Prayer of the Heart

Presented by:

Brother Don Bisson, FMS, D.Min.

“I will give you a new heart....” (Ez.36) This conference will focus on the “Heart Center” as the space within of healing, acceptance and compassion. The “prayer of the heart” is the journey to spiritual transformation and the True Self. “Translational prayer” is to seek financial success, avoidance of suffering, and goodness defined by a culture. The day will explore Christian and Jungian insights to differentiate translational from transformational prayer. It will include input and prayer experiences.

Saturday, November 2, 2019 • 9:00 am - 4:00 pm
Church of St. Robert Bellarmine, Freehold, NJ
Knitting and Prayer
Facilitator: Lois Dougherty
Dates: Wednesdays, Mar. 20, Apr. 17, May 15, 2019
Time: 1:30 pm - 3:30 pm
Free Will Offering
Participants do not need to attend all sessions

Centering Prayer
Come to the Quiet
Date: Tuesdays, Mar. 5, Apr. 2, May 7, June 4, July 2, 2019
Time: 11:30 am - 12:30 pm

Centering Prayer:
Continuing Our Transformation in Christ
Facilitator: Sun Spriggs
Dates: Tuesdays, Mar. 19, Apr. 16, May 14, June 11, 2019
Time: 10:00 am - 2:00 pm
Fee: $35 ~ $50 (lunch included)

Please register one week in advance of each program

Men's Spirituality Group
Presenter: Jack Hudak
Dates: Wednesdays, Mar. 20, Apr. 10, May 8, June 12, 2019
Time: 7:30 pm - 9:00 pm
Fee: $10

12 Step Spirituality for Every Day Life
Presenter: Grace Conte, M. A.
Dates: Mondays, Mar. 25, Apr. 29, May 30, June 24, July 29, Aug. 12, 2019
Time: 7:00 pm - 9:00 pm
Fee: $20 ~ $40

A Women's Gathering
Facilitators: The Women's Gathering Core Group
Date: Saturdays, Apr. 13, June 1, 2019
Time: 10:00 am
Fee: $20 ~ $35 (Brunch included)

Celtic Spirituality
Presenter: Carmel Boyle
Date: Thursday, March 13, 2019
Time: 9:30 am - 4:00 pm
Fee: $75 ~ $125 (lunch and beverages included)

Registration with full payment by Mar. 6th

Lenten Taizé Prayer
Presenters: Faithful Love Music Group
Date: Monday, March 18, 2019
Time: 7:30 pm - 9:00 pm
Free will offering

Lenten Desert Day
Presenter: Trudy Ahern, SSJ
Date: Thursday, March 21, 2019
Time: 9:30 am - 2:00 pm
Fee: $30 ~ $50 (Liturgy & lunch included)
Registration with full payment by Mar. 14th

No Greater Love
Praying with Jesus’s Death and Resurrection
Presenter: Trudy Ahern, SSJ
Date: Monday, April 15, 2019
Time: 7:00 pm - 9:30 pm
Fee: $25 ~ $50
Registration with full payment by Apr. 8th

Remember the Upper Room in Your Will
Many of our donors use their wills or living trusts to make their most generous gifts.
Please remember the Upper Room when you create yours.
Thank You!

Go to theupper-room.org for program information

In Remembrance
Remember your loved ones in a special way.
Memorial bricks available for placement in the Pieta Memorial Garden and the Labyrinth Reflection Grove. A donation of $100 per brick includes engraving.
For more information, contact Maria Rogers at 732-922-0550
The Journey Inward
Presenter: Maureen Christensen, RSM
Date: Thursday, June 11 & 18, 2019
Time: 7:00 pm - 9:00 pm
Fee: $50 ~ $85 (Materials included)
Registration with full payment by June 4th

Retreats

Summer Series
St. Teresa of Avila:
Let Nothing Disturb You
Presenters: Trudy Ahern, SSJ
           Anne Ryan
Date: Tuesday, July 9, 2019
Time: 7:00 pm - 9:30 pm
Fee: $25 ~ $50
Registration with full payment by July 2nd

Oscar Romero: Our Guide to
Contemplation & Justice
Presenter: Janice Edwards, RSM
Date: Tuesday, July 16, 2019
Time: 7:00 pm - 9:30 pm
Fee: $25 ~ $50
Registration with full payment by July 9th

Dorothy Day:
Becoming a Saint Little By Little
Presenter: Suzanne Gallagher, RSM
Date: Tuesday, July 23, 2019
Time: 7:00 pm - 9:30 pm
Fee: $25 ~ $50
Registration with full payment by July 16th

St. Pope John XXIII:
A Man of Humility, Humor, Holiness
Presenter: Msgr. Joseph Ciampaglio
Date: Tuesday, July 30, 2019
Time: 7:00 pm - 9:30 pm
Fee: $25 ~ $50
Registration with full payment by July 23rd

