



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

OUR HOURS

Monday-Thursday 9-5
Friday 9-4

The Center will be closed

**Dec 24, 25, 26, Dec 31, Jan 1, 2, 19,
Feb 16**



OUR SPIRITUAL DIRECTORS

Beverly Babcock
Marge Babcock
Toppie Bates
Nick Bufano
Darryl Caterine
Mary Anne Corasaniti
Ann Derr
Jason Downer
Kathy Faber-Langendoen
Chris Goral
Jim Krisher
Maureen Lasda
Mark Lawson
Sally Manahan
Gerry McKeon
Steve Moore
Peter Murray
Kathleen Owens
Kathy Papa
Lana Riley
John Rose
Michael Ruf
Lou Sogliuzzo
Linda Zimmerman

Advent Afternoon of Reflection

Moving from Fear to Hope: Opening Our Hearts to the New Creation

Tuesday, December 2 | 1:00-4:00 in person

Presented by: Rev. Gerry McKeon, SJ

Suggested fee: \$30

Advent is a time of great hope and expectation - and yet we know how many hearts are filled with fear and anxiety about the future. So many are beaten down by discouragement with their faces in the dirt, hoping for hope (Lamentations 3:29). How shall we receive the gift of Emmanuel this Christmas? How can we join with Mary and other women and men of holiness who say “yes” to the promise of Emmanuel? This Advent Season, let us walk along the path from fear to trust, from despair to hope. Consider joining us for an afternoon of prayer and reflection as we enter into the Advent Season of Hope -- 2025.

Fr. Gerry McKeon, SJ is a staff spiritual director, instructor for the Ignatian spiritual exercises and a hospital chaplain.



Women's Retreat

Saturday, December 6 | 10:00-3:00 in person

Rev. Dr. Cindy Mapstone

Suggested fee \$50 includes lunch

Stressed, lonely, and feeling vulnerable? Find blessing and nurture as we feed our parched souls, soothe our harried minds, and quiet the endless noise in our lives. During the busyness of Advent and the Christmas season, participants are invited to slow down for a day as the group contemplates an intentional life grounded in Christ's love.

This one-day women's retreat offers a virtual pause button that allows participants time and space to gain perspective on their lives. Together we will realign our thinking and remember God's promises. Participants will discover strategies to nurture their spirits every day.

Rev. Dr. Cindy Mapstone is the Senior Pastor of United Church of Christ in Bayberry.



Advent Taizé Prayer Service | Wednesday, December 10 | 7:00 PM in person

at All Saints Church with Erin Moore, Jeff Wise, Harvey Nusbaum, and Friends

Take time out of your busy holiday schedule for quiet prayer and reflection. Taizé is a meditative prayer service with candlelight, chanting, and silence that originated in the ecumenical community in Taizé, France. Light refreshments to follow. Free will offering. Registration not required, but helpful as we plan the service.

Evening of Reflection

Isaiah in the New Testament

Monday, December 15 | 6:00-8:00 PM hybrid

Rev. John Ferrie

Suggested fee: \$25



Many of the expressions we associate with Advent and Christmas are from the Book of Isaiah: the birth of Immanuel, the voice crying in the wilderness, the great light dawning on a people who have dwelled in darkness, the peaceable kingdom. In fact, the Book of Isaiah is quoted more often by the New Testament writers than any other book in the Hebrew Bible. What were the New Testament writers doing when they quoted Isaiah so extensively about the birth (and life, and death) of the Messiah? How can Isaiah help us prepare to celebrate the mystery of the Incarnation?

John Ferrie is a retired pastor in the Evangelical Lutheran Church in America, currently serving in a very part-time role as transition pastor at Prince of Peace Lutheran Church in Fulton.

See something interesting?

Please register now!

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.

Holy Ground

Thursdays, January 8, 22 | 12:00-1:00 PM hybrid

Facilitated by Meg Castellini

Freewill offering

Holy Ground offers a relaxed, engaging space to explore Scripture and spiritual books that inspire deeper faith and reflection. Whether you're new to spiritual reading or a lifelong learner, you're invited to share insights, questions, and moments of grace with others on the journey. We begin this month with **The Christ Key** by Chad Bird. This book explores how the entire Old Testament points to Jesus, revealing Him as the central figure woven through every story, symbol, and prophecy. Bird invites readers to rediscover Scripture as a unified narrative of God's redemption, with Christ as its true and ultimate key.

Understanding the Spiritual Wisdom of Our Dreams:

A Hands-On Workshop with Dr. Darryl Caterine

Monday, January 19 | 10:00-2:00 PM in person (yes, we're open for this event) Suggested fee: \$40 includes light refreshments



One of the ways that God tries to communicate with us is by sending us dreams. With knowledge of a few simple techniques, we can learn to become more skillful interpreters of their guidance and wisdom. This workshop will introduce several approaches to better understanding our dreams, as

developed by the Swiss psychiatrist Carl Jung. It will also include individual and group practice sessions in which we can apply these methods to interpreting dreams and daydreams alike. If you can remember one, please bring with you a dream you have had at any point in your life that you are comfortable sharing. If you cannot, just bring along a spirit of play and exploration!

Dr. Darryl Caterine is a staff spiritual director and professor of comparative world religions at LeMoyné College.



Winter Poetry - Beginnings!

