



THE SPIRITUAL EXERCISES of St. Ignatius Loyola

What people are saying

It's giving God permission to have His way with you! Expect to be changed.

S.J.

The Spiritual Exercises changed my life in ways I did not know or expect. They led me to an ever deepening relationship with Jesus and a better understanding of myself. The best part is that they are just the beginning, laying the groundwork for continuing to experience God's unending love for me.

P.G.

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

Learn more about us at spiritualrenewalcenter.com



/spiritualrenewalcenter



/spiritualsyracuse

1342 Lancaster Avenue
Syracuse, NY 13210
315-472-6546



“Go forth
and set the world on fire.”

A 30-week Adventure in Prayer *September 2026 - May 2027*

For more information or to apply,
contact Meg Castellini
at 315-472-6546 or
meg@spiritualrenewalcenter.com

A 30-Week Program to find God in all things

Deepen your relationship with God and live more completely in His presence. The Spiritual Exercises of St. Ignatius Loyola will help you recognize God's unconditional love, come to terms with your failures and become closer to Jesus Christ.

Commit to a better relationship with Jesus

This highly structured, Scripture-based program takes retreatants through the themes of St. Ignatius Loyola's timeless Spiritual Exercises. The program is facilitated by trained prayer guides and experienced spiritual directors. Your commitment to the program will include:

- Praying on a daily basis
- Attending weekly meetings
- One-on-one sessions with a prayer guide
- Journaling your prayer experiences
- Integrating faith into your everyday life
- Accepting the challenge to become a more faithful disciple of Jesus.

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Join us at the next session

**September 2026
through May 2027**

Program includes
a weekly meeting with
a prayer guide and
a monthly group meeting.

Cost

\$600 + \$40 for materials

\$600 can be paid in weekly increments of \$20

All sessions of this retreat are held at

Spiritual Renewal Center

1342 Lancaster Avenue
Syracuse, NY 13210



Retreat for everyday life

Are you serious about your spiritual life?

Do you...

- lead a prayerful life with a desire for the discipline and structure of The Exercises?
- have a balance between your physical and psychological health?
- have a desire to grow a stronger relationship with God?
- have the ability to articulate your prayer experience to a guide?
- have a willingness to learn new types of prayer?
- have the ability to make the commitment?

Then the Spiritual Exercises
might be for you!

