

UPPER ROOM SPIRITUAL CENTER
RETREAT IN EVERYDAY LIFE
BASED ON THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA

SEPTEMBER 2019 – MAY 2020

“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

DATES AND TOPICS

September 24, 2019 “What are You Looking for?” (Jn. 1) Our Desires and God’s Desires	February 18, 2020 “Come Follow Me.” (Lk.5) Responding to Jesus’ Call
October 22, 2019 “You are Precious in My Eyes” (Is. 43) Experiencing God’s Love	March 24, 2020 “Unless a Grain of Wheat..” (Jn.12) Dying with Jesus
November 26, 2019 “Have Mercy on Me, O Lord” (Ps.5) God’s Merciful Love	April 21, 2020 “He is Risen” Being with the Risen Lord
December 17, 2019 “The Word Became Flesh” (Jn.1) Knowing and Loving Jesus	May 26, 2020 “Drinking of Living Waters.” (Jn.4) The Fullness of God’s Love
January 21, 2020 “Come and See!” (Jn.1) Ministering with Jesus	

Presenters: Trudy Ahern, SSJ, Maureen Christensen, RSM
Tuesday Evenings, 6:30pm-9:00pm (dates are above)
Fee: \$500 (includes manual) \$100 deposit by September 6th

Name: _____
Address: _____ Phone: _____
Email: _____ Amount enclosed: _____
Credit Card# _____ \$ _____ Sec. code _____

Please mail to the Upper Room 3455 W. Bangs Ave, Bldg. 2, Neptune, NJ 07753
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