Fall 2026
Volume 13 • Issue 2

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
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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 Sept 7, Oct 12, Nov 11, 26, 27

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Dear friends,

As part of my birthday reflection this year, I asked a few friends the following question: **"If you could go back in time, what would you do differently?"** Their responses offered wonderful insight, as you can imagine.

- I would spend more time doing what I am passionate about.
- I would travel more.
- I would value my own voice more and be more willing to stand up for myself.
- I would eat better and exercise more.
- I would be more intentional about my activities and simplify.

All are worthwhile pursuits for me to consider as I begin another trip around the sun. Yet the final response to my question came in the form of another question, inviting even deeper contemplation.

"What would YOU do differently?" was the response offered by a wise spiritual director, Jim Krisher, founder of the Spiritual Renewal Center.

I've continued to sit with that question, and I'd like to share a bit of where it has led me.

Life's different stages are often described as seasons. If that's true, perhaps I find myself in the season of autumn. As the days grow shorter and the leaves let go of their summer green, they reveal the rich yellows, oranges, and reds that were there all along.

Life's joys and challenges also have a way of bringing our true colors to surface.



Nature is fascinating to watch! There is profound wisdom woven throughout God's creation, and autumn is just one season that offers meaning, beauty, and hope for the journey we are traveling.

This fall we invite you to join us at the Spiritual Renewal Center as we embrace our journeys, no matter what season we may find ourselves.

So, what would I do differently if I could go back in time?

Perhaps I would learn to loosen my grip on anything that prevents life's natural cycles to unfold. And with the image of this tree in my mind, I recognize that the release provides more space for God's light to shine through.

With gratitude and hope,
Meg Castellini, Director

Daytime Offerings

Take a break mid-week and join us at the Center and in the suburbs too! Our programs offer refreshment and hope on your journey. Register through our website, by email or call the Center at 315-472-6546.

Tuesdays, September 22, 29, October 6, 13, 20, 27 | 10:00-11:30 (in person at ***St. Mary's Church, Baldwinsville***) **"6 Week Autumn Retreat In Daily Life" presented by Rev. Gerry McKeon, SJ** This six week retreat offers the opportunity to deepen our conscious contact with God on a daily basis. We will be given the opportunity to grow in our relationship with Jesus Christ. Rooted in our experience of God's foundational love, we will pray for different graces throughout the retreat. We will be invited to embrace the tender mercy of Jesus Christ who calls us into a life of discipleship. (Suggested fee $75 for all sessions)

Wednesday, October 14 | 3:00-4:30 (hybrid) "Poems of Dormancy and Slumber" facilitated by staff poet Judy Carr Registered participants will receive a packet of poems on the topic prior to the meeting. They will kick off our discussion which will then move to poems brought and or/written by those in attendance. You do not have to be a poet to appreciate poetry as many who have attended the group have discovered. (Suggested fee $15)

Thursday, October 22, 29 | 1:00-2:15 (in person) "Theo of Golden: A Two-Part Book Conversation" facilitated by Dr. Terry O'Brien Join us for a creative and engaging discussion of *Theo of Golden*, a story rich with wisdom, imagination, and hope. In a world longing for hope and purpose, this conversation promises to inspire thoughtful reflection and meaningful dialogue. Whether you've finished the book or are simply curious about its themes, you'll find a warm welcome. Come join the conversation—and discover the golden thread that invites each of us to live more fully alive. (Suggested fee $30 for both sessions)

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.

Thursday, September 10 | 6:00-7:00 "Spiritual Direction Informational Meeting Night" at *The Good News Center, Utica* Are you curious about spiritual direction? Spiritual direction is an ancient ministry of the Church that invites you to pause and listen more deeply for God. In this sacred relationship, a spiritual director accompanies you as you grow in awareness of God's presence and responsiveness to God's call. Sharing your story can open new paths to deeper intimacy with God and a more balanced, attentive spiritual life. (Free)

Tuesdays, October 6, 13, 20 & 27 | 6:30-8:00 (hybrid) "The Gospel of Mark" presented by Jim Krisher Mark was the earliest of the gospels to be written, and it gives us a striking picture of Jesus of Nazareth, and the impact of his ministry upon those he encountered. Through the pages of Mark's gospel, we too can encounter Jesus, and he continues to have an impact on our own lives, and on our world. Jim will provide the historical, cultural and religious background to this powerful gospel, and explore it's meaning for disciples of Jesus today! Please register for each session separately. (Suggested fee $25 per session)

