



THE WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

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NEWS FROM WVIS

2024 #4

Message from our Board President

Reverend David S. Lake

Dear WVIS Community,

You may have seen this information in an email from WVIS in late September. I shared it at that time as I didn't want to delay bringing you up to date with some of the happenings at WVIS. For those of you on the email list as well as those of you who are not, let me share the latest news with you.



On Sunday, July 28th Sr. Carole experienced a stroke and was hospitalized in one of the Charleston Hospitals. She was discharged after a few days and spent time recuperating at WVIS and received home health care. When it became apparent she needed further medical treatment, she was hospitalized again. Sr. Carole has been hospitalized since that time receiving care and therapy.

In early October, Sr. Carole was transferred to another center where her care will continue. Prior to leaving Charleston for further rehab in Pennsylvania, Sr. Carole was walking with assistance, eating on her own and looking forward to reading her mail every day. Her mind is sharp! Her voice is a whisper. I ask you to please continue to pray for: Sr. Carole, her family, the WVIS Staff, Faculty, and community.

Cards can be sent to Sr. Carole at the following address:

Saint Joseph Center at the Commons
9000 Babcock Blvd
Allison Park, PA. 15101

If you live in the Allison Park area and feel you might want to visit Sr. Carole, please be sure to check with the rehab facility first. As I write this, they have severely limited visits as she begins her ongoing therapy there.

During this time, I will serve as the Interim Executive Director so the WVIS day-to-day operations can continue. I seek your prayers during these days! Please note that a new email has been set up for this time. You may contact me and WVIS at: exec.director@wvis.org

May God's presence guide us all!

A handwritten signature in cursive script that reads 'Rev. David S. Lake'.

Rev. David S. Lake

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

Join us in November for Remembrance and Gratitude

We all recognize and are grateful for the Cenacle Sisters who founded WVIS. But are you aware of the many other participants included in the rich diverse tapestry that helped shape WVIS over the past 25 years. They include teachers, musicians, child care workers, published authors, bankers, corporate presidents, a licensed pilot, U.S. Air Force Service Member and Bronze Star Recipient.

Other notable achievements by those affiliated with WVIS include being one of five visiting scholars in the women studies program at Harvard Divinity School; receiving a Lifetime Achievement Award from the American Music Therapy Association; participating in the 1965 Selma to Montgomery civil rights march; and co-founding of Daymark, an organization for at-risk youth.

On Saturday morning, November 2nd at 10:30 a.m. (Eastern) via Zoom we will honor the "Giftedness" of those who are no longer with us in a Remembrance Ceremony. Please join us! More information will be provided via email as we get closer and you can register now by visiting www.wvis.org/registration and using the dropdown box to select "Morning of Remembrance and Gratitude."



Ongoing Opportunities at WVIS

Weekly Programs at WVIS via Zoom

Third Tuesday: Merton Chapter, 7 - 8:30 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: exec.director@wvis.org

Ignatian Spiritual Exercises

Have you thought about doing the Ignatian Exercises? St. Ignatius, even in the 16th Century, recognized that not everyone could take time away to do the Exercises as originally conceived. WVIS has certified

spiritual directors who offer the 19th Annotation in Daily Life (Spiritual Exercises over the course of 10 months)? For more information including available directors, please visit our website at [https://www.wvis.org/retreats/ 19thannotationretreat](https://www.wvis.org/retreats/19thannotationretreat) or email exec.director@wvis.org.

Spiritual Direction

Are you curious about spiritual direction? Would you like to learn more? WVIS has spiritual directors that can meet with you in-person or via Zoom. Learn more on our website at <https://www.wvis.org/spiritual-direction>. Questions? Email exec.director@wvis.org.

WVIS Celebrates the First Annual Community Retreat

Last November WVIS' Associate Ministry Directors (aka Satellites) were reflecting on their fall retreat day which has been offered since 2021. Every year attendees express their awe in the power of God in our community. Organizers (Cindy Neely, Sr. Ritamary Schulz and Liz Deal) wondered, "How could more people experience this?" Sister Carole suggested inviting all WVIS Associate Spiritual Directors and Interns and changing the name to Annual WVIS Community Retreat. Sister Molly declared it an EXCELLENT idea!

In September, 25 spiritual directors, including six incoming Interns, came together on Zoom to meditate on who we are and what we do as individuals and as WVIS Spiritual Directors. The day flowed gently through three rounds each beginning with excerpts from Schemel's *Beyond Individuation to Discipleship*. We used the Ignatian model articulating a grace and offering Scripture in reflecting on our individual identities and relationship with God, how we are called to respond to God's call in our lives, and, finally, who we really are by surfacing our "Name of Grace."

