



12 Step Spirituality for Every Day Life

Do you find yourself thinking or obsessing over the same old thoughts or past situations? Do you find it difficult to forgive yourself or others? Are there unhealthy habits or patterns in your everyday life that seem to take hold of you, trigger you, or seem difficult to stop?

Be motivated and inspired to carry hope forward as you re-cover your relationship to yourself, to God, and with others utilizing the practical tools of traditional 12 Step spirituality to foster patience, forgiveness, compassion, acceptance, trust and love.

Each month will focus on a Step in the 12-Step Recovery Program.

Presenter: Grace Conte, M.A.

Author of Through the Eyes of Grace, Educator, Spiritual Director, and Holistic Health Facilitator

Date: Mondays: 2018: September 24, October 29, November 19, December 17

2019: January 28, February 25, March 25, April 29, May 20, June 24, July 29, August 12

Time: 7:00 pm to 9:00 pm

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
732-922-0550 or email office@theupper-room.org

Fee: \$15-30 (sliding scale)

Registration with full payment required by

Name: _____

(If using credit card, please make sure name is as it appears on credit card)

Billing Address: _____

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Please mail to the Upper Room at the above address.