

BE BECOME BELONG BEYOND

Each 2-hour session will begin with a prayerful contemplative opportunity to

**BE**

We will then explore a limit or challenge, utilizing resources from the 12 Step Tradition coupled with psychological principles and dynamics to unpack that which hinders our

**BECOMING**

Then by experiencing foundational Wisdom, from faith traditions, prayer practices and insights from positive psychology, we will be grounded and supported in our

**BELONGING**

With such affirming reassurance, we will gratefully and expansively **BE** ready and willing to move

**BEYOND**

Our small selves and fears to extend *Love*

Presenter: **Grace Conte**  
MA, Spiritual Director, Lay Minister, and Retreat Facilitator

Dates: Fourth Monday of the Month: March 29, April 26  
Third Monday of the Month: May 17, 2021

Time: 7:00pm - 9:00pm

Place: Upper Room Spiritual Center  
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753  
732-922-0550 or email [office@theupper-room.org](mailto:office@theupper-room.org)

Fee: \$20 per session

**Registration with full payment required!**

Be Become Belong Beyond

Please specify specific dates

Name: \_\_\_\_\_

*(If using credit card, please make sure name is as it appears on credit card)*

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Please mail to the Upper Room at the above address.