

## Thoughts and Reflections

“Before coming to the URC, I was serving in full-time ministry and nearly worked myself into exhaustion. I was insecure, struggling to accept my God-given masculinity and in denial about my same-sex attraction. The Upper Room is a safe place where I was challenged to take off my ‘good boy’ mask and look at the truth of what I was feeling and believing about myself and about God.” **-Patrick**

“It was in the Upper Room that God really began to break the chains of false beliefs I held about myself and heal the deep hurting in my soul. Being fully known and fully loved by a community of people who knew what I was going through freed me to address the wounds of my past and push me to claim victory over my struggles.” **-Cole**

“I was in desperate need of loving friendships that centered on my true identity in Christ instead of what I could give or do. Through the love and care of my mentors, other interns and in renewing my mind, I was able to understand that my needs, feelings and worth were not only important to me but also to those that cared for me.” **-Julie**

For more information about the Upper Room Community residential program and to request an application, please contact us:

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## The Upper Room Community

Nine months of intentional community and intensive discipleship



PORTLAND  
fellowship

*“Proclaiming freedom for the captives.”* ISAIAH 61

## Why URC?

For people desiring to take the next step in their journey of freedom from unwanted same-sex attraction and sexual brokenness, the Upper Room Community offers Christ-centered intensive discipleship within an intentional residential community.

Same-sex attraction stems from relational wounds and dysfunction, and many participants experience healing and growth in the URC through the new, healthy relationships God brings together. Here, participants have the opportunity to openly dialogue about their struggles, learn about the roots of their brokenness, develop trust-worthy friendships and grow towards Christ together.



## What to expect

- **URC Meetings**—Weekly teachings and discussions address deeper wounds, addictions, strongholds and doubts. Community check-in time, prayer and devotions are included.
- **Individual Mentoring**—One-on-one mentors help participants process their spiritual journeys and navigate living in community.
- **Taking Back Ground**—Participants will be involved in our Taking Back Ground program on Tuesday nights.
- **Living Arrangements**—Participants have their own bedrooms and share community spaces (kitchen, laundry, bathrooms, etc.). Weekly chores are assigned to each person.
- **Location**—The PF house sits in SE Portland, a popular location with plenty of restaurants, cafes, shops and public transportation nearby.
- **Church**—All participants must be involved in a local body of worship (multiple options to choose from).
- **Cost**—\$800/month for housing and programming (personal expenses not included—food, transportation, etc.).

## Living in Community

The URC is built on the truth that God desires to heal and restore us into whole men and women. Living in community allows you to navigate this journey alongside like-minded people. This requires an open heart, a willing spirit and a desire to fully surrender to Christ in a group setting.

Through the URC, there are many opportunities for community building. Process Group, accountability, prayer and Bible study help participants grow closer to Christ together.

This program is designed to improve participants' communication and conflict resolution skills. URC participants are encouraged to press into Christ and keep fighting for righteousness as they learn from and encourage one another. Processing difficult issues and living in community can be challenging at times, but it's an incredible environment for growth!

