



*"A moment of self-compassion can change your entire day.
A string of such moments can change the course of your life."*

Christopher Germer, PhD

MINDFUL SELF-COMPASSION (MSC) Training

**Hosted by First Congregational Church of Berkeley UCC and
co-sponsored by Danville Congregational Church**

An introduction to MSC, with time for questions, on **Sunday, September 8, 11:45am – 1pm** in Loper Chapel of First Church Berkeley, 2345 Channing Way Berkeley 94704

COURSE: Nine Saturdays, 9:00 am–11:45, September 21–November 16, 2019. (Except October 5, 2-4:45 PM; and October 26, 9 AM-1 PM). **Registration required.**

WHERE: Durant House, First Church Berkeley UCC, 2345 Channing Way, Berkeley, CA 94704. Parking in the lot on Channing.

Mindful Self-Compassion is an eight-week course plus one half-day retreat, developed by Kristin Neff, PhD (UT Austin) and Christopher Germer, PhD (Harvard). It teaches the three basics – self-kindness, mindful awareness, and common humanity – to build on the natural compassion that's inside each of us and deepens with practice. **MSC** includes experiential exercises, discussion, and mindfulness practices to examine our beliefs and habits. No experience required.

Empirical research demonstrates that **MSC** can improve one's well being, emotional resilience, immune system, interpersonal relationships and calm symptoms of depression, anxiety and caregiver bur

HOW TO REGISTER:

Speak with Nancy DeNero to explore the fit with your hopes. 626-840-5178 or nsdenero@gmail.com. Then, send tuition to **First Congregational Church UCC, c/o Nancy DeNero (address above) made out to First Church Berkeley, with note on check "for MSC Fall 19".**

OVER

TUITION: \$225 for series, or (with deposit of \$45) 9-weekly payments of \$20.

This price is intentionally set "below market" as a ministry of compassion.

ADDITIONAL DONATIONS are deeply appreciated. This series **benefits First Congregational Church of Berkeley**, as it rebuilds from the devastating fire of September 2016. Teachers are donating their time.

PARTIAL SCLARSHIPS are offered through the generosity of our **MSC** participants and First Congregational Church of Berkeley. For scholarship application, please send a confidential request to Nancy (nsdenero@gmail.com) or Cheryl (cherbnb@gmail.com).

ABOUT YOUR MSC TEACHERS and SPONSORING UCC CHURCHES

Rev. Nancy DeNero, nsdenero@gmail.com

Trained MSC teacher, has a 20-year background in "breaking the glass ceiling" in business, and 10 years in community ministry as an ordained UCC pastor. In 2012, having "burned out" from hearing people's painful experiences that had no easy answers, Nancy embarked upon building her compassion capacity. She began with Stanford's "Cultivating Compassion Training", then pursued Claremont School of Theology's "Radical Compassion" program, and finally, discovered Mindful Self-Compassion, which touched her to her core. As an MSC teacher, she has guided the curriculum at USC, Mt. Hollywood Congregational, and more recently, First Church Berkeley.

Cheryl D. Pierson, cherbnb@gmail.com

MSC teacher-in-training, brings 40 years of experience as a health-care-provider-caregiver-educator specializing in adult neurologic physical therapy rehabilitation. As a "recovering perfectionist", she was easily susceptible to empathy fatigue in her professional and personal life. As a life-long learner she pursued self-help solutions that included a course at Stanford in *Cultivating Compassion Training* and an intensive in *Mindful Self-Compassion (MSC)*. Through the MSC practices Cheryl experienced a new lease on life. Combining her skills in caregiving, teaching and communication, she brings a passionate desire to share **MSC** widely.

FIRST CHURCH BERKELEY UCC is inclusive, progressive, and "Open and Affirming" of every sexual orientation, gender identity, race, nationality, ability, and age. We work for peace, healing, justice, and joy for ALL people; and promise to love and accept YOU exactly as you are, and as you are becoming.

OUR CO-SPONSOR, DANVILLE CONGREGATIONAL UCC is an Open and Affirming congregation that celebrates differences and encourages alternate views. Wherever you are on life's journey, we offer you a place of peace and hope.

Nancy and Cheryl hope you'll join them to develop the courage and compassion to become your own best friend -- motivated by kindness, not self-criticism.