



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

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

SPRING – SUMMER 2018 NEWS UPDATES

Dear Friends of WVIS,

It's easy to be Puff but it's harder to be Sean (I'm coming Home)

This phrase from Puff Diddy's song captures my understanding of this theme.

Our theme for 2019 will be 'coming home'. So many possible interpretations! Coming home from a vacation, a war, and a work assignment from a place. Coming to your home when it's become more than a house. I want to focus on the concept expressed by Puff Diddy as he sang the song 'I'm coming home'. As a rapper, the artist takes liberties and uses language not often associated with spirituality. As spiritual seekers and guides, our call is to connect to each generation. To go to where the person lives...so along with country music, I listen to rap for the message of this generation's seekers.

Puff Diddy expresses "It's easy to be Puff, but it's harder to be Sean". How many of us spend our spiritual lives in search of authenticity, in search of our Imago Dei, the image of God we are called to be. Puff, the performer, the 'self' we show strives to be 'Sean', the given Baptismal self. Especially those abused struggle with 'homecoming to themselves'. Abuse survivors strive to be the part of them no amount of emotional, physical, spiritual, or sexual abuse can touch. Each of us is pure at that spiritual CORE. We are good, whole, in God's image. Authentic. That's our spiritual home. For many of us, coming home to ourselves is a lifetime journey.

What spiritual practices help us to 'come home'? Reflection, journaling, the daily examen, contemplative/centering prayer are obvious supports, yet spiritual friendship, a spiritual director, a trusted confidante emerge as a primary GPS, our personal SIRI assisting us to locate who we are as our best selves. Puff performed, Sean had a Harlem past, was challenged by environmental and personal events, yet yearned to come 'home' and now calls himself "Love".

Be a support to someone in your life. Encourage and appreciate difference, uniqueness and the 'other face of God'. We can all call ourselves, "Love" because we are witnesses to the Truth.

You can always be at home at WVIS, come!



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

From the President of the Board:



A Bridge to Peaceful Presence

It's easy to find ourselves overwhelmed by the turbulence of everyday living. It's always something. The danger of it all is to become so immersed in the turbulence of life that we believe ourselves to be all alone on a bridge that leads to nowhere. Yet I am reminded of the Psalmist who says "God is our refuge and strength, a very present help in time of trouble" God doesn't have to come from anywhere to get to where we are, the truth of the matter is that God is always there. What's absent is our awareness of God's presence. In his book *the practice of the presence OF GOD* Brother Lawrence insisted that it is necessary to always be aware of God's presence by talking with Him throughout the day. When we do this we are indeed practicing the presence of God. When I reflect on this I think about 1st Thessalonians 5:17 that says: "Pray without ceasing" this requires a conversation with God throughout the day. When we do this prayer becomes a bridge to peaceful presence.

As we pray our experience we may be in a storm, yet prayer places us on the bridge to God's peaceful presence and "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusted in thee."

Reflection:

Psalm 46:1

1st Thessalonians 5:17

Isaiah 26:3

Pastor Michael Poke, President
WVIS Board of Directors



Ruth Roberts Maloney

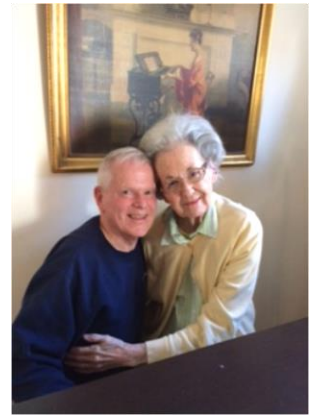
June 16, 1923 – April 1, 2018

It has been said; “A picture is worth a thousand words.” In this photo, I see in Mom’s expression her tender love, respect and affection for the man (Butch Stewart of Charlotte, NC) who once was a child in our neighborhood of ‘Shadowlawn.’-

I was privileged to give the eulogy at her Memorial Mass. I shared that; “anything with a keyboard was a magnet to Mom as a child”. At a very young age she had a penchant and natural talent for the piano. Likewise, her magnetic love and charm attracted many children in our idyllic corner of the world in Charleston, WV.

As children, Mom entertained us by playing nursery rhymes, and had us sing along. Butch’s favorite song was “The Reluctant Dragon”, a popular song from the 1941 Disney animation. Before exercise was even promoted, Mom would play the William Tell Overture Finale and we would all gallop around the house on our make believe horses!

