

**FULLY ALIVE IN GOD  
RETREAT IN EVERYDAY LIFE  
SEPTEMBER 2011 ~ APRIL 2012**

“I have come that you may have life and have it to the full!” (Jn 10:10) God desires to give us a life full of God’s grace, permeated with God’s love. Jesus desires that we come to know him more intimately, to love him more deeply, to follow him more closely--which will enable us to be fully alive in God.

The Upper Room is offering a “Retreat in Everyday Life” that will enable participants to enter more deeply into a life grounded in God’s presence. We will meet once a month for group sharing and input on a spiritual theme. Suggestions for prayer are offered; you are encouraged to pray daily for a half hour. Meeting with a spiritual director individually each month is recommended. This program is for those who:

- have a hunger for God and desire to deepen their relationship with Jesus;
- desire to strengthen their prayer life;
- are discerning a call or change in their life; and/or
- are discerning a call to any ministry, including becoming a spiritual director

By participating in this program, we are confident that God will abundantly bless your commitment to prayer and desire for a deeper spiritual journey.

**DATES AND TOPICS**

September 27, 2011 “What are You Looking for?” (Jn. 1) Our Desires and God’s Desires	February 7, 2012 “Come Follow Me.” (Lk.5) Responding to Jesus’ Call
October 18, 2011 “You are Precious in My Eyes” (Is. 43) Experiencing God’s Love	March 6, 2012 “Unless a Grain of Wheat..” (Jn.12) Dying with Jesus
November 8, 2011 “Have Mercy on Me, O Lord” (Ps.5) God’s Merciful Love	April 3, 2012 “He is Risen” Being with the Risen Lord
December 6, 2011 “The Word Became Flesh” (Jn.1) Knowing and Loving Jesus	April 24, 2012 “Drinking of Living Waters.” (Jn.4) The Fullness of God’s Love
January 10, 2012 “Come and See!” (Jn.1) Ministering with Jesus	

**Presenters: Maureen Conroy, RSM, Trudy Ahern, SSJ, Maureen Christensen, RSM**

**Day/Time: Tuesday evenings, 7:00pm ~ 9:30 pm (dates are above)**

**Fee: \$450 (includes manual) \$100 deposit by September 17<sup>th</sup>**

**Limited number of partial scholarships available**

**please e-mail [office@theupper-room.org](mailto:office@theupper-room.org) for more information**

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**September 2011 ~ April 2012**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Amount Enclosed:** \_\_\_\_\_

**Please mail to the: Upper Room Spiritual Center 3455 W. Bangs Ave, Bldg. 2, Neptune, NJ, 732-922-0550 e-mail [office@theupper-room.org](mailto:office@theupper-room.org)**