

*Celebrate*



*Reflections and Prayers*  
*25<sup>th</sup> Anniversary Edition*

# Celebrating Sister Carole Ann Riley, CDP

May 31, 1942 - November 3, 2024

In loving remembrance of Sister Carole Ann Riley, CDP, PhD, we express our heartfelt gratitude for her profound impact on the West Virginia Institute for Spirituality and the countless lives she touched throughout her faith journey.

In 2024, Sister Carole celebrated her 65<sup>th</sup> anniversary with the Sisters of Divine Providence. As Executive Director of WVIS, Sister Carole exemplified outstanding leadership, organization, and professionalism, guiding us with her unwavering faith, wisdom, and compassion.

Sister Carole Riley entered the Sisters of Divine Providence on September 6, 1959, giving up a promising future as a classical pianist. In a 2010 interview she said that as a young novice she had set a goal for herself “to work and be a saint who makes a difference in people’s lives, bringing them closer to Christ and heaven.” She certainly achieved that goal. During her years at WVIS Sister Carole directed hundreds of individual and group retreats (at the Retreat house and across the world), was a spiritual director to many, taught classes in the spiritual direction training program, counseled, made videos and CD’s of programs she led. Sister Carole worked hard, prayed always, and was generous with time and talent to the end of her life. While Sister Carole is no longer with us, her spirit survives in those she touched with her music and her ministry.

Over the years she was like a “Mighty Oak” – standing proudly in her calling as one of God’s faithful servants. Let us remember that this “Mighty Oak” dropped and planted many acorn seeds along her pathway of life. The work of Jesus Christ will continue to sprout in the seeds she has planted.



## **FOREWORD**

### **Celebrating 25 Years of Spiritual Leadership at the West Virginia Institute for Spirituality**

This year, we celebrated the 25th Anniversary of The West Virginia Institute for Spirituality (WVIS). This significant milestone has invited us to celebrate the growth of our community, from a small group of dedicated individuals to a thriving network of spiritual leaders and seekers. We reflect upon the hearts and lives touched along the way, including those who have been supported through our programs.

Blue and silver, representing hope and clarity, are the colors chosen to symbolize this significant Anniversary. Focusing on hope and clarity will inspire us to rise above the mundane, discovering sacredness in our everyday acts of love, kindness, and compassion.

The themes explored in this booklet of prayers and reflections include:

Dawn – Sunrise – Noon – Sunset – Twilight- Nightfall

Let us trace the arc of a day, mirroring the rhythm of our spiritual lives. Each moment reminds us that just as dawn gives way to sunrise, our lives can flourish through intentional connection with the Divine and one another. The shifting hues of twilight and nightfall teach us to embrace the cycles of our journey, acknowledging God's ever-present guidance toward clarity and hope.

As you engage with this collection, may you find inspiration in the words that invite you to deepen your relationship with the Divine and foster community. Let these reflections and prayers empower you to face life's challenges with renewed hope and unwavering clarity. Together, as a united community, we rejoice in the legacy we have built, the friends we have made, and the faith we have cultivated over a quarter of a century.

May this 25th Anniversary serve as a beacon of hope to remind us that every moment is an opportunity for spiritual awakening and service to others, a commitment that we, at WVIS, hold dear and strive to uphold.

## 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 when I find you.*

**PRAYER of SAINT ANSELM**  
**Reflection 1**

To celebrate the 25th anniversary of the West Virginia Institute for Spirituality, 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-trust, flexibility, a listening heart, 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 these facts: 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.**

**Sister Carole Riley, CDP, Ph.D., Executive Director**  
**West Virginia Institute for Spirituality**  
**Charleston, WV**

**PRAYER of SAINT ANSELM**  
**Reflection 2**

**“Teach my heart this day where and how to find you”**  
**Saint Anselm**

These opening words of St. Anselm’s Prayer portray my words spoken as I approached WVIS for the first time for a day long retreat. As I knocked on the front door, I was greeted with an angelic face who looked me in the eyes with a warm invitation to enter.

I poured over the vast array of books, lining the shelves, and spotted a title that had first awakened my heart while I was in college. Later, in the day, those engaging eyes listened intently as I opened my heart, realizing my story was truly being heard and appreciated.

The invitation to move to the outdoors and take in the breath of God in nature opened my senses to the prayer that I repeated, “help me find you”.

I have referred to this day as the **points of light of WVIS**. In this anniversary year, I reflect on the thousands of seeking hearts that entered those doors, searching to find God in their lives.

I celebrate the **light of WVIS**, where the welcoming voice, the engaging eyes, the volumes of books and information and nature abound.

WVIS continues to be a light for those who pray “where and how to find God.”.

We can all **ENJOY BEING** in the light of WVIS!

**Mary Malamisura, Intern WVIS**  
**mary@enjoybeing.com**

**PRAYER of SAINT ANSELM**  
**Reflection 3**

**For the beauty of the earth,  
For the beauty of the skies,  
For the Love which from our birth  
Over and around us lies:**

**For the beauty of each hour  
Of the day and of the night,  
Hill and vale, and tree and flower,  
Sun and moon and stars of light:**

**Our God, to Thee we raise our hymns of praise.  
From the hymn, “For the Beauty of the Earth” by Folllott S.  
Pierpont**

**Reflection**

As the son of a greenhouse owner, I can readily relate to the intricacies of this Folllott Pierpont hymn. I even delivered flowers as an Easter Bunny or Santa’s Elf.

