



CULTIVATING COMPASSION CLASS

SPONSORED BY

Servant Leadership School of Conway

Summer of 2018

When? Eight Thursday evenings 6:00 – 8:00 p.m,
beginning July 12, 2018. Child care available upon request.

Where? Morgan House, across Prince Street, north of St.
Peter's Episcopal Church, 1925 Mitchell Street, Conway, AR

Register Today by emailing
judyhelm77@gmail.com or filling
out form on back. Deadline July 1st.

Cost? \$20.00 (scholarships available upon request)

Who? Taught by June Stewart who is presently completing a six month Teacher Training Course offered by the Compassion Institute, Inc., and licensed by Leland Stanford Junior University in preparation to becoming a certified Compassion Cultivation Teacher.

Ms. Stewart has worked with the Servant Leadership School of Conway. In her role with this program she helped plan offerings and provided guided meditations at the beginning of classes and facilitated small group discussions. Ms. Stewart is delighted to offer her first class on Cultivating Compassion as part of the offerings of The Servant Leadership School. In her words, "it will be like coming home."

What? Cultivating Compassion Training (CCT) is an eight week class designed to help students bring the practice of compassion into their everyday activities. While the class does examine the philosophical, scientific, and spiritual underpinning of the practice of compassion, **it is not meant to be an academic course. Instead, it is designed to help students begin to experience the joy of living with a loving heart.** Topics covered in this class include the following:

1. Settling and Focusing the mind
2. Loving-Kindness and Compassion for a Loved One
3. Compassion for Oneself
4. Loving-Kindness for Oneself
5. Embracing Shared Common Humanity and Developing Appreciation of Others
6. Cultivating Compassion for Others
7. Active Compassion Practice
8. Integrated Daily Compassion Cultivation Practice.

Registration For Cultivating Compassion Class

July 12 – August 30, Thursdays, 6:00 – 8:00 p.m.

Name: _____

Phone No. _____

Email: _____

Requests: _____(Childcare? Scholarship?)

If you write a check for fee, please make payable to St. Peter's Episcopal Church, and write "Servant Leadership School" or "SLS" on the memo line.

Mail to St. Peter's or drop off at church office.

Deadline: July 1, 2018