



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

THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

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NEWS FROM WVIS

2022 #3

Message from our Executive Director

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

Love flows from God like a bird who rivers the air

As the Source strikes the note, humanity sings.

The Holy Spirit is our harpist

And all of the strings

Which are touched by Love

Must Sound.

(Mechtilde of Magdeburg, 1207-1282)



Dear Friends:

Mechtilde of Magdeburg, a Beguine of the twelfth century, writing of the dance between the self and the Self as a relationship of love. Energy, vigor, and exuberance characterized this reserved German mystic. As we complete our theme of 're-imagining,' our invitation is to enrich our world through our response to the touch of the Divine Harpist, to keep our own strings 'tuned' to our individual unique instrumental role, to seek solitary stillness slipping subtly and silently awaiting the touch birthing our God-like sound.

The Genesis story gives the image of 'hearing the Sound of God in the garden.' Our gardens are lush! As WVIS celebrates its twenty fourth birthday, we imagine a symphonic future with many sounds! We pray for increased hearing and response to the touch by Love. Our promise to you is to offer a space and opportunity to be solitary and still.

Be safe.

Receive Love's flow.

Embrace the mystic within.

Sound!

Sister Carole Riley, CDP, Executive Director

Sister Carole Riley CDP

Visit 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 People of God!

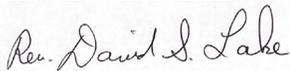
In July I had an opportunity to spend a week at the Chautauqua Institute in New York State. The highlight of my week was the speaker Sophronia Scott, author of *The Seeker and Monk: Everyday Conversations with Thomas Merton*. Her topic was “In the Water and Air: Embracing the Divine Through Nature.” Sophronia has experienced a sense of “a light” for most of her life.

As I listened to her, it was a comfort to be reminded that God is with us even when we are searching as we travel through life. God never turns from us but rather is always seeking to embrace each of us. In a world that is so fractured, it is reassuring to be reminded that God seeks to accept us and hold us close! The God who created each of us is in love with us.

As we journey through our days, God speaks to us through individuals, actions, and nature. May we listen and see where God is at work in our lives and around us.

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

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 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 412.901.4259.

To Give Thanks is the Constant Prayer of the Church in Every Age

Through individual prayer, liturgical prayer and sung prayer, generations of believers have offered to God thanksgiving in a myriad of prayer practices. The word Eucharist invites a great deal of reflection as we reflect on the great mystery of thanksgiving in a world torn by all types of suffering. Still, Christians continue to offer praise to God and to gather to remember Jesus' command to share the bread and cup that unite us as one body, one spirit in Christ.

This meal of God's love invites us to live Eucharistically each day. It is Jesus that:

- Invites us to this table - who do we need to invite to share in our life who might need an invitation?
- Shows us how to give thanks - for what and for whom do we need to offer thanks and praise?
- Tells us the greatest and least are called beloved - who do we need to call beloved, even when they challenge us?

It is Jesus whose body is broken and shared for the life of the world - for whom and what do we need to be broken and shared for the life of the world?

May we become what we receive and be for others an image of Jesus, the living bread in whom all hungers are satisfied. Amen.

*Dr. Tom Octave, D.S.M. is a WVIS
Associate Spiritual Director Intern
Pittsburgh, PA*



Re-Imagining Peace

Recent forms of violence in our world impelled me to write about re-imagining peace. It seems to me that the first step would be to re-imagine peace within myself. I believe it is possible that finding peace in oneself may cause a change in other arenas.

A New Silence by Beverly Lanzetta states, “Nonviolence reflects the inner unity and inner peace felt in prayer and reminds us that the spiritual life is never at the mercy of the world.” I have tried to watch my own vocabulary as, without thinking, I have used some form of violent language. Beginning each day with determination helps me be a more loving, non-judgmental person.

We read in Matthew: “If you bring your gift to the altar, and there recall that your brother (sister) has anything against you, leave your gift at the altar, go first and be reconciled with your brother (sister), and then come and offer your gift.” Our nation is in general a people who have faith in a God of our understanding. What would it be like if we truly lived this gospel message of Jesus? As the old song goes, “What a wonderful world it would be!!!”



*Sr. Mary Irene Sorber, SCC is a
WVIS Associate Spiritual Director Intern
Charleston, WV*

What's Happening at WVIS

Celebrating 60th Jubilee

It is with pleasure that I share my reflections on the many gifts of Sr. Ritamary Schulz, who on July 23, 2022 celebrated 60 years as an Apostle of the Sacred Heart of Jesus. A natural and charismatic leader, she is a woman of great wisdom, faith, integrity, and compassion. When she was Provincial Superior of the United States, Sr. Ritamary served and supported 130 Apostles and adroitly guided the US Province.

Sr. Ritamary has demonstrated her talents as an Administrator, Pastoral Counselor, Spiritual Director, and Supervisor. Her keen insight and intellect guided by her discerning stance and accomplished capacity to synthesize information has a transformative effect on many challenging situations.

