



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

THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

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NEWS FROM WVIS

2021 #4

Message from our Executive Director

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

For Equilibrium, a Blessing:

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,
So free may you be about who you become.

(To Bless the Space Between Us, John O'Donohue)



Dear Spiritual Seekers:

These months have overwhelmed me with emotional extremes, and I do need to rinse my soul with laughter. I experience a vibrant call when I interact with students enrolled in 'Music and Spirituality,' advise journeyers from across the United States in spiritual direction skills, and connect with WVIS first certificate holders from the 90's. My personal losses are slow to heal; I'm sad watching international news sometimes feeling helpless; and my prayers plead for restoration from natural disasters. Simply using my 'pause' app daily encourages hope. I'm embracing WVIS 2022 theme of 'Re-Imagining.'

I beg for grace to be steadfast in faith, monitor my thoughts to include all and strive to practice the 'becoming' O'Donohue describes in his poem. In life and in death, we belong to God. The extremes of my personal life experience mirror the world stage. Yours, too? We are called to 're-imagine' our current reality.

Weekly, I'm honored to companion a group of women in the nineteenth annotation retreat. We are pondering Mary's call to 'be mother of God' because God is always seeking to be born. We imagine Mary when reading O'Donohue's poem: laughing, dancing, restoring, becoming daily 'who she is called to be.'

Celebrate these months well: be thankful for life, its challenges and blessings; wait 'advent-like,' expectant with new life and opportunities; embrace the simple vocation to 'be a blessing' wherever we are, and with whomever we are. Today, now...this day. Stay aware! Stay safe! Re-imagine your presence in the world!

Pray for me as I pray for each of you. I send a blessing for 'equilibrium' at this crucial time in the history of our planet. Together we can make a difference. With hope for equilibrium, and grace to be re-imagining in all aspects of our world.

Sister Carole Riley, CDP, Executive Director

Sister Carole Riley CDP

Message from our Board President

Rev. David S. Lake

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



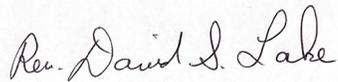
Greetings WVIS Community! As I write these words I am in Williamsburg, VA visiting the country's largest living museum – Colonial Williamsburg. What an awe-inspiring time it is to walk where our founding mothers and fathers walked, ate, slept, and made plans for our country's future. If only the buildings, trees and earth could tell stories of what was seen and heard.

As the WVIS theme transitions from 'change' to 're-imagining,' I see both concepts present as I walk through the historical areas and talk with the modern guides! What have I learned this week: work only occurred while there was daylight, most gardening was done in heaped rows, a wooden bucket could be made in about 2 hours, wagon wheels were held together by the compression of the metal tire, a blacksmith shop could have 5 fires going with 25 workers, over half the Williamsburg population was enslaved, we made the Native Americans sell us their lands. Williamsburg supported 15 tailors, as well as wigmakers, shoemakers, tin smiths, the list goes on.

Towards the middle of town is – Bruton Parish – an Episcopal Church which many of the founding mothers and fathers attended. Throughout the historical area, the churches have remained! In the midst of all the "change" the presence of our Holy God has been there...and will forever be!

Throughout history God has always been there. As we re-imagine our daily lives...God is there! 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 - 8:30 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

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
Donna Becher: donna.becher@gmail.com
Rev. Meredith Hutchinson: Mercomp@aol.com

Sr. Molly Maloney, OSF: wvissrmolly@aol.com
Margaret Nagum: chesedpeg@gmail.com
Sr. Carole Riley: 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.

WVIS Satellites Spread the Mission

WVIS continues to expand its reach far and wide through its Satellites. Currently there are seven Satellites and three in development. The Associate Program Directors, the designation given to those who head the Satellites, as well as those developing their Satellites, see people in person and via zoom. People touched by the ministry of WVIS live not only in West Virginia, but also in Massachusetts, New Jersey, North Carolina, South Carolina, Pennsylvania, Georgia, California, Kentucky, Connecticut, New York, Missouri, Washington DC, Ohio, Illinois and all the way to Ireland. It is technology that has benefited our outreach so that we no longer think of Satellites of WVIS as just confined to a specific region.

