



Offerings

The cost of this newsletter was subsidized by one of our spiritual directors, in gratitude for the many directees who give voice to God's presence. Thank you!

RECURRING GROUPS

The Center has a variety of regularly meeting groups for your spiritual growth.

Newcomers are always welcome.

Our **Catch the Spirit** Bible study group meets Tuesday mornings, 10:00-11:30 a.m. Trevor Kelly leads the discussion.

The **Contemplative Prayer Group** meets **Wednesdays**, 5:30-6:30 p.m. If you'd like to attend, contact Tom O'Connor at 315-313-3758.

The **Women's Faith Sharing Group** meets one **Thursday** a month (coming up: September 19, October 17), 3:00-4:30 p.m. Led by Kathy Papa (315-457-4922), members meet for mutual spiritual encouragement as they navigate life.

HOURS

Monday, Tuesday, & Wednesday: 9 a.m. - 5 p.m.
Thursday: 9 a.m. - 6 p.m.
Friday: 9 a.m. - 4 p.m.
(resumes September 6)

The Center will be closed September 2, Labor Day
October 14, Columbus Day

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Grow with us!

The Spiritual Renewal Center offers many opportunities for spiritual growth and encouragement, through lectures, workshops, and seminars. These events have a small charge to underwrite their costs, but we also generally accept whatever you can afford. Our calendar is full with great options!—learn more about them in this newsletter. Register for any event online, or by calling us at 315-472-6546.

Discernment and Decision Making in Daily Life

Presented by: Marise May, OSF; Gerry McKeon, SJ; Rev. Steven Moore, PsyD
Thursdays, October 17 & 24, 7:00-9:00 p.m. (two sessions)

We all face forks in the road of life, times when we find ourselves in a quandary, wondering which decision is best. We try to understand what God might be saying to us in such circumstances. As we navigate these choices, we might experience a keen sense of God's presence—or, at other times, God's hiddenness. Join three of the Center's seasoned spiritual directors for a two-session workshop that explores a Christian approach to discernment and decision making in daily life. We will discuss a variety of concepts from the work of Ignatius of Loyola, the mystic and theologian who gave us the *Consciousness Examen* and articulated the helpful notions of spiritual consolation and desolation. We will also examine some of the psychological factors impacting our decision making and discuss case studies that illustrate the art of discernment in everyday life. *Fee: \$40, or whatever you can afford.*



ABOUT US

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

VISIT US AT

1342 Lancaster Avenue
Syracuse, NY 13210
spiritualrenewalcenter.com
315-472-6546

The Doorway for God's Love

The Spiritual Renewal Center has often been the doorway for God's transforming love in the lives of individuals, and I am no exception! As I reflect on my experiences at the Center, I recall many times a speaker said just what I needed to hear or offered a prayer that touched my soul. The gift of silence on directed weekend retreats and experiences of God's presence readily come to mind as well.

Perhaps the greatest gifts the Center has provided for me are the relationships with people who have become companions on my spiritual journey. Of course, my gifted spiritual director tops the list! His patient listening, probing, well-timed questions and guidance ("one might want to pay attention to that") nurture my spiritual growth. Currently, I am privileged to accompany several directees on their own spiritual journeys. So—not only has my relationship with God been transformed by my experiences here, but my life is richer for the companions I've come to know along the way!

If you, too, have been blessed by even one enriching relationship through the Center, won't you consider making a donation to support our ministry? We exist only as a result of your generous support. Making a donation—or committing to regular donations—is a great way to express your gratitude for God's work through the Center.

Ann Derr
Board Member & Spiritual Director

Welcome, Trevor Kelly!

The Center enjoys a collaborative relationship with the Jesuit community in Syracuse, and we are grateful to have a Jesuit novice assigned to work with us this fall. Trevor Kelly is from Wallingford, CT. He earned a bachelor's in religious studies and philosophy, and a masters in religious studies from Sacred Heart University. He has done mission work in Haiti. Prior to joining the Jesuits, he was a high school teacher of theology, youth minister and liturgical musician. Trevor will lead our Catch the Spirit Bible Study, assist with our prison ministry, and help lead the Ignition Exercises. We're glad you're here, Trevor!



What Does Grace Look Like? is a series of reflections about God's grace. This month's feature is written by Dan McMullin, Spiritual Renewal Center Board member.

What Does *Grace* Look Like?

For the past seven years I directed the interfaith center at Cornell. One weekend, three students joined me at an interfaith leadership training program in New York City. All three were international students whose faith tradition was instantly recognizable: Sohee was a Christian from Seoul who wore a small, gold crucifix around her neck; Brandon was an observant Jew from Tel Aviv who wore a blue and white kippah; and Aisha was a Muslim from Pakistan who wore a beautiful hijab.

After a long day of meetings we walked together to Union Square Park and found a street vendor serving both Halal and Kosher food. After they each offered a short prayer of thanksgiving—Sohee to *our heavenly Father*, Brandon to *hashem*, and Aisha to the *All Compassionate One*, to which I simply added the word *Amen*—we ate enormous gyros filled with lamb and chickpeas and cucumber salad.

