

West Virginia Institute For Spirituality



Rooted and Growing in the Light of God's Love

Spring 2009 Update

Letter from the Executive Director

Dear Friends,

It is hard to believe that WVIS has been located on Virginia Street for ten years this December! The ministry here has been challenging but so rewarding.

When we announced our 10th anniversary, we received a number of heartfelt comments. Here is a sampling: "If it had not been for the profound God-experience I had at my WVIS retreat, I do not know how I would face the challenges I now encounter." Another wrote: "walking with me during this difficult time helped me see that God loves me especially now. I have come to believe and hope more in God's presence with me. It has sustained me and I can now move forward with my head up high!" A participant attending a conference said: "Has it really been ten years? Kudos to you all!" I would not miss a program at WVIS! I look forward to the challenging aspects that are pertinent and timely for me. What would I do without WVIS? "And" congratulations on ten years of magnificent service at the West Virginia Institute of Spirituality. Yours is a very special vocation. I wish you success for another ten years and more. My prayer for you is one of gratitude for your past success and perseverance for the future. May God and His Holy Mother continue to smile on you." And one last sampling: "there were many challenges you have faced and continue to face; we support you! It has not been easy, but we are behind you all the way. Yours is a good work, in fact a great work, and God and WVIS have changed our lives. You can be assured of our prayers. We will help in whatever way we can to promote your service."

Moves have been challenging, and operating a retreat house is filled with many responsibilities. Our board members and friends have been able to keep the house in good condition for our retreatants. Through your generosity we have been able to provide a new roof, new windows, renovation of our third floor, installation of a ramp for handicap accessibility and the Ardath S. Franke hermitage. Last year, through our satellites, offering retreats, spiritual direction, outreach and programs we have served 4000 persons.

God is so overwhelmingly good to us. Our ministry is flourishing and we as staff are so much richer for your presence in our lives. Continue your prayerful support, and share what is happening at WVIS so others can participate as well. God is in this place as we strive to bring his love and healing to all. Thank you for all you are and do for us. We ask you to be with us as we move into another decade of God's presence in West Virginia through our training of spiritual directors and outreach programs.

May this Easter season be a blessing for you, as you come to know God more. Thank you for 10 wonderful years!

Sr. Carole Riley, CDP, Ph.D., LPC
Executive Director



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West Virginia Institute For Spirituality

Adrian van Kaam 2009 Lecture Series

The newly established Van Kaam Lecture series sponsored by a donor in honor of Sr. Mary Pellicane, rc, successfully completed its first two programs. Sr. Carole Riley, Ph.D., presented the first program in the series titled: *Coming Home: Union With God*. In this seminar, Sr. Carole explored the principles of authenticity. Participants were guided in describing their presence and ways of being in personal, interpersonal, faith and professional relationships.

In February, Sr. Donna Marie Beck, Ph.D. presented the *Foundations of Van Kaam's Transcendence Therapy: Music As A Servant Source*. Her seminar addressed the dynamics of transcendence therapy as developed by Dr. Adrian van Kaam.

Transcendence therapy invites participants to focus on the dynamics of human growth, development and maturation. Sr. Donna Marie, a Professor of Music at Duquesne University and a Music Therapist, used music to enhance the participants understanding of this therapy in individual and group work.

Over thirty people participated in this new lecture series. The schedule for the 2010 Van Kaam Lecture Series will be available on our website at www.wvinstituteforspirituality.org

"Soup and Silence"

Soup and Silence is another one of the many invitations that Jesus offers me to spend some special time with Him. He says to me, "Come away and be quiet and be with me". When I say, "yes", to His invitation, it's another step forward in my spiritual development. In silence, I give Jesus a chance to say something to me. Sometimes I am the facilitator for the group; at other times, I make the soup, or just be a part of the group.

Whatever my role is, it is always a time to grow closer to Jesus. I look forward to Soup and Silence; if for some reason, I am not able to attend, I really feel that I've missed a beautiful experience.