Here are some of the comments shared in the evaluations, "As a first timer, I really enjoyed and was inspired by everything today." "What a great and uplifting day!" "It was a very moving and enlightening experience." We are definitely planning for a repetition next year!



Liz Deal is an Associate Spiritual Director and Associate Ministry Director affiliated with WVIS. Huntington, WV.

OUR NAMES OF GRACE

At the end of the retreat, we invited participants to change their names onscreen to claim their name of grace.

Beloved Marian Christbearer
Faithful Beloved
Relationship Builder
Gentle Warrior
Ray of Light
She Who Bears Witness
Kindness Grower
Birther of the Holy
Shared Wisdom
Conveyor of Hope
Wounded Healer Kindness
Becoming Beloved
Holder of God's Mirror
Nechama – Comforter
Jericho Kid

Cenacle Memories

In preparation for the 25th Anniversary Newsletters, I had the pleasure of being introduced to Diane Bader, an early "spiritual director" and supporter of the Cenacle Retreat House during the 1980's. Diane hasn't lived in Charleston for over 35 years, but her memories of that time were clear and her stories were familiar and heartwarming.

She describes The Cenacle as a "virtual oasis in the middle of Charleston," where she often spent many happy hours. The Cenacle had a tiny chapel for prayer and meditation; and Sr. Mary Pellicane listened as a spiritual director with great compassion, sharing her profound wisdom.

The kitchen was cared for by Sr. Anna. It was a welcoming and safe haven for Diane's children and

others who would wait there after school. Sr. Anna would assign them chores and give them cookies while she supervised their homework.

Diane often helped with retreats and remembered one instance where she found and comforted a participant in tears. The woman later sent Diane a thank you letter and expressed the realization that she "*never knew so much love existed in the world.*" Diane later found that this woman was a prisoner from the women's prison in Alderson, WV who were sometime allowed to attend.

There were also the humorous memories like her recollection of Sr. Dorothy (who was always full of wonderful funny stories) as the "bag lady" of

Continued page 5

Reflections and Happenings

High School Leaders Gather at WVIS

On a sunny August day, 14 seniors from Charleston Catholic High School came to participate in a special leadership program. The focus was on “*Nurturing an Emotionally Safe Environment*” at the high school and reflection on gifts and call to be servant leaders to the younger classes.

The workshop, facilitated by Molly Linehan Belcher, Campus Minister at CCHS (WVIS Board Member) and Michaila Williams, Community Service Coordinator at CCHS, was funded by grants received from the Sisters of St. Joseph Health and Wellness Foundation and the Congregation of Divine Providence, Pittsburgh, PA.

Sr. Molly Maloney, O.S.F led the students in a prayer experience contemplating Jesus, as model of servant leadership. Each student received a bracelet as Molly Linehan Belcher quoted the meaningful passage from the Gospel of John: “I no longer call you servant, but friend.” *Jn. 10:10*

It was a memorable day as seniors had the chance to share how they spent their summer and what they were looking forward to as they begin their senior year. Let us keep these young men and women in our prayers!



Celebrating 150 Years in the United States

On Thursday, September 5, 2024 Sr. Molly Maloney, O.S.F. and Sr. Mary Irene Sorber, S.C.C., welcomed members of Sr. Molly’s community, the Sisters of

St. Francis of Stella Niagara, NY, to WVIS. The community is celebrating 150 years of ministry in the United States. In 1874, four sisters, “women of courage”, crossed a threshold, leaving their beloved homeland of Germany to sail to the United States, arriving in New York on the 5th of June 1874.

Early Friday morning, September 6, Provincial Councilor, Sr. Regina Snyder and Sisters Diane Bernbeck, Maureen Harris, Frances Kirtley, Molly Maloney, and Patricia McMahon were invited to return to the schools. They participated in a prayer service with the Juniors and Seniors of Charleston Catholic High School and were given a tour of Sacred Heart Grade School. A Mass of Thanksgiving was celebrated on Saturday, September 7 at the Basilica of the Co-Cathedral of the Sacred Heart.



