

## Chalice Circle



**Unitarian Universalist Church of Berkeley**

## Compassion

I have just three things to teach: simplicity, patience, compassion.  
These three are your greatest treasures.

– Lao Tzu

Love and compassion are necessities, not luxuries. Without them  
humanity cannot survive.

– The Dalai Lama

### **Opening Words and Chalice Lighting**

Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

– Pema Chödrön

### **Check-in**

Briefly describe where you are in your life now, and notice what needs to be left aside in order to be fully present in our Circle.

### **Reading**

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.

– Thomas Merton

### **Sitting in Silence**

Take this time to center yourself and formulate what you want to share with the group.

### **Sharing/ Deep Listening**

Please share your experience and thoughts on compassion.

Is compassion a grand gesture, or a “gentle, soft, almost invisible act”?

Has someone inspired you with their compassion?

Have you or someone else made a difference with an act of compassion?

Which do you find comes most naturally—compassion for yourself, for others, or for the world?

### **Additional Thoughts**

What came up for you while listening to others?

### **Reading**

Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you, too.

– Frederick Buechner

### **Checkout – Likes and wishes**

What did you like about this meeting? What do you wish for future meetings?

### **Closing Words/Extinguishing the Chalice**

And in the end

The love you take

Is equal to the love you make.

– Lennon/McCartney