Rev. Mr. David Wuletich,
Associate Spiritual Director

Soup and Silence, one hour of contemplation offered the first Friday of every month by The West Virginia Institute for Spirituality, affords participants the opportunity to "be still and confess that I am God." (Psalm 46: 11) A welcome alternative to standard religious practices, by which the faithful seek God through outward signs and symbols, Soup and Silence permits participants to receive God as He intended to be received: a tiny whispering of spirituality. (1 Kings 19: 11-13) If the kingdom of God is truly among those who recognize it

"Soup and Silence" Continued

(Luke 17:21), then Soup and Silence is an excellent instrument for that recognition to take place.

Richard Stonestreet,
participant of Soup and Silence



Guests savoring homemade soup served in the monastic tradition of silence and contemplation.

Soundings from St. John of the Cross

I was ambushed by the Spirit recently when I began reading *THE IMPACT OF GOD, SOUNDINGS FROM ST. JOHN OF THE CROSS*. By Iain Matthew. The word 'soundings' caught my attention and invited me to measure the depth of the presence of God within. It is a Lenten journey inward and outward.

As I read, there it was: "God is: anticipating, enhancing, transforming, and *pressing in to fill whatever SPACE is given him—then emptiness will have an obvious value...*".p.47



West Virginia Institute for Spirituality

Soundings from

St. John of the Cross Continued

Lenten space is the given, along with Jesus' gifts of prayer, fasting and caring for others.

Healthy spirituality is often more about SUBTRACTION than ADDITION. Removing the obstacles to union with God, so that the real ground of our existence will be revealed: God's loving Presence with and for and in us. Before we can do anything good, for God or one another, or even think of doing any good, the simple truth is that God initiates all life and love and goodness. We choose to receive: LET IT HAPPEN TO ME.

PRAYER- being present to the Presence, daily, moment by moment. "Whatever you do in word or work, do everything in the name of the Lord Jesus (with the awareness of God's presence.) God gives the desire, in the midst of so many other needs and desires. PRAYER is the moment when we choose the desire to be WITH YOU, GOD. Emptying our awareness of the busyness so God can have space to fill us more with the awareness of God's self. God arises from the center of our being on the desire to pray.

FASTING: Sensual overload: What we see and hear and touch and smell and eat. When busyness and activity and self-gratifying become our gods, our spirit starves and withers from mal-nourishment. So, SLOW DOWN. LISTEN to your story (notice how God has been present with you). Feed the soul with SILENCE, AND with some serious spiritual, inspirational, reading, like the Scriptures, lives of the saints, and contemporary Christian literature. Feed the soul with SOLITUDE (being alone with God who desires to be alone with you) AND with beauty, walking in creation with the awareness of the Creator who walks with you. SURRENDER, yield to God who loves you and who asks: WHAT DO YOU WANT ME TO DO FOR YOU? Notice how God is claiming more and more space in your consciousness.

CARING FOR OTHERS: Sometimes all one needs is a good listening to.

Allowing the presence of God who is filling our inner space more so as to radiate out into the spaces of so many others.

How deeply connected God is to our souls and is 'anticipating, enhancing, transforming, and pressing in to fill whatever space is given..."

Fr. Bill Petro is a faculty member and Associate Spiritual Director

Parish Nurses: Educators, Advocates, Leaders

As a child I remember being fascinated by a toy Doctor's kit. The three items I remember are the important stethoscope, a pretend syringe for administering shots and a pair of glasses (plastic of course) that just fit on the bridge of the nose. I'm assuming that the latter accouterment was to assure the look of intelligence! As an adolescent I loved reading about Clara Barton. I was intrigued to learn about her work offering comfort and care to the sick and wounded soldiers of the Civil war. I remember talking to my Aunt Norma, who was an RN, asking about her experience and I seriously thought about pursuing nursing as a life avocation.



