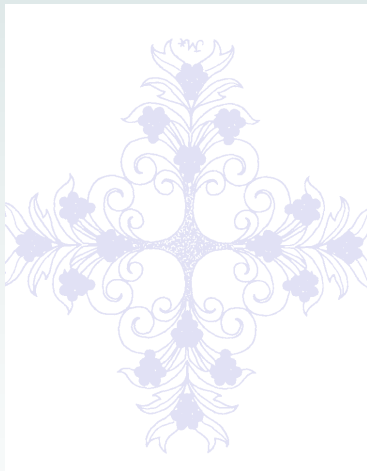
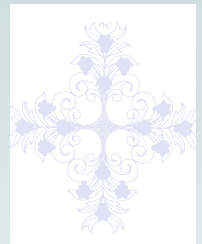


Resource Guide

for

Spiritual Growth

Opportunities



Revised January 2016



Diocese of Pittsburgh
Department for Consecrated Life

This resource guide provides an easy reference of persons and places focusing on spiritual and personal development for anyone seeking to give closer attention to his/her spiritual journey.

This booklet can be found on-line at www.diopitt.org, Vocations, Consecrated Life.

Blessings on your journey.

Sr. Geraldine M. Wodarczyk CSFN

Sister Geraldine M. Wodarczyk, CSFN
Delegate for Religious

Counselors/Social Workers Page 3

Spiritual Directors Page 4

Retreat Centers / Continuous Programs Page 7

COUNSELORS/SOCIAL WORKERS

Sister Cynthia Comiskey, CSJ

1020 State Street
Baden, PA 15005
(724) 251-0785
cynthcom@gmail.com

Sister Marjorie Kelly, CSJ, LPC

49 S Euclid Avenue
Pittsburgh, PA 15202
(412) 734-5749

Sister Maria Clara Kreis, CDP, Ph.D.

307 Fourth Avenue, Suite 1100
Pittsburgh, PA 15222
(412) 499-0550
dr.mariaclarakreis@gmail.com
Webpage: drmariaclarakreis.com

- Sister is a Licensed Psychologist in Pennsylvania and has a part-time practice in Pittsburgh-Downtown. Her full-time employment is at Duquesne University's Counseling & Wellbeing Center as the Assistant Director and Outreach Coordinator. Please see her webpage for more information.

Sister Bernadette Manning, SC

Franklin Centre
4240 Greensburg Pike,
Suite #104
Pittsburgh, PA 15221
(412) 271-5410
bmann9@verizon.net

- Licensed Professional Counselor offering individual counseling and group presentations on the following topics:
 - Alzheimer Disease
 - Forgiveness
 - Grief Loss and Healing
 - Guided Imagery & Energy Healing

Char M. Pavlik, PhD, LSW, MT-BC

Angelspring Farm Wellness Retreat
789 Brownsville Road
Fayette City, PA 15438-1115
(724) 938-2301

- 30+ years experience. Social worker and psychotherapy background. Board-certified music therapist. Individual and group counseling for men/women, couples; stress and grief counseling, crisis and trauma work, spiritual direction.

Sister Mary Ellen Rufft, CDP

Bank Tower, Suite 1100
307 4th Avenue
Pittsburgh, PA 15222
(412) 761-2949

- Psychologist. Works with adults 18 or older. In office Tuesdays, Wednesdays and Thursdays.

Sister Carol Stenger, CDP

9179 Peebles Road
Allison Park, PA 15101
(814) 221-0337

- Certified from Sacred Heart University, CT in 2007. Licensed clinical social worker.

SPIRITUAL DIRECTORS

Rev. Frank D. Almade, Ph.D.

St. Vitus Parish
910 S. Mercer Street
New Castle, PA 16101
(724) 652-3422
(412) 613-6421
falmade@diopitt.org

- Father's method of spiritual direction is following the Spiritual Exercises of St. Ignatius Loyola and much Scripture and practical wisdom from priestly ministry.

