



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

THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

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NEWS FROM WVIS

2022 #2

Message from our Executive Director

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

*Blessed be the mind that dreamed the day
the blueprint of your life
would begin to glow on earth,
illuminating all the faces and voices
that would arrive to invite your soul to growth.
Praised be your father and mother,
who loved you before you were and trusted to call you here
with no idea of who you would be.
May you experience each day as a sacred gift
woven around the heart of wonder.
(O'Donohue)*



Dear Friends:

Happy May! On Mother's Day my thoughts move to celebrating the new births at WVIS. Retreatants birthing children, births of new satellites, programs, and possibilities. We are celebrating post pandemic visits to loved ones and rejoicing in being alive. Because I've been walking with people immersed in death and dying, the poem of O'Donohue sparked hope in the miracle of new life and surprises encountered every day. The imagery of the faith and hope of our parents in conceiving us and our own continued growth in unexpected and enlivening ways fills me with gratitude. Blessed be the mind that dreamed the day! A welcoming image of God and invitation to fulfill God's dream with awe, delight, and vigor!

We are able now to reach out and touch each other to celebrate the quiet miracles of relationships that have survived fear, anxiety, sickness, stress and blossomed into an embrace.

I'm blessed to know, serve, and bless you with abundant graces in this season of flowers. Nurture your spiritual garden, give thanks for your parents, and celebrate the gift of your life: the face of God you are to each of us. I hope we are all 'awake' to the miracle of being here becoming who we are meant to be.

With deep reverence and respect.

Sister Carole Riley CDP

Sister Carole Riley, CDP, Executive Director

Vist the WVIS website (www.wvis.org) to learn more about spiritual direction, retreat options, and upcoming programs.

Message from our Board President

Rev. David S. Lake

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



Hello Everyone!

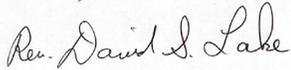
Spring is upon us, and new life is all around us! It is a beautiful sight to behold. I have been helping to teach a gardening course: “Seed to Supper – A beginner’s guide to low-cost vegetable gardening.” Basically, a seed needs four things to transform from a seed to a fruit or vegetable: air, sunlight, water, and nutrients. These elements need to be in the right amount and at the right time if this seed is to reach its full potential. As I imagine the harvest from my garden, I wonder if all four elements will be in the right amount at the right time, so the fullest potential of my garden is reached.

Now I shift to our lives. Over the course of my life, I have been told that we as human beings basically need three things: food, clothing, and shelter in order to survive. May I suggest that it is really four items we need to reach our fullest potential – food, clothing, shelter, and the words of Holy Scripture!

May I suggest that during these warmer days of spring – you stop and enjoy the beauty of new life around you. Stop and have some time of self-reflection...imagine where you could be as a child of God if you would allow God’s Holy Scriptures to completely grasp hold of your daily life...imagine the “full harvest” potential!

May the Growing/Nurturing Spirit of Christ guide and direct us all!

Peace,



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
Sr. Molly Maloney, OSF: wvissrmolly@aol.com

Rev. Meredith Hutchinson: meredithhutchison@comcast.net
Margaret Nagem: chesedpeg@gmail.com
Sr. Carole Riley: wviscr@aol.com

Almost Heaven Retreats

WVIS offers multiple options for you to make an Almost Heaven 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 vaccinated or desire the privacy of a private space, you can make your retreat at the Hermitage onsite (but separate space).
- If you prefer, Almost Heaven Directed Retreats are also offered via Zoom.

Almost Heaven Retreats can be scheduled through August 13th. Learn more by calling Sister Carole at 304.345.0926.

Re-imagining a new way of being

I hear this year's theme as a call to re-imagine my life.

And the word that comes to mind is spaciousness.

A room in my home has become so crowded that I have to squeeze my way carefully around the door to the desk avoiding books, binders, bags of projects and piles of paper. Then, I strategically adjust my camera to present a more serene and focused atmosphere on my many zoom meetings. The Ignatian warning about the temptation to excess good is an undercurrent to my days as I eagerly say yes to another project. I have become addicted to activity. I have become hooked on my own ability to produce.

Recently I was in a class where the instructor talked about the Rule of St. Benedict; the maxim of work and prayer in balance and in tandem. And I had a flash of how living in that rhythm might feel – spacious, calm, focused but not constrained. I want that. I want to not feel under the gun all the time. What would it be like to read without the pressure of obligation, to visit friends and relatives without feeling squeezed by the calendar, to rest in God rather than falling in a heap in prayer?

I have practiced this dance of too much for 60 years and recognize that the solution is not just in a new time management strategy. I am being invited to imagine a new way of being myself – gifts and gaps.

Where are you leading me, God?

*Liz Deal, Spiritual Director and
WVIS Associate Program Director,
Huntington, WV*



Re-Imagining Marriage

The WVIS Contemplative Marriage Retreat: *Listening to God and to Each Other* offered a new way of imagining our marriages. This retreat, intended for married or engaged couples, sought to provide a space and an opportunity for couples to deepen mindfulness, prayer practices, interior peace, and integrate moral and ethical values in relationship with God and with each other in the context of marriage.

During the one-day retreat, each person was invited to focus on his or her own interior life with God, to look at what it means to live as our true self in God, and to grow in an awareness of God in all things. We pondered: What does it look like to “remember and move” with a godly strength toward the other? What does it look like to be “opened to receive the other” to offer a glimpse of God’s unconditional love?

Throughout the day, we listened to God through Lectio Divina as we tried to answer two important questions: what has God created you to be, and what has God created you to do? We looked at what it means to move from compliance through illumination to individuation and how this impacts the way we view and listen to each other. Finally, attendees were encouraged to use the Daily Examen as a way to help them to see God in all of life and to be grateful for His gifts.

