electricity, hot water, transportation, warm food, warm clothes, family and friends, grace and forgiveness, comfortable chairs, music, dishwashers, dogs, cats, pumpkin pies, popcorn, fresh brewed coffee, doctors and nurses, modern medicine, mechanics, sanitation workers, township workers, the child of Bethlehem, youth, teachers, administrators, asparagus, lima beans (well maybe), hearing, sight, sounds of the day, cell phones, television, radio, news, lawyers, love, the Holy Spirit, compassion, memories, homemade bread, fresh honey, chocolate, ginger snap cookies, apples, oranges, office workers, rain, sunshine, peep frogs, spiders, snakes, spaghetti and meatballs, salad, fresh applesauce, quilts, salmon, relationships, cardinals, robins, songbirds, turkey, and WVIS.

Paul writes in Philippians 4:4-6: *Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

May we have a grateful heart in all that we say and do. May we give honor and glory to Almighty God, Jesus Christ and the Holy Spirit!

With a Grateful Heart,

Rev. David S. Lake

RETREATS / PROGRAMS AT WVIS

Weekly Programs at WVIS via Zoom

Third Tuesday: Merton Chapter 7 - 8:30 pm
Wednesdays: 11th Step Contemplative Prayer 7 pm
Monday - Friday: Contemplative Prayer 7 pm
Thursdays: Women's AA Group 5:30 pm

To learn more, email: wviscr@aol.com

Ignatian Exercises

If you feel called to make the 30-day Exercises of St. Ignatius in its 10-month format (19th Annotation), please contact the director of your choice:

Robert Sylvester: bsyl@msn.com
Donna Becher: donna.becher@gmail.com

Sr. Molly Maloney, OSF: wvisrmolly@aol.com
Rev. Meredith Hutchinson: meredithhutchison@comcast.net
Margaret Nagem: chesedpeg@gmail.com
Sr. Carole Riley: wviscr@aol.com

Silent Directed Retreats

WVIS offers multiple options for you to make an Ignatian Silent Directed Retreat of any length (3-, 5-, or 8-days).

The Retreat House is open, or if you desire the privacy of a private space, you can make your retreat at the Hermitage onsite (but separate space.) Additionally, if you prefer, WVIS Directors offer retreats via Zoom.

Retreats can be scheduled at any time of the year. Learn more by calling Sister Carole at 412-901-4259.

**Dread or gratitude?
How to approach this new day?
God, you are my hope!**

Gratitude is one of my deepest experiences of union with God and appreciation of God's abiding care for me. My life experiences that evoke gratitude have been large life-changing events and small, very ordinary events. It's not surprising to me that these "gratitude experiences" – big AND small – have been born out of pain.

A recent ordinary experience remains significant. As a result of dental problems, I received a steroid shot. Steroids always affect my sleep, so I was not surprised to wake up at 1:45 a.m. Instead of "stressing" as I once would have, I rested calmly, took my rosary beads (58 beads total) and slowly began praying a "Gratitude Litany" of all the blessings in my life – big and small. I hadn't finished my list of blessings when I came to the end of my beads. What an extraordinary God, to pour out such abundance on me! This overwhelming sense of gratitude seeped deeply into my heart and carried me through the remaining hours of wakefulness as I got up, spent more time in prayer, baked blueberry muffins, and listened to some music before finally returning to bed. That same gratitude sustained me during the long workday that followed, energizing me with God's strength instead of my own.

Such experiences enable me to say a resounding "YES" to Meister Eckhart's famous quotation:
"If the only prayer you ever say is THANK YOU, it's enough."

*Sr. Cheryl Clemons, OSU, Ph.D. is a
member of the WVIS faculty and an
Associate Spiritual Director, Owensboro, KY*



WVIS is Recipient of "Labor of Love"

Over the summer, WVIS Executive Director, Sr. Carole Riley, C.D.P., Ph.D., received a special request from the faculty of the University of Charleston (UC.) Honors College Directors Hallie Chillag and Kara Fisher, Ph.D., asked if WVIS would partner with UC in the University's annual "Labor of Love." Sr. Carole replied with a resounding "YES."

The Labor of Love is part of the mission of the University and is designed to prepare each student for a life of productive work, enlightened living, and community involvement. On Labor Day, thirty members of the University Tennis Team were welcomed at WVIS. Staff members Megan Harris, Midge Park, and Bob Sylvester partnered with the students in food preparation, landscaping needs, and assembling furniture!

During orientation, students and staff were encouraged to consider WVIS as "a home away from home," and a place to be nourished in "body, mind and spirit" while engaged in academic and athletic pursuits. Students shared where they call home and their major of study. It was exciting to see the international diversity: Mexico, Spain, Germany, Egypt, England, Sweden, India, and the United States, to name a few!

WVIS is grateful for the opportunity to meet these future leaders, to share in serving the needs of the local community, and the opportunity to forge relationships.



*Sr. Molly Maloney, O.S.F., M.A.
Sr. Molly Maloney, O.S.F., M.A.
WVIS Associate Spiritual Director*

Visit our website at www.wvis.org

Reflections and Happenings

Gratitude as a Way of Life

Imagine, 25 years of service! I have such gratitude for Sister Carole and so many more. I remember their welcome and companionship as I sought to understand the perplexities I brought to them. They stood by me as I puzzled through impressive challenges to become the child of gratitude I am today. Also, thanks to the training I received at WVIS, I too have become a companion to many more.

Imagine a marriage of 44 years and 51 years of ordination. It is hard for me to believe that I've served more congregations in "retirement" than I did during my "active" ministry. No wonder my bishop believes that I flunked retirement.

