



Fall - Winter
September 2019 - March 2020
Volume 41, No. 1



*Twenty-fourth Annual
Spirituality Conference*



Prayer of the Heart

Presented by:

Brother Don Bisson, FMS, D.Min.

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”

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

See Page 5 for description and registration form

Upcoming Programs

**Retreat in
Everyday Life**



Based on
**Spiritual Exercises of
St. Ignatius Loyola**

September 2019 - May 2020

The Compassion Connection



Sister Catherine T. Nerney, SSJ
Saturday, April 25, 2020
9:30 am - 4:00 pm
Upper Room Spiritual Center

Upper Room News

✧ Programs ✧

Centering Prayer Come to the Quiet

Presenter: Sun Spriggs
Dates: Tuesdays, Sept. 10, Oct. 1, Nov. 5, Dec. 3, 2019
Jan. 7, Feb. 4, Mar. 3, Apr. 7, May 5, June 2, 2020
Time: 11:30 am - 12:30 pm

An Evening Prayer for Peace

Presenters: Faithful Love Music Group
Date: Monday, September 16, 2019
Time: 7:30 pm - 9:00 pm
Free Will Offering

Centering Prayer: Continuing Our Transformation in Christ

Facilitator: Sun Spriggs
Dates: Tuesdays, Sept. 17, Oct. 15, Nov. 19, Dec. 17, 2019
Jan. 21, Feb. 18, Mar. 24, Apr. 21, May 12, June 16, 2020
Time: 10:00 am - 2:00 pm
Fee: \$35 ~ \$50 (continental breakfast & light lunch included)

Please register one week in advance of each program

Knitting and Prayer

Facilitator: Lois Dougherty
Dates: Wednesdays, Sept. 18, Oct. 16, Nov. 13, Dec. 18, 2019
Jan. 15, Feb. 19, Mar. 25, Apr. 22, May 13, 2020
Time: 1:30 pm - 3:30 pm

Free Will Offering
Participants do not need to attend all classes

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

Men's Spirituality Group

Presenter: Frank Coyle
Dates: Wednesdays, Sept. 18, Oct. 16, Nov. 20, Dec. 11, 2019
Jan. 15, Feb. 19, Mar. 18, Apr. 22, May 13, June 17, 2020
Time: 7:30 pm - 9:00 pm
Fee: \$10

The Healing Work of Emotional Sobriety

Presenter: Grace Conte, M. A.
Dates: Mondays, Sept. 30, Oct. 28, Nov. 18, Dec. 16, 2019
Jan. 27, Feb. 24, Mar. 23, Apr. 27, May 11, 2020
Time: 7:00 pm - 9:00 pm
Fee: \$20

A Women's Gathering

Facilitators: The Women's Gathering Core Group
Date: Saturdays, Oct. 5, Dec. 14, 2019
Feb. 1, Apr. 4, June 6, 2020
Time: 10:00 am - 12:00 pm
Fee: \$20 ~ \$35

Post Traumatic Growth The Grace of Suffering

Presenter: Grace Conte, M.A.
Date: Saturday, October 12, 2019
Time: 9:30 am - 3:30 pm
Fee: \$100 (Light breakfast and soup & salad for lunch)

Registration with full payment by Jan. 18th

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, October 31, 2019 at the 11:30 am Liturgy

Seated in Christ Gentle Chair Yoga

Presenter: Michelle P. Carlino
Date: Thursday, October 17, 2019
Time: 7:00 pm - 9:00 pm
Fee: \$25 ~ \$50

Registration with full payment by Oct. 10th

Advent Series

Forgiveness Welcomes the Prince of Peace

Presenter: Rev. Richard Rento
Date: Thursday, December 5, 2019
Time: 9:30 am - 2:00 pm
Fee: \$50 ~ \$75 (Liturgy & light lunch included)

Registration with full payment by Dec. 1st

Advent Evening with Mary "The Joyful Mysteries"

Presenters: Faithful Love Music Group
Date: Monday, December 9, 2019
Time: 7:30 pm - 9:00 pm

Free will offering

Advent Desert Day

Presenter: Trudy Ahern, SSJ
Date: Thursday, December 12, 2019
Time: 9:30 am - 2:00 pm
Fee: \$25 ~ \$50 (Liturgy & light lunch included)

Registration with full payment by Dec. 5th

The Healing Power of Prayer Calling on Our Divine Physician

Presenter: Maureen Conroy, RSM, D.Min.
Date: Wednesday, January 29, 2020
Time: 7:00 pm - 9:30 pm
Fee: \$25 ~ \$50

Registration with full payment or by Jan. 23rd

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

Ignatian Contemplation Graced Imagination that Leads to Intimacy with God

Presenter: Trudy Ahern, SSJ
Date: Tuesday, February 6, 2020
Time: 7:00 pm - 9:30 pm
Fee: \$25 ~ \$50

Registration with full payment or by Jan. 30th

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

Presenter: Maureen Conroy, RSM, D.Min.
Date: Saturday, February 8, 2020
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. 3rd



Celtic Spirituality

Presenter: Carmel Boyle
Date: Wednesday, March 18, 2020
Time: 9:30 am - 4:00 pm
Fee: \$75 ~ \$125 (lunch and beverages included)

Registration with full payment by Mar. 11th



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.

