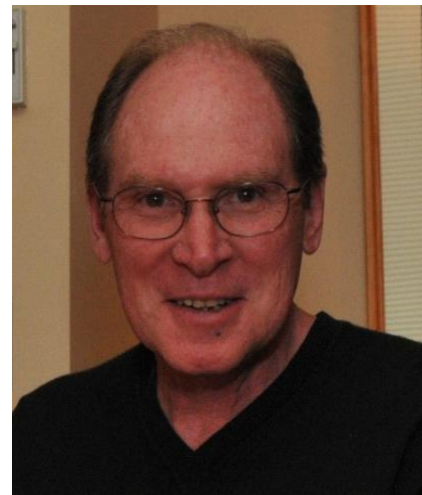




Upper Room Spiritual Center
presents the
Fifteenth Annual Spirituality Conference

Robert Wicks, PSY.D.

Dr. Robert Wicks, professor at Loyola University, Maryland, is a renowned author and speaker. He has published over 40 books for professionals and the general public and his most recent books are Prayerfulness and Living the Resilient Life.



The Simple Care of a Hopeful Heart
Strengthening Your Inner Life in Challenging Times

One of the greatest gifts we can share with others is a sense of our own peace. However, we cannot share what we do not have. By discussing psychological and spiritual approaches to maintaining perspective and inner strength in challenging times, Dr. Wicks, an expert on the prevention of secondary stress (the pressures experienced in reaching out to others), offers insights into how we can live in peace and, in turn, extend our warmth to others without losing our own inner fire in the process.

Topics will include: “unlearning,” maintaining a sense of perspective, ordinariness, chronic and acute secondary stress, developing a self-care protocol, knowing the “voices” we need in our circle of friends to have balance and courage in life, depth self-awareness, inner darkness and creating our own rule of prayer as was done in the early Church.



Saturday, November 6, 2010 ~ 9:00 am - 4:00 pm

Georgian Court University, Lakewood, NJ

Fee: \$65 ~ \$75 \$5 late fee after October 30th

**Register through the Upper Room at 732-922-0550 or office@theupper-room.org
www.theupper-room.org for more information**

☞ Morning Workshops ☞

- 1. Meditation for Total Well-Being** Meditation and relaxation are important practices for a more holistic lifestyle. Meditation helps one to focus on God and gain the strength to live out of one's center more and more. Relaxation practices include deep breathing, muscle relaxation, and concentration that is vital to release stress that often builds in our bodies, minds and spirits. Come to practice meditation and the art of relaxation response for your well-being. **Presenter: Trudy Ahern, SSJ** Upper Room Co-director, spiritual director, and educator of spiritual directors.
- 2. Best Cellars and a Room with a Stew** What surprising places has God taken you? Are you ready for your Next stop? With Abraham and Sarah (a few others) as our guides, let's get off the highway and take the scenic view (sometimes scary, often exhilarating) of The Spiritual Life. **Presenter: Rev. Rich LaVerghetta** Pastor of St. Joan of Arc, Marlton; Director of Secretariat for Pastoral Life for the Diocese of Trenton.
- 3. Pastoral Care of the Sick and Dying: Finding the Hope and Light which hides in Dark Places:** This presentation will look at the unique needs and gifts of the sick and dying, and will offer caregivers (professional or family) ways to find the hope and light hiding within the pain, and will suggest ways to help both caregiver and the person who is suffering to gather strength, courage and peace from the Hope and Light that is within. **Presenter: Deanna V. Sass, MA, MA, CLEM, Spiritual Director, Psychotherapist, a Commissioned Lay Ecclesial Minister; currently the Director of the Office of Pastoral Care for the Diocese of Trenton.** Deanna has been a hospital chaplain, parish pastoral associate, and a theology professor. She has raised five children (now 18-28 years old) with her husband of 29 years, and she brings humor and "real-life-insights" to everything she does.
- 4. Listening With Our Hearts...** How do we listen to God in the daily choices we make...in both the big and the small decisions that we face each day? How do we go about discerning our loving God's hopes and desires for us? It is only by listening with our hearts. This session will invite you to discover ways to listen and discern so that you may walk closer with God in your life. **Presenter: Maureen Christensen, RSM, Upper Room Co-director, spiritual director, and educator of spiritual directors.**
- 5. "First the God, then the Dance, then the Story"** This title is a very old saying meaning: "first the revelation, then the celebration or liturgy, and finally the telling and transmitting of the event in story" (such as the Old and New Testaments which are story books, not history books). We will explore this theme and the sense of "story" in relation to the "spiritual life." **Presenter: Rev. William Bausch, Former pastor of St. Mary's Parish, Colts Neck, NJ.** Bill is now serving the wider Church through his writings, lectures and workshops, and he is the author of 19 books, including The Yellow Brick Road: A Storytellers Approach to the Spiritual Journey.
- 6. The Spirit of Gratitude in the Gospel of Luke** The Gospel of Luke presents many stories that emphasize the necessity of having a grateful heart. This lecture will focus on some of these narratives so that they may be a reminder of the blessings of the Divine in our everyday lives. **Presenter: Judith Schubert, RSM, Ph.D., Professor of Theology at Georgian Court University; and author of The Gospel of John: Question by Question.**

The Upper Room, sponsored by the Diocese of Trenton since 1978, is a Spiritual Center that supports and nourishes the spiritual lives of the laity, religious and clergy. Spacious and comfortable surroundings make it an inviting place of prayer, worship and service to others.