Sister Ardath Blake, HM

VMESC
PO Box 424
Villa Maria, PA 16155
(724) 964-8920 x3444
ablake@humilityofmary.org

- Sr. Ardath has received training and supervision in spiritual direction through St. Beuno Spiritual Exercise Center, Asaph, Wales UK; the Center for Spirituality and Lay Ministry of Sacred Heart University in Fairfield, CT, and at Loyola House in Guelph, Ontario. Sr. Ardath also has a MA in Theology and MS in Education and experience in parish pastoral ministry.

Sister Marie Grace Blum, OSF

1518 Evergreen Avenue
Pittsburgh, PA 15209
(412) 821-1603

Sister Carolyn Bodenschatz, CSJ

2266 Parklyn Street
Pittsburgh, PA 15234
(724) 454-1232
cbodenschatz@stjoseph-baden.org

Sister Judith Blizzard, CSSF

1500 Woodcrest Avnue
Coraopolis, PA 15108
(734) 718-0632
sjudithblizzard@feliciansisters.org

- Masters in Spirituality and Certificate in Spiritual Direction from Creighton University. Experience with retreats to all ages and parish missions.

Sister Joanne Brazinski, OSF

3757 Library Road
Pittsburgh, PA 15234
(412) 882-9911
sjbrazinski@osfprov.org

Rev. Robert P. Connolly

633 Cannelton Road
Darlington, PA 16115
rconnolly@diopitt.org

Rev. Leonard Cornelius, OFM

Holy Family Friary
232 South Home Avenue
Pittsburgh, PA 15202-2899
(412) 737-0120
lencorn@earthlink.net

- Father has extensive experience as a Spiritual Director. He lives and practices the Carmelite method of spiritual renewal.

Sister J Lora Dambroski, OSF

St. Anthony Convent
10 Chesna Drive
Pittsburgh, PA 15234
(412) 885-7404
sjldambroski@osfprov.org

- Primary Ministry is Congregational Leadership but she is still available for Spiritual Direction, Retreats and Facilitation.

Rev. Kevin J. Dominik

St. Angela Merici Parish
1640 Fawcett Avenue
White Oak, PA 15131-1802
(412) 672-9641
kdominik@diopitt.org

- Father's method is beginning with prayer and then listening, understand family dynamics, praying Scriptures, building a trust and comfort with openness to challenges and use of sacred images, spiritual readings and simply letting the directee lead the time together.

Sister Paula Drass, CSJ

2603 Norwood Avenue
Pittsburgh, PA 15214
(412) 321-0433
pldcjsj@yahoo.com

Sister Elaine Marie Frigo, CSSF

Mother of Good Counsel Convent
3800 W Peterson Avenue
Chicago, IL 60659
(773) 463-3806, Ext. 1171
elaine47frigo@feliciansisters.org

Rev. John A. Geinzer, STL, MS Ed., MA

1028 Benton Avenue
Apt. 1106
Pittsburgh, PA 15212
(412) 477-5053 (Cell)
(412) 307-1123 (Work)
(412) 307-1100 (Secretary)
jgeinzer@diopitt.org

- STL in Dogmatic Theology, MS Ed. in Counseling, MA in Christian Spirituality

Rev. Michael Greb, OFM, Cap

St. Fidelis Friary
372 East End Avenue
Beaver, PA 15009-2348
(724) 843-3400
mgreb@diopitt.org

- Father's method of spiritual direction is as a listener to discern how the Holy Spirit is working with each individual.

Sister Jeanine Heath, CSSF

3800 W. Peterson Avenue 3N
Chicago, IL 60659
(773) 463-3029 Ext. 3481
smjeanineheath@feliciansisters.org

Sister Catherine Higgins, CSJ

316 Beaver Street
Sewickley, PA 15143
(412) 841-8475
catherinehiggins@comcast.net

- Professional experience as elementary principal, licensed social worker and hospice chaplain. Sister received her education for Spiritual Direction at the Jesuit Centers in Guelph, Ontario and Wernersville, PA. Spiritual Director and Director of the Spiritual Exercises of St. Ignatius for over 20 years.

