

BOUNDLESS COMPASSION

Saturday November 25
9:30 a.m. - 4:30 p.m.

Cost: \$95 - includes lunch & art supplies

Registration deadline: November 20

Optional, and highly recommended:

Please source your own copy of

Boundless Compassion: Creating a Way of Life

by Joyce Rupp

Ave Maria Press, 2018. Paperback

Registration Details

There are two options to consider when registering for this series:

- Visit our website: <https://www.queenshouse.org/programs/>
Participants can register and pay online

OR

- Call Queen's House and register over the phone: 306-242-1916 x226

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org



QUEEN'S HOUSE

RETREAT AND RENEWAL CENTRE

NOURISH YOUR MIND - NURTURE YOUR SPIRIT

A sacred place to nourish your mind
and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Boundless Compassion

CREATING A WAY OF LIFE
COMPASSION FOR SELF AND OTHERS

Saturday November 25
9:30 a.m. - 4:30 p.m.



A RETREAT OFFERED
AT QUEEN'S HOUSE

**Gisele Bauche &
Dianne Mantyka**



QUEEN'S HOUSE

RETREAT AND RENEWAL CENTRE

NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Boundless Compassion

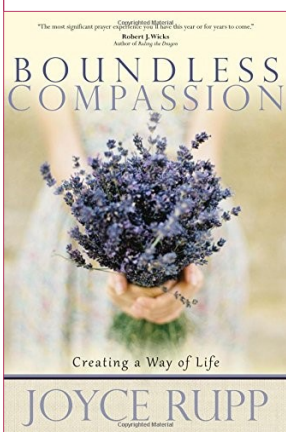
CREATING A WAY OF LIFE COMPASSION FOR SELF AND OTHERS

A RETREAT OFFERED AT QUEEN'S HOUSE

Dianne and Gisele are pleased to offer a retreat day based on the first part of Joyce Rupp's book Boundless Compassion: Creating a Way of Life.

Boundless Compassion is an invitation to grow in the kind of love that motivated Jesus to be a compassionate presence. Embodying compassion compels us to be a living Christ by easing suffering, welcoming and aiding those most vulnerable, and working for justice in society.

We will reflect on what it means to be compassionate in body, soul, mind and spirit towards ourselves and others. We will share how we might enter into life-giving discernment with healthy boundaries, and with a commitment to self-compassion as this influences our ability to be a compassionate presence with others.



In exploring ways to nurture a deeper compassionate presence, our hope is that new courage will emerge, and a path of compassion will open within you.

Gisele Bauche and **Dianne Mantyka** are certified facilitators for Joyce Rupp's *Boundless Compassion* workshops and retreats. They are members of the Queen's House Spiritual Director Team, and codirected the past three cohorts of the Spiritual Direction Formation Program.



Gisele is a professional artist whose inspiration for Christian Art comes from her love of scriptures and her spirituality. On completion of her degree in Theology/Education and studies in Jerusalem, she established herself in Saskatoon as Director of the Catholic Centre and later as Director of Queen's House. During this time, her art broadened into US and Canadian publications and became displayed in churches and institutions. She is author of *Giving Glory to God: Reflections of an Artist*.

Dianne's passion for formation has included Biology, missions, campus ministry/director, a Regent MDiv, CPE, retreat and inner healing prayer ministry. Toward her DMin, she completed Transforming Center's Transforming Community with Ruth H. Barton. Her Ministry Service Project, *Sacred Journey: An Ecumenical and Integrative Experience of the Ignatian Spiritual Exercises for our Time*, was integrated with spiritual psychology, with Ron Rolheiser, OMI, as her vocational ministry context mentor.



During this retreat day we will explore and reflect on *Compassion as a Way of Life*. Our focus will be compassion through self-care and through caregiving amid suffering.

Our time together will include input, music, meditations, and time for reflection individually, in pairs or small groups, and in the large group.

Invitations to creative expression will be part of the reflection time. Supplies will be provided.

Session 1: Compassion as a Way of Life

Session 2: Compassion for Self

Session 3: Compassion and Suffering

*Compassion asks us to go where it hurts,
to enter places of pain,
to share in brokenness, fear,
confusion and anguish.
Compassion requires us to be
weak with the weak,
vulnerable with vulnerable,
and powerless with the powerless.
Compassion means full immersion
in the condition of being human.*

– Donald McNeill, Douglas Morrison and Henri Nouwen, *Compassion: A Reflection on the Christian Life*, 2006