A few on-lookers smiled at the sight of three young people and a gray-headed old man bowing their heads and praying together on a noisy Saturday evening. One woman thanked us for this “public, peaceful moment” while another remarked that together we had “made God present” for her.

What does grace look like? It was the freedom we felt to pray to our God. It was the smiles of friendly strangers. It was the verbal reassurance that God was present. It was the joy we had finding food that all four of us could share.

That's what *Grace* looks like.

Upcoming Events

Celts and Their Unique Use of Scripture

presented by Dan McMullin, MDiv, PhD, on Thursday, September 12, from 7 p.m. - 9 p.m.

Early Celtic Christians' perspectives on the Bible were far less literal than many modern viewpoints. For them, Scripture was a treasure trove of metaphor and meaning, stories and symbols, all pointing to the Loving Divinity that pervades all of reality. Spend an evening looking again at some beloved stories from the Scriptures as if for the first time. *Fee: \$20, or whatever you can afford.*

Dan is a Catholic priest and chaplain of the Catholic communities at Cornell University and Ithaca College.

Song of the Soul: Listening To Your Life's Lyrics

presented by Meg Castellini, MA, on Thursday, September 19, from 10 a.m. - 3 p.m. (light lunch included)

Music is powerful: it evokes memories, affects emotions, connects us with others, and aids in healing. This retreat will explore the ways in which each of us can carry music with us throughout our lives; for some of us, we may even have a "life-song," something that speaks deeply to God's movement in our lives. Our retreat day will include a discussion of how and why music has the power to affect us. We will contemplate some of Jesus' encounters with people and imagine what songs describe those moments. Finally, we will reflect on our own lives and discover the refrains and lyrics that have been most significant for us. Our time will include small group discussion, guided meditation and quiet time for prayer and reflection. *Fee: \$35, or whatever you can afford.*

Meg Castellini holds a master's degree in pastoral theology, with experience as a hospital chaplain, spiritual director, and retreat facilitator. Meg also oversees communications for the Spiritual Renewal Center.

Embodiment: Embracing Our Earthiness

presented by Amy Aubrecht, MDiv, on Thursday, September 26, from 7 p.m. - 9 p.m.

Our bodies are sources of wisdom, as the means through which we experience the world. This session explores how embodiment is essential to our spiritual lives. Through experiential practice, personal reflection, and group dialogue, attendees will learn how awareness is key to embodiment. Drawing from Scripture, the practice of yoga, and understandings of the senses, this workshop will show how Christians can embrace their embodiment through including the body in prayer.

This workshop includes a short yoga practice that can be done from a chair or the floor, open to people of all ages and abilities. Feel free to bring a yoga mat, if you like. Please wear comfortable clothes that allow for easy movement. *Fee: \$20, or whatever you can afford.*

Amy Aubrecht has a Master's of Divinity from Boston University School of Theology; she is a yoga instructor and a member of the L'Arche Syracuse community.

What is Spiritual Direction?

An Introduction for Deaf People (provided in ASL)

Presented by Conchetta LoPresti, OSF, MEd, on Thursday, October 10, from 7 p.m. - 9 p.m.

Spiritual direction involves being a companion to another as they grow closer to God in prayer. Of course, it is more helpful if your companion speaks the same language. In this interactive session, Sister Conchetta LoPresti will explore with us what spiritual direction looks like in American Sign Language. *Fee: \$20, or whatever you can afford*

Sister Conchetta is from the Franciscan community and has worked in education of children with multiple disabilities. She is the Coordinator of Deaf Ministry for the Buffalo Catholic Diocese.

Last chance to sign up for the Spiritual Exercises!

The spiritual legacy of St. Ignatius has blessed Christians since the 16th century. Ignatius's classic work, *Spiritual Exercises*, has inspired many to make the scriptures an integral part of their lives and their prayer, teaching an approach to discerning God's leading in the daily circumstances of everyday life.

We are offering the full program of the Spiritual Exercises as a 30-week retreat. Participants meet Tuesday afternoons (1 - 3 p.m.) with an individual prayer guide and for a group session. Sr. Marise May, OSF and Rev. Gerry McKeon, SJ, lead the program.

The program begins September 17, and we have just a few slots remaining. Contact Sr. Marise for more information at 315-472-6546 or mariseosf@gmail.com.

Practical Spirituality

presented by Jim Krisher, Center Director at St. Joseph the Worker parish, 1001 Tulip St. Liverpool, NY

4 consecutive Wednesdays beginning September 18, from 6:30 p.m. - 8:30 p.m.

Jim Krisher will present a 4-week series on the meaning of spirituality and the distinctiveness of Christian spirituality. He will also cover such topics as images of God in scripture, prayer, discernment, and listening to God through dreams. Contact Diane Pare 315-491-9410 to register, for more information about cost or directions.

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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instagram.com/spiritualsyracuse

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