



Compassionate Life Faith Study Group Tuesdays 6:30 – 8:00

(every 2 weeks beginning Nov 14, 28, Dec 5, Jan 9)

Purpose: This faith study group will help to deepen our understanding of our faith by exploring the concepts in Karen Armstrong's book "Twelve Steps to a Compassionate Life".

Goals

- To create a space where participants can feel safe to explore their faith in their own unique way.
- To provide a space for worship, reflection, imagination and creativity.
- To explore our Christian faith through the lens of compassion, while at the same time becoming more aware of other faiths traditions.
- To consider how we might respond to what we have discovered about compassion.

Weekly Themes and Dates

Nov 14 - Learn About Compassion

Nov 23 - Look at our Own world

Dec 5 - Compassion for Yourself

Jan 9 - Empathy

Jan 23 - Mindfulness

Feb 6 - Taking Action

Feb 27 - How Little We Know - Open mindedness

Mar 6 - How Should We Speak to One Another?

Mar 20 - Concern for Everyone

April 3 (or other appropriate date) - Knowledge of Other

April 24 - Widening Our Circle of Inclusion.

May 1 Acts of Compassion has the Ability to Change the World

Contact: Rev. Catherine Gutjahr for further details. Sign-up sheet is on the bulletin board outside of Catherine's office.