



# 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 1 & 15  
February 15 & 19

## OUR STAFF

Steve Moore, Director  
Andrea Pollock,  
Administrative Assistant  
Benjamin Reynolds,  
Communications Specialist  
Ann Derr, Intake Coordinator  
Judy Carr, Interim Volunteer  
& Gift Shop Coordinator  
Molly Wilber, Librarian

## OUR BOARD MEMBERS

Rev. Jose (Joe) Colon  
Mary Anne Corasaniti, Chair  
Ann Derr, Secretary  
Kirsi Donovan  
Rev. Beth DuBois  
Brigid Dunn  
Rev. Marie Jerge  
Rev. Don Kirby, SJ  
AJ LaPoint  
Maureen Lasda, Vice-Chair  
Sally Manahan

January - February 2024  
Volume 11 • Issue 1

## Poetry for Epiphany

Tuesday, January 9 | 12:00 PM - 1:00 PM Hybrid  
Facilitated by Rev. Beth DuBois

Join the Rev. Beth DuBois as we take some time to explore poetry related to the Feast of Epiphany and the Christmas season. Give yourself the time and space to bask in the beauty of the season. Suggested donation is \$15.

Pastor Beth DuBois is a board member of the Spiritual Renewal Center and pastoral associate at University United Methodist Church. She served as the pastor for South Valley Presbyterian Church for the last 25 years and has worked with L'Arche Syracuse, Atonement Lutheran Church, Plymouth Congregational Church, Grace Episcopal Church, Interfaith Works, the Poor People's Campaign, the Syracuse Peace Council/Peace Action and ACTS. A graduate of Princeton Seminary with an Mdiv, and Franklin and Marshall College with a BA in English, a minor in Government, Beth served as an ordained pastor in the PCUSA for 32 years.



## Ceili Rain Trio in Concert!

Saturday, March 9 | 7:00 PM  
Join us for Live Music and a Silent Auction!

Singer/Songwriter Bob Halligan Jr. will offer a benefit concert for the Center with the Ceili Rain Trio on Saturday, March 9th at 7:00 pm. Bob has written over



1,100 songs, with 9 Gold and platinum records recorded by artists such as Cher, KISS, Michael Bolton, Kathy Mattea, and many others. For 20 years he has led the Celtic pop-rock group Ceili Rain, and also has portrayed Paul McCartney in Beatlemania Stage Shows and his one-man show "Paul the Beatle." In 2015, Mr. Halligan was the only American invited to sing at a Papal gathering of 100,000 people in Italy and got to shake the hand of Pope Francis. We will also be having a silent auction that evening!



*Please save the date for this wonderful event supporting the Spiritual Renewal Center.*



## Recurring Groups

**The 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 at 6:30 PM.**

**Women's Faith Sharing Group** meets on the **3rd Thursday of the month at 2:30PM.**

This group is facilitated by Kathy Papa. Suggested donation is \$20 per session.

**The Contemplative Prayer Group** led by Thomas O'Connor meets **every Wednesday at 5PM.**

Preregistration is required for most of our events. Registration through our website is preferred. You can also register by emailing us at [mail@spiritualrenewalcenter.com](mailto:mail@spiritualrenewalcenter.com)

Please include your full name, email and phone number.

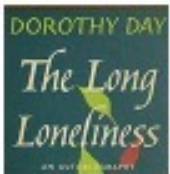
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**"Theologically Speaking" Facilitated by Steven Moore**  
**Mondays beginning January 29th | 12:05 PM - 12:55 PM Hybrid**

The Spiritual Renewal Center has a long tradition of engaging people in theological reflection. One of the earliest programs, "Not By Bread Alone" was a weekly meeting with presenters to gather people and present topics on theology. **We are beginning a series that builds on our wonderful tradition titled, "Theologically Speaking" where we will engage in theological reflection. Theology is the study of God from the perspective of a believer.** It is different from Religious Studies, which studies religions from a cultural perspective, or Apologetics which teaches a person to defend religious doctrines. St. Anselm said that Theology is "faith seeking understanding." It is a practice that is not just for those in the academy or university **but is meant for every believer.**



Join Steve as we begin our study with *The Nature of Theology* by Roger Haight, SJ. This work will help us look at theology and how it impacts our lives. This series will be drop-in seminar style. There is **no required registration** and no set fee. You are welcome to come if you have read the book or are just interested in the topic. We are offering this hybrid during the lunch hour so you can attend either in person or via Zoom. Free will offering.