Mother’s Day is quickly approaching. In our neighborhood, we had so many wonderful women who were tremendous “Mom’s” to all the children who visited and “played” in each other’s homes. They looked out for us and didn’t hesitate to correct us if needed! I am so very grateful to have had a Mother who loved and was loved by so many people. The following excerpt of Elizabeth Barrett Browning’s poem was one of her favorites. She quoted it often and it seems a poignant Mother’s Day message for all those she held in her heart.



*“How do I love thee? Let me count the ways. I love thee to the depth
and breadth and height My soul can reach, when feeling out of sight.
For the ends of being and ideal grace. I love thee with the breath, smiles,
tears, of all my life; and, if God choose, I shall but love thee better after death.”*

A tribute to my loving Mom – **Sr Molly Maloney, OSF**

Eleanor Simko

1917-2018

A Transformation occurred in my mother as she aged and came to be at home at Jennings. She became a person through whom God’s love and light shone through ever more brightly as she aged and her dementia advanced. To visit my mother was to sit in the sunlight of the Spirit. God’s love flowed through her to others which was returned to her, a flow back and forth. These were some of the happiest years of her life. The night she died I heard these words from the book of The Song of Songs, a beckoning of Love, for it is the only way she would have left us. And this is what she heard:

*“I hear my Beloved.
(He) lifts up his voice, he says to me,
‘Come then, my love, my lovely one come.
For see, winter is past, the rains are over and gone.
The flowers appear on the earth.
The season of glad songs has come...
Come then, my love, my lovely one, come,
show me your face,
Let me hear your voice; for you voice is sweet and your face is beautiful.”*
(Song of Songs 2: 8,10-14)

She heard and she went.

A tribute to my loving Mom – **Eileen Chwalibog**

Our long time employee **Harry Pennington** lost his Mother-in-Law, Donna Fitch on April 6, 2018. Her daughter, Merial Pennington, Harry’s wife died in August of last year. They are now united together again.

New Theme Chosen for Advent 2018 and Lent of 2019

Fr. Bill Petro and Cindy Neely worked together on WVIS's new theme. The theme will be, HOME. Expanding on this theme, Fr. Bill and Cindy said, "Home is an experience that we share". The experience of home is concrete, expandable, relational, inviting many experiences of returning, leaving, missing, desiring, building, restoring, cleaning and the list goes on. Gunilla Norris in her book, "Being Home" asks, "How do we come home spiritually and dwell there?"

A big thanks to Fr. Bill and Cindy on their collaboration. We look forward to our August newsletter, which will provide a more in-depth definition of our theme.

Martha Chandler
WVIS Registrar/Director of Hospitality

New Emerging Group: #LAB

A new emerging group for spiritual directors was developed following a brainstorming meeting during the October 2017 CPD training weekend at WVIS. The name of this newly formed learning and support community is #LAB.

The mission statement for #LAB is the experiential application of St. Ignatius and Adrian Van Kaam's theory of spiritual formation in spiritual direction for spiritual directors.

Presently the pilot group for #LAB has committed to monthly 90 minute gatherings via ZOOM videoconference or physical attendance at WVIS until October of 2018.

The monthly gatherings are presently a learning community in which the group has asked Sr. Carole Riley to guide Associates through a deeper integration of St. Ignatius and Adrian Van Kaam's theories both informatively and formatively in spiritual direction practice.

The integration of these two theories in spiritual direction practice initiated by director Sr. Carole Riley is what makes WVIS program unique compared to other spiritual direction programs.

The pilot #LAB group will evaluate their experience in October and discuss the possibility of providing ongoing #LAB's for Associates that would benefit from a community of learning and support as they seek to integrate the WVIS model in their spiritual direction practice.

Leanna Lake, ASD, #LAB Chair
llake0619@gmail.com

Satellites in Atlanta, Georgia and Pittsburgh, PA

Dr. Dorinda Trouteaud and Dee Manko Kochirka are the facilitators of our two new satellites. Dr. Rindy is completing her spiritual direction certificate and serves as a Presbyterian leader who will be ministering full-time in spiritual direction ministry in Atlanta, Georgia. She is a wife to Bob, mother to two adult children and mentor to her grandchildren. Skilled in inter-racial and inter-intra religious dialogue, WVIS is blessed by her and Bob's initiative in spiritual formation. Contact Rindy at rindy@trouteaud.com for spiritual direction in the Atlanta area.

