



Compassion

Chalice Lighting

May we know once again that we are not isolated beings, but connected, in mystery and miracle, to the universe, to this community and to each other.

Opening Words:

“Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.” Buddha

A Moment of Silence: Let's take a moment to focus. Inhale deeply; exhale slowly and completely.

Check-in/Sharing: How are things with you today? You may share joys or sorrows, uninterrupted, for two to three minutes. It is always okay to pass. Confidentiality.

Topic: Compassion

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.” — **Dalai Lama XIV**

“We believe that a compassionate world is a peaceful world. We believe that a compassionate world is possible when every man, woman and child treats others as they wish t be treated—with dignity, equality and respect. We believe that all human beings are born with the capacity for compassion and that it must be cultivated for human beings to survive and thrive.” Charterforcompassion.org

“Compassion is the feeling that arises when you are confronted with another’s suffering and feel motivated to relieve that suffering.” (greatergood.com)

“Humanity’s collective mission in the cosmos lies in the practice of compassion. “ Dalsaku Ideda, Japanese philosopher

“The greatest force of personal liberation is the decision to widen our circle of compassion, moving from focus on self to focus on service.” Marianne Williamson

“Compassion is the awareness of a deep bond between yourself and all creatures.” Eckhart Tolle

“Life is an exciting business, and most exciting when it is lived for others.” Helen Keller

“The worst sin toward our fellow creatures is not to hate them, but to be indifferent to them: that’s the essence of inhumanity. George Bernard Shaw

Deep Listening: Our attentive listening to one another is a way to show love and create a beloved community.

Reflect on each of these questions; share your thoughts and feelings. It not necessary to address each question.

- What does compassion mean to you?
- Do any of the quotes have a special meaning to you?
- Give an example of compassion from your own life.
- How have you shown compassion?
- Can you learn compassion? Can you teach it? If so, how would you go about that?

Check-out/Likes and Wishes

How was the session for you? What do you wish you had shared? How could it have been better for you?

Closing Words

People will forget what you said, people will forget what you did, but people will never forget how you made them feel. – Maya Angelou

Parting Words

I honor the place in you
Where the Universe resides—
The place of peace,
The place of love,
The place of joy,
And the place of truth.
When you are there
And I am there
We are one.
Shalom