



Offerings

ABOUT US

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

1342 Lancaster Avenue
Syracuse, NY 13210
spiritualrenewalcenter.com
315-472-6546

OUR HOURS

Monday-Thursday 9-5
Friday 9-4
The Center will be closed
September 4
October 9

OUR STAFF

Steven Moore, *Director*
Andrea Pollock,
Administrative Assistant
Ann Derr, *Intake Coordinator*
Judy Carr, *Interim Volunteer
Coordinator*

OUR BOARD MEMBERS

Mary Anne Corasaniti
Ann Derr, *Secretary*
Rev. Beth DuBois
Brigid Dunn
Rev. Don Kirby, SJ,
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Alice Zicari-Grant

September-October 2023
Volume 10 • Issue 3

Healing For Peace (Hybrid) Thursday September 14 | 7:00 pm EDT Presented by Freida Jacques

Whatwehneh Freida J. Jacques is often a bridge between her Culture and the communities surrounding her Nation, Onondaga. Join Freida as she explores the spiritual journey of seeking healing through storytelling. She shares lessons taken from Haudenosaunee history as well as her experience in today's times. She is often described as a storyteller. She is passionate about sharing the lessons about Peace in her culture as well as healing in the individual to achieve peace.

Fee: \$25, or whatever you can afford

Fall Open House Wednesday September 27, 4:00-6:30pm EDT

On Wednesday, September 27th from 4-6:30, the Center will host its annual Fall Open House. Stop in and connect with old friends, have a bite, and learn about the variety of our fall offerings. In addition, the entire gift shop stock will be 20 percent off during the open house. If you weren't here last year, it was a huge success and we hope you'll join us this year!

The Song of Songs (Hybrid) Three Thursdays, September 28-October 12 | 10:00-11:30 am EST Presented by Steve Moore

The Song of Songs is one of the shortest books in the Bible, but it has captured the imagination of everyone from Origen to Bernard of Clairvaux to John Paul II. We will spend some time this fall reading this wonderful text and looking at some of the commentaries.

Fee: \$25, or whatever you can afford



**The Journey From Reformation to Transformation:
The 12 Steps and the Spiritual Exercises of St. Ignatius Loyola (Hybrid)
Tuesdays, October 17-November 21 | 10:30 am-12 noon EST
Presented by Rev. Gerry McKeon, S.J.**

During six Tuesdays we will explore 12 Step Spirituality from the perspective of the Spiritual Exercises of Ignatius of Loyola. We will gather from 10:30 - Noon for input and conversation. Each week we will explore dynamics from the Spiritual Exercises which shed light upon the wisdom of 12-Step Spirituality, so relevant for our age. We will address the call to become freed from our addictions, and freed for a life of loving service, walking with the Risen Christ. This spiritual journey will also allow time for daily private prayer with suggested meditations and contemplations. Participants will have an opportunity to share graces from their prayer during the weekly group gatherings.

Fee: \$25 per session, or whatever you can afford.

Fr. Gerry McKeon, S.J. lives in the Jesuit Community at Le Moyne College in Syracuse, New York. He is a member of the staff at the Spiritual Renewal Center in Syracuse, where he offers Spiritual Direction, and Retreats in Everyday Life based on the Spiritual Exercises of Ignatius of Loyola. He also serves as a visiting Retreat Director at Eastern Point Retreat House, Gloucester, MA. His other ministry includes Chaplaincy at Syracuse hospitals, and at a local county jail. On the weekends, he assists at a local Catholic Parish.



The Parables of Jesus (Hybrid)

**Four Wednesdays, October 18-November 8 | 10:00-11:15 am pm EST
Presented by Rev. Dr. J. Mark Lawson**

The Parables of Jesus include some of the world's most beloved stories as well as some of our Savior's most difficult teachings. During these four sessions, Rev. Dr. J. Mark Lawson will closely examine a sampling of the parables to help participants understand how they were heard by their original hearers and what they mean to us today. *Fee: \$25 per session, or whatever you can afford.*

Dr. Lawson is a retired pastor in the United Church of Christ (UCC), an adjunct professor of religion and theology at LeMoyne College, an instructor for the New York School of Ministry of the UCC, and a spiritual director at the Spiritual Renewal Center.

The Spirit of Elemental Kinning (In-person only)

**Wednesday, October 4th | 10:00 - 11:30am or 6:30 - 8:00 pm EST
Facilitated by Mary Colleen Sinnott**

The Spiritual Renewal Center is beginning a new initiative in Eco-spirituality, which is an approach to faith that celebrates our connection to the natural world. How perfect it is that Pope Francis named his 2015 Encyclical Letter *Laudato Si - On Care for our Common Home*, with the opening words from St. Francis' *Canticle of Creatures*, "Praise be to You...". May we respond with communal care by beginning our journey of 'Being one with God's Creation' on this auspicious day of Francis' birth, honoring the kinship of Brother Sun, Mother Earth, Sister Water and Brother Air. We will take time to ground ourselves in the Spirit-ed words of mutuality, community and kin-d-ness as we experience a "Terra Divina" (learning from God's Creation) approach to these words of Henry David Thoreau: "Heaven is under our feet as well as over our heads". *Fee: \$25, or whatever you can afford.*

Mary Colleen Sinnott long-time friend of SRC and member of the Church of the Woods, Canterbury, NH.