Sr. Wilma Kramer, OSF

St. Clair Convent
146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200 *0 ask to page Sr. Wilma Kramer
wkramer@sosf.org

Sister Mary Leah Krauth, OSF

St. Clair Convent
146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200

Sister Maria Kruszewski, CSFN

301 Nazareth Way
Pittsburgh, PA 15229
(412) 216-1594
smariak@yahoo.com
Provides Focusing in addition to Spiritual Direction

Sister Barbara Lenarcic, HM

318 Villa Drive, PO Box 702
Villa Maria, PA 16155
(724) 964-8920 x3283
blenarcic@humilityofmary.org

- Certificate in Spiritual Direction from Sacred Heart University in Fairfield, CT. Experienced in psychological counseling. Available for directed retreats and ongoing spiritual direction. Instructor in the Spiritual Direction Training program at Villa Maria Education and Spirituality Center.

Sister Diane McCalley, CSJ

(304) 243-1370
(304) 242-0406
dmccalle@frontier.com

Rev. Edwin Moran, CP

St. Paul of the Cross Monastery
148 Monastery Avenue
Pittsburgh, PA 15203
(412) 381-1188
emoran@cpprov.org

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

Duquesne University
Pittsburgh, PA 15282
(412) 901-4259 (Cell)
rileyc@duq.edu
www.duq.edu

- Professor of Piano and Music Education. Associate, American Music Therapy Association.
- Licensed professional counselor; spiritual director trained in Ignatian spirituality; supervisor of spiritual directors; facilitates directed retreats
- Executive Director of The West Virginia Institute of Spirituality. www.wvinstituteforspirituality.org wwisr@aol.com

Rev. Rene J. Schatteman

Opus Dei Warwick House
5090 Warwick Terrace
Pittsburgh, PA 15213
(412) 683-8448 ext. 304
rene@warwickhouse.org

- Specifically works with people associated with Opus Dei, but would consider others for spiritual direction.

Sister Jane Schmitt, OSF

146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200 ext. 375
jschmitt@sosf.org

Sister Jean Rene Seiler, CDP

Kearns Spirituality Center
9000 Babcock Blvd
Allison Park, PA 15101
(412) 508-7841 (cell)
(412) 931-5241 (home)
(412) 366-1124 (work)

Sister Althea Anne Spencer, OSF

Nativity Convent
5802 Curry Road
Pittsburgh, PA 15234
(412) 885-7406
saaspencer@osfprov.org

Rev. Ward Stakem, OFM. Cap.

St. Mary of the Assumption Parish
821 Herman Road
Butler, PA 16002
(724) 285-3285
wstakem@diopitt.org

- MA in Theology and in Pastoral Counseling. Father's method of spiritual direction is Rogerian non-directive.

Sister Aquinas Szott, CSSF

260 South Main Street
Lodi, NJ 07305
(201) 433-6328
smaquinas@feliciansisters.org

Sr. Leona Ulewicz, CDP

731 Chartiers Avenue
McKees Rocks, PA 15136
(412) 778-4149 (Home)
(412) 518-7729 (Cell)
lulewicz@cdpsisters.org

- Spiritual Direction in English or Spanish available at Kearns Spirituality Center

Rev. Louis Vallone

St. John of God Parish
1011 Church Avenue
McKees Rocks, PA 15136
(412) 814-4482
lvallone@diopitt.org

- Underlying spirituality is Ignatian

Sister Anne Winschel, CDP

Kearns Spirituality Center
9000 Babcock Boulevard
Allison Park, PA 15101
(412) 635-5418 (work)
(412) 734-9095 (cell)
sisteranne1931@gmail.com

