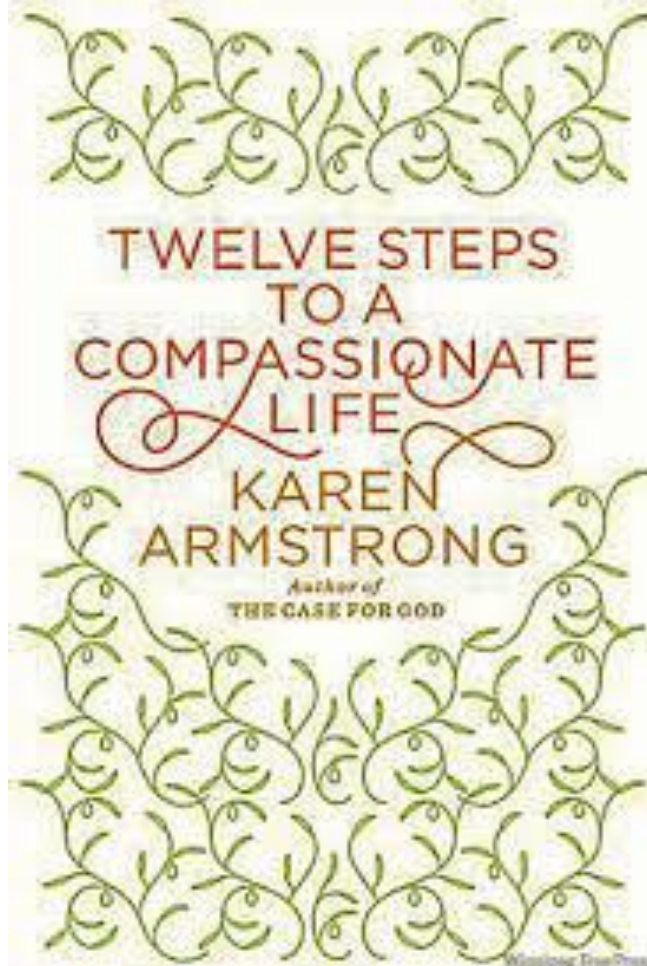


Gunn Readers Presents

FEED YOUR SPIRIT

Book Discussion with Reverend Cheryl P. Anderson



Monday, September 15, 2014 ~ 10:30am (NEW TIME)

Reverend Cheryl P. Anderson is leading an uplifting and in-depth book discussion, entitled **Feed Your Spirit, focusing on personal and spiritual growth & development.**

In this important and thought-provoking work, ***Twelve Steps to a Compassionate Life***, 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.

The twelve steps she suggests begin with “Learn About Compassion,” and close with “Love Your Enemies.” In between, she takes up self-love, mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She shares concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards.

Copies of the book are available at the circulation desk.

GUNN MEMORIAL LIBRARY

5 Wykeham Road, Washington, CT 06793 ~ www.gunnlibrary.org ~ 860-868-7586

Free and open to the public. Registration is requested.