Dee Manko Kochirka is a wife and mother, and devoted nurse with research data into functional medicine and healing foods ministry. Her group direction practice is primarily in the South Hills of Pittsburgh, along with Rev. Garrett Yates, Associate at St. Pauls' Episcopal Church. They collaborate with Sr. Carole who ministers from Martina Spiritual Renewal Center in the South Hills of Pittsburgh. WVIS welcomes Dee's initiative and energetic spirit as she assumes leadership of the Pittsburgh Satellite. Contact Dee at deekochirka@gmail.com for spiritual direction or referral.

WVIS Retreats

Many of us begin each day upon awakening only to embark on yet another tedious and all-too-familiar routine. It can be a humdrum existence that we glibly dismiss with comments like, Well, that's life." Or "So be it." And who hasn't heard the hackneyed, "It is what it is"? Such reactions do nothing to rectify or alleviate the tedium. But eureka? There IS an antidote-a WVIS Directed Retreat.

The dictionary defines "retreat" as an act of withdrawing, as into a place of safety or privacy. A WVIS Retreat offers this plus much, much more. Whether a week-end, weeklong or longer, the well planned daily activities include communal prayer (with other retreatants, possibly of different denominations), individual personal meetings with a spirituality counselor, and lectures on some pertinent religious topic. But most valuable is the opportunity to put aside daily tribulations, allowing time for contemplation, meditation, and prayerful thought. One learns and experiences the distinction between "prayer" (the recitation of prayers we have been taught and know by heart) and "praying" (speaking and listening to God).

From my own experience and that of other former retreatants I can assure my readers that the benefits of participating in a retreat are manifold-a clearer perspective on life, a revitalized spirit, renewed energy, and above all-a strengthened and deepened reuniting relationship with our Heavenly Father. Moreover, Retreat Handouts can be referred to again and again, thereby prolonging and continuing the life-changing enrichment of the retreat experience.

Dr. Robert Shankovich, Ph.D
WVIS Board Member
Duquesne University Professor Emeritus

Exercise Based Retreat

During the sixteenth century, St. Ignatius of Loyola, founder of the Jesuit order, wrote his Exercises as a means of enhancing faith in God and love of Jesus through a multiplicity of prayerful experiences. Today that seminal work serves as a basis for many retreats, ranging from once-a-week meetings (my experience) to an intensive daily journey, through what is sometimes referred to as his "footnote 19."

Moment by Moment, by Carol Ann Smith, SHCJ and Eugene F. Merz, SJ was used to guide my retreat under the auspices of Sister Carole Riley, PhD. The most unique features of an Exercises-based retreat, to me, were: the heavy integration of scriptural passages, the striving for "discernment" (drawing from subtle distinctions observed by St. Ignatius), and the Examen Prayer (akin to daily examination of conscience, carried out in installments throughout the day). Moreover, Ignatius strives to exact actions, not just good thoughts or prayers, along the way.

The most profound way in which I would expect retreatants to be affected is by having God become more integral to nearly every moment of their days, which is certainly desirable!

The Rev. Dr. William Brown
Fansnotes1@yahoo.com
412-621-1011

I am a new WVIS Associate, my name is **Anne M. Papinchak**. I was born north of Syracuse, NY, and live with my husband and two sons in Pittsburgh, PA since 1994. I am currently an independent consultant and a credentialed business/leadership coach. I have worked for 20+ years in a couple of different companies, always in the areas of building capacity through leadership, talent development, process improvement and implementation of new technologies. After I completed the Ignatian Spiritual Exercises, I felt a strong call to become a Spiritual Director. I completed my Spiritual Direction training through the Pneuma Institute, in Pittsburgh. I found WVIS when looking for a strong intensive program to obtain further instruction and supervision to lead the 19th Annotation, the Ignatian Retreat in Daily Life. When I attended the training at WVIS, I felt a strong kinship, respect and desire to belong. I know I will receive expert supervision and leadership from Sr. Carole, and spiritual companionship and wisdom from the WVIS Associates. I am offering my learning and development, project management and facilitation skills to assist the planning team. I am so grateful for the Institute as it provides a welcoming community and a pool of resources to bolster my capacity to serve others.

Anne M. Papinchak
Papinchak Consulting LLC
Consultant, Coach and Facilitator
412-445-5423
www.SpiritedResults.com

Spiritual Direction Certification Training Program

Each September a new group of candidates begin a three-part journey of development at The West Virginia Institute for Spirituality. This Spiritual Direction training program is a part time course of study that prepares spiritual directors for ministry in parish communities and religious congregations. Application deadline: August 1.

