

COMPASSION

Preparation for Chalice Circle

Quotes

What I've come to learn is that the world is never saved in grand messianic gestures, but in the simple accumulation of gentle, soft, almost invisible acts of compassion, everyday acts of compassion. In South Africa they have a phrase called ubuntu. Ubuntu comes out of a philosophy that says, the only way for me to be human is for you to reflect my humanity back at me.

– Chris Abani

I think one of the best words in the English language is compassion. I think it holds everything. It holds love, it holds care ... and if everybody just did something. We all make a difference.

– Michael Crawford

Being kind to someone, only to look kind to others, defeats the purpose of being kind.

– Shannon L. Alder

If your compassion does not include yourself, it is incomplete.

– Gautama Buddha

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

– Maya Angelou

Questions

Talk about someone who inspired you with his or her compassionate activity.

Tell about an act of compassion directed toward you that stands out in your memory.

Tell about one of your acts of compassion that you know made a difference in someone's life.

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