Daily, God, reminds us to celebrate the earth. However, this is often not the case. We take the beauty of our earth for granted and abuse our environment.

Recently, there have been natural disasters such as: Tornadoes, Hurricanes, Earthquakes and Volcanic Eruptions to bring us back to the reality to celebrate our earth.

**Call to Action**

Take one action today, to celebrate our Earth and thank God for all creation.

**Bruce Neal, West Virginia Reading Association Executive Director  
Charleston, WV**

**PRAYER of SAINT ANSELM**  
**Reflection 4**

Saint Anselm's prayer invites us into a profound yearning for a deeper connection with the Divine, a desire that echoes across generations and cultures. In acknowledging that we have been created and re-made, we recognize the gifts bestowed upon us, yet we often grapple with the fundamental question: how do we truly know God? This prayer resonates with our human condition, revealing our inner struggle and longing for divine intimacy.

"Teach my heart this day where and how to find you." This plea for guidance emphasizes the need for divine instruction in our spiritual journey. It reminds us that seeking God is not a solitary endeavor; we are called to approach Him humbly, recognizing our limitations and our constant need for His guidance.

As we desire to find God through love, we understand that love itself is not just a pathway but the very essence of the Divine. It encourages us to live out our faith actively, expressing our love through compassion, kindness, and service to others. In this sacred pursuit, we seek God and become vessels of His love in the world, creating a ripple effect that draws us all closer to the truth of our existence.

**Call to Action:**

- 1) Saint Anselm's call to seek God through our desires urges us to examine what we yearn for. Are these longings leading us closer to God, or do they pull us away?
- 2) Ask God to "Teach my heart this day where and how to find you" and listen for his reply.

**Very Reverend Sebastian Devasya, VE**  
**Pastor of Bluefield and Princeton Sacred Heart Parishes**



# Dawn



**DAWN**  
**Reflection 1**

**“Rise early when morning darkness still enwraps the trees.  
Walk into the dark forest with only your attentive heart.  
Gaze toward the east, take a deep breath, and wait.  
After a short while you will see God carrying a lantern  
through the forest, bits of light bobbing up and down, in  
and out, higher and higher, the light climbs, spilling  
over...then the beautiful darkness hands you over to the  
light...”**

**Macrina Wiederkehr. Seven Sacred Pauses**

**Reflection**

During these past 25 years, WVIS has often been the lantern that God used to shine light onto our spiritual paths as we looked for God's footprints in our lives, discerning His Presence, leadings, direction, and healings. Through Spiritual Direction offered, Coursework taught, Practicums guided, “light climbs, spilling over” ... not only to each Directee and Student but outward to spiritual seekers drawn to the light that emanates from WVIS through her many students, graduates, retreatants, Directors, and Directees. As Jesus said in the Gospel of Luke, “But now we must celebrate and rejoice because your brother (sister) was dead and has come to life again; he (she) was lost and has been found.” Luke 15:32.

**Call to Action**

1. If applicable, journal about the ways that WVIS, or other retreat experience, has been a Lantern of God's light to you.
2. Make a Gratitude List or Write a Prayer of Thanksgiving

**Eileen Chwalibog, Associate Spiritual Director  
Huntington, WV**

**DAWN**  
**Reflection 2**

**“Early on the first day of the week...Mary Magdalene came to the tomb and saw that the stone had been removed...”**

**John 20:1**

**Reflection**

When things were not as she expected them to be, what did Mary Magdalene do? She ran to receive strength and comfort from her friends, from those who, like her, loved Jesus. And so, they all ran to the tomb and saw what she had seen. And they left. But Mary stayed and *wept*. In the midst of her sorrow, Jesus says, “Mary” and she is filled with hope, joy, and comfort.

That is the gift of giving ourselves the opportunity at the dawn of each day to spend time with the Lord. We may not understand. Our hearts may be troubled. But each new dawn provides us with the chance to begin life anew. To hear Jesus say our name as he did to Mary letting us know he is with us.

God places people in our lives to lean on, to turn to in times of trouble. And those people are gifts to us. And yet, the tenderness of the Lord when we pour our hearts out to him is a balm and a renewed invitation to hope and trust in Christ who is with us always.

**Call to Action**

1. Recall a time when your heart was troubled and you felt Christ’s presence.
2. End this reflection with a prayer of gratitude for Christ’s tender care.

**Ms. Sally Orcutt, O.P.**  
**WVIS Associate Spiritual Director**  
**Cumming, GA**  
[sally@sayyes2yourlife.org](mailto:sally@sayyes2yourlife.org)

**DAWN**  
**Reflection 3**

**Isaiah 60:1 ESV**

**Arise, shine; for your light has come, and the glory of the Lord  
has risen upon you.**

**Reflection**

As the darkness of night fades, giving way to the morning light. It's a new dawn! Wake up! Stop trying to do it yourself!

We are given an opportunity to start anew. To share the light that God has given us.

**Isaiah 60:2 ESV**

*For behold, darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and his glory will be seen upon you.*

We are reminded by Paul in Rom 7:18 ESV

*For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.*

**Call to Action**

1. Remember a time when you felt overwhelmed and surrounded by darkness in your life.
2. Reconnect with the peace that you felt when you called upon the name of the Lord.
3. Call upon His name every morning for peace that surpasses understanding.