Program components may be found by going to this link on the WVIS website: [HTTP://WVIS.ORG/WP-CONTENT/UPLOADS/2013/08/WVIS-SPIRITUAL-DIRECTION-CERTIFICATION-TRAINING-PROGRAM.PDF](http://WVIS.ORG/WP-CONTENT/UPLOADS/2013/08/WVIS-SPIRITUAL-DIRECTION-CERTIFICATION-TRAINING-PROGRAM.PDF) or you may contact Sr. Carole Riley, CDP at 304-345-0926 or wviscr@aol.com.

Almost Heaven Retreats

WVIS Almost Heaven Retreats 2018

May 25-July 15, 2018

www.wvis.org

304-345-0926

wvisreg@aol.com

Click below for registration information and form:

https://gallery.mailchimp.com/77843455268d1a12ba981a9d9/files/a58d6886-416c-4f60-944c-e24c545986a3/2018_AlmostHeavenRetreats_WVIS_Brochure.pdf

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.

Are you seeking a PRAYER GUIDE?

The West Virginia Institute for Spirituality has certified spiritual directors/prayer guides who may be able to partner with you on your Spiritual Journey.

You may wish to contact one of the following certified Associate Spiritual Directors or call 304-345-0926.

Eileen Chwalibog (Huntington) grace51@aol.com 304-521-5463
Rev. Mr. Brian Crim, Spiritual Director Intern (Inwood, WV) crimscout@gmail.com 304.283.7777
Marie Crim, Spiritual Director Intern (Inwood, WV) luckymama58@gmail.com 304.229.5014
Liz Deal (Huntington) lizideal@gmail.com 610-952-2510
Donna Manko-Kochirka, Spiritual Director Intern (Pittsburgh, PA) deemanko@comcast.net 412.722.4539
Leanna Lake (Waynesburg, PA) llake0619@gmail.com 814-558-5596
Kathy Lester (Charleston) kmlester53@yahoo.com 304-610-2852
Sr. Molly Maloney, OSF (Charleston) wvissrmolly@aol.com 304-542-1385
Cindy Neely (Chapel Hill, NC) neelycynthia@gmail.com 606-923-0437
Tom Octave Spiritual Director Intern (Verona, PA) tomoctave@gmail.com 412.867.5032
Margaret (Susie) Pace (Princeton, Bluefield) topsy@suddenlink.net 304-920-5500
Father Bill Petro (Bluefield, Princeton, Charleston, Huntington) Frbpetro42@gmail.com 304-206-6288
Sr. Carole Riley, CDP, Ph.D. (Charleston) wviscr@aol.com 412-901-4259
Sr. Ritamary Schulz, ASCJ (Beckley, Charleston, Greensburg, PA) wvsrritamary@aol.com 304-444-5009
Rev. Diane Shoaf (Miami, FL) shoaf456@bellsouth.net 786-877-8319
Elaine Soper – Intern (Greenbrier County, WV) elainesoper@gmail.com 304-667-9432
Rev. Mr. Thomas Soper, Spiritual Director Intern (Roncheverte, WV) thomassoper@shentel.net 304.667.9732
Sr. Mary Irene Sorber, SCC (Parkersburg, Lewisburg, Charleston, Buckhannon) wvismaryirene@aol.com 201-230-2362
Bob Sylvester (Charleston) bsyl@msn.com 304-552-9661
Dorothy Tullmann, Ph. D, Spiritual Director Intern (Crozet, VA) dftullmann@gmail.com 434.952.3351
Phyllis Vealey, Spiritual Director (Beckley, WV) pweagel@suddenlink.net 304.228.7780
Ann Winton – Spiritual Director Intern (Charleston) wintonaj@aol.com (304)549-9533
Gerri Wright (Charleston) gerwright1@aol.com 304-552-3662

Make checks payable: West Virginia Institute for Spirituality

The West Virginia Institute for Spirituality is a non-profit 501(c)(3) organization.

Sometimes it is not always possible to meet in person for Spiritual Direction. Once you have selected a director you may decide there are times you would prefer to have your spiritual direction session by Facetime, Skype, Google +, or phone. You can work this out with your director.

