



Offerings

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ABOUT US

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

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Preventing and Limiting Secondary Stress in Medicine, Nursing and Pastoral Care Presented by Dr. Robert Wicks, Psy.D. Monday, March 15 | 6:30 p.m. EDT via Zoom

The Spiritual Renewal Center is proud to bring you a forthcoming event to support physicians and professionals on the frontlines, as well as the general public, during the COVID-19 pandemic. We are honored to welcome distinguished psychologist and spiritual writer **Dr. Robert Wicks, Psy. D.**, professor emeritus at Loyola University, Maryland who will give the address: **“Preventing and Limiting Secondary Stress in Medicine, Nursing and Pastoral Care”**.



Dr. Wicks has spoken about bringing calm to chaos for over 35 years and **understands the unique dangers that exist within health care and health care ministry, particularly during a pandemic.** He works with individuals and groups experiencing great stress, anxiety and confusion after experiencing traumatic events. In 1994, he was responsible for the psychological debriefing of non-governmental and relief workers evacuated from Rwanda during its genocide. The author of over 50 books including the bestselling *Riding the Dragon* (Oxford University Press), he has spoken at Congress on Capitol Hill, the Mayo Clinic, Johns Hopkins School of Medicine and Harvard Divinity School among other prestigious venues.

We hope that you will attend and make your colleagues aware of this event. Registration is \$20.00 and the link can be found here:

<https://www.spiritualrenewalcenter.com/event-details/dr-robert-wicks>

RECURRING GROUPS

The Center offers these regularly scheduled meeting groups for your spiritual growth. **Newcomers are always welcome.** Our **Tuesday** morning **Catch the Spirit** Bible study group meets online from 10 to 11:30 a.m. each week. Marise May, OSF, leads this discussion on the coming Sunday's lectionary readings. People who have completed the Spiritual Exercises are invited to the online **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 **March 10** and **April 14**.

Please email: mail@spiritualrenewalcenter.com for zoom links for these virtual meetings.

Preregistration is required for all of our events; space is limited. 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.

Rhythms of Rest and Engagement in the Christian Life

Presented by Dr. Rebecca Letterman

Monday, March 22 | 7:00 p.m. EDT via Zoom

Some Christians believe “it is better to burn out than to rust out!” Some of us have a hard time really resting and experiencing renewal. Others of us, especially after many years of hard work and ministry, feel as if we have “been there, done that” and aren’t interested in committing to very much of anything anymore. This presentation will explore what the Scripture has to say about healthy rhythms of rest and engagement as faithful disciples of Jesus in the world.



Rev. Dr. Rebecca Letterman is a supporting clergy at the Community of the Savior, Mt. Hope in Rochester NY, and Professor of Spiritual Formation at Northeastern Seminary. She is co-author of the book *Understanding Our Story*, which explores the wholistic approach to Christian Spirituality as taught by the late Adrian van Kaam. Rebecca enjoys the many gifts of simply being alive in this season of incredible change and opportunity.

Fee: \$20, or whatever you can afford. Register online in advance at spiritualrenewalcenter.com or by calling our office Monday-Thursday, 9 a.m.-1 p.m.

Becoming a Spiritual Companion

Presenters: Jim Krisher, Rev. John Rose, Sr. Marise May, Dr. Steven Moore

Thursdays, April 8, 15, 22, 29 | 7:00 p.m. EDT via Zoom

Do you volunteer for a ministry in your church or Christian organization, and find that you often engage in dialogue with people about spirituality? Or it could just be that others gravitate to you when they’re looking to talk about life situations from a spiritual perspective.

Whatever your own circumstances, if you find that you’re often having conversations with people about their relationship with God, this course could be most helpful for you. It introduces principles and practices from the ministry of spiritual direction as they might be used in the more informal spiritual conversations that happen everyday. The sessions will assume no extensive theological background or pastoral training. The course is open to anyone who wishes to better serve others in spiritual companionship.

For whom might this program be especially useful? *catechists *Christian initiation teachers *those who visit the sick & elderly *bible study leaders *youth ministers *adult educators *men & women in church leadership positions *facilitators of small Christian communities, men’s groups, women’s groups, etc.