**Clinton Shrewsbury B.S.**  
**Scott Depot, WV**

**DAWN**  
**Reflection 4**

**“Day dawns and the morning star rises in your hearts.”**  
**-2 Peter 1:19 (NRSVACE)**

**Reflection**

Some people look at dawn as the time to act with faith in their hearts, renewed and refreshed by the blessing of rest. Some may look for inspiration to the life of Jesus and how His love inspired the acts of His apostles. “Day dawns and the morning star rises in your hearts.”  
-2 Peter 1:19 (NRSVACE)

Prayer

Let weariness not burden or oppress,  
May God’s refreshment flow from deep inside.  
Be present in each moment, nothing less,  
Forgive so faith's purpose in peace abides.

May in your deeds the beauty of your soul,  
Be seen by those who witness what you do.  
May sacredness within your work console,  
And bring forth meaning for us to renew.

Amen.

**Call to Action**

1. Recall a time when you were physically tired and oppressed in spirit.
2. Did prayer, rest and reflection about Jesus’ examples of love or the acts of the apostles that followed inspire you to act with compassion?

**Gerald L. Rutledge, J.D.**  
**St. Paul's Episcopal Church Vestry, Spiritual Growth**  
**Commission**  
**Pittsburgh, PA**

**DAWN**  
**Reflection 5**

**In the beginning, God...**

**Reflection**

When I am up and about before sunrise, I am both amazed and entranced by the beauty of the morning and the songs of the birds. Truly, it is almost just noise. Loud chirping and tweeting at the break of dawn.

The birds greet the new day in song. I frequently meet people who, cheerful and alert, confess that they pronounce each day as great, thanking God as they awaken for the joy of life!

Happy people and chirping birds. In unison that greet the new day thanking God for the gift of life.

**Call to Action**

1. Upon awakening think first of God.
2. Thank God for the joy of life, and the gift of a new day.
3. Carry gratitude with you through the day.

**Pat Riley**  
**Pittsburgh, PA**

**DAWN**  
**Reflection 6**

**“My soul waits for the Lord  
More than the watchmen for the morning.  
Indeed, more than the watchmen for the morning”  
Psalm 130:6 (RSVCE)**

**Reflection**

There is no better place to see the dawn of day than at an eastern beach. Before any light is visible, the night darkness turns grey. First a thin line of bright light appears and the sky begins to lighten, the grey turns to a soft morning glow. I feel such anticipation waiting for the sun to appear. And, when it finally begins to rise slowly in the sky, I am in awe once again that this rising happens over and over.

I sense this progression during my centering prayer. God is in the silence and the darkness. I sit with the same anticipation that the Son will arise for me this day and I will see, hear, taste, touch and smell God everywhere.

**Call to Action**

1. Listen to Jan Phillips sing: I Feel You Everywhere  
Accessible on YouTube/Jan Phillips/ I Feel You Everywhere
2. Pray the Examen this day as follows:  
Applying all your senses, where did you feel God today?

Cynthia Neely, Associate Ministry Director WVIS  
Chapel Hill, NC

# *Sunrise*





## **SUNRISE**

### **Reflection 1**

**“Then God said: Let there be lights in the dome of the sky, to separate day from night. Let them mark the seasons, the days and the years.”**

**Genesis 1:14**

### **Reflection**

"The sunrise teaches us an important lesson about life. It shows us that even after the darkest times, the light will always return, bringing hope and new beginnings ... and resurrection." Author unknown.

*“Every sunrise is an invitation for us to arise and brighten someone’s day.”* — Jhiess Krieg

From a young age, sunrise at the beach was a favorite time of day. As the years passed, sunrise at the beach became a favorite time for prayer and reflection – rhythmic sounds of the ocean waves, gulls swooping overhead, the fresh breeze. Presently, I view a different sunrise through the trees from my patio – various colors of sky provide color through the leaves, whistling of the wind, birds chirping, insects buzzing. These nature settings provide for me a “silence” that calms and allows me to reflect and pray. To hear HIS voice.

### **Call to Action**

“Solitude is the place where we go in order to hear the truth about ourselves.” Fr. Henri J. Nouven

“Take time to refresh yourself as often as you can in the gift of nature. Allow yourself to take a break from the busyness of life and discover His presence in the stillness of His creation.”

*God Is My Hiding Place: 40 Devotions for Refuge and Strength by Corrie Ten Boom*

**Margaret (Susie) Pace, MEd, MA**  
**Sacred Heart Catholic Church**  
**Princeton, WV**

**SUNRISE**  
**Reflection 2**

**HELLO, SUN IN MY FACE**

**Hello, you who made the morning  
and spread it over the fields and into the faces of the tulips  
and the nodding morning glories, and into the windows of, even,  
the miserable and the crotchety – from “Why I Wake Early,” —  
Mary Oliver**

**Reflection**

I was anxious at the thought of flying to Boston and making my way to Gloucester for a silent retreat and I almost backed out several times.

Once safely there, I awoke early every morning, and I watched the sun rise over the harbor. Every day was a hallelujah experience of the awe of God. I enjoyed simple meals, walked through tall grasses swaying in ocean breezes, laid upon huge cool rocks to pray, attended daily mass; partook of the eucharist. Every moment with prayerful people like my spiritual director, a wonderful woman pastor whose experience in ministry mirrored my own, was refreshing.