West Virginia Institute For Spirituality

A Call to the Ministry of Spiritual Direction

The desire to study the art of Spiritual Direction is important, but the call from the community to practice this privileged ministry is crucial. While journeying through serious illness, I received a call to Spiritual Direction from parishioners, and health care workers, who recognized a vulnerability in me that made them feel safe.

I graduated from WVIS in its beginnings, January 2000. At the time I was ministering in a large suburban Catholic parish in Bucks County, PA. WVIS was a perfect fit for those of us doing Sunday ministry, as our intensive training was held monthly from Friday through Saturday. Although skeptical at times about assignments given throughout the training program, I have come to realize that these are wonderful resources in the field. The ecumenical population in the class, and some of the visiting instructors, appealed to me.

With my certificate from WVIS and my liturgical music training, I was invited to join the staff at the Jesuit Center in Wernersville, PA. The mission of the Jesuit Center is realized through spiritual direction, training for the Spiritual Exercises of St. Ignatius, directed retreats of three, eight and thirty days, and hosting of visiting spiritual groups. After being involved in the ministry of Spiritual Direction for a few years, I returned to WVIS for training in giving the Nineteenth Annotation Retreat.

This type of retreat, for those who choose not to make the Spiritual Exercises in thirty consecutive days, is a wonderful way for women and men to deepen their prayer life.

After relocating because of family concerns, I am now doing music ministry at Daylesford Abbey in Paoli, PA. I also see directees and supervisees at Wernersville and in King of Prussia, where I live. I will always be grateful to Sr. Carole Riley for founding the WVIS Training Program and providing such excellent, practical instruction.

(Marie Ann Ellmer is a Sister of Mercy from the Mid Atlantic Area.)

New Board Members at WVIS

Laurensia Ri Imanu, Sr. Ritamary Schulz and Rick Steelhammer joined the Board of WVIS and began their terms in November of 2008.

Laurensia Ri Imanu is originally from the Solomon Islands and has been in the US since 1992. She served as a member of the WVIS staff for five years. She has vast experience in pastoral care and ministry and is presently working at Sacred Heart CoCathedral in Charleston. She has a great appreciation and love of those at WVIS and feels that this is a good time to give back to WVIS in some way as this was her first home in the USA.

New Board Members at WVIS Continued

Sr. Ritamary Schulz, ASCJ is a member of the Apostles of the Sacred Heart and comes from Connecticut where she was a high school principal for over 30 years. She is presently residing at WVIS and participating in the Spiritual Direction ministry as an Associate Spiritual Director. One summer, after making an "Almost Heaven" retreat, Sr. Carole suggested she consider participating in the Associate Spiritual Direction training program. She states; "I am thrilled to be living at WVIS and participating in such a wonderful experience. Life in West Virginia and WVIS has been not only profoundly meaningful and spiritually helpful, but I have been graced by the many kind people whom I have come to know in both the Charleston and Bluefield/Beckley areas. I am honored to serve and see this ministry truly of God, and want to help others experience God in their lives".

Rick Steelhammer has been a reporter at The Charleston Gazette for more than 30 years, and a columnist for 25. He first became aware of WVIS and its ministry through his wife, Pam, who has attended a number of programs over the years. Rick said; "Following the death of our son, Cody, 2 1/2 years ago, I attended a grieving program directed by Sr. Carole Riley which I found very helpful, and became acquainted with other members of the staff.



West Virginia Institute For Spirituality

New Board Members at WVIS Continued

I helped out with several "fix-up" projects around the WVIS building, including gardening, hedge-trimming and tool shed construction, and took part in an Eagle Scout spruce-up project led by a Scout from the BSA troop with which I am affiliated. I found myself welcoming the chance to do a bit more, so when I was approached about serving on the board, I was glad for the opportunity to do so.

WVIS is blessed to have such gifted and generous people serving on the Board.

