



Offerings

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ABOUT US

The Spiritual Renewal Center is an ecumenical Christian ministry providing spiritual direction and renewal opportunities to all members of the community.

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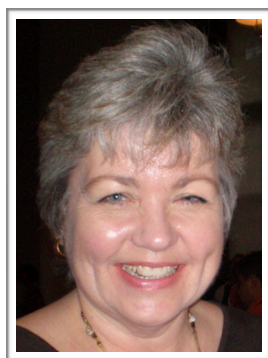
RECURRING GROUPS

The Center offers these regularly meeting groups for your spiritual growth. **Newcomers are always welcome.** Our **Tuesday** morning **Catch the Spirit** Bible study group meets online from 10 to 11:30 a.m. each week. Marise May, OSF, leads this discussion on the coming Sunday's lectionary readings.

People who have completed the Spiritual Exercises are invited to the online **Ignatian Spirituality Group**, meetings are one **Wednesday** a month, 6:30-7:30 p.m., to pray together in the Ignatian way. Led by Lou Sogliuzzo, SJ, upcoming dates are **January 13** and **February 10**.

Please email mail@spiritualrenewalcenter.com for zoom links for these virtual meetings.

Carrying Blessing for Life Transformation Presented by Ellen Kogstad Thursday, January 21 | 7 p.m. via Zoom



The Celts - both historically and in the present day Iona community "carry blessing" into the world. Ellen Kogstad will lead us in reflection on the transformative impact of this unique spirituality. Poems/prayers for the baking of bread, getting up

in the morning, going to bed at night – for the Celtic people all the activities of the day were blessed by God. The evening will include the presentation, and then together we will compose blessings to take and share with friends and enemies, family and strangers.

Ellen Kogstad received her MA in spirituality from Loyola University in Chicago, and is a spiritual director who trained here at the Spiritual Renewal Center. She recently retired as the director of the Center for Spiritual Direction at North Park Theological Seminary, Chicago, where she also taught courses in spiritual formation. Additionally, she is the founder of "New Moms", the Chicago area non-profit and continues to serve as its Director of Spiritual Formation. Her first love is sitting with directees and being a witness to the work of the Spirit. Fee \$20, or *whatever you can afford*. Preregistration is required, preferably through our website. You can also register by email: mail@spiritualrenewalcenter.com.

OUR SPIRITUAL DIRECTORS

The Center's ministry of spiritual direction thrives through the work of our highly experienced, multi-denominational staff of Christian directors. Learn more about the ministry of spiritual direction in this newsletter or by visiting our website.

Margaret Babcock
Toppie Bates
Maureen Collins
Ann Derr
Kathy Faber-Langendoen
Chris Goral
Joseph Jozwiak, FSC
Pam Kelsey-Gossard
Jim Krisher
Bob Langston
Mark Lawson
Marise May, OSF
Gerard McKeon, SJ
Steve Moore
Kathleen Osbelt, OSF
Kathleen Owens
Kathy Papa
Lana Riley
John Rose
Mary Ellen Schopfer, CSJ
Lou Sogliuzzo, SJ
Gary Thomas Smith
Ginny Smith
Rose Raymond Wagner, OSF
Terry Zehr

Entering 2021 With God

We start 2021 with the uncertainty that surrounds us all during this pandemic: How many of us will fall ill? How will we persevere through lost jobs and shuttered dreams? How do we endure separation from those whom we love, as time marches on, children grow up, and celebrations are postponed? We find ourselves grateful for virtual means of connecting, even while we groan under COVID's destruction.

Here at the Center, we are convinced that Paul's words in Romans 8 are as true as ever: Nothing—neither the present nor the future, neither death nor life—nothing will separate us from God's love in Christ Jesus. And so, we joyfully continue the ministry God has entrusted to us, and greet 2021 with hope, even as our physical building remains closed.

- We continue with our ministry of **spiritual direction** by virtual means. Spiritual direction provides people with an opportunity to reflect on God's movement in their lives, with the guidance and "safe space" of a trained spiritual director. If you are interested in talking with someone about spirituality, where or how God might be present in your life, discerning choices or navigating change, check out our website to see if spiritual direction is right for you. If you'd like to meet with a spiritual director, contact us through mail@spiritualrenewalcenter.com or leave a message at 315-472-6546 and we'll get you started.
- **Andrea, our Administrative Assistant, is available** by phone (315-472-6546) Monday-Thursday, 9 a.m.-1 p.m. to answer questions and take registrations, prayer requests, or book requests. Our doors will be locked and visitors cannot be admitted.
- Our library of over 10,000 books is available for borrowing. Peruse the library's catalog on our website and send an email or call with the titles you'd like to check out. Andrea will pull the books and arrange a time to deliver them to your car in our parking lot. Books can also be returned by pre-arrangement.
- Help the Center save money AND the planet by **switching to our e-newsletter!** Get all the same news and inspiration in your email box. Switching to an electronic newsletter could save the Center thousands of dollars annually. To sign up, email mail@spiritualrenewalcenter.com and simply tell us that the e-newsletter is fine for you!

