



# 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](mailto:wviscr@aol.com)

Website: [www.wvis.org](http://www.wvis.org)

Facebook: The West Virginia Institute for Spirituality

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

## FALL – WINTER 2018 NEWS

Dear Friends of WVIS,

In his book, *Everyday Sacred* (2010), Clarence Heller writes of being at home, loving those closest to us as reflections of God, and loving ourselves as our first step in making our home in God.



When I read Heller's reflection on Jesus in his poem "Comfortable Clothes", like a loose tunic, sandals and an aura of love, kindness and peace, my mind wandered to my mother's rule to change my clothes after school, to our convent call to "dress professionally and simply," to the number of uniforms mandated in our Western culture, to liturgical garments and wedding attire, bedclothes and work clothes. I thought about being in "comfortable clothes".

Would you agree that feeling "comfortable" in clothes and feeling "at home" are connected?

I've been reflecting on the new year and how I might bring ease and peace into my daily meetings by allowing a feeling of comfort and a feeling of "at homeness" to characterize my way of relating. I can be comfortable in many kinds of clothes and situations, and I have some challenges in clothes and situations where I feel intimidated or shy, or that these clothes are too short, too tight, too bright, too "not me".

The mantra WVIS often sings for Almost Heaven is, "You in me and I in you," meaning God dwells in me and I dwell in God – a reality of "comfort" and "at home". I want that reality to bring me to a deeper awareness in my daily life. And I want to accept the challenge to bring "home" to all God allows me to meet.

I paraphrase Heller's prayer for us in this way:

Let your loving presence be at home in me....  
Warm like the sun on my skin  
Bright like a full moon on a clear black night,  
Gentle as a kiss on the palm  
Fertile as dark soil  
Sweet as fragrant flowers.

Let others encounter *your* loving presence  
Through *me*.  
Let me be and do in harmony with you.

Each day of 2019, let's make our home in God. Blessings on your new year, and happy holidays.

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

## Message from our Board President:

Rev. Dr. Michael A. Poke, Sr.  
WVIS Associate Spiritual Director  
Pastor, Saint Paul Missionary Baptist Church  
mpokesr@aol.com



Over the years, many have come to know the West Virginia Institute for Spirituality as home, a place where we are able to become rooted and grounded living in the light of God’s love. Yet for whatever reason we may have taken a journey that has led us away from home. Here at WVIS, like the loving father in Luke’s Gospel, you have ever been in our thoughts and prayers.

Sometimes our journey takes us to a place of new discovery, joyful surprise, places that you never expected to go, or even places that we were not prepared to go. Come share with us your experience, what you have learned, how you felt and what you reflected upon. You may have even thought about us here at WVIS and the great times we shared together. We want you to know that you can always come home where you will be welcomed. Maybe you remember the elation the father had when his child finally returned home after being away. He threw a party of celebration with music, food and festivity. The stage has been set for a come back – it’s time to come home where we are waiting to welcome you. Come hear the words, ‘Welcome Home.’”

**Prayer Practice: Pray for our members to come home**  
Ephesians 3:14, Philippians 1:3

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## **2018-2019 Associate Spiritual Director Class**

On September 7-8, 2018 ten candidates from as far North as Buffalo, NY and as far South as Chapel Hill, NC gathered at 1601 Virginia Street E, Charleston, West Virginia, to begin a new venture together as students. You might wonder how The West Virginia Institute for Spirituality is blessed to attract such gifted individuals for its annual spiritual direction training program. Candidates find their way here through various spiritual directors, methods and means. Perhaps the most common is through their own lived experience of receiving spiritual direction. Having deepened their own relationship with God, committed to a daily prayer practice and annual retreat, listened to the interior movements of their heart, valued the spiritual direction relationship, they feel led to discern their call to this important ministry.

Some people discover The West Virginia Institute for Spirituality through searching the world wide web ([www.wvis.org](http://www.wvis.org)) specifically for training programs and retreat centers. Others find us through our WVIS Associate Spiritual Directors who have satellites in: Atlanta, GA, Berkeley Springs, WV, Hilton Head, SC, Huntington, WV, Miami, FL, Pittsburgh, PA, Southern West Virginia and Waynesburg, PA.