I returned home renewed by God’s love.

**Call to Action**

1. This morning, pray for awareness of God’s love through people and/or nature.
2. Read Psalm 136.
3. Journal how God’s love endures forever.

**Reverend Christina St Clair, MA, WVIS Associate,  
[www.loyaltyamongwomen.com](http://www.loyaltyamongwomen.com)  
Ashland, KY**

**SUNRISE**  
**Reflection 3**

**“To make known that one must give you thanks  
before sunrise, and turn to you at daybreak.” -**

**Wisdom 16:28**

**New American Standard Bible-Catholic Edition**

As the day begins, our thoughts turn first to God, to whom we give thanks for this day.

We can also look forward to opportunities in this new day to see and serve Jesus in other people, as St. Matthew quotes Jesus: “ **'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'** ”**Matthew 25:40.**

We pray take, Lord, and receive; I place my life in your hands. **“Give thanks to the LORD for he is good, his mercy endures forever!”- Psalm 107:1.**

**Call to Action**

1. For what do I most want to thank God this day?
2. Who is God calling me to serve today? Why?
3. End this reflection with a prayer of thanksgiving for this new day and its opportunities to serve God and others.

**Jim Olson, Ph.D., Ma.T.**  
**Charleston, WV USA**

## **SUNRISE Reflection 4**

**“Because of the tender mercy of our God, whereby the sunrise shall visit us from on high to give light to those who sit in darkness and in the shadow of death, ...”**

**Luke 78-79**

**United States Conference of Catholic Bishops Bible**

### **Reflection**

The biblical meaning of sunrise usually signifies a new day or a new beginning. All of life awakens when the sunrise creates morning light. The sunrise provides a daily opportunity to practice an “attitude of gratitude.”

Gratitude is important. Gratitude puts our minds and hearts in a wonderful place. An attitude of gratitude means making a conscious habit of regularly expressing appreciation for big and small things.

### **Call to Action**

Let the sunrise be the cue to make a daily habit of being grateful and thankful for our blessings. Here is an inspiring quote from motivational speaker Zig Ziglar. “Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

**Edward Kocher, Ph.D.**  
**Duquesne Professor of Music**  
**Pittsburgh, PA**  
[\*\*kocher@duq.edu\*\*](mailto:kocher@duq.edu)

**SUNRISE**  
**Reflection 5**

**“I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.”**  
**John 8:12 ESV**

**Reflection**

I see the sunrise as a time of leaving the darkness and entering the light . . . for dreaming what the day that has been given to me might hold. For me, the light of the rising sun provides the promise of a new day and the possibility of a new beginning.

**But my guiding light no longer comes from the sun. “The sun shall be no more your light by day, nor for brightness shall the moon give you light; but the Lord will be your everlasting light . . . - Isaiah 60:19 ESV**

**Anyone that acknowledges that Jesus is the Son of God, God lives in them and they in God, and they will have the light of God always within them.**

**Call to Action**

1. In the mornings when you first see the sun, say a prayer of thanksgiving for the light of God that resides in you.
2. Listen to the song, Christ Be Our Light by Bernadette Farrell.

**Ed Neely**  
**Chapel Hill, NC**

Noon



**NOON**  
**Reflection 1**

**“Be prepared to meet your grace in every circumstance of life.”**  
**St. Elizabeth Ann Seton**

**Reflection:**

One morning as I lit my prayer candle, my attention was drawn to the flame, and it taught me a deeper lesson of the presence of God. I was aware of its brightness at the center and how much warmth it emanated. The flame could be still in one moment then begin to dance in the next. I realized how the flame had within it the power to start a raging fire. As I contemplated, the flame represented for me the living presence of God, but my understanding of God’s presence actually deepened when the flame went out. I only knew it went out by the smell of sulfur and then the sight of smoke rising from the wick. I was tempted to light a new candle to keep the flame alive, but the Spirit held me in place and whispered, *God is still here transformed into smell and smoke, and transformed again into air...the very air you breathe and the very air that ignites an ember into flame. God is all and in all.* My heart was opened wide so to meet the grace and presence of God in everything.

**Call to Action:**

Observe something seemingly ordinary today and allow it to teach you about the presence of God in your life.

**Cynthia Boland, M.A.**  
**Pittsburgh, PA**

**NOON**  
**Reflection 2**

**“Be still and know that I am God!”**  
**Psalm 46:10**

**Reflection**

This Bible verse was the theme of the first retreat I attended. It has remained with me as my “go-to” reminder to clear my mind, and be still in the presence of God, especially during contemplative prayer. God calls to me, when I read these words on plaques at WVIS, to stop and just “Be” for a moment!

Noon is the perfect time to break from my daily routine and relax awhile. I sit on my back patio and enjoy God’s presence all around. The varieties of plants and shrubs in the flower beds, the uniqueness of the assorted trees on the hillside, and the beautiful colors and sounds of the many different birds that come to feed. Nature soothes me.

Just the other day, as I was sitting on the patio, I thought, “nature”? Whose nature? I am experiencing God’s Nature!!!” – beauty, grace, love, calmness, unpredictability, dependability...

**Call to Action**

Be....Be still....Be still and know....Be still and know God!