"TIME OUT FOR SINGLE MOMS"

With each Time Out program that WVIS offers for Single Moms, I try to select a theme that is inspirational, relevant and with which each person who attends might be able to identify. In preparation for our February 24th program a particular book caught my eye. Anyone who experienced the winter in Charleston this year, knows that Mother Nature held us captive in her icy grasp for what seemed days on end. Perhaps that is why the book: The Tree That Survived The Winter by Mary Fahy caught my attention.

"TIME OUT FOR SINGLE MOMS" Continued

It is a delightful story about a young tree reflecting in spring on the hardships it endured. It had been moved from the comfort of a nursery bed to a place that the tree saw as a very lonely hillside. Thus, as winter began the tree felt forgotten and left to suffer alone. The tree realized that it wasn't enough to simply survive the winter. For growth it is necessary to learn what the past had to teach.

This book became the springboard for discussion. Cindy Manning, a member of the Single Mom Advisory Group shared one of her wisdom experiences which resulted in others sharing their stories of courage. Often it is not until people are faced with winters in their lives that they are able to know the depth of their own courage.

It takes courage for single moms to forge ahead alone. Single handedly they assume responsibility for their children while working at jobs, continuing their education and running their household. Truly they are inspiring, courageous women who have not only survived the winter but are thriving as well! We also want to express our gratitude to Sonja Gorman, whose generosity makes these Single Mom programs possible!

Our next Time Out for Single Moms will be held on Friday evening, April 24th from 5:30 p.m. to 8:00 p.m. Please invite any single mom you know to attend this event. Contact: Sr. Molly Maloney, OSF at 304 345.0926 or e-mail wvissrmolly@aol.com.

Sr. Molly Maloney, OSF is Associate Director of Programming at WVIS



*Single Moms and Support
Team left to right:
Lee Hanz, Carrie Croson,
Cindy Manning, Sr. Molly
Maloney and Conni
Jarzynski*



West Virginia Institute For Spirituality

Hilton Head Satellite

Ginny Masters, Associate Director of Programming, reported that Sr. Carole Riley's fall program was not only well attended but well received. Ginny is already preparing for Sr. Carole's next visit to Hilton Head scheduled for October 9-10, 2009.

This year Ginny has offered an eight week series at Providence Presbyterian Church titled: Praying The Scriptures. Eight people participated and are looking forward to the spring series which will be continued in April.

Two Lenten Renewal opportunities are scheduled for March 23, 2009 and April 6, 2009 at The Seabrook of Hilton Head, South Carolina. Both of these offerings will be based on popular spiritual author, Henri Nouwen. For more information about any of the offerings at the Hilton Head Satellite, contact vmasters@aol.com.

New Certificate in Advanced Studies Launched

In the gospel of Luke, Jesus invites Peter to "put out into deep water and lower his nets for a catch". Luke 5:4 On the weekend of March 6-7, 2009, three classmates from a previous Associate Spiritual Director training program reunited and together once again "put out into the deep" for the Certificate Program for Supervision and Advanced Studies. To enroll in this program one must have a certificate for spiritual direction, have a minimum of three years spiritual directing experience and receive on-going supervision.

The candidates in the 2009 program are the Reverend Barbara Accord, Sutton, WV; Julett Broadnax, Bedford, TX, and Bob Sylvester, Charleston, WV. Associate Spiritual Directors: Kathy Lester and Sr. Ritamary Schulz, ASCJ, participated in this first class.

The Certificate in Advanced Training and Supervision consists of three modules beginning in March, 09 and concluding in November of 09. WVIS Faculty Members: Sr. Molly Maloney, OSF, M.A., Sr. Carole Riley, Ph.D., LPC, and Fr. Bill Petro, M.A. conduct sessions on The Seven Models of Supervision, The 19th Annotation Spiritual Direction Exercises; A practicum on the Ministry of Supervision connected with The Almost Heaven Retreat at Blessed John XXIII and a Review of Core Competencies. The training program also consists of lectures, required reading, group process, theological reflection, ethics and individual supervision.

