



Offerings

May / June 2022
Volume 9 • Issue 3

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

M-TH 9 am - 5 pm
Friday 9 am - 4 pm (Sep-June)
Closed May 30

OUR STAFF

Steve Moore, *Center Director*
Marise May, *OSF
Programming Associate*
Andrea Pollock,
Administrative Assistant
Meg Castellini,
Communications Specialist

OUR BOARD MEMBERS

Mary Anne Corasaniti
Ann Derr, *Secretary*
Brigid Dunn
Scott Kelso, *Treasurer*
Rev. Don Kirby, *SJ, Vice-Chair*
Maureen Lasda
Sally Manahan, *Chair*
Bishop Colette Matthews-Carter
Robert McKinstry
Kathy Papa
Bob Talomie
Amanda Webster
Randy Wolken

The Cry of the Poor

Presented by Rev. Beth DuBois

Thursday, May 26 | 6:30 p.m. EDT (virtual option available)

The Poor People's Campaign: A National Call for Moral Justice is gathering in June for a Moral March and Assembly in Washington, DC. What does it mean to listen to the poor as people of faith? We will begin with a biblical reflection by Rev. Dr. Liz Theoharis, in "We Cry Justice: Reading the Bible with the Poor People's Campaign." Then, we will look at the history of the Poor People's Campaign in 1968 and today, its principles and demands, and its connection to catholic social teaching.

Rev. Beth DuBois is a member of the New York State Poor People's Coordinating Committee, a Tri Chair of the CNY Poor People's Committee and a staff member at University United Methodist Church. She is active in Community Wide Dialogues at Interfaith Works and ACTS (the Alliance of Communities Transforming Syracuse), as well as a graduate of the 19th Annotation and participant in different courses at the Spiritual Renewal Center.



Recurring Groups

The Center offers these regularly scheduled meeting groups for your spiritual growth. **Newcomers are always welcome.** Our **Tuesday** morning **Bible study** group meets via Zoom from 10 to 11:30 a.m. each week. Dc. Bob Talomie leads this discussion.

Wisdom Wednesday meets every Wednesday via Zoom from 4:00-5:00 p.m. Throughout April we will be studying Howard Thurman and his book "Jesus and the Disinherited." Please visit our website under "events" to get the link.

Women's Faith Sharing group meets from 2:30-4:00 the third Thursday of each month in person and is led by Kathy Papa. Upcoming meetings are **May 19, June 16**. Please join us!

People who have completed the Spiritual Exercises are invited to the **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 **May 11** and **June 8**.

DBT Mindfulness Skills Training (8-week session)

Presented by Steve Moore

Thursdays, May 5 - June 23 | 10:30 a.m. - 12 noon EDT (in person)

Back by popular demand! This introduction to mindfulness training is based on skills from Dialectical Behavioral Therapy (DBT). DBT was developed by Marsha Linehan, a psychologist, trained spiritual director, and Zen master to help people who struggle to manage difficult emotions and have problems in their relationships. Mindfulness has numerous spiritual, psychological, and health benefits; and these skills are central to most religious practices.

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, emotional dysregulation, or want to learn more about mindfulness for better health and well-being.

The training will take place on Thursdays at 10:30-12pm at the Spiritual Renewal Center. **Space is limited to 8 participants.** No one will be turned away for inability to pay. This class is not a substitute for psychotherapy but may compliment your current practice.

Steve Moore is the director of the Spiritual Renewal Center, a trained 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 the Steve Moore at the Spiritual Renewal Center. We are not able to accommodate walk-ins. Suggested donation is \$20 per session.

The Spiritual Exercises of St. Ignatius Loyola A 30-week Adventure in Prayer (in person)

The Center is again offering the classic Spiritual Exercises of St. Ignatius Loyola in a thirty-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 years we've offered this program, 100s of people from many Christian traditions have completed the Exercises.

Beginning September 13 and continuing through May, the program takes place Tuesdays, 1- 3 PM. This includes time with an individual prayer guide and a group teaching session. Each participant commits to 30-60 minutes of daily personal prayer with prescribed materials. For more information or to apply, contact Steve at 315-472-6546 or smoore@spiritualrenewalcenter.com. Space is limited, so register now!

What Does Grace Look Like? is a series of reflections about God's grace. This month's feature is written by Center Board Member, Amanda Webster, a religion teacher at Christian Brothers Academy.

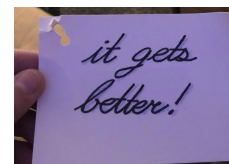
What Does *Grace* Look Like?

One out of six high schoolers seriously think about suicide.

