

Des Moines Pastoral Counseling Center presents  
**BETWEEN a ROCK and a HARD PLACE**  
*Obstacles, Resistance, and Pitfalls to Spiritual Growth*  
Loretta F. Ross, M.Div., M.A.



We say we want to deepen our faith. We plan to pray more. We tell ourselves this month I will take some time off to listen to God. We read books about faith, we get devotional emails, yet we still find ourselves harried, anxious, and burdened.

Where are the freedom, the joy, and the generous compassion of life in God? This day of Professional Development will take a look at some attitudes and behaviors, which may block our spiritual development and maturity. You will have an opportunity to identify some of the barriers that obscure your contact with the Holy in your life. We will consider changes that might help open our awareness and connection with the Giver of Joy and Peace.

The **PRAIRIEFIRE** program at the **Des Moines Pastoral Counseling Center** invites you to join us for a day of learning and renewal as we explore the obstacles, resistance, and pitfalls to spiritual growth. This seminar is intended for all persons who seek a day of spiritual growth and renewal.

**Loretta F. Ross**

Loretta, an ordained Presbyterian minister, is the Executive Director and founder of The Sanctuary Foundation for Prayer. She is a member of the Presbytery of Northern Kansas with the ecclesiastical designation of Spiritual Director. Loretta earned her Masters of Divinity from Louisville Presbyterian Seminary. She also holds a Masters of Arts degree in theater, and is a graduate of The Shalem Institute Program for Spiritual Direction. She has served in Presbyterian, United Methodist, and United Church of Christ churches, and offered spiritual guidance for more than 25 years. Her writing has been published in numerous journals and books including *Letters from the Holy Ground: Seeing God Where You Are* (Sheed & Ward, 2000),

**Friday, April 23, 2010**  
**8:30 a.m. - 3:30 p.m.**  
**Fee: \$50 (includes lunch)**  
**Westminster Presbyterian Church**  
**4114 Allison Avenue • Des Moines, IA**

**Register by contacting the Center (515) 274-4006 or [info@dmpcc.org](mailto:info@dmpcc.org)**  
**Or by completing the following registration form and mailing to:**  
**DMPCC • 2929 Westown Pkwy, Ste. 110 • West Des Moines, IA 50266**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is a check for \$50 payable to Des Moines Pastoral Counseling Center (DMPCC)

Please charge \$50 to my credit card       Visa       Mastercard

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_