Heading our Satellites are Sr. Ritamary Schulz ASCJ, Cynthia Neely, Sr. Barbara Goodridge OSF, Paula Osborne, Elizabeth Deal, Elaine Soper and Rev. Meredith Hutchison. Sr. Barbara and I were recently commissioned as Associate Program Directors during an October 14th ceremony via Zoom. Also active in the group are Sr. Mary Irene Sorber SCC, Sally Orcutt OP, Sr. Cheryl Clemons OSU and Rev. Paul Bresnahan. Each of the spiritual directors associated with these satellites offer individual and group spiritual direction along with programs and days of retreat. In addition, several of them also lead people through the Ignatian Retreat in Everyday Life, commonly known as the "19th Annotation."

The Satellite group meets monthly for prayer and to share the depth and breadth of their work. They support one another in living out the mission of WVIS, providing space and opportunities for deepening mindfulness, prayer practice, interior peace, and for integrating moral and ethical values.

*Rev. Meredith Hutchison is the
facilitator of the Satellite Group
and a newly commissioned
Associate Program Director.*



Recognizing God's Presence in All Things - Including Suffering

During the spring of 2019, pain started to develop in my left shoulder and then moved down my left arm. I went to see a physical therapist. She told me that I most likely had a herniated disc in my neck. After two months of physical therapy, there was some improvement. Then one night I rolled over in bed and it felt like someone stuck a knife into my neck. The pain was far worse than anything I had ever experienced and my wife took me to the emergency room. The physician confirmed I had a herniated disc, gave me something to ease the pain, and told me to see my own physician to schedule an MRI. To have an MRI, I had to lie on my back and stay still which was next to impossible. The technician worked quickly, and when she was finished, she helped me sit up and just held me in her arms. It was probably just a minute, but for me it seemed like a long time. I realized afterward that it was Jesus holding me through her and comforting me in the midst of excruciating pain.

I had to wait about six weeks for surgery. Every morning during that time, I would wake up in the morning, start my coffee, take my medications, grab my ice, and sit in the dark in my living room to allow the medications and ice to relieve my pain. I sat in solitude but was far from alone. God ministered to me in the darkness and silence, carrying me in the midst of my suffering. At night, I would grab my ice, go to bed, and pray the Jesus prayer until I fell asleep. Even though I know (or should know) that God is constantly caring for me, this experience helped to realize the extent to which He cares for me.

The morning of the surgery, I was at ease with no anxiety whatsoever. After four hours in the operating room, I was brought to recovery, and woke up two hours later. The nerve pain was gone (God be praised!). Two months after surgery, I began taking classes at West Virginia Institute for Spirituality. That is a story for another day, but the suffering I experienced led me to a deeper relationship with our Triune God.



*Terry Mathias is an Associate Spiritual
Director Intern with WVIS*

Upcoming Training through WWIS

Make a New Year's Resolution Now!

If you're enrolled or certified in a spiritual direction training program – make a New Year's resolution for yourself and plan to attend the next WWIS Intensive Workshop: Methods for Directing the 19th Annotation Retreat in Everyday Life January 13-16, 2022.

Part way through my training course, I attended this workshop. I was overwhelmed with the grace, depth, and scope of the experience. It was truly was a gift I gave to myself that year. The weekend included discussions to clarify what each of the 'Weeks' of the 19th Annotation were about as well as growing in understanding of key factors about director/directee interactions.

The weekend was rooted in Scripture and frequent prayer. It was wonderful to see friends both old and new, each one of us interested in opening our hearts and broadening our spiritual direction skills to encompass this treasure left by St. Ignatius of Loyola.

If you've attended the workshop before, I would highly recommend attending again - it's that worthwhile! Frequently in my spiritual direction ministry, I turn to the binder that was provided that weekend. It is such a gift that the program is available to us each year. Want to learn more, contact Sister Carole at wviscr@aol.com. You'll be glad you did.



Donna Becher is a
WWIS Associate Spiritual Director

**Singing to Death:
Music as partner to
grief and loss**

Saturday, November 13
Visit <http://wvis.org/upcoming-programs/>



WWIS Advanced Certificate Programs

WWIS seeks to be proactive and meet the educational and formational training for spiritual directors. At this time, we offer three advanced certificates.

