



BELOVED  
COMPASSION  
NETWORK

End of Summer Series

# PRACTICING COMPASSION

*Growing Compassion For Self and Others*

Same experience. Two locations.

*Tuesdays*

— OR —

*Wednesdays*

7:00 - 8:30 pm • Aug 20 - Sept 24

6:30 - 8:00 pm • Aug 21 - Sept 25

Clubhouse at Arcadia Apartment Homes  
2643 West Canyon Ave, San Diego

Hourglass Community Park Fieldhouse  
Room 303

Join us as we begin a new 6-week series of the Compassion Practice where we will explore and support one another in gentle, heartfelt practice by:

- centering and grounding ourselves
- engaging self-compassion through guided meditations and conversations
- learning how to grow compassion for self and others, and
- discerning compassionate action in our lives and our world

**August 20/21** Practicing Compassion—A 3-fold Spiritual Path

**August 24/25** The Heartbeat of Infinite Compassion

**September 3/4** The Compassionate Heart—Our Capacity to Love Others

**September 10/11** Taking the 'U' Turn—Practicing Self-Compassion

**September 17/18** Understanding the Suffering Within—The FLAG

**September 24/25** Cultivating Compassion for Our Neighbors—Seeing Others as Beloved

*Facilitators* Alleen & Jeanette Christian are sisters with a shared vision for spreading compassionate care to our planet and all its inhabitants. Throughout their lifetimes, each sister has immersed herself in various spiritual practices and healing modalities from Buddhist/Christian meditation/contemplation to Reiki & Yoga. Most recently both were led to the Compassion Practice and have since dedicated their time and talents to sharing and guiding others how to practice compassion with self and others. Alleen is a Certified Facilitator of the Compassion Practice through the Center for Engaged Compassion, and Jeanette is a Facilitator in Training (FIT).

[www.BelovedSanDiego.org](http://www.BelovedSanDiego.org)



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