



Offerings

ABOUT US

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

spiritualrenewalcenter.com
(315) 472-6546
1342 Lancaster Avenue
All Saints Parish Center
Syracuse NY 13210

 spiritualrenewalcenter

 spiritualsyracuse

OUR HOURS

Monday-Thursday 9-5
Friday 9-4 (Sept-June)

**The Center will be closed
April 3, 6 May 22, 25**



OUR BOARD OF TRUSTEES

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“Did you find what you were looking for?”



That’s a question I often hear from a clerk at checkout, and it invites a brief pause. What was I looking for, anyway? Most days I answer “yes.” Other days, I realize I wasn’t quite sure what I came in for—so I respond, “I guess so.”

Jesus asks a similar question of his first followers:

“What are you seeking?” (John 1:38)

It’s a good question.
What am I seeking?
What are you seeking?

‘Come, and you will see.’

Hope? Encouragement? Companionship? Acceptance? Freedom? Joy? Meaning?

We invite you to visit the Center, where we offer a variety of programs and opportunities to help you notice where Jesus is present in everyday life. Whether you’re drawn to afternoon or evening offerings, days of reflection, ongoing support and spirituality groups, or monthly spiritual direction, our prayer is simple: that you will find what you’re looking for—and perhaps a little more than you were expecting.

“Jesus turned and saw them following, and said to them, ‘What are you seeking?’ They said to Him, ‘Rabbi... where are you staying?’ He said to them, ‘Come, and you will see.’” (John 1:38–39)

Blessings, Meg Castellini, Director

See something interesting? Please register now!
Visit our website spiritualrenewalcenter.com
for detailed program information

Preregistration is required for most events, and we may have to cancel the event if too few are registered. You may register by calling us, using our website, or by emailing us at mail@spiritualrenewalcenter.com Please include your full name, email, phone number, and program name. The suggested fee for most programs, excluding retreats is \$25.

Ongoing Faith Enrichment

Are you craving connection? Please join us for one of these ongoing gatherings. More information is available on our website: spiritualrenewalcenter.com

- 5:00 PM Weekly on Wednesdays
Contemplative Prayer Group with Tom O'Connor
- 12-1 PM on the 1st & 3rd Thursdays
Holy Ground Scripture and Book Discussion Group with Meg Castellini | next meetings March 5 & 19
- 6 PM on the 2nd Wednesday Ignatian Practitioners facilitated by Fr. Lou Sogliuzzo | next meeting March 11
- 2:30 PM on the 3rd Thursday
Women's Faith Sharing facilitated by Kathy Papa | next meeting March 19

New Offering: Support and Spirituality Groups

You don't have to carry it alone. We invite Veterans, military personnel, caregivers of persons with chronic illnesses, health care providers, and first responders to join our spiritual support groups—safe, confidential spaces for reflection, listening, and shared strength.

These gatherings offer time to pause, tell your story, and reconnect with hope alongside others who understand the weight you carry. Rooted in Christian compassion and respect, the groups are open to people of faith, spiritual seekers, and all who are longing for support. (Freewill offering)

- **Health Care Providers/First Responders** Wednesday, March 25 | 6:00-7:00 pm (in person) facilitated by Rev. Joe Colon, Spiritual Care Department Manager at St. Joseph's Hospital
- **Alzheimers/Dementia Caregivers** Thursdays, April 9, 16, 23 & 30, and May 7 | 1:15-2:15 (in person) facilitated by Deacon Gregg Lawson, Community Educator, Alzheimers Association
- **Veterans and Military** Saturday, April 18 | 10-11:30 (in person) facilitated by Dr. Wesley Fleming, Chaplain at Syracuse VA Hospital

Days of Reflection

Sometimes Saturdays are meant to take time away with God. We invite you to take advantage of our upcoming offerings on Saturdays. We hope that you'll find just what you're looking for! Register through our website, by email or call the Center at 315-472-6546. (Full day retreats \$50 includes lunch, \$40 bring your own lunch)

- Saturday, March 28 | 10:00-3:00 (in person) "Unplug and Discover: A Retreat in an Age of Algorithms, Artificial Intelligence and Social Media" facilitated by Jamie Fazio, Chaplain and Director for the Center of Spirituality at Nazareth University and Zoe Howland, Graduate Resident Minister at Villanova University. "Unplug and Discover" is a retreat inviting participants to reflect on how technology and algorithms shape their thoughts, habits, and sense of self in a tech-driven world. Through guided reflection and quiet time, participants will reconnect with their God-given identity, restore balance in their relationship with technology, and rediscover clarity, humility, and purpose.
- Saturday, May 2 | 10:00-12:00 (in person) "The Words We Carry: Exploring Grief Through Writing" facilitated by Rev. Jana Biesanz, Interfaith Chaplain and Director of Spiritual Care at Francis House. Grief can be hard to name, let alone carry. This writing workshop offers a quiet, supportive space to explore grief through expression—without pressure to "fix" or explain anything. Through simple prompts and reflective exercises, we'll use writing as a way to listen to what's inside, honor what's been lost, and make room for whatever needs to be felt or said. You don't need to be a writer, and you don't need the right words—just a willingness to show up as you are. Sharing writing in the workshop is always optional, as we create a space to understand our own inner voice. Come write, breathe, and be held by the page. (Suggested fee \$30)
- Saturday, June 6 | 10:00-4:00 (in person, off campus art studio) "The Art of Becoming: A Day of Reflection and Renewal" for those in recovery facilitated by Patricia Slack, Art Therapist and Educator. This experiential program invites participants into a creative journey of reflection through art, nature, and shared story, honoring the wisdom of the earth and life's transitions. Through guided presentations, personal and group reflection, and goal-setting, participants will clarify their needs, affirm their strengths, and discern next steps forward.