This program is available to laity, religious, and clergy of all faith traditions. Please contact Sr. Carole at wviscr@aol.com if you have an interest in enrolling.



Picture: Advanced Certificate and Supervision Participants: Center: Fr. Bill Petro, Row 1: Kathy Lester, Sr. Carole Riley, Rev. Barbara Accord, Row 2: Julett Broadnax, Bob Sylvester, Sr. Molly Maloney

RESERVE THE DATE....

On-Going Program for Enrichment of Spiritual Directors with **CARLA MAE STREETER, OP, S.T.L., Th.D** **Saturday, October 17, 2009 from 9:00 a.m. to 3:00 p.m.**

Carla Mae Streeter, OP a Professor of Systematic Theology at Aquinas Institute of Theology on the campus of St. Louis University in St. Louis, Author and Spiritual Director.

The West Virginia Institute for Spirituality On-Going Program for Enrichment of Spiritual Directors provides education, spiritual formation, updating tools and skills, peer support, and networking with fellow spiritual directors.

*S.T.L., Th.D.,
Regis College and
University of
Toronto
Professor of
Systematic
Theology,
1986-present*





West Virginia Institute For Spirituality

2009 Almost Heaven Summer Retreat...A Time of Renewal and Resting in God

The West Virginia Institute for Spirituality is dedicated to providing much needed opportunities for retreats throughout the year. Personally Directed Retreats are available at the Institute on an as needed basis. Accommodations, meals, retreat materials, and spiritual direction are provided at a cost of \$70 per night. A Hermitage Experience is available year-round, providing solitude and silence for those who truly wish a getaway in the heart of the city. Cost is \$75 per night.

Mark your calendars for the 2009 Almost Heaven Retreat which will be held at Blessed John XXIII Pastoral Center in Charleston from June 26 – July 12, 2009. One can reserve a place for 1, 3, 5, 7, 8, 10, or 15 days. Call the Institute for more information on all of the above at 304-345-0926. The registration form can be downloaded from our website: www.wvinstituteforspirituality.org Come and discover a place of quiet where you have the time to slow down and savor the peace and presence of God.

LENTEN REFLECTION SERIES

A five week group spiritual direction program was held at WVIS each Tuesday led by Sr. Ritamary Schulz, ASCJ, MS, MS Ed. The artwork of Sieger Kodor and his stations of the cross were the focal point of each week's reflection.



*Lenten Group Spiritual Direction
l to r: Sr. Ritamary Schulz, ASCJ, Joan
McAteer, Rev. Mr. David Wuletich,
Wilma Lazartic and Sandy Zachwieja*

WVIS WISH LIST

- *Gift cards to Wal-Mart, Lowes, Staples**
- *New Refrigerator**
- *Hand Held Mixer**
- *Copier (Xerox) Paper**
- *Printer Ink Cartridges: HP 27, HP 28 and Lexmark 70 and Lexmark 20**
- *Outdoor folding lawn chairs for retreatants**
- *Monetary gift to assist funding for Van Kaam Lecture Series**

- Volunteers to:**
- *Assist with gardening and lawn care**
 - *Preparing a meal for Almost Heaven Summer Retreat for a Friday or Saturday Conference**
 - *Preparing dessert for Almost Heaven Summer Retreat**
 - *Answering telephone and filing one day a week**
 - *Assist with light clerical duties:
filing and copying**



West Virginia Institute For Spirituality

WVIS Programs

The Journey of the Cross: Pilgrims With God

Presenter: Sr. Ritamary Schulz, ASCJ

Tuesdays 10:30 a.m. – Noon

March 3, 10, 17, 24, 31, 2009

This five week program during Lent employs reflections by Rian Risitano, FSP, on The Art and Inspiration of Sieger Kodor.