This year two of our faculty members were able to join us through “Zoom”. Associate Spiritual Directors: Cindy Neely, from Chapel Hill, NC and Rev. Diane Shoaf, from Miami, Florida used this current method of video and audio conferencing. We were grateful they were able to share their areas of expertise with our students!

In a sense, it is always a divine mystery those whom God calls together each September! Those who attend come with extraordinary gifts, different educational backgrounds, wide range of professional/ministerial experiences and diverse faith traditions. We heartily welcome the following individuals to this formative and academic training program: Donna Becher, Sister Placida Shumba, Rev. Alan Kim Webster, Charleston, WV; Rev. Karen Kinney, Glenville, WV, Klara Kovacs, Huntington, WV, Peg Nagem, St. Albans, WV; Pat Grebe, Chapel Hill, NC; Rev. Meredith Hutchison, Delmont, PA, Judy L. Mahoney, Bethel Park, PA, Sister Mary McCarrick, OSF, Buffalo, NY.

### **The WVIS Rural Satellite - Elaine Soper, PhD, Associate Spiritual Director**

Currently, we have started a WVIS Southeast Region, Rural Satellite. Spiritual Directors/Interns in that region include: Elaine and Deacon Tom Soper, Nancy Martin, and Phyllis Vealey. However, we are inviting all Associate Spiritual Directors/Interns in West Virginia to participate with us in creating a core of WVIS Directors/Interns who, together, will support WVIS programming in their region.

Our most recent program was a one-day retreat in Hinton, West Virginia. During the retreat participants experienced what spirituality and spiritual direction is, discovered new ways to deepen their relationship with God, had a taste of group and individual spiritual direction, and explored St. Ignatius and van Kaam in discerning God's Will.

Other programs included: group spiritual direction at Ronceverte and Rainelle, and at a local support agency in Lewisburg for staff and clients. Please join us! Contact [elainesoper@gmail.com](mailto:elainesoper@gmail.com).

### **Upcoming Programs at WVIS**

- Nov. 10: Workshop: Silence and Self-Disclosure: A Call to Spiritual and Psychological Healing
- Dec. 7: Soup, Silence and Scripture
- Dec. 14/15: Advent Directed Retreat
- Jan. 4: Soup, Silence and Scripture
- Jan. 17-20: Methods of Directing the 19<sup>th</sup> Annotation Retreat in Daily Life
- March 9: Workshop: What Am I Here For? Discovering the Meaning and Purpose of My Own Life

## Growing in Grace – Continuing Professional Development 2018

For many years, WVIS has invited its alumni to return for an annual weekend of re-connection and cooperative learning – Continued Professional Development (CPD). The evening before the 2017 CPD, eight people from different WVIS “satellite” locations met to explore how to develop and maintain a supportive WVIS community that could stretch from Florida to New York, across Pennsylvania, throughout West Virginia, and beyond.

Each of us believed in the value of the training we had received from WVIS and realized that we wanted to add more depth to our understanding. We talked about how we had originally come to the direction training program, the uniqueness of the training at WVIS, how much more we all wanted to learn, and how we could share more with our peers. We also discussed ways we could give back to WVIS.

Present at that meeting were: Diane Shoaf, Eileen Chwalibog, Cindy Neely, Sister Carole Riley, Rindy Trouteaud, Leanna Lake, Liz Deal and Elaine Soper. By the time we headed off to bed that night, we realized that the annual CPD could be the perfect vehicle to address all of these needs.

The next step was monthly meetings using videoconferencing. “Deep dive,” we kept saying, “We want to take a deep dive into van Kaam and how formation science is connected to the dynamics of the Spiritual Exercises of St. Ignatius of Loyola.”

Both van Kaam and Ignatius recognized that the spiritual formation is toward something – the ability to make choices that help us live the life that God created us for. That’s what had brought each of us to WVIS in the first place – a desire to answer a felt call. As time passes, we may still ask, “How does God speak to me, and what does God call me to now?”