The sisters’ ministry of education began in Charleston in 1903. They taught at Sacred Heart Grade School, St Anthony Grade School, and Charleston Catholic High School. Still residing in Charleston are Sr. Molly and Sr. Frances. Sr. Molly has served as a spiritual director at WVIS since 2002. Sr. Frances established the Pastoral Care Department at the Charleston Area Medical Center (CAMC) in 1980 and since her retirement continues to serve at CAMC as a volunteer. Both sisters are Charlestonians and are most grateful to continue a Franciscan presence in their active ministries and serve in the Diocese of Wheeling-Charleston.

*Sr. Molly Maloney, O.S.F., M.A., L.M.T.
WVIS Associate Spiritual Director,
Coordinator of WVIS Associate Spiritual
Direction Training Program*



Leave a legacy that will help others by contributing to WVIS through The Greater Kanawha Valley Foundation. You can donate online by going to The Greater Kanawha Valley Foundation (tgkvf.org) and donate to the WVIS Endowment Fund or mail your donation to WVIS Fund, c/o The Greater Kanawha Valley Foundation, P.O. Box 3041, Charleston WV 25331. Contact Michelle Foster, at 304-346-3634 for more information.

Charleston, because she carried around bags to fill with “extra” food she would later distribute to the homeless; or the time when too many candles were lit in the small chapel and the Fire Department came to clear the building; or the retreatant who was “caught” singing in the shower during her silent retreat.

There were many more stories told in the hour I spent with Diane, and it was obvious in her remembrances there was an atmosphere of care, love, and compassion in the Cenacle during those early years. And as I listened, I couldn't help thinking how little things had changed in the heart of what was done then and what is done at WVIS now. Let us continue the work in the same spirit it all began.

Cenacle Memories is offered by WVIS Associate Spiritual Director and Newsletter Editor, P.J. Scarr

Riding the Recovery Wave

A dedicated group who supports the recovery of those in Alcoholics Anonymous (AA), hosted a summer celebration of sobriety this past August titled: “*Riding the Recovery Wave*.” This is one of three programs that the Celebrate the Spirit planning committee, (WVIS Associate Spiritual Directors, WVIS Board Member, St. Francis Hospital Addiction Healing Center Business Development Liaison and members of the recovery community) sponsor each year.

Patients from the Addiction Healing Center, members of the local recovery community and people from across the country "Zoomed" in to hear from our guest speakers Joe and Denise Deegan. Alcoholism is a family disease and they shared their experience, strength, and hope from their unique perspectives of being in recovery and how a family member supports their loved one in the recovery process.

Our gratitude to St. Francis Hospital, who prepared a delicious picnic assortment of food to match our summer theme, and to Trinity Evangelical Lutheran Church for sharing their fellowship hall for this event. Information on our December gathering, *Home for the Holidays*, is on our webpage: wvis.org/programs.



Sr. Linda Hylla, CDP is a member of the WVIS Board of Directors and a member of the Celebrate the Spirit Planning Committee.

Celebration Booklet - Stay tuned...

When I was asked to prepare a reflection for the Celebration Booklet in honor of WVIS' 25th anniversary, I chose the prayer of Saint Anselm of Canterbury. I am inviting everyone to pray this prayer daily.

Since my youth, this prayer has inspired me because it captures, from my perspective, the intricacies of the spiritual journey. It focuses where my heart is, namely, in the art and discipline of teaching and being taught. As a teacher, being taught elicits profound challenges. Being taught requires openness to the teacher and to the messages. It requires trust, flexibility, a listening heart and the ability to hear, interpret and discern how to implement the instruction. Being taught by God is lifelong.

The yearning expressed in this prayer: *teach my heart when, where, and how to seek You after I have done all that I could do. Help me to recognize, to love, to appreciate and enjoy the fact that I find You by loving, love You in finding You.* This mystery of Providence embodies the union with the Mystery of God that spans the spiritual nights of doubt, fear, unknowing and the consolations eye has not seen. God who is before me and present in each and everything is Shekinah, God, Emmanuel.

PRAYER of SAINT ANSELM

*Teach my heart this day
where and how to find you.*

*You have made me and re-made me,
and you have bestowed on me
all the good things I possess,
and still I do not know you.
I have not yet done that for which I was made.*

*Teach me to seek you,
For I cannot seek you unless you teach me,
or find you unless you show yourself to me.*

*Let me seek you in my desire
let me desire you in my seeking.
Let me find you by loving you;
let me love you where I find you.*

*Reflection written by Sr. Carole
in May 2024 for inclusion in the
25th Anniversary "Celebrations"
Booklet due out later this year.*



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