



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

## THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

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Facebook: The West Virginia Institute for Spirituality

## NEWS FROM WVIS

2021 #3

### Message from our Executive Director

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

Dear Friends:

Transitioning from August to September, from summer to autumn, is often compared to the developmental movement from the productive middle years to the more purposeful, selective and relational priorities emerging in the final phase of life. In a short time, God has provided me concrete experiences of summer abundance, autumn loss, and winter's cold.

The reality is we all have a terminal illness called *mortality*. My own mortality looms in the personal journey of losing three WVIS visionaries this year: Sr. Mary Pellicane, r.c. (3.17), Virginia H. Masters, first satellite founder (4.17), and Charles E. Boll, II, founding board member, faculty, supervisor, contemplative prayer leader, and director of Recovery efforts (5.25). Autumn provides a small window to prepare the soul soil for the next growing season.

I admire the legacy of these three visionaries and am committed to the spring abundance possible as I plant seeds of hope, encouragement, gratitude, forgiveness, and loving kindness. Help me as we embrace together the challenges of change beyond our control; the challenge of now dormant seeds rooting to emerge as colorful, vibrant foliage, but requiring the faith of unseen growth in winter.

We choose how to respond to change. WVIS offers retreat space to become aware of the ongoing wisdom of the Spirit and to hear the call to nurture, tend, and devote our changing lives to being blessing and to recognizing, with Abraham Heschel, that 'just to live is holy'.

Let's plant together, embrace our changing and uncertain future with deliberate choice: 'Choose life so that you and your descendants may live.' (Deut 30:19)

Thank you for your support of WVIS.

*Sister Carole Riley CDP*



### Can you help?

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

Gifts cards to Walmart & Amazon  
Volunteers for secretarial services  
Meals for six (6) packaged  
Monetary donations for scholarships

Volunteers who are *handy* for 3 hours (a month or when possible)  
Decaf coffee pods for Keurig  
Case of white dinner napkins / Facial tissues for bedrooms  
Art supplies (pencils, markers, glue sticks)

Any donation amount toward these financial needs is greatly appreciated. Please mail your check to WVIS at the address above.

## Message from our Board President

### Rev. David S. Lake

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



1 Corinthians 15:45-55

In the life of the Church change can be difficult when we have the attitude: “But we have always done it this way!” Life and nature are full of change: caterpillar into a butterfly, seed into a plant, an egg into a bird or reptile, an egg into a larva into an insect. Change is not bad – it just takes some adjustments.

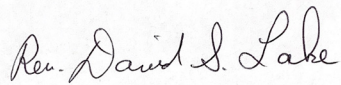
When change occurs due to the loss of a loved one...our lives really tend to stop and shutter. In the last few months WVIS has experienced the loss of 3 significant individuals; recently I lost my father-in-law. These changes must be weathered like a storm – knowing and trusting Almighty God that days of sunshine are ahead.

These individuals I mentioned who have passed – I take comfort in these words from 1 Corinthians 15: Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye...Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?

In the twinkling of an eye, they were changed and moved from this physical life over into their spiritual life. For them – life is good. They are healed. There is no pain. They are with Christ.

Now we must begin to pick up pieces and begin the process of putting them together that we might live in the “sonshine” of Christ our Lord. God is good and we are never alone! Thanks be to God!

In Christ,



Rev. David S. Lake

## RETREATS / PROGRAMS AT WVIS

### Weekly Programs at WVIS via Zoom

Third Monday: Healing Service 6 - 7 pm  
Third Tuesday: Merton Chapter 7 - 9 pm  
First & Third Tuesday: G.R.A.S.P. 6 - 8 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](mailto:wviscr@aol.com)

### Ignatian Exercises

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

Robert Sylvester: [bsyl@msn.com](mailto:bsyl@msn.com)  
Donna Becher: [donna.becher@gmail.com](mailto:donna.becher@gmail.com)  
Rev. Meredith Hutchinson: [Mercomp@aol.com](mailto:Mercomp@aol.com)

Sr. Molly Maloney, OSF: [wvissrmolly@aol.com](mailto:wvissrmolly@aol.com)  
Margaret Nagum: [chesedpeg@gmail.com](mailto:chesedpeg@gmail.com)  
Sr. Carole Riley: [wviscr@aol.com](mailto:wviscr@aol.com)

### Silent Directed Retreats

WVIS offers multiple options for you to make a Silent Directed Retreat.

- If you are fully vaccinated, you can make your retreat at the WVIS Retreat House.
- If you would like to come to WVIS and are either not yet vaccinated or desire the privacy of a private space, you can make your retreat at the Hermitage onsite (but separate space).
- If you prefer, Silent Directed Retreats are also offered via Zoom.

Retreats can be scheduled at any time of the year. Learn more by calling Sister Carole at 304.345.0926.

