



Boundless Compassion 4-day Retreat and Facilitator Training

BOUNDLESS COMPASSION RETREAT

Friday, Oct. 27, 2023 (7 pm) - Tuesday, Oct. 31, 2023 (4:30 pm).

“Compassion is a necessity, not a luxury. Without it, humanity cannot survive.” (Dalai Lama)

Compassion can change a heart, change a life, change a world. This retreat is open to people of all faiths and spiritualities. The retreat explores the depth of the many layered components of compassion, the central quality of the life and teachings of Jesus. You are invited to expand and deepen your understanding of compassion from both a personal and professional perspective. You will glean insights for many dimensions including theology, spirituality, science, sociology, and psychology. Experience this retreat as a catalyst for a renewed commitment in being a compassionate presence, both to yourself and to others who are amid pain and struggle.

The retreat includes presentations, media, resources, communal prayer, small group dialog, and extended quiet times for reflection. Suggestions for prayer and meditation are given each day. This retreat is open to people from all faith traditions.

RETREAT SESSIONS

Compassion as a Way of Life	Compassion for Self
Compassion and Suffering	Compassion and Marginalization
Compassion for Creation	Compassionate Presence

Dates and times: Friday, Oct. 27, 7 pm-Tuesday, Oct. 31, 4:30 pm. Friday arrival after 3 pm or as needed. Soup supper provided.

Cost: Includes accommodation, meals, and all materials. \$600 (single); \$575 (dble); \$425 (commuter). A \$50 nonrefundable deposit is due with registration.

BOUNDLESS COMPASSION FACILITATOR TRAINING

Participants of this event are required to attend the four-day Boundless Compassion retreat that precedes the training workshop or another 4-day Signature BC Retreat. This workshop involves practical application of the program and assists participants in how to use their individual talents and experiences to bring the Boundless Compassion core foundational teachings into their sphere of life. The workshop offers the opportunity to become a certified facilitator of the program. Along with the requirement of full attendance at the four-day retreat, each participant of the workshop must request an application form to be completed before being accepted into the training workshop.

Request application from: Bobbi Bussan, OSB: bbussan@boundlesscompassion.org

Date and time: Wednesday, Nov. 1, 2023: 9 am-4:30 pm.

Fee: Includes lunch, materials (BCF handbook). \$130 (single); \$125 (dble); \$100 (commuter). A \$50 nonrefundable deposit is due with registration.

RETREAT AND TRAINING DAY COMBINATION

Request application from: Bobbi Bussan, OSB: bbussan@boundlesscompassion.org

Dates and times: Fri. Oct. 27, 7 pm-Wed. Nov. 1, 4:30 pm.

Cost: Includes training, materials, extra night, meals, and handbook. \$705 (single); \$675 (dble) and \$525 (commuter). A \$50 nonrefundable deposit is due with registration.

REGISTRATION

Email: retreats@smmsisters.org or bussan@smmsisters.org

Online registration at: www.smmsisters.org/retreats



Joan Doherty
BCF since 2018
Bethlehem, PA

Bobbi Bussan, OSB
BCF since 2018
BC Executive Director