Together with Sister Carole, we dug into the teaching of Adrian van Kaam, and related it to the dynamics of the Ignatian Spiritual Exercises. Eventually, we narrowed our focus to van Kaam’s Dimensions of the Self: What we were born into (Sociohistorical); the bodies and traits we were born with (Vital); our talents and aptitudes (Functional); our ability to think beyond where we are and make choices (Transcendent); and who we understand and experience God to be (Pneumatic).

From these learning-focused meetings (we called them #Lab), grew our plan for CPD 2018, Growing in Grace: Experiencing Our Yes to the Call to Serve. Each of us took responsibility for one dimension of the self, or one aspect of the program, but we all agreed that the weekend should be both informational and formational with prayer, movement, and creativity, as well as time for rest and re-connection. In addition, with the help of Anne Papinchak, we agreed to compile our teaching material into a manual that could be used again, perhaps as an online course.

At least 11 people will participate along with our planning team of 7. Thanks to our new ability to teleconference, one participant is planning to conference in from the West Coast!

What began as a felt need to grow in community and understanding, became a two-day program that we think marks a new opportunity for WVIS students and alumni wherever they are. If you are interested in becoming part of the #Lab or helping to plan and facilitate CPD 2019, send an email to [lizjdeal@gmail.com](mailto:lizjdeal@gmail.com) or [wviscr@aol.com](mailto:wviscr@aol.com).

Liz Deal  
Associate Spiritual Director

## At Rest in God

Psalm 84: 1-2, 5.

How lovely is your dwelling, O Lord of hosts!

My soul yearns and pines for the courts of the Lord.

Blessed are those who dwell in your house! They never cease to praise you.

In the living room/meeting room of the lovely, Victorian house that WVIS calls home, there is a platter sized labyrinth that I follow with my finger. The path moves toward the center, away, toward center again, and away, and then finally to the exact center.

My prayer life can be like that at times, sometimes feeling the nearness of God, and other times, feeling like I'm losing my way. God is never distant, but my prayer may be distracted or unfocused. I want always to be at home in God. A good spiritual director helps by walking with me on my own path to God. For me, Sister Carole Riley, at WVIS, lights my path, aids my discernment, and affirms my desire to direct my life toward God.

After the rushed week of activity when my daughter was married, I headed home, not to my apartment, but to the small hermitage on the WVIS property, for a mini retreat. It was a time to slow down and give thanks to the Lord for the many blessings of not only the past week, but for all the blessings that led to that week. I was welcomed and made to feel at home by all those who work at WVIS. The peace of the environment and of the people who occupy it allowed me to relax, to share the Eucharist, and to once again, reset my path to God.

Over a year has passed, and it's time for me to make another and slightly longer directed retreat. I'm looking forward to heading back to the little hermitage at WVIS, back home.

Psalm 62:1 In God alone is my soul at rest; my help comes from him.

Peg Crockett Nagem  
Associate Spiritual Director

## New Program Held at WVIS

The Next Step: Recovering Our Voices is a small group experience of telling and writing our personal stories. "Stories have transformative powers. These include the power to identify with others who have been down the same path we find ourselves on; the power to heal ourselves and others and the power to create a new, enriching and meaningful life."

This group meets on the last three Mondays of each month at The West Virginia Institute for Spirituality. The 12 steps will serve as our guiding muse each month, beginning with the first step on September 10.

An offering of \$20.00 deposit is appreciated to hold your reservation. Group size is limited to 15 people per gathering, and newcomers are welcome at each session. To register contact either: Dr. Joseph Cronin ( 937) 344-4349, [jcronin@antioch.edu](mailto:jcronin@antioch.edu) or Bob Sylvester (304) 552-9661, [bsyl@msn.com](mailto:bsyl@msn.com).

## Staff and Volunteer News Welcome New WVIS Staff

### **Tre'Leice Coleman, Hospitality and Office Assistant**

Part-time culinary assistant, Tre'Leice Coleman, says, "Home is where the heart is, and my heart is forever with WVIS." Tre'Leice is a junior at Nitro High School and in show choir. Her goal is to be a music major, voice with a minor in social work. She is majoring in breakfast casseroles at WVIS, assisting with hospitality, and learning office work serving 10 hours a week. We are grateful she is here at WVIS.