## Experience the 19th Annotation Spiritual Exercises

*Should you consider making the 19th Annotation Spiritual Exercises? Lisa Marengo, who recently completed the Exercises shares what she has come to understand.*

The 19th Annotation is an invitation to journey with Christ to know that we are known and loved by God. On this journey, we encounter the power, love, and mercy of God in a deep and intimate way and experience the freedom and peace this encounter brings to our deepest selves. No longer strangers to ourselves, we are brought to the place where we touch and know our foundation in Christ.

We embark on a process of getting “right” with God. Without judgment, we are guided by the light of God’s mercy and love to awareness that opens our vision to a loving and joyous relationship with God and ourselves. From this foundation we are invited into loving relationships with others. We cannot more fully honor others until we honor ourselves by coming to know that we are whole and full and beautiful in the loving and merciful sight of God.

As our vision is opened, we become more deeply aware of the gentle movements of the Spirit within us. We come to experience God in the Personal, moving from conflict and constraint to deepening understanding and acceptance, leading to inner peace. Led by the Spirit, we glimpse our inner, most authentic selves and encounter God at our inner altar where God’s grace clears away the debris that has hidden its presence in our lives. The work is deep and not always easy. But this is the rewarding work of healing, the deep, miraculous work of the hand of God in our lives, leading us to fullness and joy. We come to know that we are loved and honored and esteemed beyond measure. Through our journey we are being transformed from strangers and sojourners to apostles and prophets, beloved children of God.

*Lisa Marengo is entering the Associate Spiritual Directors Training Program in September of 2021.*



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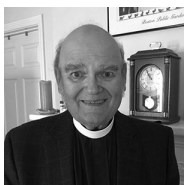
## Change is the only constant ~Heraclitus

The old saying about change seems especially apt during this pandemic. The upheaval in our social, political, spiritual, and emotional lives takes a steep toll. My grandmother spoke of the Influenza Epidemic of 1918. Too many family members and friends were taken from us at the time. Trauma was everywhere.

In the midst of the sea of changes all around, I read about our Celtic ancestors. St Aidan began as Jesus did by tending to the sick and the dying. He led his monks in feeding the hungry and tending to the poor. Literacy was essential to the worship of God. Responding to human need was the fixed North Star for our ancestors in faith. All the while they were constant in prayer, unmovable and unshakable in faith through the trauma they faced.

Were they haunted by doubts? Did they wonder why God seemed to abandon them time and again at the hands of Viking swords? Of course they did. But then, they would see someone sick or poor and the old instincts kicked in. Somehow God makes provision for us out of our poverty. By some miracle here we are still seeking to serve those in need.

The pandemic has taught us a great deal. The spiritual hunger among those we serve is especially acute. Meanwhile there are the sick and dying, the hungry, and of course there are prayers to be said, and the Story of God to be told. It rejoices the heart that we have this work to do.



*Fr. Paul Bresnahan is an Associate West Virginia Institute for Spirituality living in Boston, Massachusetts*

# 12 Step Spirituality

## Carrying the Message

Some time ago, a small group of WVIS Associates gathered to explore ways we might carry the message of hope and serenity to others who struggle with addiction. The idea of Celebrating the Spirituality of the 12 Steps of AA became the Spirit-led focus of our sharing. At present, *we are looking forward to celebrating the 11th Step at our monthly gathering on August 28th.* Watch for additional information on the WVIS website under Training/Programs.

WVIS has a history of welcoming members of the recovery community. This began at the Cenacle with Sr. Pellicane, Sr. Dorothy and Sr. Carole Riley. Spirituality is at the heart of any recovery or conversion experience. So is sharing the message. (Luke 22:31- 34).

Sr. Pellicane and Charlie Boll were both close to the heart of the recovering community and shared the *message* of God's magnanimous, loving heart with everyone they met. It was sad news to hear they had died, but good news followed quickly. They are still with us, holding us in prayer.

I can sense Sr. Pellicane's presence near WVIS' front door waiting for the return of the women of the Thursday night AA group. Her arms are still outstretched with a welcoming hug. Charlie continues to faithfully attend his many AA meeting and remains especially fond of the 11th Step Prayer and Meditation Group. He prays with us and for us.

I am happy to announce the result of our shared prayer. Beginning last month (July 2021), members of the Celebrate the Spirit planning group began carrying the message to people in early recovery at St. Francis Hospital. God keeps working miracles. Please keep us in



your prayers. That will help our team to let go and let God.

*Keep carrying the message  
God has given you.*

Sr. Barbara Goodridge, O.S.F.

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***“Gravity is God’s loving response to life’s centrifugal forces that drive us apart.”***



**Mark your calendar  
October 15 & 16 via Zoom**

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### Continuing Professional Development (CPD)

WVIS' Continuing Professional Development (CPD) Annual Weekend for all WVIS Spiritual Directors and Graduates is scheduled for *Friday, October 15th and Saturday, October 16th.* Watch your email or visit the WVIS website for updates.