- Available for Spiritual Direction and Directed Retreat Ministry

RETREAT CENTERS / CONTINUOUS PROGRAMS

ANGELSPRING FARM WELLNESS RETREAT

789 Brownsville Road

Fayette City, PA 15438-1115

Charleen M. Pavlik, PhD - Director

Karen J. Evanczuk, PhD - Director

724-938-2301 phone/fax

angelspring789@yahoo.com

www.angelspring.net



Angelspring is a wellness retreat, specially chosen for its solitude and regenerative natural surroundings. It is located in Fayette County 35 miles from downtown Pittsburgh and 45 minutes from Morgantown, WV. Since 1995, Angelspring has specialized in personal and professional development of the whole person, with attention to spirituality and wellness. Guests can take advantage of opportunities that facilitate deep solitude, rural warmth and spiritual guidance in order to renew the body, relax the mind and rejuvenate the spirit. Retreatants also enjoy a stone walking path, the Chapel-in-the-Barn, a small meditation pool and waterfall.

Angelspring's primary accommodation is a cozy private retreat house for one, The Granary. It is simple and comfortable, with views into the surrounding woods. It has a covered porch with 2 rockers, double bed, kitchenette, bathroom/shower, heat/AC, hair dryer, 3 speed ceiling fan, CD player/radio, and DVD player. Extended stays are available, with spiritual guidance and wellness services.

Angelspring's services include the following: personal retreats, individual counseling, arts exploration and sound healing experiences, spiritual guidance, grief counseling, stress management/wellness sessions, and therapeutic massage. Seasonal retreats and programs offered. For information and reservations, Angelspring can be reached at 724.938.2301, www.angelspring.net (website) or angelspring789@yahoo.com (e-mail).

EPIPHANY ACADEMY OF FORMATIVE SPIRITUALITY

820 Crane Avenue

Pittsburgh, PA 15216

Susan Muto, PhD, Dean

Rev. Ralph Tajak, OSB, Chaplain

Mary Lou Perez or Vicki Bittner

mlperez@epiphanyassociation.org

or vbittner@epiphanyassociation.org

412-341-7494 (phone)

412-341-7495 Fax

www.epiphanyassociation.org



This cruciform-style building surrounded by gardens and designed architecturally and aesthetically to nurture the human spirit is located at 820 Crane Avenue, Pittsburgh, Pennsylvania. Courses and programs offered are based upon the life-long foundational and Christian ecumenical work of Reverend Adrian van Kaam, CSSp, PhD, (1920-2007) on formation science, formation anthropology and formation theology. The Academy has an extensive spirituality library, chapel, classrooms, student lounge, conference room and bookstore. Besides courses advertised, we design and offer programs to organizations upon their request. The facility is also available to compatible groups for rental. For more information, please contact Vicki Bittner at 412-341-7494, e-mail us at: epiphany@epiphanyassociation.org or visit the website at www.epiphanyassociation.org.

KEARNS SPIRITUALITY CENTER

9000 Babcock Boulevard

Allison Park, PA 15101

Sister Agnes Raible, CDP - Director

Sister Mary Joan Coultas, CDP - Program Coordinator

kearns@cdpsisters.org

412-366-1124

412-635-6318 Fax



Kearns is a ministry of the Sisters of Divine Providence located on the grounds of Providence Heights in the North Hills. The Center provides hospitality and services for individual retreats and for groups seeking a quiet reflective atmosphere. Special features include the spacious Visitation Chapel, overlooking a wooded area, an outdoor labyrinth, a screened-in gazebo, large and small meeting rooms, food service by arrangement and comfortable overnight accommodations for up to 60 people. The Center offers spiritual direction by appointment. Please see the website for current programs: www.cdpsisters.org.

