



# Meet the Author

**Frank Rogers, Jr.**  
*Compassion in Practice: The Way of Jesus*

- Date**                    **Saturday, January 6th**  
**9:00am to 3:00pm**  
Registration begins at 8:30am
- Location**            **First Christian Church - Pomona**  
1751 N Park Ave, Pomona 91768
- Cost**                    **Registration fee: \$20**  
Lunch provided

Do you find you sometimes overreact and have no idea why? Then, to make matters worse, you beat yourself up for losing your cool? The Compassion Practice fosters a detached self-awareness fundamental to experiencing nonreactive, nonjudgmental openness to our own fears, longings, wounds and frustrations that block the flow of authentic compassion for ourselves and others. Come learn this contemplative approach to cultivating compassion directly from the author, Frank Rogers, Jr.

Pre-register at [www.BelovedSanDiego.org/Event-Registration](http://www.BelovedSanDiego.org/Event-Registration)

\*\* Event is eligible for .5 CE Units

