



Fall - Winter
September 2018 - March 2019
Volume 40, No. 1



Celebrating Forty Years!!!



You're Invited
**40th Anniversary
Celebration**
With Liturgy of Thanksgiving

Appetizers and Food Stations catered by
Joe Leone's
Music & Dancing, Wine & Beer

Saturday, October 13, 2018 • 4:00 pm - 8:00 pm

Tickets \$65 per person
to reserve tickets

Email: office@theupper-room.org or call: 732-922-0550

Upcoming Programs

**Twenty-third Annual
Spirituality Conference**
The Healing Power of Love



Dennis Linn, M. Div., Sheila Fabricant
Linn, M. Div., Matt Linn, S.J
Saturday, November 10, 2018
9:00 am - 4:00 pm
Church of St. Robert Bellarmine,
Freehold, NJ

(See inside for further details)

Memorial Tree of Lights



Thursday, November 1, 2018
11:30 am Liturgy
at the
Upper Room Spiritual Center
Remembering your deceased
loved ones during the month of
November!

Upper Room News

✧ Programs ✧

Knitting and Prayer

Facilitators: Lois Dougherty & Mary Reidy
Dates: Wednesdays, Sept. 19, Oct. 17, Nov. 14, Dec. 12, 2018
Jan. 16, Feb. 20, Mar. 20, Apr. 17, May 15, 2019
Time: 1:30 pm - 3:30 pm

Free Will Offering

Participants do not need to attend all classes

Centering Prayer Come to the Quiet

Presenter: Sun Spriggs
Date: Every Tuesday from 11:30 am - 12:30 pm

Centering Prayer: Continuing Our Transformation in Christ

Facilitator: Sun Spriggs
Dates: Tuesdays, Sept. 18, Oct. 16, Nov. 13, Dec. 4, 2018
Jan. 15, Feb. 19, Mar. 19, Apr. 16, May 14, June 11, 2019
Time: 10:00 am - 2:00 pm
Fee: \$35 ~ \$50 (continental breakfast & light lunch included)

Please register one week in advance of each program

Men's Spirituality Group

Presenter: Jack Hudak
Dates: Wednesdays, Sept. 12, Oct. 17, Nov. 14, Dec. 12, 2018
Jan. 9, Feb. 13, Mar. 20, Apr. 10, May 8, June 12, 2019
Time: 7:30 pm - 9:00 pm
Fee: \$10

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**

Go to theupper-room.org for program information

A Women's Gathering

Facilitators: The Women's Gathering Core Group
Date: Saturdays, Sept. 29, Dec. 1, 2018
Feb. 2, Apr. 13, June 1, 2019
Time: 10:00 am
Fee: \$20 ~ \$35

Taizé Prayer A Contemplative Experience

Presenters: Faithful Love Music Group
Date: Monday, September 17, 2018
Time: 7:30 pm - 9:00 pm

Free will offering

12 Step Spirituality for Every Day Life

Presenter: Grace Conte, M. A.
Dates: Mondays, Sept. 24, Nov. 19, Oct. 29, Dec. 17, 2018
Jan. 28, Feb. 25, Mar. 25, Apr. 29, May 20, June 24, July 29, Aug. 12, 2019
Time: 7:00 pm - 9:00 pm
Fee: \$20 ~ \$40

The Blessing of Years The Best is Yet to Come (A Program for the Maturing Adult)

Presenter: Maureen Christensen, RSM
Date: Tuesday, October 23, 2018
Time: 10:00 am - 2:00 pm
Fee: \$35 ~ \$50 (Liturgy and Lunch included.)

Registration with full payment by Oct. 16th

Memorial Tree of Lights Remembering Your Deceased Loved Ones



During November the Upper Room will illuminate a tree with many lights to remember your deceased loved ones. You are invited to sponsor a light on this tree and dedicate this to someone dear to you who is deceased and living in God's eternal light. **Each memorial light is a \$10 donation.**

The illumination of the Memorial Tree will take place:

Thursday, November 1, 2018 at the 11:30 am Liturgy

Advent Series

Forgiveness Welcomes the Prince of Peace

Presenter: Rev. Richard Rento
Date: Thursday, December 6, 2018
Time: 9:30 am - 2:00 pm
Fee: \$50 ~ \$75 (Liturgy & light lunch included)