The ministries of the Upper Room include:

*Spiritual Direction ~ Retreats ~ Training of Spiritual Directors
Educational Experiences ~ Days and Evenings of Prayer*

☞ Afternoon Workshops ☞

- 7. Meet, Play, Live...Naming the Hopeful Moments of Grace in the Young Adult Experience**
Let's take God out of the box. We will tweak eating, praying and loving to allow our eyes and hearts to open more fully to recognizing God in all things. We will break open some of the moments of our young adult experiences to hopefully see Christ a little more clearly as He walks with us. **Presenter: Matthew Greeley**, *Director of the Office of Youth and Young Adults Ministries in the Diocese of Trenton. His wife, Rebecca, and son, Emmett, are constant graces for him.*
- 8. Praying With Icons** This workshop will consist of historical information, religious symbolism and the process of "writing" a Russian Icon. We will conclude the "prayer of gazing" before an Icon. **Presenter: Sr. Antonia Cooper, OSF** *Franciscan Servant of the Holy Child lives in North Plainfield where she works as a spiritual director and practitioner/teacher of holistic modalities and enjoys various forms of art. Currently Regional Minister of her Community.*
- 9. Battling Between Good and Evil** The Bible especially the New Testament, is rich in an apocalyptic imagination That is lost on the 21st century reader. Here we will explore Biblical apocalypticism and come to see the spiritual dimension of the basic struggle. **Presenter: Dr. Garry R. Koch** *is a professional catechist and author of "The Word" which appears in the Monitor, newspaper of the Diocese of Trenton.*
- 10. Inner Transformation Through the Joy of Good Self Esteem** Jesus Christ knew that self-love is the foundation of love for others and the source of our inner transformation. Yet how many of us struggle with this concept? We will explore the dynamics of self-esteem and joy, the ways in which a healthy spirituality and relationship with God are integral in forming the core for our loving relationship with God and others, and how God longs to heal us by showing us our intrinsic beauty and uniqueness. This is your life folks...make it a masterpiece! **Presenter: Peggy Noone, RSM** *Former Co-director of the Gathering Place in North Middletown, NJ. Sr. Peggy has given numerous programs in human development.*
- 11. Prayer - Non-negotiable Essential for the Hopeful Heart** A great resource to sustain a hopeful heart is our prayer. We'll look at those of the saints and mystics to see what themes emerge to strengthen our own faithful prayer. Question and Answer discussion on how it goes for you, so that in the end, "All shall be well, and every manner of being shall be well." **Presenter: Rev. Charles Cicerale**, *A Priest of the Metuchen Diocese and a licensed Clinical Social Worker. Pastor of St. James Catholic Community in Woodbridge, NJ. He lectures and leads retreats and workshops in spirituality and mental health.*
- 12. The Healing Stories of Jesus: Experiencing Jesus' Healing Love and Light**
Love is the greatest healer! Jesus, the enfleshment of God's abundant love, was the greatest healer that ever lived. During this program we will enter into and relive the healing stories of Jesus through guided imagery, meditations, and prayerful reflection. Come and experience Jesus' healing touch, love, and light in the wounded places in your heart and life. **Presenter: Maureen Conroy, RSM, D.Min**, *Upper Room Co-director, spiritual director, and educator of spiritual directors; author of five books including Experiencing God's Tremendous Love.*

Sixteenth Annual Spirituality Conference

Ronald Rolheiser, OMI

Saturday, November 12, 2011

Georgian Court University

Lakewood, NJ

Saturday, November 6, 2010



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8:30 am - 9:00 am Registration
9:00 am Welcome and Prayer Service
9:30 - 10:30 am Major Address

Break

11:00 - 12:15 pm Workshops
12:15 - 1:15 pm Lunch
1:15 - 2:15 pm Major Address

Break

2:30 - 3:45 pm Workshops
3:45 - 4:00 pm Closing Prayer

Registration fee: \$65 ~ \$75

There will be an additional \$5 late fee for registrations received after October 29, 2010

Please bring bag lunch and beverage

(Please register through the Upper Room, *not* Georgian Court)

Saturday, November 6 - Registration Form

Registration required by October 29th

Name _____

Address _____

City _____

State _____ Zip _____

Phone No. _____ Cell No. _____

E-mail _____

Workshop desired: AM 1st choice _____ 2nd choice _____

Workshop desired: PM 1st choice _____ 2nd choice _____

Please include registration fee of \$65 ~ \$75

Box Lunch (additional \$6.00, include with registration)

Turkey Wrap _____ Vegetable Wrap _____ (includes Potato Chips, Fruit and Beverage)

Please make checks payable to:

Upper Room

3455 W. Bangs Avenue
Bldg. 2
Neptune, NJ 07753