JESUIT RETREAT HOUSE OF CLEVELAND

5629 State Road
Parma, OH 44134
(440) 884-9300
www.jrh-cleveland.org



Nestled in the urban landscape of Parma, Ohio, the Jesuit Retreat House (JRH) of Cleveland is “a place of peace in the forest.” Set in 57 acres of rustic woodland, the retreat house offers a variety of programs to fit everyone’s needs. Forests, meadows and pathways, as well as outdoor Stations of the Cross and shrines, present an ideal setting for contemplation in nature.

The retreat center includes two beautiful chapels, 57 private single rooms and three suites for overnight guests. The dining room serves home-cooked meals prepared by a full-time kitchen staff, who can accommodate special dietary restrictions.

A large meeting area accommodating up to 80 people, additional breakout areas and A/V equipment make the retreat center ideal for large groups. Additionally, there are two spacious lounges for relaxing, a library of classic and contemporary religious literature and a bookstore with current titles.

From a one-day retreat to a 30-day exploration of the Spiritual Exercises of St. Ignatius Loyola, the Jesuit Retreat House of Cleveland endeavors to move retreatants closer to God. For those looking for the next phase in their spiritual lives, an individually directed retreat by one of the Jesuit or women directors may fulfill that need.

Among the 3,500 people that take advantage of JRH’s spiritual hospitality annually are such diverse groups as Pre-Cana groups, Catholic school faculty, Knights of Columbus members and non-Catholic churches. JRH’s own “in-house” programs include day and evening retreats, popular weekend retreats and retreat weekends for the recovering community.

MARTINA SPIRITUAL RENEWAL CENTER

5244 Clarwin Avenue

Pittsburgh, PA 15229

Sister Donna Smith, SHS - *Administrator*

Sister Mary Lou Witkowski, SHS - *Assistant Administrator*

412-931-9766 or 412-931-9790

412-931-1823 Fax

martinaspiritual@verizon.net

www.sistersoftheholyspirit.com



Martina Spiritual Renewal Center is a ministry of the Sisters of the Holy Spirit providing gospel hospitality through a welcoming presence of our staff, offering Christian programming and hosting Christian Ecumenical groups desiring growth and renewal in their spiritual life. We offer weekend and week-long retreats, days and evenings of spiritual enrichment, group spiritual direction gatherings, adult faith formation programs, women/men religious community retreats, private days of prayer and private retreats. We host Spiritual Formation and Renewal Programs: Confirmation programs, staff and planning meetings, marriage preparation, in-service days of recollection, staff retreats, parish council retreats, seminary retreats, college break retreats, vocation retreats and days of reflection. Chapel, meditative garden, outdoor Stations of the Cross, quiet lovely grounds, 31 single rooms, 2 semi-private rooms, air-conditioning, food service, library, gift shop, four meeting rooms (10-40 people), dining room/meeting room (200 people), all-purpose auditorium/gym (300 people), smoke-free environment. Come and be at Peace.

MOUNT SAINT MACRINA HOUSE OF PRAYER

510 West Main Street, P O Box 878

Uniontown, PA 15401-0878

Sister Carol Petrasovich, OSBM

724-438-7149

The peace-filled atmosphere surrounding Mount Saint Macrina House of Prayer offers a sense of serenity and refreshment to all who visit. This ministry is sponsored by the Sisters of the Order of St. Basil the Great, a Byzantine Rite Community.

It is an ideal place for persons to relax, rest quietly, and simply be with the Lord. All who seek to open themselves to God through prayer, reflection, and solitude are invited to spend quiet time here, and to enjoy the beauty of the place and its spacious grounds.

Individuals and groups are invited to visit and to make day pilgrimages to the Shrine of Our Lady of Perpetual Help. The Shrine is not only the focal point of the House of Prayer, but also the grounds of Mount Saint Macrina. Mount Saint Macrina House of Prayer, formerly the J.V. Thompson mansion, is an elegant facility with small conference rooms, chapel, dining area, and overnight accommodations. The staff offers a variety of retreats and reflection days.