Offering: \$40. (Includes books and materials)

Spiritual Direction Training Program

Certificate in Advanced Training and Supervision

Is designed for experienced spiritual directors. The program facilitates education, enrichment, and hands – on experience. The program is available to laity, religious, and clergy of all faith traditions and consists of lectures, required reading, group process, theological reflection, integration, professional identity, ethics, and individual supervision.

Friday, 2:30 p.m. – 9:00 p.m.

Saturday, 9:00 a.m. – 3:00 p.m.

March 6 – 7, 2009

\$400. Tuition

Overnight accommodations are available for students.

Lenten Silent Directed Retreat

WV Institute for Spirituality

Friday, March 20, 2009

6:00 – 9:00 p.m.

Saturday, March 21, 2009

8:30 a.m. – 3:00 p.m.

Offering \$75.00 Overnight

\$50.00 Commuters

Charis Retreat for Presbyterian Ministers

WV Institute for Spirituality

April 16-19, 2009

Contact: Sr. Carole

at wviscr@aol.com for more information.

Spring 09 Update

Time Out for Single Moms

Presenter: Sr. Molly Maloney, OSF

Friday, April 24, 2009 5:30 – 8:00 p.m.

-Relax with time for yourself

- Restore mind, body and soul

-Relate with other single moms

-Relieve the stress of your days

WVIS Spiritual Direction Training Program

Group Spiritual Direction

WV Institute for Spirituality

Friday, 2:30 p.m. – 9:00 p.m.

Saturday, 9:00 a.m. – 3:00 p.m.

May 1-2, 2009

This is a practical experience of assembling and leading a group in formative spiritual reading to experience the dynamics and experience of group spiritual direction.

Overnight accommodations are available for students.

Associate Spiritual Direction Commencement Ceremony

Friday, May 1, 2009 7:00 p.m. – 9:00 p.m.

Ceremony presenting certificates to those Associates who have completed the classes, coursework and practicum's of the West Virginia Institute for Spirituality Training Program.

Menuha Retreat

St. Malo Retreat Center

Allenspark, Colorado

Sr. Carole Riley, Ph.D., LPC

May 17 – 21, 2009

A group guided retreat for Christian women and men. Sr. Carole Riley will lead this group. The retreat offers daily conferences; contemplative prayer; guided prayer materials; individual consultation and prayer rituals. Location: St. Malon Retreat Center, Allenspark, Colorado (near Estes Park). Contact: Sr. Charlene at (303) 431-2309 or at cschaaf1@juno.com for a brochure and registration information. Link: www.saintmalo.org

www.wvinstituteforspirituality.org

Almost Heaven Silent Directed Retreat

Blessed John XXIII Pastoral Center

Charleston, West Virginia

June 26- July 11, 2009

Individuals can register for a weekend, or 3,5,7,8,10, 15 day directed retreat. A private room and bath will be available to you, accommodations for the handicapped are available. Cost is \$70.00 per day. To register call: 304 345.0926 or e-mail: wviscr@aol.com

WVIS Spiritual Direction Training Program

Certificate in Advanced Training and Supervision

Ministry of Supervision and Practicum

Almost Heaven Directed Retreat,

Blessed John XXIII Pastoral Center,

Charleston, West Virginia

June 26 – July 5, 2009

\$400. Tuition

For more information contact: Sr. Carole Riley, CDP, Ph.D.

wviscr@aol.com or call: (304) 345-0926

Renewal of Mind, Body and Spirit

For Health Care Professionals

WV Institute for Spirituality

9:00 a.m. – 3:00 p.m.

Saturday, September 19, 2009

Lunch provided

CEU's for Social Workers and LPC's

Offering: \$50. for CEU's \$40. for all others

WVIS Satellite Programs

Hilton Head Island, SC

Friday, Saturday,

October 9-10, 2009

Presenter: Sr. Carole Riley, CDP, Ph.D.

