



## The Blessings of Resistance and Spiritual Desolation

Did you know that underneath our struggles with resistance and spiritual desolation that there are powerful graces about to unfold? Did you realize that working through these inner struggles, we grow in self knowledge and deepen our relationship with God?

Come and learn about the experience and blessings of these two inner struggles that can lead to tremendous growth. We will explore:

- The meaning of “resistance” and “spiritual desolation” and the similarities and differences between them
- The signs, symptoms and underlying reasons for these inner experiences
- The signs of resistance in the spiritual director or another helping person
- Ways to work with these inner struggles in spiritual direction and within our own self
- The blessings and fruits of these two interior experiences

You will receive a handout of helpful information and prayer experiences to assist in your own spiritual journey and in companioning others.

**Presenter:** **Maureen Conroy, RSM, D. Min.**

Upper Room Co-director, educator of spiritual directors, international speaker and author of five books including *The Discerning Heart* and *Looking into the Well*.

**Date:** Wednesday, February 13, 2019 from 9:30 am to 4pm

**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:** \$75-125 (light lunch provided)

**Registration with full payment required by February 6<sup>th</sup>**

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**Wednesday, February 13, 2019**

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

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

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