

LIVING COMPASSIONATELY

Finding a Way Forward Through Grief

CEUs available

Loss of a loved one can be heartbreaking.

HOW DO YOU SEE THROUGH THE PAIN AND GRIEF TO A PLACE OF NEW MEANING?

Your broken heart is still beating. This workshop can help you to experience some comfort and peace and to find a way for your heart to beat for others.



Participants will be introduced to the **COMPASSION PRACTICE**, a four-step set of spiritual exercises designed to reconnect us to our compassionate core by grounding us in the **SOURCE OF COMPASSION**, cultivating Self-Compassion, fostering compassion for others and imagining our own specific compassion-based action in the world around us. Individuals will be invited to engage in guided meditations, self-examination, and personal reflection toward the intention of finding direction forward through the sadness and loss.

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SATURDAY, MAY 11, 2019
9:30 a.m. - 3:30 p.m.



NORTH SAN DIEGO
LOCATION TBD

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9:30 a.m. - 3:30 p.m.



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This event is presented by **REV. NANCY FOWLER, A PH.D. CANDIDATE AT CLAREMONT SCHOOL OF**



THEOLOGY. Nancy has found the Compassion Practice to be deeply restorative as she has dealt with her grief after losing her son, and believes that it can be helpful to others.

SUGGESTED DONATION:
\$0 - \$160 as led by grace

A light lunch is included

This event is .6 Clergy Continuing Education Units (CEUs)

Registration starts at 9:00 a.m.

BOOKS ARE AVAILABLE FOR PURCHASE AT THE EVENT
Practicing Compassion and
Compassion in Practice: The Way of Jesus by Dr. Frank Rogers, Jr.

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