



Professional Day for Spiritual Directors
The Upside of Anger

What is the UPSIDE OF ANGER? As spiritual directors we journey with men and women in the mystery of life. Anger is usually seen as a negative experience. But what about the anger that moves the heart to speak out and stand in truth even though it meets the adversary? Anger is energy in motion! It is a primary emotion not usually understood.

We will explore the emotion of anger, the root of anger in our own experience and what anger has taught us as well as the call to justice, the upside of anger.

Presenter: Josephine Daspro, CSJ, D.Min.
 Director of St. Joseph Renewal Center, Brentwood, NY. Spiritual Director, educator and supervisor of Spiritual Directors.

Date: Wednesday, October 3, 2018

Time: 9:30-4:00

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

Fee: \$75 - 125 (includes lunch)

Registration with full payment required by September 26th

The Upside of Anger **Wednesday, October 3, 2018**

Name: _____

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

Billing Address: _____

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Phone:(H) _____ **(C)** _____

Email _____ **Amt.Enc.** _____

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Please mail to the Upper Room at the above address.