

Sabbatical

The West Virginia Institute for Spirituality “Almost Heaven”

Nature of the Sabbatical Time:

Rooted and growing in the light of God’s love, the West Virginia Institute for Spirituality provides a quiet, four season setting where individuals can find peace in solitude; savor God’s presence in prayer; delight in the gifts of creation; experience new ways of being in relationship with God, with self, with others and with the world.

Sabbatical Opportunities:

This time is a grace-filled opportunity for rest, prayer, and studies designed for those in ministry or in a life changing transition, open to United States and International men and women, clergy and laity of all denominations, and members of religious communities. Included are opportunities for an eight (8) to thirty (30) day directed Ignatian retreat, contemplative prayer, art, Healing Touch Massage Therapy, hermit experience, counseling and spiritual direction.

The program is offered at six-week intervals in 2017:

- January 1 to February 12
- March 19 to April 30
- July 16 to August 27

Applications are due two (2) months prior to the chosen Sabbatical start date.

Please note that WVIS has limited handicapped accessibility.

Spiritual Growth:

A staff member will be appointed to assist the participant in arranging a daily and weekly schedule that meets the stated needs of 'sabbatical'. The following offerings are part of the rhythm of WVIS, all may not be available during every period:

Journaling as a method of spiritual self direction: Principles of journaling and methods of reflecting on the journal is a six session experience with a trained facilitator.

Soul Collage: Using art as a method of integration, the soul collage process is taught in a 4 hour period.

The Rules for Eating Novena: The purpose of this novena is to assist people to reclaim the graces of incorporating Ignatius Loyola's Rules for Eating in their lives.

Spiritual, Emotional, and Psychological Growth offerings:

- Feeling your Feelings: reflections and strategies on anger, grief, depression and resentment management.
- Discerning as a way of life: the process of discernment, depth of discernment during life transitions.
- Growth in prayer during dark times: In depth study of John of the Cross and prayer styles.
- Decision making: the spiritual process: primarily for couples facing retirement, this program is open to all involved in making life choices.
- Music and Inner Healing: using music to tune the body, mind and spirit.

Merton Institute – Second Tuesday of each month 7:00 - 8:30 pm.

11th Step Meditation: Wednesday at 7:00 PM.

Contemplative Prayer: Thursday 6:30-7:00 pm (centering prayer).
"Be still and know that I am God." Psalm 46:10

Soup & Silence: First Friday of the month at 12 noon, a quiet get-away, from work or the pressures of daily life, during the lunch hour.

You may wish to log on to the WVIS website for more information on programs that are offered: www.wvis.org

Opportunities for Personal Prayer:

- Daily personal prayer practices
- On Saturday evenings and/or Sundays, participants are invited to celebrate Liturgy in one of our local churches to experience the Church in West Virginia. Information about the various churches, synagogues, and mosques is available in each bedroom.
- Occasional desert days of silence.
- Week long silent, directed retreat as well as the Thirty Day Ignatian Spiritual Exercises.

Community Experience:

During the Sabbath time there are opportunities for community through small group sharing and activities, informal social gatherings at meals when not in retreat, a minimal amount of light housework to foster a sense of belonging, recreational activities of an historical nature at the beautiful State Capitol and grounds, the scenic beauty of the West Virginia mountains, walks along the picturesque Kanawha River, and other sight-seeing opportunities, as well as personal dialogues and sharing with others at the Institute.

Other:

- Meals and Linens: All are provided. Participants are asked to inform the staff of food allergies.
- Massage: A certified healing touch massage therapist is available to participants who wish. Cost per session: \$60 USD.
- Art: Supplies will be available for those who have an artistic ability or those who just like to experiment with watercolor, acrylic paints, colored pencils, clay molding, cutting and pasting, drawing, etc.
- Wi-Fi Access: available
- Outdoor Prayer Spaces: The beautiful property surrounding WVIS is very conducive to private prayer. There is also a beautiful "Hand Labyrinth" in the garden.
- WVIS is a drug, alcohol, and smoke free environment.

Personal Expenses:

The fee for the 6-week Sabbatical experience is \$4,500 USD. This includes the program fee and basic living expenses. Not included in the fee are personal expenses such as medication, food or snacks not provided by the Institute, laundry, postage, personal phone calls, transportation, recreational fees, entrance fees to museums and places of interest, gas for trips, and overnight stays on trips.

Presenters include:

Robert Harrison, Ph.D.
Sr. Molly Maloney, OSF
Ed and Cynthia Neely
Margaret Pace
Fr. William Petro
Sr. Carole Riley, CDP, Ph.D.
Sr Ritamary Schulz, ASCJ
Sr. Mary Irene Sorber, SCC

**WVIS Sabbatical Application Forms are available
to download and print at:**

<http://wvis.org/programs/>

<http://wvis.org/wp-content/uploads/2013/08/Sabbatical-Application.pdf>

<http://wvis.org/wp-content/uploads/2013/08/Sabbatical-Recommendation.pdf>

<http://wvis.org/wp-content/uploads/2013/08/Sabbatical-medical-cert.pdf>



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