We concluded reflecting on the gifts of the day and the hope that God’s grace can open us to love our “other” in a deeper way in our marriages and in all of life.



*Becky Hill is a WVIS Associate
Spiritual Director Intern,
Troutville, VA*

For information on upcoming programs, visit the website at www.wvis.org

What's Happening at WVIS

Celebrate the Spirit

Celebrate the Spirit (CTS) has evolved into a program noteworthy of praise with unlimited future potential. WVIS Spiritual Directors along with friends of WVIS are dedicated to serving the recovery community. We focus on the spirituality of the Twelve Steps of recovery. The goal of CTS is to help build an aftercare infrastructure in the community where patients can make personal contacts and find support programs for continued recovery.

Each Thursday morning, a small group of volunteers facilitate a gathering via Zoom with the patients in the Addiction Healing Center (AHC) at St. Francis Hospital in Charleston, WV. For ninety minutes, the men and women in treatment are engaged in dialogue and spiritual guidance in their efforts to heal from alcohol and drug addiction. We share with them our experience, strength and hope as people in recovery too, and offer suggestions for maintaining sobriety and avoiding relapse. We are grateful to the hospital staff for allowing unprecedented access to the patients in treatment there.

Also, one Saturday morning a month, CTS and AHC offer a workshop which is also focused on the spirituality of the Twelve Steps. Our most recent meeting was on April 23rd when we shared via Zoom, "Stepping to Hope," featuring Erin M and Rob C, who shared their stories of recovery from alcohol and drug addiction with a focus on the spirituality of Step Four.

For more information on offerings available through WVIS, please visit our website at www.wvis.org



Sister Barbara Goodridge, OSF is a Spiritual Director and WVIS Associate Program Director, Charleston, WV



Almost Heaven Retreat 2022
Learn more at <http://wvis.org/almost-heaven-retreat/>

Take time to hear where God is calling

When I heard the theme for this year, at first glance I was not sure what to think? What did it mean to re-imagine? How was that word relevant in my life? As I began to unpack my internal response, I realized that for years I had been led to and through spiritual direction to re-imagine my life.

Events shape and move us in directions we cannot see and would not otherwise take. Sometimes life changes instantly and other times it can be gradual, hardly noticeable at first. Any change can leave us adrift and uncertain. There is no guidebook and often no moment of instant clarity on how to be in the new or different reality. It may take years to re-imagine what you are called to in your life.

I did not become who I was overnight, how can I expect to instantly see what my re-imagined life with God will be? So, it has been with my journey of spiritual direction. Re-imagining one's life does not always happen in an instant. It can take time to hear where God is calling. What a blessing and luxury.

PJ Scarr is a WVIS Associate Spiritual Director Intern Charlottesville, VA



Spring Concert Recital

Spirituality of Music by Bob Sylvester

"If music be the food of love, play on."
-William Shakespeare

Sunday, May 22, 2022 3:00pm, Zoom only
Zoom ID:544088822

Sip your favorite tea or beverage.

Enjoy piano classics by:

J.S. Bach/Gounod, Beethoven, John Williams, Vivaldi, Debussy, Stuart Hine, plus Surprise Guest Pianist

Presented by the Fortissimo Club of Sr. Carole Riley, CDP, Ph.D., A Nationally Federated Studio and

The West Virginia Institute for Spirituality

God Bless America

How does God know how to bless America? God blesses America based on the prayers of individuals who place their trust in God. Every day is a day to pray for the United States; however, it is more compelling to pray for the US during July. *July is the month that:*

- (1) The United States declared its independence.
- (2) IN GOD WE TRUST was affirmed as our national motto.
- (3) Mary was proclaimed as our country's Patron.

The booklet, ***IN GOD WE TRUST*** is a collection of prayers composed by 31 authors representing a multidimensional approach to prayer for our country based on the following virtues of Faith, Hope, Love and Trust.

Starting June 10, 2022, this publication will be available in print and electronically through WWIS. You can email wviscr@aol.com to pre-order your copy.



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



Creation Cares...

Little things you can do to make a big difference!

Buy Local!

As spring quickly turns to summer, consider visiting your local farmers' market, CSA, or roadside produce stand. You will find amazing tastes and varieties of all kinds, and you will be supporting local farmers and lowering the huge carbon footprint of food production and transportation!

Here's an example near us, but you can easily change the search to your particular area. <https://www.localharvest.org/charleston-wv>

"Purchasing is always a moral - and not simply economic - act." Pope Francis in Laudato Si: On Care for Our Common Home #206

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



19th Annotation Retreat Is now the right time for you?



Sr. Cheryl Clemons, OSU celebrates with Vicki Meacham upon Vicki's completion of the 19th Annotation.

What is the 19th Annotation? Sometimes called an Ignatian Retreat in Daily Life, the 19th Annotation is a version of the Spiritual Exercises designed for people who cannot be away for 30 days to do the spiritual exercises as they were practiced originally. Many of those who do the "19th" are people whose lives are busy with jobs, family, or other commitments, but who have a yearning for a deeper life with God.

Learn more about the 19th Annotation by speaking to your spiritual director, visiting the website at wvis.org/wvis-retreats/ or emailing Sister Carole at wviscr@aol.com.

Wish List Items

WWIS receives many gifts on our 'needs' list each month. 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. Gift cards for food and/or gas
3. Cleaning supplies
4. Boxes of 60-watt light bulbs
5. Power strips
6. Flower Seeds
7. Packages of blue pens
8. Monetary donations for the Almost Heaven Retreat Fund

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

Local Volunteers Needed for:

1. Gardening
2. Sale of books, knick-knacks, yard sale
3. Office Assistant primarily for filing
4. Cook meals for 8 people (can be done ahead)

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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