

# Joyce Rupp Returning in April with Institute of Compassionate Presence

*Sister Joyce Rupp will return to Bon Secours to lead a week-long program at Bon Secours Spiritual Center from April 26-30, 2010, in cooperation with the Institute of Compassionate Presence (ICP) Program from the Servite Center of Compassion in Omaha, Neb.*

THE ICP PROGRAM is designed for professionals and non-professionals who wish to deepen and demonstrate the experience of compassion in their personal and professional lives. The program involves an intensive week of guided sessions, personal reflection and integration activities by Institute participants. Former participants have included health care professionals, social workers, therapists, caretakers of the ill and dying, educators, pastoral service personnel, chaplains and others whose work and ministry involves a compassionate presence with others.

Compassion can change a heart, change a life, and change a world. During the week, Joyce Rupp will explore the depths of this vital quality from many dimensions, including science, medicine, theology, spirituality, sociology, and psychology. Participants ponder their personal and professional experiences of compassion and reenergize their ability to offer loving kindness, and to go forth with a renewed commitment to be a compassionate presence for one's self and for those who are in the midst of pain and struggle.

The program format, which features content drawn from a more in-depth eight-month program, explores both the theory and the experience of being a compassionate presence. Topics include an in-depth view of compassion, relational skills, self-care, loss and suffering, and compassion in the workplace, among others. Utilizing conferences, recorded and printed materials and participative processes (quiet reflection, various dialogue formats, music,



etc.) each contributing to the integration of compassion in the participants' lives, the ICP is a vital resource for persons of all religious affiliations or personal belief systems.

The Goal of the ICP is to deepen the living of compassion in one's personal and professional life, by achieving the following learning and practice objectives:

- Examine compassion from various disciplines and spiritualities and demonstrate its role in personal and social transformation;
- Recognize that compassion for self is the foundation of compassion for others;
- Explore the dynamics of empathy as crucial to healthy, human relationships;
- Identify experiences of loss and grieving as catalytic for developing skills of coping and care giving;

- Discover how personality styles impact attitudes about and expressions of compassion;
- Practice and promote compassion in the workplace, in staff relationships and in rendering services;
- Recognize in the stories of marginalized and suffering peoples our common humanity, the source of our unity and healing;
- Explore how reverence for earth and all creation develops and deepens within us a compassionate stance toward life.

Joyce Rupp describes herself as a "spiritual mid-wife," who assists others in birthing an ever fuller and deeper inner life. The co-director of The Institute of Compassionate Presence (ICP) and a hospice volunteer for 14 years, she gives conferences on spiritual-

ity and compassion throughout the world. She is an award-winning author of 20 books, including those on transition, loss, and grief: *Little Pieces of Light*, *Praying Our Goodbyes*, *May I Walk You Home?*, *Your Sorrow is My Sorrow*, and *Now That You've Gone Home*. Her professional education includes degrees in English, Religious Education, and Transpersonal Psychology. Learn more about Joyce and her work at [www.joycerupp.com](http://www.joycerupp.com). ✦

*For information on the ICP, including information on obtaining professional CEUs for successful participation, contact Dr. Thomas E. Little at Bon Secours Spiritual Center (Thomas\_Little@bshsi.org). The fee for the week-long program including lodging, meals and program tuition is \$800. More information is available at the Bon Secours Spiritual Center Website, [www.bonsecoursspiritualcenter.org](http://www.bonsecoursspiritualcenter.org).*

## Nursing School Alumnae Enhance Fire Safety With Gift of EVAC+Chairs

BEING ABLE TO EVACUATE THE PROVINCIAL BUILDING quickly and safely in a fire emergency is an important part of making the Bon Secours Spiritual Center a safe and secure environment for guests and resident Sisters. Evacuating a person who needs the use of a wheelchair or has some disability – when electrical power may be out and elevators are not to be used – is a serious challenge for the staff. Thankfully, a gift from the alumnae of the Bon Secours School of Nursing has resolved a key piece of that challenge.

The alumnae gift has enabled the center to purchase two EVAC+Chairs, which allow a person who cannot easily walk to ride down steps on a staircase tread attached to the bottom of the chair itself. The devices are simple to use, comfortable to ride, and safe. The chair can be operated and controlled by one attendant.

Sisters and guests who need assistance can be evacuated with a small amount of physical effort on the part of one staff person. The design of the chair prevents it from taking off by itself. Descent is controlled by friction devices, and unless the chair is pushed by an attendant, it comes to a stop.

We are grateful to the alumnae for their gift of the EVAC+Chairs and for all our patrons who help us keep the Provincial House a safe environment for all those whom we serve. ✦