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**Wisdom Wednesdays: The Long Loneliness**  
**Wednesdays | 4:00 PM - 5:00 PM Hybrid**  
**Facilitated by Steven Moore**

Join Steve in a guided reading of *The Long Loneliness* by Dorothy Day. This inspiring and fascinating memoir, subtitled, "The Autobiography of the Legendary Catholic Social Activist," *The Long Loneliness* is the late Dorothy Day's compelling autobiographical testament to her life of social activism and her spiritual pilgrimage. *The Long Loneliness* recounts her remarkable journey from the Greenwich Village political and literary scene of the 1920s through her conversion to Catholicism and her lifelong struggle to help bring about "the kind of society where it is easier to be good." Our sessions will follow an informal seminar style as we engage in a close reading of the text. All are welcome! Free will offering.

**Check out our Hand to Hand Gift Shop!**

Many thanks to all those who shopped Fair Trade at the Hand to Hand Gift Shop during the Holiday Season. Your purchases promote fair labor and a living wage in developing countries. Don't forget the shop is open year round during Center hours. Lots of good merchandise is still in stock!



**Praying with Saint Ignatius**  
Wednesdays beginning Feb. 21  
7:00 pm *in-person only* at  
*Liverpool Catholic Community and*  
*Immaculate Conception, Fayetteville*

This Lent the Spiritual Renewal Center will be on the road at The Liverpool Catholic Community (Christ the King & Pope John XXIII Parish), and Immaculate Conception, Fayetteville. Praying with St. Ignatius of Loyola is a program based on the Spiritual Exercises of St. Ignatius.

The retreat at both locations is scripture-based and will provide an outline for spiritual growth. Each Wednesday evening in Lent, you will be guided through different methods of prayer, meditation, journaling, and small group faith sharing. Some have cited the benefits of the retreat as: a keener sense of God's will for them, a better understanding of Sunday Gospels, having more patience, and a deeper awareness of God acting in their lives.

Your commitment to the retreat is to attend weekly evening sessions on Wednesdays and set aside about 1/2 hour a day for private prayer.

**DBT Mindfulness**  
**Skills Training**  
Eight Tuesdays,  
beginning  
January 23rd  
10:30 PM -12:00 noon  
*in-person only*  
Facilitated by  
Steven 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 spiritual practice, or emotional dysregulation or want to learn more about mindfulness for better health and well-being. The training will take place on Tuesdays from 10:30-12:00 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.

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. We are not able to accommodate walk-ins. Suggested donation is \$25 per session.



The Ignatian Volunteer Corps (IVC) provides men and women, age 50 or above, opportunities to share their life skills and wisdom in service to our community's underserved. IVC members commit to volunteer 1- 2 days weekly for 10 months per year. We meet monthly to prayerfully reflect on our service and deepen our Ignatian spirituality. Contact Linda Zimmerman for more information about volunteering: [lzimmerman@ivcusa.org](mailto:lzimmerman@ivcusa.org)



**St. Oscar Romero for Today**  
Three Thursdays beginning March 7th | 10:30 AM - 12:00 Noon Hybrid

Join us for an in-depth exploration into the life, theology, spirituality and death of St. Oscar Romero. This saint and modern day martyr transformed El Salvador and the world with his life and witness. Made popular in the United States by the 1989 film starring Raul Julia, Oscar Romero brought the Gospel to life. Prepare for his feast on March 24th by studying his life and work. Suggested donation is \$25 per session.

Are you thinking about doing something different in the New Year?





The Spiritual Renewal Center is **continuing to look for volunteers to help in our 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 tasks 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.com](mailto:volunteer@spiritualrenewalcenter.com) 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](http://spiritualrenewalcenter.com) and get the the latest information sent right to your inbox.

 [facebook.com/spiritualrenewalcenter](https://facebook.com/spiritualrenewalcenter)

 [instagram.com/spiritualsyracuse](https://instagram.com/spiritualsyracuse)

RETURN SERVICE REQUESTED

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