

Boundless Compassion: Creating a Way of *Life*



With Mary Dean Pfahler, SND

Thursdays, Sept. 22 – Oct. 13, 2022
6:30 – 8 p.m.

Sept. 22: "Creating a Way of Life"

Sept. 29: "Compassion for Self"

Oct. 6: "Compassion and Suffering"

Oct. 13: "Widening the Circle of Compassion"

River House IHM Spirituality Center

805 W. Elm Ave.

Monroe, MI 48162

Have you ever wondered, "How can I make a difference in this challenging world?" Here is one answer: develop your capacity for compassion. Join us for a four-week series on Boundless Compassion, an international program created by Sister Joyce Rupp to help transform the way we interact with each other. The program seeks to inspire and encourage compassionate living in both one's personal and professional life. While rooted in the life and ministry of Jesus, Boundless Compassion is open to persons of all faith traditions.

The program will be facilitated by Sister Mary Dean Pfahler and include presentations, prayer, video resources, small group discussions and quiet times for reflection.

By the end of the four weeks, you may discover that your compassion toward yourself and toward others is changing. You will also grow in your awareness of people in need and your desire and capacity to help them. You may also recognize too when you are in need and how to allow others to help you.

This four-week evening series is inspired by the book, *Boundless Compassion: Creating a Way of Life* by Joyce Rupp. Reading the book is optional, but recommended.



Sister Mary Dean Pfahler, SND, is a Sister of Notre Dame and delights in helping seekers savor the experience of Gracious Mystery in their lives. She completed the internship in Ignatian Spirituality at Manresa Jesuit Retreat House and is a certified Boundless Compassion facilitator. A former educator in Ohio and Papua New Guinea, pastoral minister, retreat center director and college campus mentor, she now finds joy in accompanying individuals and groups in spiritual direction, the Spiritual Exercises of St. Ignatius and Boundless Compassion retreats.

Registration Deadline: Sept. 19, 2022

Suggested Donation: \$50

To register online, go to <https://bit.ly/3AqfmXb> or contact River House IHM Spirituality Center at riverhouse@ihmsisters.org or **734-240-5494**.



Please note that River House is accessible only by stairs. For the safety of all participants, COVID-19 protocols are in place and are consistent with the guidance of the CDC and the Michigan Department of Health.