Spiritual Direction Supervision: A hallmark of the WWIS Spiritual Direction Training Program is supervision. This advanced certificate is designed for experienced spiritual directors who have discerned a call to serve as supervisors. This training program consists of 4 Modules and begins the weekend of November 5-6, 2021.

The 19th Annotation Intensive Workshop: Scheduled for January 13-16, 2022, (See Donna's call for making this your New Year's Resolution!), this program is designed for spiritual directors who desire to direct retreatants in the Spiritual Exercises of St. Ignatius. This concentrated program focuses on the Grace, the Dynamics, as well as the Content and Process of the Spiritual Exercises.

Facilitating Ignatian Directed Retreat and Training in the Dynamics of Group Spiritual Direction: Spiritual Directors who received a certificate from other programs, continue to seek this training. This is our second year for providing a certificate to experienced spiritual directors who are seeking training in the specific areas of retreat ministry and group spiritual direction.

Questions...contact Sr. Carole Riley, CDP, Ph.D at wviscr@aol.com or visit our website: www.wvis.org to download our brochures for all of these advanced training programs.

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



WVIS Announces New Resource on Understanding Our Vocational Choices

This booklet, *Vocations: Serving Others-Serving God* is the latest in a series reflections and prayers available from WVIS. Discerning-Deciding-Doing is the three-dimensional approach taken in this booklet about the vocational choices people make throughout their lives.

Beginning at birth, we are challenged to seek our vocations in our households, communities, nations, and the world. As we do that, it is important that we come to the realization, that our vocational choices and vocations not only impact ourselves but the people we seek to serve. This book is a prayerful resource for people as they journey through life's callings.

For people involved in the ministries of spiritual direction, campus ministry, or adult faith formation programs, this book may be an excellent primary or supplemental resource in program planning.

The booklet is available for download at <http://wvis.org/resources/> or you may purchase a printed copy by emailing wvislorena@aol.com. The cost is \$10 and includes shipping and handling.



**WVIS Reflections and Prayer Ministry,
Co-editors Bob Harrison
and Susie Pace**



Creation Cares...

Little things you can do to make a big difference!

Leave the Leaves!

Autumn is here and your fall garden clean-up project may be looming. You don't have to clean up those leaves! In fact, the butterflies, bees, songbirds, and plants would prefer it if you didn't. One of the most valuable things you can do to support pollinators and other invertebrates is to provide them with the winter cover they need. (<https://www.saveourmonarchs.org/blog/10-ways-to-support-pollinators-in-the-fall>)

"Everything is interconnected, and .. genuine care for our own lives and our relationships with nature are inseparable from fraternity, justice and faithfulness to others." —Pope Francis in Laudato Si': On Care for our Common Home (70)



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

WVIS Advent Retreat / December 3-4 Learn more by visiting www.wvis.org

What good is it to me that Mary gave birth to the Son of God fourteen hundred years ago, and I do not also give birth to the Son of God in my time and in my culture? We are all meant to be mothers of God. God is always needing to be born.

—Meister Eckhart

Using the writings of Caryl Houselander, during this upcoming Advent Retreat, especially *The Reed of God*, Sr. Cheryl Clemons, OSU, Ph.D. will invite retreatants to reflect on how Mary, Jesus' biological mother, can serve as a helpful guide and companion as we seek to respond to this call from God. Flyer and registration information available on the WVIS website.

Wish List Items

Thank you in advance for your generosity. We currently have needs for:

1. Any paper products: copy paper, speciality paper, paper towels, toilet paper, kleenex, and paper bags
2. We also need zip lock bags quart and snack size
3. Highlighters of different colors
4. Journals for retreat rooms
5. Kitchen towels
6. Liquid dishsoap
7. Laundry detergent
8. Indoor plant watering cans (2)
9. Coasters (3 sets of 4)
10. Heavy duty extension cord (2)
11. Batteries AA and AAA
12. One twin electric blanket

Most of these items are available on Amazon and can be shipped directly to WVIS.

Hilton Head 2-Bedroom Condo Available

This property in the Seabrook Retirement Community belonged to longtime WVIS Associate Spiritual Director, Ginny Masters. Located in the heart of Hilton Head Island, adjacent to the Catholic Church, this 2-Bedroom condo is available for \$109,000. There is a community membership fee of \$19K for an individual or \$23K for a couple. For more information email Pat at bridget87@verizon.net.

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

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