



The Art of Self-Compassion

Mindfully caring for your spirit

with Jane Fleming

Saturday, February 23 9 am-3 pm

"The duty of a saint is to be fully present to each moment. To be light as a feather, simple as a child, fluid as water, as easily moved as a ball by every movement of God's grace."

Jean-Pierre de Caussade

The art of self-compassion promotes compassion to oneself and hence, compassion for all living beings in the world we share. Discover through prayer, reflection and guided meditation how this practice can help you honor and accept your humanness, enhance interpersonal relationships and promote care of the spirit.

Jane Fleming, MPM, is a hospice grief counselor, spiritual director, and St. Anne parishioner. Jane is an experienced retreat facilitator and utilizes art and the creative process for spiritual growth.

Registration is limited to 20.

Registration: Donation. Bring a sack lunch.

To register, phone 206-282-0223 or email info@stanneseattle.org

St. Anne House of Prayer

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