### **Rita Russell Keiffer, Hospitality**

Rita has joined the WVIS staff to assist with hospitality and housekeeping. She is a native of West Virginia and has two sons and three grandsons. Rita is a former preschool and kindergarten teacher and enjoys reading, camping, the outdoors, and her church family. We are grateful to have Rita on our staff.

### **Jeanine Foster, Office and Hospitality Worker**

Jeanine served as interim WVIS secretary and hospitality worker this summer.

Jeanine is a native West Virginian and has experienced many travels throughout the United States and overseas. She had the pleasure of living in Japan and immersed herself in the culture while there.

Her professional background includes working in jobs closely related to social work, as well as music. She obtained a Master of Music Degree in percussion performance from the University of Michigan in 1994 and Bachelor of Music Degree in piano and percussion performance from West Virginia University in 1991. She still enjoys playing piano and was blessed to have played for church services in recent past.

In her spare time, she listens, plays, sings, and writes music. She also enjoys walking and reading, and her favorite books are the Holy Bible and *Jane Eyre*.

We wish Jeanine happiness and many blessings in her future endeavors.

**Sister Molly Maloney, Lorena Thomas, Karen Andruzis, Harry Pennington, James Sykes, and volunteer Abigail Marcinkowsky** continue their faithful support.

## CONGRATULATIONS

**Eileen Chwalibog** and **Liz Deal** have been invited to St. Louis to give their RCIA program.

**Cindy Neely** and **Diane Shoaf** presented successfully via Zoom to the new spiritual direction group. So, we now have other opportunities for presenters and participants.

**Sister Molly Maloney** is back full time and as creative as ever. Her charismatic presence exudes welcoming.

In January, **Sister Carole Riley** is presenting in Burlingame California to the religious formation conference program FORMission.

## **In Memoriam: Dorothy Schroepfer 1934-2018**

Dorothy passed away from a heart attack on August 5, 2018. She was a charter member of the Hilton Head Island, South Carolina WVIS Satellite. Dorothy participated in satellite activities regularly. She made annual WVIS Almost Heaven silent directed retreats for the past 15 years. After high school, Dorothy studied the Bible at NY Christian Missionary College and later received a Master's degree from Connecticut State University in teaching reading in elementary schools.

Dorothy is predeceased by a son and daughter, five grandchildren and great granddaughter Addison. Dorothy's family and friends can attest to the legacy she leaves behind: kindness, generosity and her faith in God.

In loving memory,  
Virginia Masters  
Associate Spiritual Director



## **In Memoriam: Lucille C. Dudley 1928-2018**

I first met Lucille when she participated in our Almost Heaven silent, directed retreat, the summer of 2007. She would typically attend with her dear friend, Kitty Byus, who is one of our Associate Spiritual Directors. Simply put, Lucille was charming and anyone who was fortunate enough to know her was truly "touched by an Angel on earth".

On more than one occasion, I said to her, "Lucille, I want to be just like you when I get to be your age!" I found her to be the "poster child" for growing old with grace. She was a "mystic in our midst". She loved God, sought God's presence in her prayer and daily devotions, valued spiritual direction and committed to making annual summer retreats.

She modeled balance in life. Perhaps as a result of being a registered nurse by profession, she also knew how to take good care of herself. She loved to go to the YWCA, was receptive to alternative healing modalities such as massage therapy, enjoyed her book clubs, loved her family and her Church and was a lover of animals! In particular, she enjoyed her special cat, Lillie that came to her on Easter.

There is a familiar quote attributed to St. Irenaeus. "The glory of God is a person fully alive." Indeed, Lucille gave much glory to God through the vibrant life she lived and shared so graciously. On July 18, 2018 God called her home, where "her heart is restless" no more as it now rests fully in God's love and abiding peace. The West Virginia Institute has lost a dear friend and treasure. She is sorely missed but dearly remembered.

In loving memory, Sister Molly Maloney, OSF, MA  
Associate Spiritual Director



## **NEEDS LIST**

- 7.2 capacity washer and dryer
- 10 luggage racks
- Hp ink cartridge M452W
- Contributions toward heating bills, sump pump, flood damage
- Contributions to electric bills (Appalachian Power)
- Copying paper
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- Paper towels
- Any canned or frozen foods

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