**Rose Marie DeBias**  
**WVIS Volunteer, CSJ Associate**  
**Blessed Sacrament Parish**  
**South Charleston, WV**



**NOON**  
**Reflection 3**

**Celebrate: “to experience joy and gratitude derived from small  
(or large) miracles in one’s everyday life.”**  
**P. Steelhammer**

**Reflection**

Noon. Midday. The perfect time to celebrate.

I celebrate that it is Tuesday. I celebrate that it is Wednesday. Celebrate an unexpected encounter with a former coworker yesterday and celebrate remembering how much she added love and laughter to the workplace. Celebrate there was no line of cars waiting at the gas pump. Celebrate the driver who uses turn signals. Celebrate not using too many angry words about drivers who do not use turn signals. Celebrate the lost dog finding a good home. Celebrate the other lost dog finding a good home. Celebrate having more to learn from life since we are not yet perfect. Celebrate the safety some in the community feel when they openly identify as LGBTQ. Celebrate freedom.....democracy.... love....life....gratitude....laughter....God’s love.

Celebrate the small miracles God creates for us each day.

**Call to Action**

1. Identify six small miracles that have occurred in the last 24 hours.
2. Be grateful for those small miracles God provided.
3. Celebrate those small miracles.

Go ahead. Dance to the music. It’s a miracle.

**Pam Steelhammer M.A., M.B.A.**  
**Charleston, West Virginia**

**NOON**  
**Reflection 4**

**“Now from the sixth hour (noon) there was darkness  
over all the land.”**  
**Matthew 27:45**

**Reflection**

Christ paid the penalty for our sin in total darkness separated from both God and man. He endured the darkness so that humanity could receive forgiveness and redemption.

We may at times find ourselves in darkness separated from both God and man. We may have an argument with a friend or loved one and not be able to find our way to forgiveness, acceptance, or love. If we have not nurtured our relationship with God, we may not feel that we can reach out to Him for guidance and strength, and we feel alone. But God is always with us, waiting patiently for us to come to Him.

We might nurture our relationship with God by praying the Examen daily perhaps at noon -remembering Christ - God’s greatest expression of His love for us. This is a meaningful time to reflect on all of God’s blessings in our lives: and by His grace, we can be led out of darkness.

**Call to Action**

1. Recall a time when you found yourself in darkness and were able to draw on your relationship with God to find the light.
2. End this reflection with a prayer of gratitude, thanking God for His patient love.

**Ms. Laurie A. Lanzo**  
**WVIS Associate Spiritual Director Intern**  
**Cumming, GA**

**NOON**  
**Reflection 5**

**“Jesus tired by the journey, sat down by the well. It was about the sixth hour (noon). When a Samaritan woman came to draw water ...” John 4:5-30**

**Reflection**

Jesus was tired and needed to rest. So, he sat down by a well. This was nothing out of the ordinary, walking in the heat of the day caused even the healthy to seek shade and comfort.

A woman, a Samaritan came to draw water. A simple setting and a simple job to do but the outcome would be life changing. She was a sinner, married many times, an outcast, unlucky in love. Coming out in the heat of the day kept her away from others who would scorn her and ridicule her for her lifestyle. Jesus asked for some water. Her response was “how do you ask that of me?” Jesus responded “if you only knew what God is offering.” “He told me everything I have done.”

**Call to Action**

1. How do you resemble the Samaritan woman?
2. Do you ever avoid others because of something you have done in the past?
3. Name a groundbreaking experience in your life, which has changed you?

**Sister Gale Pankowski, SCC**  
**Chaplain, Cooperman Barnabas Medical Center**  
**Livingston, NJ**

# *Sunset*



**SUNSET**  
**Reflection 1**

**“Sunsets are so beautiful that they almost seem as if we were  
looking through the gates of heaven.”**

**John Lubbock**

**Reflection**

Sunsets are a reflection of the glory of God...white puffy clouds, tinged with gold of the setting sun, shimmering golden hues dancing on the waters of a river, ocean, or stream, blackened silhouettes of trees against the orange and yellow sky.

No matter in what state of life a person is, the sight of a gorgeous sunset can stir hope in the heart of the rich, poor, lonely, depressed, and naturally joy-filled souls bringing a sense of celebration in the wonders of God or the Higher Being to whom one prays.

**Call to Action**

For one minute, walk outside, stand there, in silence, look up at the setting sun sky, and contemplate how amazing it is to be alive.

Then celebrate in your favorite way the joy you feel.

**Sister Mary Irene Sorber, SCC**  
**WVIS Associate Spiritual Director**  
**Charleston, WV**

## **SUNSET**

### **Reflection 2**

**“Every sunset brings the promise of a new dawn.”**

#### **Reflection**

This comforting thought reminds us that, like the setting sun, life is a cycle of endings and beginnings. As the day transitions into night, the sky transforms into a breathtaking canvas, painted with deep orange, red, purple, and pink hues. You often see slivers of tranquil blue and shimmering silver. The spiritual meaning of blue is hope, a reminder that even as the sun slowly disappears behind the horizon, there is still calm and serenity to draw upon. The radiant silver moon gracefully appears as the sunset lingers, reflecting clarity and lighting our path with wisdom and understanding.

In our daily lives, we often encounter challenges and uncertainties. When we pause to appreciate the beauty of the sunset, we are reminded that hope is ever-present. Every sunset invites us to shed the heaviness we carry by releasing the burdens of our day, allowing us to relish in newfound peace and renewed spirit.

