



### *A Men's Spirituality Group*

The Men's Spirituality Group consists of 10 stand-alone meetings. Our desire is to grow in spirit and move closer to God by generating loving, supportive discussions on all things spiritual. Everyone in the group will be encouraged to share in a non-judgmental environment. The format of the meeting will begin with a brief prayer, a passage from scripture, spiritual book, article, or song lyric that will initiate the discussion.

**Presenter: Jack Hudak**

Certified Life Empowerment Coach and choral music director. He has experience facilitating groups and participated in a men's group in 2009.

**Date:** Wednesdays, September 12<sup>th</sup>, October 17<sup>th</sup>, November 14<sup>th</sup>, December 12<sup>th</sup>, 2018, January 9<sup>th</sup>, February 13<sup>th</sup>, March 20<sup>th</sup>, April 10<sup>th</sup>, May 8<sup>th</sup> and June 12, 2019

**Time:** 7:30 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](mailto:office@theupper-room.org)

**Fee:** \$10

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**Please mail to the Upper Room at the above address.**