Afternoon Offerings

Slow down after lunch and spend some time with us at the Center! It's a great time to stop by... our programs offer refreshment and hope on your journey. Register through our website, by email or call the Center at 315-472-6546.

Tuesday, March 10, 17, 24 | 3:00-4:30 (in person) "Extending God's Mercy - A Lenten Journey of Renewal" presented by Rev. Gerry McKeon, SJ Lent is a season of awakening and renewal, inviting us to turn our gaze toward Jesus and walk with him as he accompanies the poor and reveals the face of God's mercy. Along this journey, we are drawn into God's transforming love, made known through the liberating power of the cross. (Suggested fee \$25 per session)

Wednesday, April 1 | 1:00-2:30 (in person) "Tea and Conversation" Join us for tea and inspiring conversation Peggy Dudarchik, a local author, will share how her dream of writing a children's book became a reality. Come hear Peggy's inspiring story and encounter faith-filled friends. (Freewill offering)

Wednesday, April 15 | 3:00-4:30 (hybrid) "Poems of Resurrection and Renewal" facilitated by staff poet Judy Carr Join us for a poetry gathering featuring Poems of Resurrection and Renewal, an afternoon of reflective verse that invites hope, healing, and new life to rise through the power of words. (Suggested fee \$15)

Monday, April 20 | 12:00-2:00 (in person) "Care for our Common Home and a Celebration of Earth Day 2026" presented by Rev. Peter Murray, SJ You are invited to join us for a simple lunch followed by reflection on *Laudato Si'* and the wisdom of Sr. Elizabeth Johnson and Wendell Berry, with time for thoughtful discussion. The gathering will conclude with a meditative prayer service grounded in Psalms 8 and 46. (Suggested fee \$35)

Wednesday, May 6 | 1:00-2:30 (in person) "Jesus the Storyteller" presented by retired Pastor and Staff Spiritual Director Toppie Bates Who doesn't love a good story? A great storyteller brings meaning and wisdom to life—and Jesus does this like no other. Join us for an afternoon of comfort, reflection, and an opportunity to grow closer to Jesus. (Suggested fee \$25)

Evening Offerings

We invite you to join us for an evening of faith enrichment! We are excited about the following offerings! Register through our website, by email or call the Center at 315-472-6546. (Suggested fee \$25 each)

Monday, March 9 | 6:30-8:00 (hybrid) "Spiritual Surrender: Yielding Yourself To A Loving God" presented by Jim Krisher

The phrase "let go and let God" often seems too simplistic for those going through troublesome times. And we rarely think of surrender in terms of pleasure and joy. Jim will look at what surrender means in our life with God, and how we might live more fully surrendered to God in all the circumstances of our lives.

Thursday, March 19 | 6:30-8:00 (in person) "Lost and Found: Reclaiming Our Identity in Christ" facilitated by Dan Czajak & Mary Anne Corasaniti The season of Lent's pervading theme is returning to God, not merely in penance, but in wholeheartedly embracing our Christian faith and authentically living it out in our daily lives and in our communities. Please join Mary Anne Corasaniti and Dan Czajak, as they share their own stories of returning to faith and fellowship after years of secular living.

Monday, March 30 | 6:30-8:00 (hybrid) "Isaiah and the Suffering of Christ" presented by Rev. John Ferrie

An evening reflecting on the "Servant Songs" in Isaiah and how they guide the Christian understanding of Jesus' suffering, death, and resurrection. How do we understand Jesus' story as the fulfillment of prophecy? And how did Isaiah influence the way the story of Jesus' Passion is told in the Gospels?

Monday, May 4 | 5:30-7:00 (hybrid) "DBT Revisited" with Dr. Terry O'Brien This presentation introduces the core tenets of Dialectical Behavioral Therapy (DBT), as developed by Marsha Linehan, and explores how they can be practiced personally and professionally while being integrated with spiritual practices for a more holistic approach.

Thursday, May 14 | 6:30-8:00 (hybrid) "Finding God in All Things: An Introduction to the Ignatian Way" presented by Dr. Damian Zynda This engaging presentation includes a paired experience and guided reflection rooted in the Ignatian Way of Proceeding — a spiritual path that helps us find God in all things. By the end of the evening, participants will leave with practical tools for deeper encounters with God, discovering a renewed sense of meaning and purpose in their lives.

Our Mission

Our Mission Statement: Believing in the transforming power of God's love, we seek through the Spiritual Renewal Center to offer opportunities for growth in Christian spirituality. We do this, as a grassroots ministry, through... education, evangelization, spiritual direction, ministries in response to special needs or interests of the community, and programs for personal formation and renewal.



Fair Trade Gift Shop

Spring Fair Trade Merchandise coming soon!! Shop is open

regular Center hours:

M-Th 9-5, Friday 9-4

Stop in and Change The World By Changing The Way You Shop!

Extended Offerings

September 2026-May 2027

19th Annotation Spiritual Exercises of St. Ignatius

The Center will again be offering the classic Spiritual Exercises of St. Ignatius in a 30-week format. After more than 500 years, the Spiritual Exercises still bring people to a closer relationship with Christ through the Scriptures. In the 30 plus years we've offered the program, hundreds of people from many Christian traditions have completed the Exercises. Watch for more details in an upcoming newsletter or email.

October 2026-June 2027

Horizons Spiritual Direction Training Program

Do you sense God's call to this ministry? Horizons is a practicum-based program for people wanting to develop their gifts as spiritual directors. Monthly sessions focus on the principles and practices of spiritual direction, alongside close supervision of direct practice. Applicants must have substantial knowledge of theology, scripture, and spirituality and a minimum of one year's experience receiving spiritual direction.

RETURN SERVICE REQUESTED

1342 Lancaster Avenue
Syracuse, NY 13210

