



Offerings

September/October 2022
Volume 9 • Issue 5

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

HOURS

M-TH 9 am - 5 pm
Friday 9 am - 4 pm
Closed September 5 and
October 10

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
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Randy Wolken

DBT Mindfulness Skills Training Eight Thursdays beginning September 22 | 1 pm (in-person only) Presented 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, 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. 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, 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 Moore at the Spiritual Renewal Center. We are not able to accommodate walk-ins. *Fee \$20 per session, or whatever you can afford.*

Dreamwork on Our Spiritual Journeys Thursday, September 22 | 7 pm (virtual option available) Presented by Dr. Arnold Hook

Our spiritual journeys are infinitely diverse and emerge through the interweaving of inner and outer lives. We strive to uncover the rich layers within us offering nourishment for our development. Awareness of and working with our dreams offers us one exciting and profound pathway in our spiritual journey. *Fee \$20, or whatever you can afford.*

Arnold Hook holds a PhD in Cultural Anthropology and an MSW from SUNY Buffalo. He has a background in teaching at several colleges and has practiced clinical social work for thirty years. Arnold was trained and certified in dreamwork through Jeremy Taylor at the Marin Institute for Projective Dreamwork (MIPD).

Open House Wednesday, September 28 | 4 - 6 pm

Please join us for wine and nibbles on **Wednesday, September 28th** during an Open House at the Center. We will be celebrating the arrival of Fall from 4 -6 pm. A great opportunity to reconnect with Center staff, directors and volunteers and learn about the programming coming up at the Center this Fall. Invite a friend that you have been wanting to introduce to the Center! Psst... the gift shop manager said there will be some specials that day! We hope to see you there!



The Manresa Experience

Twelve Thursdays, beginning September 15 | 10:30 am (in-person only)

Many people would like to make the *Spiritual Exercises* but are not able to commit for a 30-day or 30-week retreat. Others have made the *Spiritual Exercises* in the past and would like to reconnect with their experience. Some are just curious. If you fall into any of these categories, the Manresa Experience may be for you. This twelve week retreat based on the *Spiritual Exercises* brings you through the essential parts of the experience in a shorter format.

A group is forming now and we will begin on September 15th. Each participant will commit to praying 20-30 minutes a day with the materials and meet each week for small group guidance. We will meet on Thursdays at 10:30 am for our small group gathering. Contact Steve 315-472-6546 at the Center for more details. Fee: \$150, or *whatever you can afford*.

Preregistration is required for all of our events; space is limited. Registration through our website is preferred spiritualrenewalcenter.com. You can also register by emailing us at mail@spiritualrenewalcenter.com. Please include your full name, email and phone number.

In the Beginning...

Presented by Rev. Dr. Mark Lawson

Wednesdays, October 12, 19 & 26 | 10 - 11:30 am (in-person only)

The opening chapters of the Bible provide timeless wisdom about who God is and who we are as human beings. Come and reflect on these sacred stories about the terms of the human condition, and about the promise of God never to give up on us.

This study will be led by Rev. Dr. J. Mark Lawson, recently retired local church pastor in the United Church of Christ, a member of the religious studies faculty at LeMoyne College, and a spiritual director at the Spiritual Renewal Center. Fee: \$20 per session, or *whatever you can afford*.



Spirituality of Aging

Presented by Fr. John Rose

Thursday, October 20 | 6:30 pm (virtual option available)

New paradigms speak of aging not as diminishment but as reflecting upon and harvesting our inner Wisdom. Far from defining ourselves as useless, we offer the gifts of the soul that our world needs so very much. We have moved from our false self to our True Self, the Self God created us to become. Come and explore the wisdom of our years and savor the new wine of spiritual wisdom. Open to anyone over 50. Fee: \$20, or *whatever you can afford*.

Presented by Fr. John Rose, a retired priest of the Diocese of Syracuse. After 50 years of service as a pastor, spiritual director, chaplain, and retreat leader he has discerned a call to embrace his elder-hood and Wisdom years.

Recurring Groups

Wisdom Wednesday:

The Cloud of Unknowing

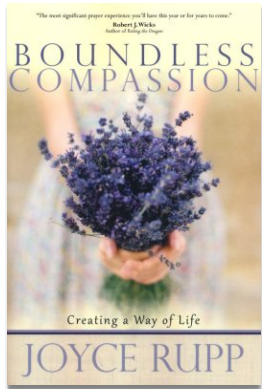
Wednesdays beginning on **September 7** at 4:00-5:00pm, *virtual option available*.

