



*Dr. Frank Rogers' meditative practices provide real life opportunities to apply Jesus' compassionate teachings beyond the doors of the church.*

—Tanya Pile

You are invited to be part of a unique day joining with other women as we consider what it means to be part of the Pulse Of Compassion — to be in touch with the rhythm of the Heartbeat of God — as we explore ways to grow in our love of God, Ourselves and Others.....

**Where:** Montavilla United Methodist Church  
232 SE 80th Ave, Portland, OR 97215

**When:** Saturday, May 13 from 8:30—3:30

**Cost:** \$15 includes lunch and supplies

*“The compassion practice resonated with women of all ages in our congregation. Women in their early 30’s to those in their late 80’s embraced the compassion practice, and the intergenerational sharing was a rich blessing.”*

—Gigi Seikennen

**Retreat Leaders:**

- ◆ Lydia Henry, Columbia District Lay Leader, Oak Grove UMC
- ◆ Tanya Pile, Director of Pastoral Care & Young Adults, Marysville UMC, Marysville, WA
- ◆ Gigi Seikennen, Leader—Compassion Practice Small Group, Spirit of Grace Church, Hood River

The source of material for this retreat is the book, “The Way of Jesus—Compassion in Practice” by Frank Rogers, Jr.

Lydia, Gigi and Tanya have participated in training sessions with Frank Rogers where the emphasis has been on spiritual renewal and discovering ways to connect to the pulse of compassion. Time will be spent in both individual and group reflection activities.

*“God’s heart beats with the pulse of compassion” - Frank Rogers*

Registration Form (Limited Number of Registrants)

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Local Church \_\_\_\_\_ Email \_\_\_\_\_

Registration is \$15 per person which includes lunch. Total enclosed \$\_\_\_\_\_

**Make your check payable to Montavilla UMW and submit it by **May 6, 2017** to:**  
Turella Woods, 1329 N.E. 160th, Portland, OR 97230, 503-318-8711