



## Compassion

### Session 1: What does Compassion Mean?

#### Reflection:

### The Compassion of Jesus

#### The God of All Comfort (2 Corinthians 1:3-4)

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

#### Jesus Heals a Man With Leprosy (Luke 5:12-16)

While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean." ***Jesus reached out his hand and touched the man. "I am willing,"*** he said. "Be clean!" And immediately the leprosy left him.

Then Jesus ordered him, "Don't tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them."

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

# Compassion: Modern Day Definitions

**Compassion** is a virtue — one in which the emotional capacities of **empathy** and **sympathy** (for the suffering of others) are regarded as a part of love itself, and a cornerstone of greater social interconnection and humanism — foundational to the highest principles in philosophy, society, and personhood.

**Christian Compassion** The Christian Bible's *Second Epistle to the Corinthians* is but one place where God is spoken of as the "Father of compassion" and the "God of all comfort" (1.3).

Jesus embodies for Christians, the very essence of compassion and *relational care*. Christ challenges Christians to forsake their own desires and to act compassionately towards others, particularly those in need or distress. Jesus assures his listeners in the *Sermon on the Mount* that, "Blessed are the merciful, for they shall obtain mercy." In the *Parable of the Good Samaritan* he holds up to his followers the ideal of compassionate conduct. True Christian compassion, say the Gospels, should extend to all, even to the extent of loving one's enemies.

## Compassion: Krista Tippett revives the Definitions



**Compassion is:**

- kind: kindness is a by product of all great virtues
- Curious: "curiosity without assumptions"
- empathy:
- a prologue to the harder work of forgiveness & reconciliation
- expressed by the simple act of presence- generosity/hospitality / showing up
- linked to beauty- a willingness to see beauty in the other
- Mystery: looking for the face of God in the moment of suffering/ face of the other

**Face of Compassion:**

- Jean Vanier:
  - "we are not changing the world we are changing ourselves."
  - "L'Arche is not a solution it is a sign"
- We do not need to be perfect to be compassionate- (Mother Teresa)
- Developing a Spiritual Technology of Compassion

**Krista Tippett**, born November 9, 1960) is a broadcaster, journalist, and author. She is best known for creating and hosting the public radio program *Being* (formerly *Speaking of Faith*), distributed and produced by American Public Media.

## **The Friends of Dismas Vision**

To build a community of hope by enabling people of faith to get involved in creative and healing ministry to persons touched by crime.

Dear God ,

In your mercy remember me and forgive me for the wrongs I've done Set me free of my deep fears and my resentments

Melt the hard places of my heart, and

Allow me the grace to

Surrender this day to your loving care.

The tentative schedule for the year is as follows:

**Mondays at 7:30 PM - 9:00 PM at St. Patrick's Markham**

September 19th

October 17th

November 21st

December - No Meeting Planned

January 16th

February - TUESDAY the 21st

March 19th

April 16th

May 14th