Sr. Ritamary shines with a humility which belies her intellectual and professional competence. She is passionate about finding God in all things; seeing life's experiences as "charged with the grandeur of God" (Hopkins, SJ). Her genuinely warm and caring nature creates an ambience of gracious hospitality, reverently bearing witness to the unfolding of another's sacred story. Graced blessing, indeed!

Robert Browning once said, "Love is the energy of life." Living and ministering in accordance with God's holy will and impelled by the Sacred Heart of Jesus, Sr. Ritamary reflects, beautifully, the truth of that love.

Cards and letters of congratulations can be sent to:

Sr. Ritamary Schulz A.S.C.J.
Apostles of the Sacred Heart
295 Benham St.
Hamden, CT 06514-2801

(Thank you to Jeanne Mazzariello for writing this tribute.)



Sr Ritamary Schulz, A.S.C.J. is a WVIS Associate Spiritual Director and WVIS Associate Ministry Director, Hamden, CT

Re-imagining Home

My re-imagining has been a slow unfolding. In 1970, I moved from New York to North Carolina. I imagined the move as a quick sojourn to be followed by a move back home. That didn't happen. I am in my 53rd North Carolina summer and much has changed in those years.

During the 1970s and 1980s, I missed my family and the small-town culture I had been soaked in. Going home 18 summers in a row to my mother's house was the highlight of the year. The first year, I packed our suitcases in January for our June trip. Our trips home were special with fragrant bouquets of peonies on the table and apple pie in the kitchen. When my mother died my sister Katie's house became the new summer hub.

But in time life in North Carolina carried new resonances as I immersed myself in life there: gardening in Southern soil, tasting the Atlantic Ocean and appreciating autumn in the Blue Ridge mountains. Re-imagining home didn't mean jettisoning any treasured memories but rather adding new ones. I realized I could cherish my roots while opening to a wider experience and definition of home.

My sister Katie died in March of this year. The shape of home is reconfiguring itself once again. "Home is where the heart is" became an enduring aphorism for a reason. Knowing the Spirit dwells in my heart and a loving God is ever with me means I am always home.

Home is here and now.

Pat Grebe is a WVIS Associate Spiritual Director Chapel Hill, NC



WVIS Spiritual Director Training Program

There is still time to register for the program beginning September 9, 2022. Find out more by emailing Sister Carole Riley, CPD, Ph.D. at wviscr@aol.com.

Celebrate the WVIS Music Minister



Sr. Mary Irene Sorber, SCC, WVIS Music Minister

Sr. Mary Irene Sorber, SCC continues WVIS' ongoing commitment to serving the community in Charleston, WV. Each week on Saturday evenings, Sr. Mary Irene plays for the Liturgy at St. Anthony Roman Catholic Church in Charleston, WV.

Creation Cares...

Little things you can do to make a big difference!

Here Comes the Sun

As you enjoy the abundant sunshine of the season, you might want to investigate the financial and environmental benefits of going solar. Your local solar power organization can help make this surprisingly affordable. You may even want to explore solar options for your church or school. The websites below can help you get started in saving energy costs and brightening the world.

<https://www.catholicenergies.org/>
<https://gridalternatives.org/IPL/get-involved>

“There is an urgent need to develop policies so that, in the next few years, the emission of carbon dioxide and other highly polluting gases can be drastically reduced, for example, substituting for fossil fuels and developing sources of renewable energy. Worldwide there is minimal access to clean and renewable energy.”

Pope Francis in Laudato Si: On Care for Our Common Home #26

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



Praying with Naomi and Ruth August 20, 2022 via Zoom

Their biblical story of Naomi and Ruth is still, today, strongly related to a modern woman's life story and issues. Please join us for a WVIS zoom workshop on Saturday, August 20th from 1:00 to 3:00 PM (Eastern), to study and learn about Jewish women authors and The Book of Ruth.

Encouraged by the insights of professors, physicians, playwrights, poets, writers, scholars, and rabbis, Christina St. Clair has authored a novel, *Naomi and Ruth: Loyalty Among Women*. She will use this novel to study how scripture demonstrates and recognizes the struggles of women and ultimately how women help one another in those struggles.

Participants will examine Naomi's receipt of hospitality from the women of Jerusalem and Ruth's discovery of her little sister in hiding and the effort to rescue and place her in a safe haven. The day will provide opportunity to reflect upon questions developed by Rev. Dr. Roberta Mosier-Peterson and have opportunities to share experiences.

To register, please visit the WVIS website, <http://wvis.org/upcoming-programs/>

Wish List Items

WVIS 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. Lowe's gift card for Venetian blinds
3. Bedroom lamps (2)
4. Gift cards for gasoline
5. Electric blankets (2) for twin bed
6. Keurig Decaf coffee pods
7. Twin bed sheets (2 sets) white preferred
8. Monetary donations for Retreat Scholarships
9. Hand sanitizer (box)

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

Local Volunteers Needed for:

1. Online 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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