PROGRAMS - RETREATS – ACTIVITIES

MAY

2ND Tuesday	Charleston Chapter of the Thomas Merton Society	7:00 pm
Wednesdays	11 th Step Contemplative Prayer	7:00 pm
Thursdays	Contemplative Prayer	6:30 pm
Thursdays	Women’s AA Group	5:30 pm
First Friday	Soup and Silence	12 noon
May 25	Almost Heaven Retreats Begin	

JUNE

2ND Tuesday	Charleston Chapter of the Thomas Merton Society	7:00 pm
Wednesdays	11 th Step Contemplative Prayer	7:00 pm
Thursdays	Contemplative Prayer	6:30 pm
Thursdays	Women’s AA Group	5:30 pm
June 1 – 30	Almost Heaven Retreats continue	

JULY

2ND Tuesday	Charleston Chapter of the Thomas Merton Society	7:00 pm
Wednesdays	11 th Step Contemplative Prayer	7:00 pm
Thursdays	Contemplative Prayer	6:30 pm
Thursdays	Women’s AA Group	5:30 pm
June 1 – 30	Almost Heaven Retreats continue	

AUGUST

2ND Tuesday	Charleston Chapter of the Thomas Merton Society	7:00 pm
Wednesdays	11 th Step Contemplative Prayer	7:00 pm
Thursdays	Contemplative Prayer	6:30 pm
Thursdays	Women’s AA Group	5:30 pm

SEPTEMBER

2ND Tuesday	Charleston Chapter of the Thomas Merton Society	7:00 pm
Wednesdays	11 th Step Contemplative Prayer	7:00 pm
Thursdays	Contemplative Prayer	6:30 pm
Thursdays	Women’s AA Group	5:30 pm
September 7-8	Theory of Spiritual Direction	
September 14-15	Celebrate the Life of Thomas Merton!	
September 22	Directing the Eight Day Retreat in Daily Life	10 am – 2 pm

Are you interested in one of the programs – retreats- activities on our calendar?

Call: 304-345-0926

E-mail: wviscr@aol.com

Fax: 1-304-345-8206

September Programs at WVIS

Come, Celebrate the Life of Thomas Merton!

The Charleston Chapter of the Thomas Merton Society will join others around the country in celebrating Thomas Merton's life and works, on this the 50th anniversary of his death. Come celebrate by participating in the **Thomas Merton Workshop** on September 14-15, 2018. Friday 6-8pm and Saturday 9am-3pm.

Fr. William (Bill) Petro will lead workshop participants in interactive discussions and hands-on activities related to his life, his works, and their relevance to our society today. Come learn about his personal journey to the contemplative life, an overview of his works and writings on: supporting peace and non-violence, human dignity, social justice, respect of nature and ecology, and much more.

Offering for this workshop is \$65.00, which includes materials and lunch. Overnight accommodations are \$46.00 (and includes breakfast). If you can attend only Saturday's session, the offering is \$50.00. If you can only attend Friday night's session, the offering is \$15.00.

To register: http://wvis.org/wp-content/uploads/2013/08/Merton-9_14-15_18-Registration-Flyer.pdf

Come! JOIN THE CELEBRATION! Come!

WVIS to Offer New Certificate Program on September 22, 2018

"Directing the Eight Day Retreat in Daily Life" is the title of a new certificate program to be offered through the West Virginia Institute for Spirituality on **September 22, 2018 beginning at 10:00 a.m and concluding at 2:00 p.m.**

The tuition for this certificate/workshop program is \$50.00. This fee includes a notebook of resources for companioning people through the Eight Day Retreat in Daily Life as well as additional resources such as sample flyers, bulletin announcements, and news releases. Light refreshments before the workshop will be available from 9:30-10:00 am, and lunch will be included along with the issuance of a certificate of completion at the conclusion of the program.

Susie Pace and Dr. Bob Harrison will be the co-presenter/facilitators for this workshop. Both Susie and Dr. Bob have companioned **over 25 people through this new retreat ministry** at WVIS as well as in their respective parishes of Sacred Heart in Princeton and Charleston WV in individual, group as well as technologically based experiences. Both agree, **"Directing the Eight Day Retreat in Daily Life is an evolving, exciting, new retreat ministry, and we are eager to share our resources, triumphs as well as challenges with workshop participants on September 22, 2018"**.

The prerequisite for participation in the workshop is certification as a spiritual director and/or current involvement in the spiritual direction ministry.

Pre-registration is required. Limited overnight lodging as well as opportunities for an individual silent retreat before or after the workshop are available at an additional cost. Direct all inquiries for lodging or retreat to Martha Chandler at wvismarthalou@aol.com.

To register: <http://wvis.org/wp-content/uploads/2013/08/2018-Registration-Booklet-Eight-Day-Retreat-in-Daily-Life-1.pdf>

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