

"Silence is God's first language." Fr. Thomas Keating

"Silence is the sleep that nourishes Wisdom." Francis Bacon

"Silence is a gift. Learn to value its essence." Anonymous

"Silence calms my soul." Anonymous

"The tree of silence bears the fruit of peace." Ancient Proverb

"Through the portals of silence, the healing sun of wisdom and peace will shine upon you." Paramahansa Yogananda

The West Virginia Institute for Spirituality is dedicated to providing space and opportunities for deepening mindfulness, prayer practice, interior peace, and for integrating moral and ethical values.

Contact us at:  
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WVIS is a 501(c)(3) nonprofit organization.



The West Virginia  
*Institute for Spirituality*  
*Retreat & Training Center*

## SOUP, SILENCE AND SCRIPTURE 2019-2020

A Retreat Into Silence  
And Contemplation

Offered the First Friday of Each  
Month from 12:00 noon until  
2:00, at the West Virginia  
Institute for Spirituality Retreat  
Center

*Free will offering encouraged*



## OPENING TO GOD

SEPTEMBER 6, 2019

*A New Day: Reviewing the Day  
Using the Daily Examen*

Presenter: BA Miskowiec,  
WVIS Associate Spiritual Director

OCTOBER 4, 2019

*Feast of St. Francis: What does  
St. Francis Offer us Today?*

Presenter: Sr. Molly Maloney, OSF

NOVEMBER 1, 2019

*Centering Prayer: Opening to  
God.*

Presenter: Rev. Kim Webster,  
WVIS Associate Spiritual Director



## RADICAL HOSPITALITY

DECEMBER 6, 2019

*Great Expectations: Mary's Radical  
Hospitality*

Presenter: Sr. Barbara Goodridge, OSF

JANUARY 3, 2020

*A New Thing: Lectio Divina for the New  
Year*

Presenter: BA Miskowiec,  
WVIS Associate Spiritual Director

FEBRUARY 7, 2020

*Considering the God of Love*

Presenter: Donna Becher, WVIS  
Associate Spiritual Director



## COMMUNION WITH THE CREATOR

MARCH 6, 2020

*Springing Forth*

Presenter: Rev. Dr. Michael Poke

APRIL 3, 2020

*The Serenity Prayer: Communion  
with the Creator*

Presenter: Sr. Barbara Goodridge,  
OSF

MAY 1, 2020

*Imaginative Prayer: Connecting with  
the Divine Through our Senses*

Presenter: Elaine Soper, Ph.D., WVIS  
Associate Spiritual Director