



WELCOME TO THE
**COMPASSION
BEAT**

we're so glad you're here!

300 and Counting!



We have reached the milestone of giving out 300 blessing baskets—three hundred women reminded, you are not alone on your recovery journey. You matter to us, and more importantly, you matter to God.

It has been a joy to support women not only through blessing baskets, but also by offering opportunities for

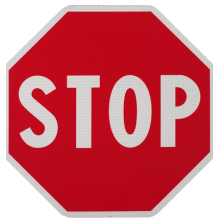
growth through Compassion Connection Circles, prayer, and one-on-one spiritual care. We are honored to walk alongside women at Minnesota Adult and Teen Challenge and those living in recovery houses. We bear witness to God's faithful presence of healing and restoration.

We recognize that these opportunities are gifts from God—open doors through which we are invited to extend hope, dignity, and compassion in the midst of recovery.

Be an Illuminator

David Brooks, author of *How to Know a Person*, writes, "Human beings need recognition as much as they need food and water." He contends that it isn't about ego, it's about the experience when someone feels seen, heard, and appreciated. Illuminators are individuals that help others feel seen, heard, and appreciated. Brooks states, "They shine the brightness of their care on people, and make them feel bigger, deeper, respected, lit up."





All the Shouting... I Can't Hear You

As I reflect on the life and ministry of Jesus Christ, I am struck by his response in the midst of chaos and confusion. When the crowds shouted insults at him, Jesus remained silent. He did not engage in a shouting match. He stayed calm and quiet.

Why didn't he yell back? Why didn't he insist that they listen to him?

What I believe we all know to be true is this: when everyone is shouting, no one is listening. Conversation becomes impossible when the volume is turned up too loud. We may think we are communicating, but in reality, our message goes unheard.

As I observe the protests taking place across our state and country, I find myself wondering who is truly listening on either side. My attention was piqued when I heard the words of Dr. Martin Luther King Jr.: "Hate cannot drive out hate; only love can do that." From my perspective, there is far too much hate in our country—on all sides.

It is my deep desire to create a safe space where we can genuinely listen to one another—not to persuade or convince, but to honor the dignity of every person. The goal is to listen thoughtfully to our pain, our struggles, and our joys, so that we might truly see, hear, and value one another. This is not an attempt to "win" people to a particular position.

If you are interested in participating in a bi-weekly Zoom gathering on Tuesdays from 6:30–7:30 p.m. where individuals are encouraged to be authentic and honest about contemporary issues, I invite you to reach out to learn more. Please contact Candace Adams at revadams@hotmail.com or 320-905-5453. The Zoom link will be sent to those who register.

This space is specifically for those who do not have all the answers and are willing to wrestle with the many possibilities surrounding complex topics. There is no expectation that you attend every gathering—only that you come with an open and supportive posture.

Build Up Compassion

COMPASSION IS A SKILL WE CAN LEARN AND DEVELOP

Connection and Compassion are for Everyone events are opportunities for individuals to gather around table and connect with individuals. These events offer us a way to meet individuals in our community and practice the art of compassion.

Just as the muscles are strengthened and grow as they are used. So too, our compassion muscles grow as we exercise them. The theme for our February gatherings is Build Up Compassion.



We will meet on Thursday, February 5 at noon and Thursday, February 26 at 5:30 p.m. at Lakes Area Presbyterian Church (7761 Excelsior Road, Baxter). You are welcome to attend one or both. Please register two days prior to each event by calling or texting Candace Adams at 320-905-5453. This will ensure that there is plenty of food. If you have dietary restrictions, please let us know when you register so we can plan accordingly.

We are grateful for the generosity of The Initiative Foundation for sponsoring these gatherings.

Learn More About The Compassionate Way

CHECK OUT OUR

Website: the-compassionate-way.org

Instagram: [the.compassionate.way](https://www.instagram.com/the.compassionate.way)

Facebook: The Compassionate Way