



Fall 2013  
Schedule

# WORD AND LIFE

*Thoughtful Christians in search of mature faith*

## WORD AND LIFE PRESENTS

A study of compassion in all the great faith traditions which will lead us to live the 12-step program presented in

## KAREN ARMSTRONG'S BOOK

### *Twelve Steps to a Compassionate Life*

In this important and thought-provoking work, Karen Armstrong--one of the most original thinkers on the role of religion in the modern world--provides an impassioned and practical guide to helping us make the world a more compassionate place.

\$75 registration includes ten sessions and the book.  
\$60 registration for the ten sessions without the book



Karen Armstrong is the author of numerous books on religious affairs, including *The Case for God, A History of God, Holy War, Islam, Buddha and the Great Transformation*.

She lives in London.

In February 2008 she was awarded the **TED** prize and in 2009, launched her **Charter for Compassion** project which has spread to thousands over the internet.

DATE	TOPIC/READING	PRESENTER
Sept. 5	Preface: Wish for a Better World	Viewing and discussion of a Karen Armstrong interview by Bill Moyers
Sept. 12	Compassion in the Buddhist Tradition Step 1: Learn about Compassion	Radhule Weininger, Clinical Psychologist
Sept. 19	Compassion in the Hindu Tradition Steps 2 & 3: Your Own World & Self Compassion	Pravrajika Vrajaprana Vedanta Temple
Sept. 26	Compassion in the Christian Tradition Step 4: Empathy	Fr. Jim Clarke St. John's Seminary, Camarillo
Oct. 3	Compassion in the Islamic Tradition Steps 5 & 6; Mindfulness & Action	Imam Yama Niazi Islamic Society of Santa Barbara
Oct. 10	Compassion in the Jewish Tradition Step 7: How Little We Know	Rabbi Suzy Stone Congregation B'nai B'rith
Oct. 17	Deepening our conversations thru compassion Step 8: How Should We Speak to One Another	Dawn George Marriage and Family Therapist
Oct. 24	Compassion in Hospice Care Step 9: Concern for Everybody	Steve Jacobsen Hospice of Santa Barbara
Oct. 31	Compassion in music and song Steps 10 & 11: Knowledge & Recognition	Thomas Heck Musicologist & Steering Committee member
Nov. 7	Compassion: Engaging the Powers That Be Step 12: Love Your Enemies & A Last Word	Dennis Apel Beatitudes House, Guadalupe

#### For More Information Contact

Bob Doering  
3810 Pueblo Ave  
Santa Barbara, CA 93110  
805-450 - 3424  
[bobdoering@wordandlife.us](mailto:bobdoering@wordandlife.us)

#### Event Details

- Thursdays 10am-noon
- First Presbyterian Church  
21 E. Constance Ave. Santa Barbara, 93105
- Make checks out to Word and Life and mail to Bob Doering--address at left

#### Visit our Website

[www.wordandlife.us](http://www.wordandlife.us)

- Listen to recordings of past speakers
- Understand our approach to spirituality
- Contact our Steering Committee