January 21 | 3:00-4:30 on Zoom

Hosted by Judy Carr

Suggested fee: \$15

Help us celebrate the New Year by reading Poetry of Beginnings!!! We will gather on **January 21 from 3-4:30** on Zoom. All registrants will receive a poem packet that will start the conversation followed by poems brought by participants. You do not need to be a poet or have a great knowledge of poetry to enjoy this afternoon. As one attendee recently related "I never thought talking poetry could be fun!" The program is hosted by Judy Carr, poet and lover of poetry. Hope to see you!

Retreat for Spiritual Exercises Alumni
Freedom and Surrender in Complicated Times
Saturday, January 31 | 10:00-3:00 PM in person
Rev. Jason Downer, SJ
Suggested fee: \$50 includes lunch



Join us for a retreat day for those who have made *The 19th Annotation*. Throughout that retreat invited us to greater freedom so that we can love God, ourselves, and other people in radical new ways. When we encounter the complicated realities of our relationships, our communities, and our world, we need to remember the graces offered to us through freedom and surrender. This day will include some pointers for prayer, quiet time to pray, and sharing in small groups.

Fr. Jason Downer is the Superior of the Loyola Jesuit Community in Syracuse and a staff spiritual director at the Center.

Caregivers Series

“We Love Because He First Loved Us” 1 John 4:19
Tuesdays, February 10, 17, 24 | 3:00-4:00 in person
2/10 Fr. Cliff Auth 3-4 PM
2/17 Kerryanna Elhage 3-4 PM
2/24 Mini-retreat with Meg Castellini 3-4 PM
Suggested fee: \$25 per session

We invite you to join us during February for a three-week series dedicated to those who care for others. Whether you're a parent nurturing your children, an adult child supporting aging parents, or a professional caregiver, this program offers insight and refreshment for your spirit.

Fr. Cliff Auth, Pastor of Immaculate Conception and St. Ann's Parishes, will share his own experiences caring for his parents. His heartfelt stories will rekindle your energy and offer new perspective as you continue caring for your loved ones.

Kerryanna Elhage, Nurse Manager at Golisano Children's Hospital will discuss the physiology of the human stress response and the impact that chronic stress can have on our bodies and emotions. Kerryanna will also share what science tells us about the components of well-being, and she will offer information on some powerful tools anyone can use to improve their well-being. Part lecture, part interactive, and part guided activities, expect to leave with new information and tools to help you thrive in your journey of life - including your caregiving journey.

Our series will conclude with a mini-retreat facilitated by our own **Meg Castellini**. Take time to pause, rest, and be renewed at this mini-retreat designed especially for caregivers of all kinds. Through prayer, reflection, and shared stories, you'll find encouragement, support, and space to care for your own spirit.



The Spirituality of Civility:
Seeing the Sacred through the Eyes of Another
Thursday, February 12 | 7:00-8:30 hybrid
Dr. Darryl Caterine
Suggested fee: \$25

In this age of religious and political polarization, the value of civility is in danger of being lost, and its roots in Christian spirituality forgotten. The foundation of civility is the ongoing practice of compassion, of being able to see the world through the eyes of another. Compassion, in turn, is based on a recognition of the Divine image in every human being, which is expressed uniquely from one culture and religion to the next, but ultimately transcends them all. This presentation will explore the theology of civility and its practice in everyday life, with a special focus on cultivating solidarity and finding common ground with other faith traditions.

Day of Reflection: The Prodigal Son — A Story for Us All
Saturday, February 28 | 10:00-3:00 in person
Jack McAndrew, Mary Kay Ryan, Eileen Murray
Suggested fee: \$50 includes lunch

We invite you to join siblings **Jack, Mary Kay, and Eileen** for a day of reflection and renewal as they explore the timeless parable of the Prodigal Son. Together, they'll guide participants in unpacking the many layers of this story — forgiveness, reconciliation, and the boundless mercy of God.



Drawing on decades of experience in education, leadership, and personal formation, the McAndrews bring both heart and insight to this retreat. Come and discover what this familiar story might be inviting you to learn anew.

Jack McAndrew was a North Syracuse School District Social Studies teacher, football and lacrosse coach for 34 years. Mary Kay Ryan was an Elementary teacher for 35 years. Eileen Murray was a Social Studies teacher and involved in professional development.

[W]eekly & [M]onthly Recurring Groups at the Center

[W] **The Contemplative Prayer Group** led by Thomas O'Connor meets **Wednesdays at 5PM.**

[M] **The Ignatian Practitioners Group** welcomes anyone who has completed the **Spiritual Exercises**, and is facilitated by Fr. Lou Sogliuzzo, SJ, the **2nd Wednesday of the month at 6PM.** Our discussion continues on the book "The Soul Also Keeps the Score: A Trauma-Informed Companion to the Spiritual Exercises of St. Ignatius" by Rev. Robert McChesney, SJ. {Next dates are 12/10, 1/14, 2/11} Freewill offering.

[M] **Women's Faith Sharing Group** meets on the **3rd Thursday of the month at 2:30PM.** {Next dates are 12/18, 1/15, 2/19} This group is facilitated by Kathy Papa. Suggested donation is \$20 per session.

[M] **Richard Rohr's "Daily Meditations" Way of Oneness Discussion Group** led by Peter Sarver & Friends, meets **2nd Thursday of the month at 3PM** {12/11, 1/8, 2/12} Freewill offering.

[M] **Grace in the Grind Faith and Friendship Gathering** facilitated by Meg Castellini, meets 4th Wednesday of the month from 1:00-2:00 PM in person and online. Visit our website for the link. {Next dates are 1/28, 2/25} Freewill offering.

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.



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