Wisdom Wednesdays (Hybrid) Reconvenes September 13th

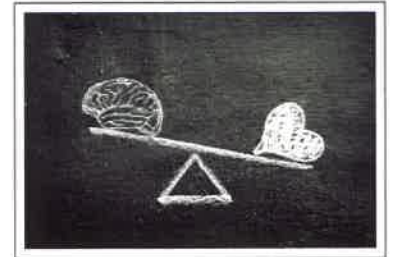
Wednesdays 4-5 pm EST at the Center either in person or via Zoom, we will be reading Guigo II's *Ladder of Monks*. Feel free to stay after for our contemplative prayer group at 5:00 pm. *Free will offering.*

IVC of Syracuse is accepting applications to join our service ministry

The Ignatian Volunteer Corps (IVC) provides men and women, age 50 or above, opportunities to share their life skills and wisdom in service to our community's underserved. IVC members commit to volunteer 1- 2 days weekly for 10 months per year. We meet monthly to prayerfully reflect on our service and deepen our Ignatian spirituality. Virtual Information Session, hosted by Fr. James Martin, SJ: <https://ivcusa.org/info/>
Contact Linda Zimmerman: lzimmerman@ivcusa.org

DBT Mindfulness Skills Training (in-person only) Eight Mondays, beginning September 18 6:30-8:00 pm EST

Back by popular demand! This introduction to mindfulness training is based on skills from Dialectical Behavioral Therapy (DBT). DBT mindfulness skills are specifically designed to be nondenominational and compatible with a wide variety of traditions and beliefs. This class will be especially helpful for people who are struggling with their own spiritual practice, or emotional dysregulation, or want to learn more about mindfulness for better health and well-being. **The training will take place on Mondays from 6:30-8 pm at the Spiritual Renewal Center. Space is limited to 8 participants.** This class is not a substitute for psychotherapy but may complement your current practice. We are not able to accommodate walk-ins. *Fee is \$25 per session.*



Steve Moore is the director of the Spiritual Renewal Center, spiritual director, and clinical psychologist. He was intensively trained in DBT and has conducted DBT groups in a variety of settings. If you are interested, please contact Steve at the Spiritual Renewal Center.

What Does Grace Look Like? is a series of reflections about God's grace. This issue's grace story comes from the Rev. Dr. Steven Moore, Center Director.

What Does Grace Look Like?

Sometimes Grace becomes clear not in the events of our lives but in the way we tell the story. Early in my formation, I was a pastoral visitor at Loretto Nursing Home. In my rounds I would visit two women with similar backgrounds. Both had grown up in Syracuse and worked hard their whole lives. The difference is one was married and the other had remained single. When they were at Loretto, the first woman was sad and complained every day because she was now in the nursing home for rehab, despite the fact that her husband and son visited her everyday.



The other woman, Anna, did not have daily visitors but was so grateful for everything the staff did for her, and would be excited to see her niece a couple of times a year. She had lived a difficult life working as a seamstress, but the way she spoke about her life and God's mercy would make you think that she had lived an easy life. I learned early on that our ability to recognize grace is not primarily about our experience, but what we focus on and how we tell the story.

That's What Grace Looks Like

A note from our Volunteer Coordinator

The front desk volunteers are often the guests' first exposure to the Center, and we count on them to be there! We have several open shifts and are looking for volunteers who would like to commit to a regular shift, as well as subs that we can call on an as needed basis. Would you be interested in taking a shift in a supportive environment, surrounded by others who are invested in the Center's mission? We will work with you to fit into your schedule and busy lives. Please call the center and leave a message for Judy if you might be interested, and she will get back to you.

Recurring Groups

Ignatian Spirituality Group for those who have completed the **Spiritual Exercises** is facilitated by Lou Sogliuzzo, SJ and takes place on the 2nd Wednesday of the month.


Women's Faith Sharing group meets on the 3rd Thursday of the month. This group is facilitated by Kathy Papa.

Contemplative Prayer Group meets every Wednesday at 5:00pm.

Connect with the Spiritual Renewal Center

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.

 facebook.com/spiritualrenewalcenter

 instagram.com/spiritualsyracuse

RETURN SERVICE REQUESTED

1342 Lancaster Avenue
Syracuse, NY 13210