Registration with full payment by Nov. 29th

Advent Taizé Prayer

Presenters: Faithful Love Music Group
Date: Monday, December 10, 2018
Time: 7:30 pm - 9:00 pm

Free will offering

Advent Desert Day

Presenter: Maureen Christensen, RSM
Date: Tuesday, December 13, 2018
Time: 9:30 am - 2:00 pm
Fee: \$30 ~ \$50 (Liturgy & light lunch included)

Registration with full payment by Dec. 6th

Give Me Your Heart... And I Will Give You My Eyes

Presenter: Julie Fertch, SSJ
Date: Wednesday, November 28, 2018
Time: 7:00 pm - 9:30 pm
Fee: \$25 ~ \$50

Registration with full payment by Nov. 21st

Dreams and Inner Healing

Presenter: Maureen Conroy, RSM, D.Min
Date: Thursday, January 24, 2019
Time: 7:00 pm - 9:30 pm
Fee: \$25 ~ \$50

Registration with full payment by Jan. 18th

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

Lenten Series

Be Silent and Hear His Words

Presenter: Rev. Richard Rento
Date: Wednesday, March 6, 2019
Time: 9:30 am - 2:30 pm
Fee: \$50 ~ \$75 (Liturgy & light lunch included)

Registration with full payment by Feb. 27th

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 & light lunch included)

Registration with full payment by Mar. 14th

No Greater Love Praying with Jesus' 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

"Be Still and Know!" Craniosacral Therapy for Total Well-Being

Presenter: Maureen Conroy, RSM, D.Min.
Date: Saturday, February 9, 2019
Time: 9:30 am - 5:30 pm
Fee: \$100 (Includes a 30-page handout)

Continental breakfast, beverages and snacks provided
Please bring bag lunch

Registration with full payment due by Feb. 2nd

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



Celtic Spirituality

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

Registration with full payment by Mar. 6th



Spirituality Day St. Therese of Lisieux Saint for our Violent Times



Presenter: Brother Joseph F. Schmidt, FSC
Date: Saturday, April 6, 2019
Time: 9:30 am - 4:00 pm
Fee: \$75 ~ \$100 (light lunch included)

Registration with full payment or by Mar. 30th

✧ Retreats ✧

Rachel's Vineyard Retreat

Dates: Friday, March 1 - Sunday, March 3, 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

Directed Prayer Weekend

Dates: November 2 -4, 2018
Arrival: Friday, 7:00 pm
Departure: Sunday, 3:00 pm
Fee: \$200 (two nights)
Deposit: \$75 (with reservation, non-transferable, non-refundable)

Registration with a \$75 deposit required by Oct. 26th

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 25th

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.



Looking for that Elusive Pot of Gold???

Just in time for Christmas!!!!!!

Looking for that perfect Christmas present?... How about buying a gift that keeps on giving? 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

UPPER ROOM SPIRITUAL CENTER

Twenty-third Annual Spirituality Conference

featuring

Dennis Linn, M.Div.,

Sheila Fabricant Linn, M.Div., Matt Linn, S.J.



The Linns work together as a team, integrating physical, emotional and spiritual wholeness, previously as hospital chaplains and therapists. They have given retreats and taught courses on healing in over sixty countries and in many universities and hospitals, including a course to Medical Doctors accredited by the American Medical Association. They are authors of 22 books, which have sold over a million copies in English and other languages.

The Healing Power of Love

We come from love, we are made of love, and we will return to love. This day will focus on the power of love to heal us physically, emotionally, and spiritually. Our bodies and our spirits are changed by love. Topics will include savoring memories of love, healing relationships with the deceased so that we can continue to give and receive love with them, and how to forgive in a way that is loving of ourselves as well as others. Presentations will include simple prayer and healing processes that participants can take home and share with family and friends.

Saturday, November 10, 2018 ~ 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 November 4th

Box Lunch available for additional \$12

The Healing Power of Love • Saturday, November 10, 2018

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 & Swiss Cheese Sandwich

(includes Salad, Dessert and Beverage)

Please make checks payable to the Upper Room and mail to the: Upper Room Spiritual Center

Professional Days for Spiritual Directors

The Upside of Anger

Presenter: Josephine Daspro, CSJ, D.Min.
Date: Wednesday, October 3, 2018

You Don't Have to Die to Experience Your True Home: The Gifts of Near-Death Experiences

Presenters: Dennis Linn, M.Div., Matt Linn, SJ
Sheila Fabricant Linn, M.Div.
Date: Friday, November 9, 2018
Place: TBA (Please bring bag lunch)

The Blessings and Challenges of Resistance and Spiritual Direction

Presenter: Maureen Conroy, RSM, D.Min.
Date: Wednesday, February 13, 2019

Thomas Merton Assisting Spiritual Directors Explore Directees' Experiences More Deeply

Presenter: Don Bisson, FMS, D.Min.
Date: Tuesday, April 2, 2019

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**

Get the Latest Upper Room Updates!