The gentle transition between sunset and twilight gives us time to ponder, pray, and seek clarity in our thoughts and actions. It calls us to reflect on our experiences, fostering a deeper understanding of ourselves and our relationships. By cultivating hope and clarity in our lives, we can approach each day with renewed purpose, courage, resilience, and awareness that every ending offers space for a new beginning.

#### **Call to Action**

When was the last time you mindfully observed a sunset?

What is currently “setting” in your life, and what promise may the new “dawn” bring?

**Gina Boggess**  
**Sacred Heart Parish**  
**Princeton, West Virginia**  
**Pastoral Ministry**

**SUNSET**  
**Reflection 3**

**“Do not let the sun set on your anger”**

**Ephesians 4:26**

**Catholic Edition-New American Standard Bible**

**Reflection**

Some people often engage in a review of the events of their day. These people may even record these events for themselves in some form of a diary.

When people discover during this self-examination period, they became angry, they should be reminded not to **“let the sun set on their anger.”** In fact, people should contact the people they offended and apologize. which Paul further suggests in **“Forgive as I have forgiven you”-Colossians 3:13**

**Call to Action**

Recall a time when you forgave another person. Did knowing how God forgives you unconditionally, help you forgive this person? Close this prayer period with a prayer of gratitude for God’s unconditional forgiveness.

**Bob Harrison, Ph.D.**  
**Charleston, WV**

**SUNSET**  
**Reflection 4**

**Reflection**

Enter rays of burnished pink-violet-orange-gold, streaking across an  
emblazoned sky.

Day's glory, fading presence of what wondrously was, a small  
miracle to behold, now begins to give way to what is nigh.

A strange and different, no less breathtaking beauty is about to be  
ushered in.

Deepening hues stand suspended, held for an eternal moment the  
Rising Dawn's twin

The Day's valor won; many good things, some left undone.

Blessed are you, God, Ruler of the Universe!

A moment to prepare for rest and grace.

May the Lord bless and protect you as you enter into Twilight's  
embrace.

Whispers of the holy peace that descend upon all.

**Call to Action:**

Listen to the whispers of peace in your day today.

**Lisa Marie Marengo, OPL**  
**WVIS Spiritual Direction Intern**  
**Wake Forest, NC**



**SUNSET**  
**Reflection 5**

**“...their passing away was thought an affliction  
and their going forth from us, utter destruction.”**

**Wisdom 3:2-3**

**New American Bible Revised Edition**

**Reflection**

I am writing this the day after Sister Carole's death. A profound sunset in many of our lives. What do we celebrate considering such great loss?

I see the many lives touched by her light.

Often that light was bright like the late afternoon sun, coaxing us to remove our protective layers like so many raincoats when the clouds retreat on a showery day, revealing our strengths and our tender places.

But today I am thinking of how the web of connections that were spun by her life embodies the principle of giving and receiving form that she taught and lived.

This web will remain after the sun goes down today. And tomorrow, we all will still be connected with each other, with nature, and with the God of Our Understanding.

**Call to Action**

As we celebrate and grieve together, we can each spend time with our own memories of Sr. Carole in appreciation of the light she brought us. Then share with a friend.

**Liz Deal**  
**WVIS Spiritual Director**  
**Huntington, WV**

# *Twilight*



## **TWILIGHT Reflection 1**

**“You are going to have the light a little longer, walk while you have the light before darkness overtakes you”.**

**John 12:35**

### **Reflection**

Twilight is a time of seeing a dwindling sun and yet a brightness for which we cannot help but *take notice*. It can be a breathtaking experience of spectacular movement into awe and peace. Who of us cannot remember the loveliest of an evening moment, one more gift of God?

God must say: I have something extra-special for you! It is often for me a remembrance of God's blessing during the day and an opportunity to be grateful for His love. I pray for another day where I continue to become aware and appreciate God's surprises, review my day and not only thank God but review my own gifts and use them to the fullest.

### **Call to Action**

Do I *notice* God in my daily life?

Is my life so frenetic that I race throughout the day without a thought of God's precious gifts to me personally?

**Sister Ritamary Schulz ASCJ  
Associate Spiritual Director  
West Virginia Institute for Spirituality**

## **TWILIGHT**

### **Reflection 2**

**“In the evening of life, we’ll be judged by our love”.**  
Daniel Recla, O. Carm.

### **Reflection**

As we draw near the end of the 25<sup>th</sup> Anniversary of WVIS, we remain steadfast in the mission of being rooted and living in the light of God’s love. We also remember the 25 years that Sr. Carole Riley spread this mission in her role as the executive director. We celebrate the wonder-filled life of Sister Carole. We, at WVIS and all associated with her, can all attest to the overwhelming love she has shone everywhere and to everyone she met and with whom she worked. We praise God that she now enjoys the music of heaven!

In the evening of our lives may we continue to spread the love, joy, and peace of Jesus in celebration for all God has done for us, through us and in us.

### **Call to Action**

1. Praise God in celebration for all the celebrations in your life.
2. Strive to see God’s graciousness in your family, friends, neighbors and all you meet.
3. Shine with the love of God.