Six-Day Directed Retreat
“Nothing Is More Practical Than Finding God…”
Dates: Friday, May 17 - Friday, May 24, 2019
Time: 7:00 pm Arrival - 10:30 am Departure
Fee: $575 (seven nights)
Registration required with a $100 non-transferable and non-refundable deposit by May 10th

Three - Day Directed Retreat
Dates: Thursday, August 1 - Monday, August 5, 2019
Time: 7:00 pm Arrival - 10:30 am Departure
Fee: $300 (four nights)
Registration with a $75 non-transferable and non-refundable deposit by July 18th

Rachel’s Vineyard Retreat
Dates: Friday, August 23 - Sunday, August 25, 2019
Arrival: Friday, 7:00 pm
Departure: Sunday, 4:00 pm
Fee: $130
For registration and information, please contact: Judy Warenkiewicz 732-536-6871 or e-mail: judywarren543@msn.com

Get the Latest Upper Room Updates!
Send your e-mail to office@theupper-room.org

Looking for that Elusive Pot of Gold???
Would you like to have the opportunity to win $750 a month and know at the same time you would be helping the Upper Room Spiritual Center??!
If that isn’t enough to entice you… how about …only three hundred tickets will be sold…great odds!!!
That Pot of Gold may not be so elusive!
For $50 you—or someone you love—will have 10 chances to win!
Monthly Drawings begin March 18, 2019

Go to theupper-room.org for program information

If interested, please call the Upper Room
732-922-0550
**GOLF 2019**

*Wednesday, May 15, 2019*

3455 West Bangs Avenue, Building 2 • Neptune • NJ • 07753 • 732-922-0550

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**SWING INTO SPRING**

**“TEE OFF”**

**FUND RAISER**

**SHOT GUN START!!!**

*Wednesday, May 15, 2019*

Eagle Ridge Golf Club
Lakewood, NJ

Donation of $195 ($170 for Eagle Ridge Members)
Includes Green Fees, Cart, BBQ Lunch, Buffet Dinner and Open Bar.

...and for the non-golfers, join us for Dinner, Open Bar, Gift Auction, and Wine Pull.

$60 donation

Registration: 11:00 am
BBQ Lunch: 12:00 pm
Shot Gun Start: 1:00 pm
Dinner: 6:00 pm

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**FRIENDS OF THE UPPER ROOM**

Support the Upper Room with a Personal or Business Sponsorship that will be **listed on our Website for 1 year** and will also be noted at our Golf 2019 Dinner.

Use this opportunity to advertise your business or show your support for the Upper Room.

Please complete the information below and become a **Friend of the Upper Room**.

Select either **Individual or Business**

**Individual: Minimum Donation - $50**
Amount Enclosed: __________
Personal Name as you want it listed:
________________________________________________________________________

**Business: Minimum Donation - $100**
Amount Enclosed: __________
Business Name: __________________________________________________________________
Address: __________________________________________________________________
________________________________________________________________________
Phone: __________________________________________________________________
Website: __________________________________________________________________

**Deadline: May 6, 2019**

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**GOLF SPONSORSHIP**

**GOLD SPONSOR:** $1000
(Golf Foursome & 2 Tee Sponsors)

**MEAL SPONSOR:** $550

**CART SPONSOR:** $450

**TEE SPONSOR:** $350

Sponsorship signage will be prominently displayed.

Yes, I wish to sponsor the following:

Event(s): __________________________
Donation: _________________________
Donor Name: _______________________
Address: __________________________
Phone: ____________________________
E-mail: ___________________________

**DEADLINE: May 6, 2019**

Come with your friends for a great day of golf and prizes.
Support the Upper Room... and enjoy a day of fun and sun!
Don Bisson, a Marist Brother, is a spiritual director, educator of spiritual directors, and international speaker. With over 70 live audio recordings available, Don is recognized for his deep insights into Christian spirituality, Jungian psychology, and the spiritual life. His passion is “to tend to the human soul in every dimension of life”.

Prayer of the Heart

“I will give you a new heart....” (Ez.36)  This conference will focus on the “Heart Center” as the space within of healing, acceptance and compassion. The “prayer of the heart” is the journey to spiritual transformation and the True Self. “Translational prayer” is to seek in this world more financial success, avoidance of suffering, and goodness defined by a culture. The day will explore Christian and Jungian insights to differentiate translational from transformational prayer. The day will include input and prayer experiences.

Saturday, November 2, 2019 ~ 9:00 am - 4:00 pm
Church of St. Robert Bellarmine, Freehold, NJ

** (Please note change of venue from previous years)**

Fee: $75 ~ $125 (sliding scale)  $5 late fee after October 25th
Box Lunch available for additional $12

Prayer of the Heart ● Saturday, November 2, 2019

Name:_________________________________________________Amount Encl:__________________
Address:______________________________________________________________________________
City:_________________________________________State:_________________Zip:______________
Phone:_________________________________________E-mail:________________________________
Credit Card # ________________________________Exp. Date________Sec. Code___________

If paying by credit card, please make sure name is as it appears on credit card.

