

Compassion: The New Lenten Practice



Lent is the springtime of the Church, a season that mirrors the new life emerging in the natural world. Lent rouses us to “repent and believe the good news.” Rather than giving up chocolate or coffee this year, try cultivating compassion as a spiritual practice.

Compassion is essential to human survival. It calls us to treat all others—in the family, workplace and beyond—as we wish to be treated ourselves. Planting the seeds of compassion, learning to be self-compassionate and widening the circle of compassion to include all beings may be more rigorous than you think.

This three-part, online series is inspired by well-known author Joyce Rupp’s *Boundless Compassion: Creating a Way of Life*. Facilitated by certified Boundless Compassion facilitators, we’ll explore Rupp’s insights and enter into quiet reflection, small group break-out sessions and communal prayer. Come, “grow in the kind of love that motivated Jesus to be a compassionate presence.”

Wednesdays, 7:00-8:30 PM (EST) via Zoom*

Mar. 12 *Creating a Compassionate Way of Life*

Mar. 19 *Self-Compassion*

Mar. 26 *Widening the Circle of Compassion*

Fee: \$40 due at registration.

Fee is non-refundable, non-transferable.

Register at manresa-sj.org/031225-compassion
or phone 248.644.4933 Ext. 0.

**Instructions for Zoom meetings will be emailed to registered participants prior to each session.*

Facilitators:



(L) Mary Dean Pfahler, SND
(R) Suzanne Carter

Mary Dean Pfahler, SND finds joy in facilitating Boundless Compassion retreats and accompanying individuals and groups in spiritual direction and the Spiritual Exercises. **Suzanne Carter** is a retreat facilitator and spiritual director. She led women, adults and children through faith-building programs in her parish for more than 18 years.