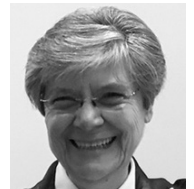
This training, titled *Living in the Sunlight of the Spirit: The Spirituality of the 12 Steps*, will be available via Zoom. Participants will be led through a basic understanding of addiction, the solution offered by AA, and an explanation of each of the 12 Steps of the recovery process.

Presenters will use personal stories, share descriptions of recovery and emotional sobriety, and show how the 12 Steps and the Spiritual Exercises of St. Ignatius complement one another - valuable information or spiritual directors in their ministry.

There will be time for personal reflection, small group processing, and general sharing. The presenters for this weekend will be Sr. Cheryl Clemons, OSU and Eileen Chwalibog. Charlie Boll, who is truly living in the sunlight of the Spirit, will be there in spirit shining upon all of us.



*Eileen Chwalibog, (left)  
and Sr. Cheryl Clemons,  
OSU (right) - Associate  
Spiritual Directors  
affiliated with WVIS.*





## Governor's Service Awards Honor Outstanding West Virginians

Each year the Governor's Service Awards honor individuals and groups in West Virginia who roll up their sleeves to solve community problems in innovative ways. The West Virginia Institute for Spirituality (WVIS) has three remarkable women who have been honored with this distinguished award.

**Sr. Mary Pellicane, rc.:** As a Cenacle sister, her spiritual journey took her from Boston to New Zealand, Pittsburgh to Rome, Lower Manhattan to Rochester, New York. Then, ultimately, to a final landing in West Virginia's capital city. Over the years, streams of people sought her for spiritual direction and guidance through the turmoil and confusion of life in the uncluttered, unruly world. *"I ended up listening to people my entire lifetime,"* Sr. Pellicane said. In that listening, in the long hours of quiet in retreat houses, she found her calling.

**Ardath Stanton Francke:** WVIS moved to its current location in December 2002. In 2003, discussions began regarding building a hermitage on the WVIS grounds to provide a private space for silent retreats. Under the leadership of 2004 WVIS Board President, Ardath S. Francke, that dream became a reality and on November 25, 2006, WVIS hosted a ribbon cutting ceremony and dedication of the Ardath S. Francke Hermitage! Countless retreatants have reaped the benefits of making their silent, directed retreat in this peaceful Hermitage.

**Paula Francke Osborne:** Like Mother, like daughter! What are the chances of both a mother and daughter receiving the same prestigious award? In this case, it is not surprising. They are cut from the same cloth: loving, kind, generous, enthusiastic, and persevering in their efforts to bring about good for others. Paula completed her training for the ministry of spiritual direction in 2009. In December 2020, she was commissioned as an Associate Director of Programming for the WVIS satellite she coordinates in Berkeley Springs, WV. In this role, Paula develops and leads spiritual direction programs in her geographic region to support the mission and vision of WVIS.

To learn more about these three amazing women, visit [wvis.org/about-wvis/](http://wvis.org/about-wvis/)



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

## WVIS Offers Programs both Live and via Zoom

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. Here are some of the Fall 2021 offerings:

***Spiritual Direction Training:*** The deadline to be part of this year's spiritual direction training class has been extended to August 21st. There are a total of 9 training sessions over the course of three semesters. Tuition is \$1,100 per semester.

***Certificate in Facilitating Ignatian Retreats and Offering Group Direction programs:*** WVIS has put together this NEW opportunity for those who have been trained in other programs and would like to become certified to offer Ignatian Directed Retreats and Group Direction Programs. Tuition is \$675 for this program.

***The Love Challenge:*** This program, being offered in collaboration with Rev. Michael Poke, Sr., Pastor at St. Paul Missionary Baptist Church, will be held both in person (at Pastor Poke's church) and via Zoom. The workshop endeavors to create a safe environment for reflection on racial bias. It will cover methods to address racism, hate and violence as well as the development of a plan to heal the cultural divisions in local communities.

*Learn more about all of these, and other upcoming programs on the WVIS website. <http://wvis.org>.*

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### Creation Cares...

*Little things you can do to make a big difference!*

### Spend Time Outside

Take some time to appreciate the outdoors this week. Go for a walk, play sports, or go to the park. Enjoy God's beautiful creation.

*"The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. The ideal is not only to pass from the exterior to the interior to discover the action of God in the soul, but also to discover God in all things. (235) Pope Francis in Laudato Si: On Care for Our Common Home 2015*



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

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

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*All donations are tax deductible to the fullest extent of the law.*

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**Mail to: West Virginia Institute for Spirituality  
1601 Virginia Street, East  
Charleston, WV 25311**

*The West Virginia Institute for Spirituality offers services to all without discrimination on the basis of race, color, age, religious creed, disability, sex, ancestry or national origin.*