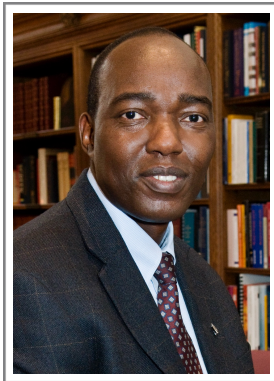
Our four presenters are staff spiritual directors at the Spiritual Renewal Center. *Fee: \$65 for 4 sessions*

Healing and Transformation of Race Relations

Presented by Dr. Charles Oduke

Wednesday, April 21 | 7 p.m. EDT via Zoom

We're so pleased to be hosting a presentation by Rev. Dr. Charles Oduke, a native Kenyan and a Catholic priest who has lived and worked in half a dozen African countries, India, and the Arab speaking world. He has served as assistant professor of philosophy at Boston College where he received his doctorate in philosophy, and currently at Le Moyne College where he teaches philosophy and serves as assistant for diversity initiatives.



How might we advance a culture of equity and inclusion? In this presentation, Charles will talk about how intellectual, moral, and religious conversions set conditions for the healing and transformation of race relations. As he is a specialist in the theology and philosophy of the renowned Jesuit thinker Bernard Lonergan, he will draw from Lonergan's thought in this insightful and thought-provoking reflection.

Fee: \$20, or whatever you can afford. Register online in advance at spiritualrenewalcenter.com or by calling our office Monday-Thursday, 9 a.m.-1 p.m.

The Center will remain closed due to COVID at least through the end of April, but our ministries continue to flourish.

We continue to offer our programs and spiritual direction virtually via Zoom. If you are interested in Spiritual Direction, please contact us at 315-472-6546 mail@spiritualrenewalcenter.com.

Our library of over 10,000 books is available for borrowing. Peruse the library's catalog on our website and send an email or call with the titles you'd like to check out. Andrea our Administrative Assistant, is available by phone 315-472-6546, Monday-Thursday 9 a.m. - 1 p.m. Arrangements can be made for socially safe pick up/return in our parking lot.

We continue to survive and serve God's people through the generous support of all those who are blessed by this ministry. Please, continue to send your gifts of support - thank you!

What Does Grace Look Like? is a series of reflections about God's grace. This month's feature is written by Maureen Collins, retired prison chaplain and staff spiritual director.

What Does *Grace* Look Like?

When I was a chaplain at a state prison, I knew an inmate who spent most of his adult life in and out of jail. He did time in Attica during the 1970's riot and got a settlement from the state because he was hurt as an 'innocent bystander'. His sister tried to stay in touch with him and sent him cards that he promptly sent back with the word 'REFUSED' written on them.

One day he received a diagnosis of terminal colon cancer. When I asked who I could call for him, he finally told me about his sister in California. She was very concerned about him when I gave her the news, and when he died she claimed his body, and paid for his funeral and burial plot. She then took the \$10,000 settlement he got from the Attica riot and donated it to an organization that helps troubled youths. And for the next 5 years she made donations twice a year to the ministerial services account at the prison so that we could buy books, CDs and DVDs for the inmates.

It would have been so easy for her to turn her back on her brother when he kept pushing her away. But she didn't. Instead she went above and beyond to make his last days comfortable and then continued to support other people she didn't know.

That's What *Grace* Looks Like

HORIZONS Foundational Program for the Training of Spiritual Directors

The Spiritual Renewal Center has been committed to the training of spiritual directors now for over thirty years. Have you been sensing God's call to this ministry?

HORIZONS is a practicum-based program for people wanting to develop their gifts as spiritual directors. Monthly sessions focus on the principles and practices of spiritual direction, alongside close supervision of direction practice. Applicants must have substantial knowledge in theology, scripture, and spirituality, and a minimum of one year's experience receiving spiritual direction.

The first year of HORIZONS meets at the Center October 2021 through June 2022, on the first Monday of each month, 1-5:15 p.m. During the second year (also October through June on first Mondays), monthly sessions are 2:45-5:15 p.m. Tuition is \$700 per year. A certificate is awarded at the completion of the program. Next Fall's cohort is forming—contact Center Director Jim Krisher for more details and an application.



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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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