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

Lenten Series

Show Me the Way, O Guiding Spirit

Presenter: Rev. Richard Rento
Date: Wednesday, February 26, 2020
Time: 9:30 am - 2:00 pm
Fee: \$50 ~ \$75 (Liturgy & light lunch included)

Registration with full payment by Feb. 19th

Lenten Taizé Prayer

Presenters: Faithful Love Music Group
Date: Monday, March 9, 2020
Time: 7:30 pm - 9:00 pm

Free will offering

Lenten Desert Day

Presenter: Maureen Christensen, RSM
Date: Thursday, March 12, 2020
Time: 9:30 am - 2:30 pm
Fee: \$30 ~ \$50 (Liturgy & light lunch included)

Registration with full payment by Mar. 5th

Sanctity and Soup A Lenten Evening

Presenter: Maureen Christensen, RSM
Date: Tuesday, March 31, 2020
Time: 6:00 pm - 8:30 pm
Fee: \$25 ~ \$50

Registration with full payment by Mar. 24th

Women at the Foot of the Cross

Presenter: Mary Musella
Date: Tuesday, April 7, 2020
Time: 7:00 pm - 9:30 pm
Fee: \$25 ~ \$50

Registration with full payment by Mar. 30th

Spring Spirituality Day The Compassion Connection

Presenter: Sister Catherine Nerney, SSJ
Date: Saturday, April 25, 2020
Time: 9:30 am - 4:00 pm
Fee: \$75 ~ \$125

Registration with full payment by Apr. 17th

Go to theupper-room.org for program information

✧ Retreats ✧

Retreat in Everyday Life

Presenters: Trudy Ahern, SSJ
Maureen Christensen, RSM
Dates: Tuesdays, Sept. 24, Oct. 22, Nov. 26, Dec. 17, 2019
Jan. 21, Feb. 18, Mar. 24, Apr. 21, May 26, 2020
Time: 6:30 pm - 9:00 pm
Fee: \$500 (includes manual)

Registration required with a \$100 non-transferable and non-refundable deposit by Sept. 6th

Rachel's Vineyard Retreat

Dates: Friday, February 28 - Sunday, March 1, 2020
Arrival: Friday, 7:00 pm
Departure: Sunday, 4:00 pm
Fee: \$130

For registration and information, please contact:
Judy Warenkiewicz 732-536-6871 or

Directed Prayer Weekend

Dates: March 13 - 15, 2020
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 Mar. 6th

Six-Day Directed Retreat "Nothing Is More Practical Than Finding God..."

Dates: Friday, May 15 - Friday, May 22, 2020
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 8th



Looking for that Elusive Pot of Gold???

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 17, 2020

UPPER ROOM SPIRITUAL CENTER

Twenty-fourth Annual Spirituality Conference

featuring

Brother Don Bisson, FMS, D. Min.



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 & Swiss 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

The Spiritual Companion Tending to Our Own Call to Holiness and Wholeness

Presenter: George Collins, SJ, STL
Date: Wednesday, October 2, 2019

Ancestry, Places, and Narrative in Spiritual Direction

Presenter: Janet Ruffing, RSM, PhD.
Date: Thursday, February 13, 2020

Compassion Resilience Help for Helpers: Companionship Those Affected by Suicide

Presenters: Mary Fowler, BA
Carol Benevy, MSW, LSW
Date: Wednesday, November 20, 2019

Contemplating Love and Its Communion in Spiritual Direction

Presenter: Janice Edwards, RSM, D.Min.
Date: Thursday, April 2, 2020

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 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
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Calendar of Events

September 2019 - March 2020

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Eucharistic Liturgy		
The Eucharist is celebrated at 11:30 am on:		
September 26	October 17	October 31
November 14	December 5	December 12
January 16	February 26	March 12

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 _____

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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 17, 2020
\$750.00 cash prize each month

Price: \$50 (that's only \$5.00 a month!)

Monthly Eucharistic Liturgy

Thursdays at 11:30 am

September 26	October 17
October 31	November 14
December 5	December 12
January 16	February 26
March 12	



All Are Welcome to
Celebrate

UPPER ROOM NEWS

Upper Room Spiritual Center
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