**Boundless Compassion Book Study**

**Host: Benet House Retreat Center**

**Facilitated by S. Bobbi, OSB (BCF 2018)**

**Assisted by Jane Trasowech (BCF 2019)**

**Meeting Dates:**

* **Tuesday’s at 9:30 -11:00** (with some discussions lasting longer)
	+ Feb. 2: Compassion as A Way of Life
	+ Feb. 9: Welcoming Ourselves
	+ Feb. 16: The River of Suffering
	+ Feb. 23: From Hostility to Hospitality
	+ Mar. 2: A Thousand Unbreakable Links
	+ Mar. 9: Becoming A Compassionate Presence
* **Thursday’s at 6:30 – 8:00** (some discussion lasting longer)
	+ Feb. 4: Compassion as A Way of Life
	+ Feb. 11: Welcoming Ourselves
	+ Feb. 18: The River of Suffering
	+ Feb. 25: From Hostility to Hospitality
	+ Mar. 4: A Thousand Unbreakable Links
	+ Mar. 11: Becoming A Compassionate Presence
* **If you have to miss a session – you can join the other session, if convenient. The two studies will mirror each other.**

**Format:**

* Opening Prayer
* Welcome and review of the session.
* Small group triads sharing Day 7 questions.
* Large group discussion
* Closing prayer/ritual

**Suggestions:**

1. The book is designed for a day-by-day reflection. If that is not possible for your schedule, then set a time every 2 or 3 days to keep up with reflections. Waiting to do the whole week at one setting can be overwhelming. The book is jammed packed with information so pace your reading.
2. Approach this book study as a prayerful reading of Boundless Compassion. Make it a part of or use it as daily prayer. Read the chapters reflectively to ‘listen’ to what strikes you, touches you, or spurs you to deeper thoughts. Perhaps keep a journal of your insights for sharing. Try to avoid reading it like any old book!!
3. Each week you will be given the focus questions to be used for the next month discussion. Discussion is NOT LIMITED to these questions – they are meant as a discussion starter. Discussion will be led according to the personal insights you desire to share.
4. Be sure to read the Introduction as it is very important part of understanding the emphasis of Joyce’s writing/teaching.

**Book:** Boundless Compassion: Creating A Way of Life by Joyce Rupp

**Optional books:** Prayers of Boundless Compassion by Joyce Rupp

 Boundless Compassion Journal by Joyce Rupp (release date is 2/5/21

**Registration & Payment:** $30/series

* **Registration:** Online registration is no longer available
* **Phone:** 309-283-2108/ Sr. Jackie, Adm. Assistant will take contact information and credit card payment.
* **Email:** retreats@smmsisters.org
* **Checks payable to:**  Sisters of St. Benedict

 Benet House Retreat Center

 2200 88th Ave. W.

 Rock Island, IL. 61201

**\*\*\*Registration is closed after the 1st session.**

**Zoom link:** I will send the link each week with added information for you regarding the weekly topic. The link to Join Zoom Meeting: [**https://us02web.zoom.us/j/9966124707**](https://us02web.zoom.us/j/9966124707)(good for each session.

**BC Book Study playlist:** Video’s used for our weekly discussion will be posted on our playlist (SMM YouTube Channel) for your use. It is unlisted and available only via link for our book study participants:

[**https://www.youtube.com/watch?v=OPT7687\_yko&list=PLON8Tkta31DEhYMXA0Qejq9wLZmSlNWvk**](https://www.youtube.com/watch?v=OPT7687_yko&list=PLON8Tkta31DEhYMXA0Qejq9wLZmSlNWvk)

**Group reminder:**

* ‘What is shared in the group stays in the group’. This topic will surface personal experiences, joys and struggles which are meant to be shared with the group confidentially.
* Every person has Wisdom to share. Please be conscious of talk time so that everyone has opportunity to share.
* Initial group process is for each person to share reflection and when everyone has shared THEN ‘crosstalk’, questions, sharing and back and forth. Deep listening to each other before moving into personal comments is very important.
* Each person is invited to share – and invited to ‘pass’ if they prefer not to share. It is not a ‘must share’ group but according to each person’s comfort level.
* Weekly groups (triads of 3) will rotate so that everyone has opportunity to meet others and not just the same group members.

**Contact Information for Sr. Bobbi**

* Email: rbussan@smmsisters.org
* Phone/Text: © 309-912-2218 (the best to use)
* Office: 309-283-2105 (Is my current office for connecting directly). I am using my Subprioress Office and not Benet House office since we are closed.

