



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
January 16
February 20

OUR STAFF

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

OUR BOARD MEMBERS

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January - February 2023
Volume 10 • Issue 1

Healing the Wounds

Thursday, March 2 | 6:30 pm EST (virtual option available)
Presented by The Most Reverend Bishop Douglas Lucia
Roman Catholic Diocese of Syracuse

Bishop Lucia has been advocating for Pope Francis to reject the Doctrine of Discovery. Several popes, beginning in the 15th century have advocated using the doctrine to justify claiming land. The Doctrine of Discovery refers to a principle in public international law under which, when a nation “discovers” land, it directly acquires rights on that land. Come join Bishop Lucia as he shares his insights and how our spiritual tradition has inspired him to take this courageous stance. *Fee: \$25, or whatever you can afford.*



Most Rev. Douglas Lucia is the 11th bishop of the Diocese of Syracuse appointed by Pope Francis on June 4, 2019. Bishop Lucia grew up in Altona, N.Y. He received a Bachelor of Arts from Wadhams Hall Seminary College and a Masters in Divinity from Christ the King Seminary in East Aurora N.Y. He was ordained to the Priesthood in Ogdensburg on May 20, 1989. Bishop Lucia held several ministerial positions in the Diocese of Ogdensburg, including advanced studies in canon law at the Angelicum in Rome.

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. Upcoming meetings are **January 11th and February 8th.**

Women’s Faith Sharing group meets on the **3rd Thursday of the month.** This group is facilitated by Kathy Papa. Upcoming meetings are **January 19th and February 16th.**

Acknowledging and Facing Racism with Faith
Tuesday, January 17 | 7:00 pm EST (virtual option available)
Presented by Rev. Gary Smith and Rev. Dr. Marsha Williams

“Not everything that is faced can be changed, but nothing can be changed until it is faced,” wrote author James Baldwin. As people of faith, we continue to have an opportunity to change the tragedy of historical and systemic racism not only in our society, but in our faith communities as well. Join us for a special program to honor the life and legacy of Rev. Dr. Martin Luther King, Jr. During our time together, we will examine the historical connections between the church and racial injustice, better understand why being antiracist is vital for our individual and collective spiritual journeys, and discuss ways we can see racial justice today. *Fee: \$25, or whatever you can afford.*

Rev. Gary Smith is the director of the Center for Racial Justice and serves as the Racial Justice Consultant for the NY Conference of the United Church of Christ. He has served as a spiritual director at the Spiritual Renewal Center for the past 22 years. Rev. Dr. Marsha Williams is the Transitional Conference Minister for the NY Conference of the United Church of Christ. Prior to assuming this role in June 2022, she served as Associate Conference Minister for Authorized Minister. She also served congregations in Indiana and the Pacific Northwest.

Preregistration is required for all of our events. 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.



Self Compassion: Science and Spiritual Practice
Thursday, February 2 | 7:00 pm EST (virtual only)
Presented by Rev. Dr. Steve Moore

Compassion is the cornerstone of most spiritual traditions. At the same time, psychological research has found that compassion is essential for a healthy life. Yet, for most of us, self-compassion is elusive. We are caught in unhelpful and destructive thought loops that lead to self-judgment and unhappiness. Spend some time learning about the science of self-compassion and learn helpful techniques that help you develop the subtle art of self-compassion. *Fee: \$25, or whatever you can afford.*

The Rev. Dr. Steven Moore is the director of the Spiritual Renewal Center, an Episcopal priest and licensed clinical psychologist. He is currently finishing a doctor of ministry at Colgate Rochester Crozier Divinity School and has focused his research on applying the prophetic tradition and liberation theology to our modern context.

Our Book Group will begin reading “The Book of Joy”
Four Mondays, January 23, 30 and February 6, 13 | 12:00 - 1:00 pm EST (virtual only)
Facilitated by Rev. Dr. Steve Moore

Join Steve as we read together the *Book of Joy* by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams. In April 2015, Archbishop Tutu traveled to India to celebrate the Dalai Lama’s 80th birthday. During that time, these two friends and Nobel Peace Prize Laureates shared their wisdom about living a joy-filled life. “In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our lives.” *Suggested donation is \$15 per session. Participants are encouraged to get their own copy of the book.*

Wisdom Wednesdays Reconvenes January 4th

Please consider joining us Wednesday afternoons **4-5 pm EST at the Center** (virtual option available) for a weekly time of study and reflection. Feel free to stay after for our contemplative prayer group at 5:30 pm.

Beginning **January 4th**, join Steve in a guided reading of *Thoughts in Solitude* by Thomas Merton. *Thoughts in Solitude* stands alongside *The Seven Storey Mountain* as one of Merton's most enduring and popular works. Thomas Merton, a Trappist monk, is perhaps the foremost spiritual thinker of the twentieth century. His diaries, social commentary, and spiritual writings continue to be widely read after his untimely death in 1968. Our sessions will follow an informal seminar style as we engage in a close reading of the text. All are welcome! *Free will offering.*

DBT Mindfulness Skills Training Eight Thursdays, beginning February 16 | 1:00-2:30 pm EST (in-person only)

Facilitated by Rev. Dr. Steve Moore

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 Thursdays from 1-2:30 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. *Suggested donation 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 Rev. Dr. Steve Moore, Center Director.

What Does *Grace* Look Like?

I have been blessed in my life to accompany many people as they engage in the *Spiritual Exercises of St. Ignatius Loyola*. Having done the Exercises four times myself, I appreciate the chance to sift through the stories of Jesus' birth and pray myself into His presence. Walking with others is a unique blessing because I have been able to hear from others about their experience of getting close to Jesus and the Holy Family at His birth.

One person I directed was able to imagine being given the Christ child to hold after his birth. The only thing she had to wrap him in was an old sweatshirt of hers, but it was enough. Can you imagine? Of course, it is not that much different than the bands of cloth he was actually clothed in before being placed in a manger or feeding trough. This was such a powerful and immediate feeling of connection and care that I have never been able to forget it, although it happened many years ago. Hopefully, as the holiday season winds down you will be able to find a way to put yourself there too.



That's What *Grace* Looks Like

Are you thinking about something different in the New Year?



The Spiritual Renewal Center is continuing to look for volunteers to help at the reception area at the Center. While we are blessed with committed folks weekly, we could use some help with substitutes who would help on an “as needed, as able” basis. Duties include hospitality, helping with library inquiries, assistance in the gift shop and other areas as needed. As this volunteer said, “my time at the Center is one of the things I most look forward to weekly.” So if you might be interested please email volunteer@spiritualrenewalcenter.org and we will be in touch. Many thanks for considering something new in the New Year!



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.

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