**Sister Mary Irene Sorber, SCC**  
**WVIS Associate Spiritual Director**  
**Charleston, WV**

**TWILIGHT**  
**Reflection 3**

**A Prayer for The Gift of Rest**

**Reflection**

Lord Jesus, thank you for this time that You have given me now to rest in the embrace of Your loving and merciful heart. I give to You my heart, and I ask that You fill me with Your divine love.

As I abide in You, heal my wounds, strengthen my will to choose the good, open the eyes of my heart to gaze upon Your Holy Face and to love You and my neighbor with zeal; for I know that it is You that I serve when I help those in need.

Allow me to enter into the depths of Your radiance so that I can be abundantly filled with Your grace for my earthly journey. Thank You for loving me where I am and drawing me out of my complacency into a deeper understanding of the mission You have marked out for my life.

**Call to Action**

Bless all those who have asked me for prayers  
and give each of us sufficient grace  
to do Your will in our lives.

As I rest near Your Sacred Heart,  
fill me with peace and enable me to persevere  
through the trials and sufferings of this life to one day  
be united with You forever in heaven. Amen.

**Michael J. Tupta III**  
**Seminarian**  
**Rome, Italy**

## TWILIGHT Reflection 4

**“The Whole Earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.”**

**Psalm 65:8**

**New International Version**

### Reflection

The summer twilight sky brings back joyful childhood memories of playing tag in my front yard with friends. The blueish light brought relief from the day's heat. Lightening bugs flashed in flight. I felt free.

At age 64, I find the ethereal beauty of twilight humbling: **“What is mankind that you are mindful of them, human beings that you care for them?”-Psalm 8:4.**

I give thanks for the tangible and mysterious ways God has and continues to care for me. **“God is the strength of my heart and my portion forever” -Psalm 73:26.**

I am grateful for the grace to serve my family, friends, and community,

### Call to Action

1. Look out of a window or step outside. How has God gifted you through nature's beauty and bounty?
2. Create a gratitude list of five people and the ways they have cared for you.
3. Who would benefit from an act of loving kindness from you today?

**Ann Winton, MA  
Charleston, WV**

**TWILIGHT**  
**Reflection 5**

**REACH AND EMBRACE THE TWILIGHT**

**“Then the kingship and dominion and majesty of all the kingdoms under the heavens shall be given to the holy people of the Most High.”**

**Daniel 7:23,  
New American Bible Edition**

**Reflection**

As we grow older, our bodies and eyesight begin to fail, however, our apocalyptic vision becomes more clearly into focus.

In the Holy Gospel according to Matthew, Jesus shows his trusted Apostles, Peter, James and John how He will be transfigured after his death and resurrection. He shows us that we are changing, but at a much slower rate, and how we will be fully transformed at our ultimate destination.

Our twilight transformation is a continuation of God’s saving grace in our lives. We just have to see it and embrace it.

**Call To Action**

1. As we come to the twilight of our lives, may we forget about the power and prestige that we did not achieve and focus on the love we have freely given to our spouses, families and others.
2. May we pray for grace to be able to receive the love and forgiveness of others.
3. As we grow older, may our final measure be the agape love and forgiveness we offer as a gift to all those people who have touched our lives.

**Deacon Peter Minogue**  
**St. Patrick Church**  
**Hinton, WV**

# Nightfall





## **NIGHTFALL**

### **Reflection 1**

**“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.”**

**Proverbs 3:24**

**“It will be unbroken day, such as the Lord has knowledge of, without change of day and night, and even at nightfall it will be light.”**

**Zechariah 14:7**

### **Reflection**

In the darkness there is no distraction. All focus can be on our Lord, the God that has control of everything. Giving God the whole of the day.

As nightfall comes and day fades away the actions of the day may enter our minds as we Examen the good and the not so good that we have done throughout this day. Nightfall gives us the opportunity to move away from both the good and the not so good of the day, to a place of peace, a place where only God resides within us. We should never lose the thought that no matter what we do or where we go God is within each of us, with The Good and the Not So Good. Nightfall gives us the opportunity to put the Good and Not So Good behind us as we feel the peaceful presence of God. Only God can bring us Peace.

### **Call to Action**

As you ready yourself for sleep, place all your daily actions in God’s hands, for what has passed is past, what will be is unknown. Place yourself in the care of God and pray for restful sleep.

**Deacon Thomas Soper  
Toledo, Ohio**

## NIGHTFALL

### Reflection 2

**“Here’s another way to put it: You’re here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill. If I make you light-bearers, you don’t think I’m going to hide you under a bucket, do you? I’m putting you on a light stand. Now that I’ve put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives.”**

**Matthew 5:14-16a**

### Reflection

“Let there be light!” are the first words God utters. God later creates the sun, moon, and stars. So, what light did God create? It is the light that lives in all of us. This light transcends time and space and pierces the darkest night in the shadows of a forest. Also, it is forever reflected in the faces of those we love.

St. Paul calls us children of light sharing in the inheritance of God’s holy people in the kingdom of light. Our light, then, is the work of the body of Christ. So, for God's sake, as light-bearers "let it shine, shine, shine! Let it shine!"