ST. ATHANASIUS COMMUNITY CENTER

7 Chalfonte Avenue

Pittsburgh, PA 15229

Sister Donna Wojtyna, OSB

412-592-5654

djwoodreed@gmail.com

www.osbpgh.org



Basket Creations: Create basket masterpieces from hundreds of basket types or design your own. Stop by for an hour or spend the whole day. Many different types of workshops are offered. Beginner and intermediate weavers are welcome! For workshop details, visit www.osbpgh.org and click Events.

- Basketry for Adults
- Basketry for Children & Teens
- Individual instruction
- Basket Camp for children & teens
- Programs for Scout Troops
- Basket Retreat Reflection Days
- On Site Presentations on style, use and care of baskets.

Woodcarving: Learn techniques for carving a variety of small wooden objects, traditional love spoons, and free-form chip carving on wooden plates. Beginner and intermediate carvers are welcome. Reservations must be made 30 days in advance. Classes are held monthly on Saturdays from 10:00 a.m. to 1:00 p.m.

SAINT JOSEPH SPIRITUALITY CENTER

1020 State Street

Baden, PA 15005

Sister Ann Francis Hanley, CSJ, Registrar

724-869-6587

www.stjoseph-baden.org (Click on “Prayer and Spirituality”)



St. Joseph Spirituality Center welcomes all people seeking a deeper and more profound love of God and neighbor by providing an environment of hospitality, community, and prayer. Located 30 minutes from downtown Pittsburgh at the Motherhouse of the Sisters of St. Joseph in Baden, PA, the Center provides a welcoming environment and a prayerful atmosphere with extensive space for walking, reflection, and renewal. The Center is available for days and evenings of reflection; directed and guided retreats, individual spiritual direction, private, non-directed retreats, group retreats, and in-service days. Several spiritual directors are available by appointment.

St. Joseph Spirituality Center provides three meeting rooms (accommodating groups from 10-120). Overnight accommodations are available for up to 25 people. The facilities at the Motherhouse include an air-conditioned chapel, a main dining room, a book and gift shop, a small library, a labyrinth, a Shrine to Our Lady of Lourdes, and an outdoor station path. An elevator allows for easy accessibility.

Through its Sharing the Mission program, the center provides spirituality, faith formation, and ministry support programs in parishes and communities.

Spirituality Center staff offer opportunities for “companioning” individuals through the Spiritual Exercises of St. Ignatius Loyola. For information about spiritual direction, private directed retreats or companioning through the Spiritual Exercises, contact: Sister Donna Marie Tahaney at 724-869-6520 or Sister Catherine Higgins at 412-841-8475. For information on parish-based programs focused on Ignatian Adult Faith Formation, contact Sister Catherine Higgins at 412-841-8475.

SAINT PAUL OF THE CROSS RETREAT CENTER

148 Monastery Avenue
Pittsburgh, PA 15203-1498
Fr. Gerald Laba, C.P. - Director
stpaulrcpa@cproov.org
412-381-7676



Located high atop the hillside overlooking downtown Pittsburgh on the South Side, St. Paul of the Cross Retreat Center offers a peace filled serene setting of 14 acres of gardens, a retreat center which sleeps 80 in single rooms and 100 with twenty doubling up in rooms with two beds, 5 conference areas for up to 120 participants, a chapel, monastery, and church. Weekend scheduled retreats for parish groups and special weekends for healing retreats, recovery programs, and others are scheduled throughout the year. Hosted groups of up to 120 are welcome for seminars for one or more days during the week only. Evening programs and confirmation retreats may also be scheduled. Individuals, both religious and laity, may contact Mr. John Colaizzi at 412-381-7676 with daytime or overnight requests.

THE SPIRITAN CENTER

6230 Brush Run Road
Bethel Park, PA 15102
Bro. Michael Suazo, CSSP - Associate Director
412-835-3510 Ext. 112
thespiritancenter@gmail.com



The Spiritan Center is available to host group retreats from all denominations. If your church group or non-profit organization would like to schedule a weekend, an overnight, or a day session, we will work to accommodate your request. Please call The Spiritan Center, 412-835-3510 x 112 to make arrangements or to schedule a tour of the facilities.