There have been days that have broken my heart. When I was a boy of 8 my father died. I was too young to understand that I would never see him again. My heart was bereft because of that loss. During those days, my only companion was the silence of sorrow.

And then there was my grandmother! Ah, what a storyteller! She took the Bible in her sacred hands to read the "Call of Samuel." Her gaze transfixed me. Three times the boy ran to Eli and said, "You called me." Finally, Eli perceived it was God who was calling the child. It was as if God were speaking directly to me. After hearing her read that story, I remember asking my grandmother if God can still call little ones to serve the church and her eyes twinkled as if from heaven. She said, "I wonder."

The rest of my life has been filled with gratitude because here within my heart of hearts, God smiles every time someone reaches out seeking a way.



Fr. Paul Bresnahan is an Associate Spiritual Director, Boston, MA

Gratitude for a WVIS Retreat

I feel such deep gratitude for my retreats at WVIS these past few years. I find it difficult to accurately express my feelings in words. How can I adequately express something that has helped me find the true meaning and purpose of my life?

The first time I went on a silent retreat, my main concern was my ability to be silent for three whole days. To my surprise, I came to love the quiet. When the noise of the world and the noise in my head stopped, I could hear Our Lord like never before. Each prayer period brought more and more graces. I felt deeply loved by God, important to God, and that I had a mission from God.

In the Gospels, those who encountered Jesus face-to-face were never the same. After my retreat at WVIS, neither was I. My gratitude to the beautiful Sisters and staff at WVIS is one I can NEVER repay. Their loving service helped me find the treasure of GREATEST prize, a loving relationship with God Himself.

~ Anna F., Raleigh, NC

Another Year of Training Begins

Each fall WVIS welcomes a new group of students discerning the call to the ministry of spiritual direction and provides a joyful reunion for interns returning for their final semester of classes. WVIS is blessed with eight faculty members who generously and enthusiastically share the wisdom of their experiences and who find it rewarding to see the growth of the interns' confidence, spiritual direction practice, and unique gifts.

This year's interns include 16 individuals from as far away as Canada and Southern California to as close as Huntington, West Virginia. They represent a diversity of faith traditions and come with rich professional backgrounds.

(continued...)

Leave a legacy that will help others by contributing to WVIS through The Greater Kanawha Valley Foundation. You can donate online by going to TheGreaterKanawhaValleyFoundation.org and donate to the WVIS Endowment Fund or mail your donation to WVIS Fund, c/o The Greater Kanawha Valley Foundation, P.O. Box 3041, Charleston WV 25331. Contact Michelle Foster, at 304-346-3634 for more information.

WVIS is excited to have achieved a significant goal. Thanks to the work and dedication of Ann Mathews and Ms. Sally Orcutt, O.P. our training documents are now available on our website. This makes resources more accessible to our interns, former students, and faculty.

If you or someone you know is seeking a comprehensive training program in spiritual direction, please contact: Sr. Carole Riley, C.D.P., Ph.D., Executive Director at wviscr@aol.com or visit our website for further information: www.wvis.org



*Sr. Molly Maloney, OSF, M.A. LMT
Coordinator of the WVIS Associate
Spiritual Direction Training Program*

THANK YOU!

WVIS is grateful for the donor remembering us anonymously through Renaissance Foundation. We pray you receiving abundant blessings for your generosity.

Creation Cares...

Little things you can do to make a big difference!

Read a Book

As cooler weather sets in, you may have more time to read and contemplate the gift of Creation and the fragility of our world and its inhabitants. As Pope Francis shares his new "exhortation, a second "Laudato Si" this fall, take time to read his original plea for awareness and action, *Laudato Si*.

Many other faith leaders have written on this subject as well. Here are two: *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World* by Katharine Hayhoe or *Zen and the Art of Saving the Planet* by Thich Nhat Hanh

...Let us join our Christian brothers and sisters in the commitment to care for Creation as a sacred gift from the Creator. It is necessary to stand with the victims of environmental and climate injustice... -

*-Pope Francis in Laudato Si:
On Care for Our Common Home #159*



*Creation Cares is offered by Donna Becher,
WVIS Associate Spiritual Director*

WVIS Wish List Items

WVIS receives many gifts on our "needs" list each month. Thank you in advance for your generosity. We currently have needs for:

1. Laundry detergent and dryer sheets
2. 2-way light bulbs
3. Copy paper and/or specialty paper
4. Monetary donations toward heating, electric, and water bills
5. Monetary donations for Recovery Program directees
6. Freezable main dishes and desserts for 8 people
7. White towel sets (for guest bedrooms)
8. Gift cards to Amazon, Walmart, Target and/or Aldi
9. Dishwasher pods

Most of these items are available on Amazon and can be shipped directly to WVIS.

Local Volunteers Needed for on-site work and/or meal preparation

WVIS has a need for a gardener, a file clerk, and for individuals that can help with meal preparation. Specifically we need:

- Vegan casseroles for 8 that can be frozen
- Main dishes for 8 that can be frozen
- Any dessert that can be frozen

Do you have an area of expertise that might benefit WVIS? We would love to have you volunteer with us. Contact Sister Carole Riley at wviscr@aol.com

Father Bill Petro Gives Thanks

Father Bill Petro Gives Thanks:

Give thanks to the lord for he is good. His love is everlasting. — Psalm 118

While I am remembering with gratitude the 25 years of WVIS ministry, I recall the many people who experienced God with an increase of faith, hope and love, meaning and purpose.

The ministry of WVIS has reached out locally, nationally and internationally.

Many have been experienced God building up strength within them for living a life in the Spirit of Christ.

For all that has been, thank you. For all that is yet to come, Yes!

Visit our website at www.wvis.org

West Virginia Institute for Spirituality
1601 Virginia Street East
Charleston, WV 25311

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