Wednesday, September 23 | 4:00-6:00 Open House You're warmly invited to an Open House at the Spiritual Renewal Center, where we'll celebrate decades of spiritual growth, community, and grace. Join us as we express our gratitude to Andrea Pollock, our office manager, for her 7 years of work here at the Center and wish her well in her new adventure. (Free)

Thursday, October 1 | 6:30-8:00 (hybrid) "The Pope, AI & What It Means for Us" presented by Fr. Dennis Walker Artificial Intelligence is changing the way we live, work, communicate—and even how we think about what it means to be human. And yes, even the pope is paying attention! In his first papal encyclical, Pope Leo XIV offers the Church's perspective and guidance on the opportunities and challenges of this rapidly evolving technology. (Suggested fee $25)

Tuesday, November 10 | 6:30-8:00 (hybrid) "Catherine of Siena: Finding an Inner Cell in a Noisy World" presented by Randy Wolken While on a family vacation to Siena, I expected to learn more about Catherine of Siena; instead, I learned more about myself, my own need for stillness, and Christ's invitation to find my inner cell in the middle of a noisy world. This evening is not an academic review about Catherine's life; it is a guided reflection using her witness to help us listen more deeply, pray more honestly, and ask who God is calling us to become. (Suggested fee $25)

That's What Grace Looks Like



This month's story comes from Jim Mulder, friend of the Center and volunteer with Ignatian Volunteer Corps.

My adult son who has autism used to think he could make friends online without ever leaving the house. Because he struggles with social interaction, Kevin refused to participate in group activities that would help him connect with others.

His mom suggested Kevin join a choral group because he is an excellent singer. He quit after the second practice because he said one of the other chorus members made a face at him. He subsequently rebuffed other suggestions to join sports teams, group art classes, church groups and other social activities, even though he badly wanted to make friends. He was lonely and rarely left the house except to deliver Meals on Wheels and go grocery shopping.

Then in 2022 Deb Cavanaugh came into his life. Deb is a mentor with Advocates Inc., a nonprofit that supports Kevin and other people with disabilities. She's also the founder and president of Front Row Players, a local musical theater group for people with special needs. She convinced Kevin to come to an FRP rehearsal and attend one of its shows. She then talked Kevin into joining the theater group in 2023. My wife and I doubted Kevin would stick with it. But over the past four years he's performed in seven shows, singing and dancing on stage in front of hundreds of people. It has transformed his life. He's made dozens of friends in the theater group. They go to parties, movies, restaurants, bowling and other activities together. He also now participates with his friends in Special Olympics powerlifting, swimming, gymnastics and bocce.

Kevin never used to want to celebrate his birthday with a party. But last year on his 35th he wanted a big party in a pizza place in East Syracuse. More than 25 of his friends attended. When they sang "Happy Birthday," Kevin's face lit up with a beaming smile.

That's what grace looks like.

Days of Reflection

Sometimes we need a day off from our usual routine 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.

- **Saturday, September 19 | 10:00-3:30 "The Art of Becoming: A Day of Reflection and Renewal" 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. (Full day retreat $50 includes lunch, $40 bring your own lunch)**

- **Saturday, October 3 | 12:00-3:30 "Celebrating the Beatitudes of Being" facilitated by Sr. Linda Neil, OSF. The Beatitudes are a call to live fully and deeply - the way Jesus lived. They are a path to the wonder of being human and holy in this precious life of ours. This program reflects on the beatitudes as catalysts into on the grandeur of being and the call to deepen our delight in living. We will celebrate the blessings of mindfulness, abundance, beauty, awe, healing, gratitude, and our mystical vocation as sources of hope in these times. The presentation weaves art, music, poetry and story to engage our hearts, inform our minds and fire our passions for transforming our relationship with Creator, ourselves and the Earth community. (Suggested fee $30)**

Ignatian Volunteer Corps

Ignatian Volunteer Corps - Not Your Typical Volunteer Organization

Are you thinking of retiring, an empty nester or simply age 50 or better and wondering what the next chapter of your life will look like? IVC is here to help you answer that question! We're addressing the needs of nonprofits in our communities by carefully matching you with a nonprofit that could use your help. In many cases, you will be using your professional skills to benefit our partner agencies in this time when nonprofit staff need more help serving the most vulnerable among us. IVC Service Corps Members meet monthly at the Spiritual Renewal Center to reflect on their service and grow in their spiritual lives. If you think IVC might be right for you, please check out our website at ivcusa.org and contact the Syracuse Regional Director, Jane Elizabeth Brown, at jbrown@ivcusa.org



Hand to Hand Gift Shop

More 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!

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.

RETURN SERVICE REQUESTED

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