Contact Vmasters@aol.com

for more information



West Virginia Institute For Spirituality

On-Going Weekly and Monthly Programs

Contemplative Prayer

WV Institute for Spirituality

Tuesdays

March 4, 11, 18, 25, 2009

April 7, 14, 21, 28, 2009

May 5, 12, 19, 26, 2009

September 1, 8, 15, 22, 29, 2009

October 6, 13, 20, 27, 2009

Listen and discuss the method and practice of centering prayer offered by the Contemplative Outreach video series and engage in centering prayer. This group meets each Tuesday, September through May.

Soup and Silence

WV Institute for Spirituality

Fridays:

March 6, 2009, April 3, 2009

May 1, 2009, September 4, 2009

October 2, 2009

12:00 p.m. – 12:50 p.m.

Offering: \$7.00

Spiritual Direction Training Program

Theory of Spiritual Direction

WV Institute for Spirituality

Friday, 2:30 p.m. – 9:00 p.m.

Saturday, 9:00 a.m. – 3:00 p.m.

September 11 and 12, 2009

October 16 and 17, 2009

November 13 and 14, 2009

Historical models and contemporary styles of spiritual direction including corresponding lectures, readings, and assignments dealing with spiritual reading, lectio divina, in relation to the formative and transformative power of the word; the reading of Holy Scripture in a meditative and formative way; and the writings of the spiritual masters as original sources of ascetical-mystical theology. Issues of discernment, transference, and counter-transference are discussed.

Spring Update 09

Advanced Peer Supervision

WV Institute for Spirituality

Friday, 2:30 p.m. – 9:00 p.m.

Saturday, 9:00 a.m. – 3:00 p.m.

September 18 and 19, 2009

October 16 and 17, 2009

November 20 and 21, 2009

This course focuses on self as spiritual director in actual direction sessions. The practice of giving individual spiritual direction and receiving and giving peer and individual supervision are important parts of this course.

Overnight accommodations are available for students.

Spiritual Direction Internship

The spiritual direction internship is for persons who feel called to spiritual direction and retreat ministry. The internship provides the setting, curriculum, and experiences in which to discern a call to the ministry of spiritual direction.

The internship program follows the guidelines of Spiritual Directors International (SDI) by including the elements of theory and foundation, psychological foundations, discernment, practicum, and supervision. There is practical training in directing the Spiritual Exercises of St. Ignatius, which includes the 19th Annotation, and the 30- Day Exercises are a part of the course of studies.

Retreat Opportunities

“Be still and know that I am God”.

Make time to hear the still voice within during an individually directed, silent, and prayerful one to 30 day retreat. Directed one-to-one retreats may be scheduled any time during the year.

The Retreat In Daily Life

Is an adaptation of Ignatius's Spiritual Exercises for those who cannot make the 30 day live in retreat in the context of daily life. The retreatant is individually directed by an experienced director for review and guidance in prayer and discernment.

Contact: Sr. Carole Riley

Wviscr@aol.com

Healing Touch Massage Therapy

Massage therapy is a professional healing art that uses various forms of touch to bring about a holistic, integrated sense of well-being. It works with most of the body's major systems in such a way that we can sense ourselves as unified and harmonious creations of God. Massage therapy can be scheduled as a part of a retreat or otherwise. To schedule an appointment, contact:

Sr. Molly Maloney, OSF, MA, LMT

At (304) 345-0926

For more information or to register for any of these programs or services, please call WVIS at (304) 345-0926, or visit our website:

www.wvinstituteforspirituality.org

Satellite Locations:

Virginia Masters

300 Woodhaven Drive, Apt. 2507

Hilton Head, South Carolina 29928

(843) 785-8550

E-mail: Vmasters@aol.com

Roxanne Kaiser-Antonowich

P.O. Box 3 Delaware

Water Gap, PA 18327

(570) 476-8084

E-mail: bjarka923@msn.com

Bob Sylvester

3705 Virginia Ave., S.E. Charleston, 25304

(304) 552-9661

E-mail: bsyl@msn.com

Princeton/Bluefield, WV Satellite



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