



UPPER ROOM

Join Faith Formation and Youth Ministry Leaders in the Diocese of Winona-Rochester for a time of nourishment, support, and professional development.



Upper Room Meeting Layout

Most Upper Room meetings will follow the layout below for 2023.

10am - Opening Prayer

10:15am - Nourishment (professional and spiritual development)

11:00am - Prayer (Adoration, Mass, Confession)

12:30pm - Lunch

1:00pm - Action (how to implement what was discussed)

2:15 - Close in invoking the Holy Spirit

You are welcome to spend the whole day with us or only join us for a portion of the day. We recommend the whole day for a holistic approach to our discussions.

Upper Room Meeting Schedule Fall 2023

Sep. 26

**St. Peter and Paul,
Mankato**

10am-2:15pm

Topic:

The Parish Year of
Eucharistic Revival

Facilitators:

Zach Rawson,
Heidi Indahl

Oct. 24

**Sacred Heart,
Owatonna**

10am-2:15pm

Topic:

Healthy Boundaries

Facilitators:

Tim Indahl,
Mary Hamann

Nov. 28

**Church of the
Resurrection,
Rochester**

8:30am-2:15pm

Topic:

Entering Advent as a
Family

Facilitator:

Fr. James Steffes