And as always, we are grateful for your **financial assistance**. Many of you blessed the Spiritual Renewal Center with additional end-of-year gifts and by shopping at Hand to Hand Fair Trade gift shop; thank you! Donations may be sent through our website or through credit card.

The Eagle's Word: A Three Session Bible Study on the Gospel of John Presented by Jim Krisher, Director of the Spiritual Renewal Center, adjunct faculty member of religious studies at LeMoyne College

Three Thursdays, February 18, 25, March 4 | 10-11:30 a.m. via Zoom

Since the shutdown, Jim Krisher's previous online bible studies have been enjoyed by many. In this next scripture offering he will be leading us in exploring the richness and depth of the Gospel of John through selected texts in this last of the gospels to be written. St. John's insights into the meaning of Christ and the reality of our life in God are profoundly enlightening – and exciting! Join us!

Fee: suggested \$15 per session/\$45 for all 3, or whatever you can afford.



Preregistration is required for all of our events; space is limited. Registration through our website is preferred.

You can also register by emailing us at mail@spiritualrenewalcenter.com.

Please include your full name, email and phone number.

Acquired & Infused Contemplation in St. Teresa of Avila and St. John of the Cross

Presented by Dr. Cristóbal Serrán-Pagán y Fuentes, PhD

Tuesday, February 16 | 6:30 p.m. via Zoom

Teresa of Avila and John of the Cross are two of the greatest mystical saints and scholars in the Catholic Church. Both Spanish mystics gave spiritual advice to many nuns, friars, and lay people seeking ways to connect with the Divine. Cristobal Serrán-Pagán, PhD will share his insights via Zoom using mystical theology as the medium of communication. After distinguishing acquired contemplation from infused contemplation, he will provide examples from both Teresa's and John's lives and writings on how they addressed this double movement towards God.



Cristobal is Professor of Philosophy and Religious Studies at Valdosta State University in Georgia. His PhD is in religious studies and he specializes in world religions and the history of philosophy. He is a widely recognized expert on the Spanish mystics and Thomas Merton. His recent book, [Saint John of the Cross: His Prophetic Mysticism in the Historical Context of Sixteenth-Century Spain](#) is available in our library. Cristobal has followed the footsteps of Teresa and John for decades, having been born and raised in Spain himself.

Fee: \$20, or whatever you can afford. Register online in advance at spiritualrenewalcenter.com or by calling our office Monday-Thursday, 9 a.m.-1 p.m.

What Does Grace Look Like? is a series of reflections about God's grace. This month's feature is written by Gregg Lawson, a deacon in the Roman Catholic Diocese of Rochester and currently in the Center's training program for spiritual directors.

What Does *Grace* Look Like?

A directee recently shared this with me.

“My wife has to be at work before me so I usually hear her leaving, and get a few more minutes of sleep. But not on this day. I sat up in bed and was suddenly aware of a deep sense of gratefulness. I reflected on my wife's work as a respiratory therapist during this time of pandemic. I reflected on my children and how much I love them. I reflected on my home, and my work. I had a profound sense of all the things I am so blessed to have. The result was a deep sense of peace that I carried with me for the rest of the day.”



As so often happens in the ministry of spiritual direction, I left the session profoundly blessed myself, more aware of all the parts of my own life that I too often take for granted. His story touched me in such a way that I resolved to stay more attuned to God's goodness even in the midst of these hard times.

That's What *Grace* Looks Like



The Hand to Hand Fair Trade Gift Shop will be stocked and ready with new merchandise when the Center reopens!! We are waiting to order a great variety of Fair Trade merchandise for YOU when we are able to open our doors.

Thank you for your patronage over the Holiday season and we hope to see you soon!!!



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Get social with the Spiritual Renewal Center and find us on Facebook and Instagram today. You can also share your email address with us at spiritualrenewalcenter.com and get the the latest information sent right to your inbox.

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