Located on forty acres in Bethel Park, The Spiritan Center offers a quiet setting to communicate with one's self and one's God. There are 45 individual rooms with sinks (there are common toilet and showers) and 5 self-contained that are modified handicapped accessible for a total capacity for 50. The Spiritan Center hosts weekend retreats as well as days and evenings of recollection. The facilities are also available Monday through Thursday for overnight retreats, Confirmation retreats, staff and planning meetings, workshops and seminars. The staff of the Center are available to aid you in any of your planning needs. Fees vary.

VILLA MARIA EDUCATION AND SPIRITUALITY CENTER

Retreat Programs

P O Box 424

Villa Maria, PA 16155-0424

724-964-8886

Sr. Jane Mmarie Kudlacz, HM—President/CEO

Dana Stiger— Registrar

E-mail: dstiger@humilityofmary.org

www.villaprograms.org



Villa Maria Education and Spirituality Center is a family of ministries at Villa Maria Community Center that serves the spiritual and educational needs of adults, children and youth.

Spiritual retreats and conferences by nationally known presenters provide opportunities for renewal and contemplation. Retreat program facilities and guest services are available to individuals/groups whose religious or educational gatherings are in harmony with the mission and philosophy of the Sisters of the Humility of Mary.

Conference or Guided retreats offer participants retreats focused on a theme and allow time for personal prayer and solitude. *Directed retreats* offer an extended time for prayer and the opportunity to meet daily with a director. *Personal retreats* can also be arranged for anyone seeking time to get away for reflection and solitude. *Spiritual Direction* provides an opportunity to reflect, in a prayer context, on one's life in relationship with self, others, and God. A *Spiritual Direction Formation Program* trains those who feel called to the ministry of spiritual direction.

The Villa Maria campus—with its woodlands, pond, outdoor shrines, nature paths, herb garden and Labyrinth—provides the perfect setting for contemplation and renewal. A Chapel with daily Eucharist, a library and an indoor pool are available to retreatants along with a new guest bedroom facility that is fully air conditioned with 41 private bedrooms, each with a private bath.

Please see www.villaprograms.org for more information.

WEST VIRGINIA INSTITUTE FOR SPIRITUALITY

1601 Virginia Street East

Charleston, West Virginia 25311

www.wvinstituteforspirituality.org

Sister Carole Riley, CDP - Executive Director

Sister Molly Maloney, OSF - Retreat Team Member

WVISrMolly@aol.com

304-345-0926

304-345-8206 Fax



“Be still and know that I am God” - You are invited to make time to hear the still voice within during a day or days of retreat. WVIS is committed to the formation of competent spiritual directors. The on-going associate program provides “hands-on” experiences of praying with Scriptures, a holistic approach to spirituality, and the tools and skills to qualify them for the ministry. For more information on the programs listed below contact Sister Carole Riley at 304-345-0926

Individually directed retreats ranging from 3 to 30 days. Silence, prayer and individual direction sessions are central components of these retreat offerings. Healing Touch massage is also available by Sister Molly Maloney, LMT for an additional fee. Call WVIS at 304-345-0926 to make your reservation or visit our website: www.wvinstituteforspirituality.org.

The Retreat in Daily Life is an adaptation of the 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.

Healing Touch Massage is available at WVIS. Massage therapy is a professional art which utilizes various forms of touch to bring about a holistic, integrated sense of well-being. It works with most of the major systems of the body in such a way that we can sense ourselves as unified and harmonious creations of God. To schedule an appointment contact Sister Molly Maloney, OSF, M.A., LMT.

The West Virginia Institute for Spirituality - 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.

The 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.



DIOCESE OF PITTSBURGH
Department for Consecrated Life
111 Boulevard of the Allies
Pittsburgh, PA 15222-1618
412-456-3067