One out of six. That equates to 20 of my roughly 120 students. That statistic is alarming and part of the reason to implement a suicide awareness unit into my social justice curriculum. The presentation focuses on hope, awareness and suggestions to help oneself or others during a difficult time. Students listen to a guest speaker share her story of the loss of her only child to suicide as well as warning signs. During the final lesson, students participate in an activity to create a positive, uplifting message on an index card. Once completing their messages, I collect the cards and a month later during the final exam I randomly redistribute the cards (and a piece of homemade chocolate) to each student. Of all my difficult topics, this one always bears an emotional toll on my heart; partly because of the uncertainty of whether the message of God's love, mercy and grace is heard and accepted.

Six months after this lesson, I received this email from a former student:

"I was unpacking at my new apartment and once again the card from last year made me feel something I haven't felt in a while. As well as I may mask it, I am never feeling so great, both emotionally and morally. I always convince myself that I am never doing enough for those around me and that no matter how hard I try, I will never be able to do as much as I should. I am buried up to my knees in boxes, the stress of school and playing a sport along with taking care of my family just always have me bugging out. Then I saw the card. Three simple words of "it gets better" and I experienced a feeling of relief. A sense that things will truly get better soon and if it wasn't for your class and you, I wouldn't have gotten the feeling that I did. I can't thank you enough for everything you have done for me and knowing that you will always be there is something special. The feeling I experienced from this card is **proof of God** and I can't describe it any better. Thank you."



That's What *Grace* Looks Like

Continuing Education for Spiritual Directors
Presented by Rev. Jana Biesanz
Friday, May 20 | 9:00 a.m. - 12 noon (in person)

Join the Rev. Jana Biesanz for a morning program on working with grief and loss in spiritual direction. These past two years have been difficult for many people for a variety of reasons. In addition to a global pandemic, heightened racial tensions, political division and war; many people have continued to experience loss in their lives. Spend some time reflecting on your spiritual direction practice and gaining new skills to further your ministry. This workshop is open to staff spiritual directors as well as spiritual directors from the community and our trainees in the Horizons Program.

Rev. Jana Biesanz is an Interfaith minister and serves as the Francis House Household Coordinator and chaplain. She served as the chaplain for Hospice of CNY for several years, and continues to be an Assistant Chaplain for Upstate Medical Center's Department of Spiritual Care. She teaches contemplative care for the dying and their families to healthcare professionals, caregivers, and volunteers.

The May Formation Program in the
Spiritual Exercises



Spots are going fast for our first cohort of the Marise May Program here at the Spiritual Renewal Center. This program is designed to train persons to give the Spiritual Exercises of St. Ignatius Loyola.

The first-year training will begin with a retreat day in September followed by weekly meetings beginning in October on Tuesday afternoon along with our 19th annotation program. There is no cost for this program but participants will be asked to make a commitment to offer the Spiritual Exercises after they receive their certificate. Please contact Steve Moore 315-472-6546 for more details.

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.

School of the Lord's Service: Benedictine Spirituality for the Modern Seeker
Presented by Rev. Daniel McMullin
Thursday, June 9 | 7:00 p.m. (virtual option available)

Join us as we discover the riches of Benedictine spirituality for today. Drawing on numerous topics such as Lectio Divina, obedience, seeking counsel and others Fr. Dan will help translate the wisdom of the Benedictine tradition to our modern context.

Fr. Daniel McMullin has a varied background in both the academic and pastoral worlds. After graduating college he spent nearly sixteen years as a monk of St. John's Abbey in Collegeville, MN. after earning a doctorate from the Eastman School of Music. Now as a priest of the Diocese of Rochester, he has taught at the college level and worked in both urban and rural parishes. Besides his obvious interest in music, Fr. Daniel continues to study and speak in the areas of Monastic and Celtic spirituality and spiritual direction.

HORIZONS Foundational Program for the Training of Spiritual Directors

The Spiritual Renewal Center has been committed to the training of spiritual directors for over thirty years. 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 direction practice. Applicants must have substantial knowledge in theology, scripture, and spirituality, and a minimum of one year's experience receiving spiritual direction.

The first year of HORIZONS meets at the Center October 2022 through June 2023, on the first Monday of each month, 1-5:15 p.m. During the second year (also October through June on first Mondays), monthly sessions are 2:45-5:15 p.m. Tuition is \$700 per year. A certificate is awarded at the completion of the program. Next Fall's cohort is forming—contact Center Director Steve Moore for more details and an application.

Make A Difference When You Shop!

The Hand to Hand Fair Trade Shop has been restocked and is full of innovative new merchandise. Our shelves are brimming with great ideas for gift giving or a Spring splurge. Keep us in mind for wedding and Mother's Day Gifts as well. Your purchases benefit Fair Trade artisans working in third world countries. Thank you for changing the world by changing the way your shop!



Newsletter Recipients: In an effort to increase our efficiency and lessen our expenses for returned mail, postal service newsletter delivery will be discontinued if your newsletter is marked as "not deliverable" or "temporarily away" for 2 consecutive newsletters. Please notify us if you would like to switch to email delivery of your newsletter, or schedule planned time away so that we may temporarily remove you from the mailing list. Thank you for your understanding!



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

