Cathy Cornell and Paul Knitter will lead meditations on practices adapted from Tibetan Buddhism for use by persons of various or no religious traditions. These meditations have been prepared especially for social service providers and social activists, who often struggle with disappointment, fatigue, anger and burnout in their efforts to make a difference. The intent of these practices is to connect with what Buddhists believe is our innate wisdom and compassion. This will enable us to recognize the goodness and potential of ourselves and others and so will sustain us in a life of engaged spirituality in a suffering world.

Cathy Cornell is a licensed clinical social worker and is presently serving as the Clinical Director of the Oasis Program at the Canopy Center in Madison. A long-time Buddhist practitioner, she seeks to integrate contemplative practice into her social activism and into her clinical work with others, especially those who have suffered from traumatic experiences.

Paul Knitter is the author of over 10 books including Without Buddha I Could Not Be a Christian. He is a member of Sunday Assembly and recently retired from Union Theological Seminary in New York City.

Active Compassion
Buddhist-Christian Meditations for an Engaged Spirituality

Date
Saturday, October 3, 2015

Time
10:00 am-5:00 pm

Cost
$96, includes lunch

Location
Room 113
Retreat & Guest House

Registration deadline
September 19, 2015
Registration form on back or online at benedictinewomen.org/retreats/group-retreats/active-compassion/

Holy Wisdom Monastery
4200 County Road M
Middleton, WI 53562
www.benedictinewomen.org
608-836-1631, x100
Cost
$96, includes lunch.
In the Buddhist tradition, the teachings are given freely because they are considered priceless. Teaching the Dharma is inherently an act of generosity. In the Buddhist tradition, dana, or generosity, is also practiced by making monetary offerings for the teachings. A portion of the money received for this retreat will support the Foundation for Active Compassion.

Registration
Registration deadline is September 19, 2015. 50% refund until the registration deadline, no refund after the registration deadline. Register online at www.benedictinewomen.org/retreats/group-retreats/active-compassion/ or complete the registration form below and return it to: Retreats • Holy Wisdom Monastery • 4200 County Road M, Middleton, WI 53562

Contact us at retreats@benedictinewomen.org (preferred) or 608-836-1631, x100 if you have questions.

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Active Compassion

Complete and return this registration form by September 19, 2015.
We do not sell or share our mailing list.

Name ______________________________________________________________________
Email ______________________________________________________________________
Street address _______________________________________________________________
City _____________________________________ State _________   Zip ________________
Home phone (_____)________________________ Work phone (______)_________________
Cell phone (_____)__________________________

☐ Saturday, October 3, 2015
☐ I am paying by check; amount enclosed $__________  ($96/person)
☐ I am paying by credit; amount charged $__________   ($96/person)
Card number _________________________________
Signature ____________________________________
Expiration date ________________________________
3-digit security code (on back) ________
Dietary needs: ☐ Vegetarian     ☐ Vegan     ☐ Gluten-free   ☐ Dairy-free
List any food allergies: _________________________________________________________

How did you hear about this program?
☐ Holy Wisdom Monastery (HWM) website    ☐ Email from HWM    ☐ Mail from HWM
☐ Benedictine Bridge enewsletter    ☐ Oblate listserv    ☐ Event at HWM
☐ Word of mouth/recommendation    ☐ Internet search (words searched) __________________
☐ Sunday Assembly bulletin    ☐ Other website (list site) _______________________
☐ Other (please list) __________________

What are you seeking from this program? _________________________________________
Spiritual background (optional) ___________________________________________________

06/15