We will begin this year studying The Cloud of Unknowing. Join Steve in a guided reading of *The Cloud*, which is possibly one of the most important spiritual classics in the Christian tradition and is written by an unknown author. Our sessions will follow an informal seminar style as we engage in a close reading of the text. All are welcome!

Women's Faith Sharing group meets in person from 2:30-4:00 the third Thursday of each month in person and is led by Kathy Papa. Upcoming meetings are **September 15, October 20**. 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 **September 14** and **October 12**.

Book Study Begins Wednesday, September 7 at 1 pm for six weeks (in-person only)
Boundless Compassion Creating A Way of Life by Sr. Joyce Rupp
Facilitated by Sr. Colette Walter and Sr. Geraldine DeLuca



We will be offering a 6~week transformational book study based on the book **Boundless Compassion; Creating a Way of Life by Sister Joyce Rupp**. The book is based on her research out of the Institute of Compassionate Presence. This 6-week retreat seeks to inspire and encourage compassionate living in both one's personal and professional life.

It is comprised of short, daily readings and questions which will be discussed at the end of each week. Visit our website for more information and to register. *Fee: \$10 per session, or whatever you can afford.*

Participating in this unique opportunity will open our hearts to a love that has been, heretofore, unexplored. You will surely be changed.

Our Volunteers Make It Happen!

We would like to recognize the generosity of Fran Burton, our outgoing Volunteer Coordinator who has served tirelessly and graciously in this position for many years. Fran has been an active supporter of the Center since its beginning, lending her special touch to fundraisers, events, and the training and scheduling of our volunteers.

We are happy to announce that Judy Carr, our longtime Gift Shop Manager, has agreed (at least on an interim basis) to also take on the Volunteer Coordinator responsibilities, starting September 6. As many of you you you know, in addition to managing our Hand to Hand Fair Trade gift shop for over 20 years, Judy is also an employee at Christ the King Retreat House. We are very fortunate to have Judy's creativity, energy, and community-building talents in both roles now. Judy will be in touch with our volunteers soon.



Help the Center By Volunteering We are looking for people interested in staffing our reception desk, especially as an occasional substitute to cover for regular volunteers needing to schedule vacations or appointments. If you would enjoy greeting people, answering the telephone and taking messages, and assisting with library checkout and gift shop purchases, please send an email to Judy at volunteer@spiritualrenewalcenter.com.

What Does Grace Look Like? is a series of reflections about God's grace. This month's feature is written by Steve Moore, husband of Erin, proud father of four, and Spiritual Renewal Center Director.

What Does *Grace* Look Like?

Kierkegaard said, "Life can only be understood backwards; but it must be lived forwards." I think this is true with grace. It's only when I reflect back that I notice all that was happening in the moment. Recently our daughter Monica Rose was born. People will say that from the moment they laid eyes on their children there was an instant connection. I suppose that is true, but what I have come to realize is that the connection grows as I reflect on it. Who is to say what kind of person she'll become. I know that I will not be the parent I hope to be for her; although I hope I am "good enough."

The grace of a new life, like a new commitment is something that grows the more we live into who God is calling us to become, each and every moment of our lives. It is in the awareness, the practice of examen, that I begin to see how graced I truly am.

That's What *Grace* Looks Like



SAVE THE DATE! January 6-8, 2023 is our annual silent directed retreat at Christ the King Retreat House. This is such an uplifting way to begin the new year. Watch for more details!

Hand to Hand Fair Trade Gift Shop

The catalogues for new Fair Trade Merchandise have begun to arrive with their offerings of Fall and Holiday merchandise. It's always fun to stock the Hand to Hand Fair Trade Shop with what we hope you will want to acquire for the upcoming season. We expect the gift shop to be fully ready for holiday shopping by October 15th so if you are one of our customers who likes to buy Fair Trade for gifts, please shop early. Many of the items we acquire from Ten Thousand Villages and Serrv are limited quantities and we want YOU to be able to find the perfect gifts - and something for yourself as well!! Stop by our open house on **September 28th from 4 - 6 pm** for some specials! Thank you, as always, for your patronage!



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