### Call to Action

1. Reflect on a time when you served as a light-bearer to others, how did you feel?
2. Do it again.

**Reverend, Dr. Rindy Trouteaud  
Tucker, Georgia**

## NIGHTFALL

### Reflection 3

**“The Lord will command His loving kindness in the daytime;  
And His song will be with me in the night,  
a prayer to the God of my life.”**

**Psalm 42:8**

### **Reflection**

As night falls, stillness enfolds me. In spite of (or perhaps because of) the darkness, I am able to see more clearly, hear more acutely, understand more accurately, feel more deeply. Distractions of noise, light and hurry have been quieted and I can enter into the peace of unity, with myself, with my God. As I am with God in the calm of nightfall, may I rest in loving trust and gratitude.

“Remember you are held safe.

You are loved.

You are protected.

You are in communion with God  
and those whom God has sent you.

What is of God will last.

It belongs to eternal life.

Choose it and it will be yours.”

The Inner Voice of Love, by Henri J M Nouwen

### **Call to Action**

1. How do I experience God’s loving kindness in the uniqueness this night?
2. What is my song of praise and thanksgiving?

**Sister Deborah Lockwood  
Franciscan Sister  
Redwood City, California**

# NIGHTFALL

## Reflection 4

*“.... this night will pass; then we have work to do”*

**Rumi**

### Reflection

As daytime moves to nightfall,  
our basic instincts come alive,  
enlighten new awarenesses,  
nudge us for a better ride!

Stars light more to see,  
create a new creativity,  
stealing moments of our time  
reap memories we want to find!

Our mission starts to take shape,  
reminding newness should not wait!

Beauty blossoms do unfold  
new blessings re-appear from old!  
... but weeds and wasteful agitation  
rise fast for our attention!

The answer is loving heart  
for every creature on our path;  
we empty everything we crave  
so everyone can grow and save!

### Call to Action

Spend time under the stars with their Creator!

**Bob Sylvester, M.A.**  
**WVIS Spiritual Direction Associate**  
**Charleston, WV**

**NIGHTFALL**  
**Reflection 5**

**“At nightfall, weeping enters in, but with the dawn, rejoicing.”**  
**Psalm 30:6**

**Lectionary for Mass for Use in the United States of America**  
**2<sup>nd</sup> Typical Ed. (1998)**

**Reflection**

From our earliest recollections, night is pervaded by darkness, literally and figuratively. For it is at nightfall that we are on guard, protecting ourselves, those we love and our homes from the forces we associate with darkness. As the psalmist says, weeping enters in, because we regret the evil that we encountered that day and the chance that our judgment could come “like a thief in the night,” leaving us vulnerable in the dark.

But dawn brings light. It brings resurrection and new life. It brings rejoicing.

**Call to Action**

1. Reflect on how you handle the darkness of nightfall.
2. Pray for dawn in your heart.
3. Be the dawn to someone you encounter.

**Deacon Michael A. Kawash**  
**Charleston, West Virginia**

**A Prayer Celebrating WVIS**  
**by**  
**Sister Molly Maloney, O.S.F., M.A.**

**God of Celebration,**

**Our hearts are full to the brim and spilling over with thanks for all that has been....**

- **Your call to plant a retreat house in the heart of Charleston, WV**
- **The Cenacle sisters and Sr. Carole Riley, C.D.P. who said; “YES”!**
- **The Contemplative Prayer Group led by Charlie Boll**
- **The tender roots of the Associate Spiritual Direction Training program**
- **A new beginning as: The West Virginia Institute for Spirituality forged by the first founding Board Members**

**We give you thanks and praise as we celebrate what you have done!**

**Our hearts are full to the brim and spilling over with thanks for all that is....**

- **Saint Thérèse Couderc Retreat House at 1601 Virginia Street, E. Charleston, WV**
- **The Hermitage where countless pilgrims find solace in silence and sacred solitude**
- **Our chapel: “Nazareth” where bread is blessed, broken and shared**
- **All WVIS Board Members who generously give their time and attention to nurturing the continued growth of WVIS**
- **Religious Communities who support their sisters’ ministry at WVIS: Congregation of Divine Providence, Pittsburgh, PA, Sisters of St. Francis, Stella Niagara, NY, Apostles of the Sacred Heart, Hamden, CT, Sisters of Christian Charity, Mendham, NJ, Ursuline Sisters of Mount Saint Joseph, Maple Mount, KY, Sisters of St. Joseph, Wheeling, WV, Pallotine Sisters, Huntington, WV and for generous grants given for outreach**

- **Rector: Very Rev. Donald X. Higgs - Basilica of the Co-Cathedral of Sacred Heart, Pastor: Rev. Paul J. Wharton - Blessed Sacrament Parish, and Rev. Bill Petro**
- **Multiplication of Satellites and commissioning of Associate Ministry Directors in: Stroudsburg, PA - Hilton Head, SC - Atlanta, GA - Berkeley Springs, WV - Chapel Hill, NC - Greensburg/Murrysville, PA - Hamden, CT - Huntington, WV - Southern WV - Pittsburgh, PA - Toledo, OH - Waynesburg, PA - Cumming, GA**
- **Our generous benefactors, retreatants and directees who support the on-going Mission of WVIS**
- **Our heartfelt gratitude to our co-editors of “Celebrate: Reflections and Prayers 25th Anniversary Edition” Bob Harrison and Susie Pace.**
- **Our revered Sister Carole A. Riley, CDP, WVIS Executive Director 1999-2024. Her “life” will forever shine and her spirit lives on in each of us blessed to know her.**

**We give you thanks and praise as we celebrate what you have done and what will be! Our future lies deep within your heart.**





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