_______ Italian Sandwich  ________ Turkey, lettuce, tomato & cheese Sandwich
(includes Salad, Dessert and Beverage)

Please make checks payable to the Upper Room and mail to the:
Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
www.theupper-room.org ● email: office@theupper-room.org
### Professional Days for Spiritual Directors

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<tr>
<th>Retreat Title</th>
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<th>Date</th>
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<td>Thomas Merton Assisting Spiritual Directors Explore Directees' Experiences More Deeply</td>
<td>Don Bisson, FMS, D.Min.</td>
<td>Tuesday, April 2, 2019</td>
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<td>The Spiritual Companion: Tending to Our Own Call to Holiness and Wholeness</td>
<td>George Collins, SJ</td>
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<td>Compassion Resilience: Help for Helpers: Companionship Those Affected by Suicide</td>
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<td>Ancestry, Place &amp; Narrative</td>
<td>Janet Ruffing, RSM, Ph.D.</td>
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<td>Contemplating Love and Its Communion in Spiritual Direction</td>
<td>Janice Edwards, RSM, D.Min.</td>
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### Each Professional Day
- **Time:** 9:30 am - 4:00 pm
- **Fee:** $75 ~ $125 (includes lunch)
- Registration with a full payment due one week in advance

### Building Rental
The Upper Room Spiritual Center is available for rentals for large and small groups, weekdays or weekends.
For fees, please call or e-mail Maria Rogers at (732) 922-0550 or maria@theupper-room.org

### Retreat in Everyday Life Based on the Spiritual Exercises of St. Ignatius of Loyola
- “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.
- This Retreat will enable participants to enter more deeply into a life grounded in God’s presence. Suggestions are offered for your prayer commitment of a half hour daily.
- We will meet once a month for group sharing and input on a spiritual theme.
- Meeting with a spiritual director monthly is recommended. This program is for those who:
  - have a hunger for God and desire to deepen their relationship with Jesus
  - are discerning a call or change in their life and/or
  - are discerning a call to a ministry, including becoming a spiritual director

### Presenters:
- **Trudy Ahern, SSJ**
- **Maureen Christensen, RSM**

### Day & Time:
- Tuesdays 6:30 pm - 9:00 pm

### Fee:
- $500 (includes manual)

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### Registration
- Registration required with a $100 non-transferable and non-refundable deposit by September 6th

### We Now Accept Credit Cards!
Visit www.theupper-room.org

All transactions are PCI compliant and secure

### Follow the Upper Room on Facebook!
www.facebook.com/upperroomspiritualcenter

Go to theupper-room.org for program information
### Calendar of Events

**March 2019 - August 2019**

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### What is Spiritual Direction?

Spiritual Direction is a professional ministry in which a person is educated to accompany others in their growth in intimacy with God. Spiritual direction focuses on directees’ experience of the Holy One in their life and prayer and the ways that God and directees communicate. Life circumstances and struggles may be discussed in spiritual direction sessions. However, problem-solving is NOT the focus of spiritual direction. Regular meetings with a spiritual director helps one to pay attention and become aware of God in self, others, events and all of life.

For more information, please e-mail or call Maria Rogers at maria@theupper-room.org or (732) 922-0550

### Directions to the Upper Room

**From North**

Garden State Parkway South to Exit 100A (Rte. 33 East) At third traffic light turn left onto W. Bangs Avenue. Turn left (past the school) into Holy Innocents driveway. The Center is straight ahead in the back of the parking lot.

**From South**

Parkway North to Exit 100 (Rte. 33 East). Follow directions above.

**From West**

Rte. 195 to Parkway North to Exit 100. Follow directions above.
Upper Room Spiritual Center

Spiritual Direction
Programs on Prayer, Scripture, and Spirituality
Advent Series
Lenten Series
Centering Prayer
Days of Recollection
Silent Directed Retreats
Professional Days for Spiritual Directors

Upper Room Spiritual Center

Pot of Gold Monthly Raffle
10 Monthly Drawings beginning March 18, 2019
$750.00 cash prize each month
Price: $50 (that’s only $5.00 a month!)
Tickets available through the Upper Room

Mark Your Calendar!
“Swing into Spring” Golf 2019
Wednesday, May 15, 2019
Eagle Ridge Golf Course
For further information, contact Maria Rogers at 732-922-0550 or maria@theupper-room.org

UPPER ROOM NEWS

Upper Room Spiritual Center
3455 W. Bangs Avenue Bldg. 2
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office@theupper-room.org

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James M. Sestito, Publisher
Trudy Ahern SSJ, Coordinator
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