**Send your e-mail address to
office@theupper-room.org**

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



VOLUNTEERS NEEDED

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



Follow the Upper Room on Facebook!

www.facebook.com/upperroomspiritualcenter



We Now Accept Credit Cards!

Visit


www.theupper-room.org

All transactions are PCI compliant and
secure

Calendar of Events

September 2018 - March 2019

Date		Page
SEPTEMBER		
12	Men's Spirituality Group	2
17	Taizé Prayer	2
18	Centering Prayer Program	2
19	Knitting and Prayer	2
24	12 Step Spirituality for Every Day Life	2
29	Women's Gathering	2
OCTOBER		
3	The Upside of Anger	6
13	40th Anniversary Celebration	1
16	Centering Prayer Program	2
17	Knitting and Prayer	2
17	Men's Spirituality Group	2
23	The Blessing of Years: The Best is Yet to Come	2
29	12 Step Spirituality for Every Day Life	2
NOVEMBER		
1	Memorial Tree of Lights	2
2~4	Directed Prayer Weekend	4
9	You Don't Have to Die to Experience Your True Home!	6
10	Spirituality Conference	5
13	Centering Prayer Program	2
14	Knitting and Prayer	2
14	Men's Spirituality Group	2
19	12 Step Spirituality for Every Day Life	2
28	Give Me Your Heart... And I Will Give You My Eyes	2
DECEMBER		
1	Women's Gathering	2
4	Centering Prayer Program	2
6	Forgiveness Welcomes the Prince of Peace	3
10	Advent Taizé Prayer	3
12	Knitting and Prayer	2
12	Men's Spirituality Group	2

Date		Page
JANUARY		
9	Men's Spirituality Group	2
15	Centering Prayer Program	2
16	Knitting and Prayer	2
28	12 Step Spirituality for Every Day Life	2
24	Dreams and Inner Healing	3
FEBRUARY		
2	Women's Gathering	2
9	"Be Still and Know!" Craniosacral Therapy for Total Well-Being	3
13	The Blessings and Challenges of Resistance and Spiritual Desolation	2
13	Men's Spirituality Group	2
19	Centering Prayer Program	2
20	Knitting and Prayer	2
25	12 Step Spirituality for Every Day Life	2
MARCH		
1~3	Rachel's Vineyard Retreat	4
6	Be Silent and Hear His Words	3
13	Celtic Spirituality	4
18	Lenten Taizé Prayer	3
20	Knitting and Prayer	2
20	Men's Spirituality Group	2
21	Lenten Desert Day	3
25	12 Step Spirituality for Every Day Life	2
Eucharistic Liturgy		
The Eucharist is celebrated at 11:30 am on:		
September 27	October 18	November 1
November 15	December 6	December 13
January 17	February 14	March 6
March 21	April 11	May 2
		

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone No. _____

E-mail _____

Day(s) Desired _____

Amount Enclosed \$ _____

Credit Card # _____

Exp. Date _____ Sec. Code _____

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

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone No. _____

E-mail _____

Day(s) Desired _____

Amount Enclosed \$ _____

Credit Card # _____

Exp. Date _____ Sec. Code _____

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

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 632
RED BANK, NJ

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

Spirituality Day St. Therese of Lisieux Saint for our Violent Times



Brother Joseph F. Schmidt, FSC
Saturday, April 6, 2019
9:30 am - 4:00 pm
Upper Room Spiritual Center

UPPER ROOM NEWS

Upper Room Spiritual Center
3455 W. Bangs Avenue Bldg. 2
Neptune, NJ 07753
Phone: (732) 922-0550
Fax: (732) 922-3904
www.theupper-room.org
office@theupper-room.org

Co-Directors:
Trudy Ahern SSJ
Maureen Christensen RSM
Maureen Conroy RSM

James M. Sestito, Publisher
Trudy Ahern SSJ, Coordinator
Circulation: 4,000